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## Orinda's Everyday Heroes

By Andrea A. Firth



Orinda police officers Kevin Mooney and Ron Westhorpe, Lucas Lambert of the Moraga Orinda Fire District (MOFD), and Orinda residents David and Mary Ann McDonald and Maryett and Bob Thompson were recently honored at the Celebrate Everyday Heroes Golf Tournament sponsored by the Orinda Community Foundation and Orinda Country Club. When Yvonne McDaniel, who is a close friend of the McDonalds and Thompsons, was a no show at a wedding the group was attending at OCC, the friends contacted the Orinda police. Upon arriving at McDaniel's home, the two officers found that she was inside but unable to move. Officer Westhorpe kicked the door in to gain access and Lambert and his MOFD colleagues quickly transported her to Kaiser Hospital. McDaniel, who had suffered a stroke, credits the quick intervention of her friends, the police, and the paramedic with saving her life. "Although I am still on medications and living a 'healthy' lifestyle, I have had no lingering effects from the stroke," says McDaniel adding, "I know for certain, they saved my quality of life."

From left: Officer Mooney (left), Maryett Thompson, and Officer Westhorpe. Photo Ohlen Alexander

Reach the reporter at: [andrea@lamorindaweekly.com](mailto:andrea@lamorindaweekly.com)

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