



KORUMBURRA couple Shelley Thomas and Zvonko Kiefer were married at the Savoy Hotel in Little Collins Street, Melbourne, on Saturday March 14.

The bridal party was made up entirely of the couple's children.

Shelley's daughter Kaylah Thomas was head bridesmaid.

Her son Liam Thomas walked his mother down the aisle.

April Reeves was also a bridesmaid. Zvonko's sons Eddie and Dylan Kiefer stood as groomsmen.

Both bridesmaids were Dux of Year 12 at Korumburra Secondary College.

Shelley said the moment she walked in holding her son's arm was a memory she would never forget.

"The five kids were amazing from start to finish and this is a memory we will always treasure," Shelley said.

• FAITH FACTOR

After Easter

Pastor Jeff Robertson, Connections Church Inverloch and Foster - Australian Christian Churches

EASTER has come and gone for another year, the eggs are (nearly?) all eaten, and the school holidays are coming to an end.

Seasons change, and life continues to move on.

With Easter being celebrated at churches all over Gippsland and the world, we remember what Jesus did for all of us by dying on the cross and carrying the penalty for our sins.

And we're reminded of the Pharisees who were glad to see the end of Jesus because of their own selfish jealousy.

Matthew's Gospel records how those Pharisees requested for guards to be posted at Jesus' tomb to ensure that no one could falsely claim that Jesus had been raised from the dead.

They were only thinking in human terms, not realising what God had in mind.

When they thought it was all over, it was actually just beginning.

That third day, Jesus was raised from the dead, as testified to by hundreds of eyewitnesses.

He is the living God who has power over all things including death.

And He continues to invite us to follow Him.

Easter may be over, but the truth of what Jesus did stands all through the year, inviting each of us to decide how to respond to Him.

As this year continues on, don't let the life of Jesus fade into the background.

He's alive and calling you to follow in His footsteps - to lay down your life as He did, and give yourself to something far greater.

Maybe you need a touch of the living God in your life now - the good news is that you can call on Him and invite His power to work in your life anytime, including right now.

God has good plans for you, for a satisfying, purposeful life; to follow Him and walk in the life He gives.

That's why we celebrate Jesus all year round.

Valuable heart health insights in Korumburra

By Andrew Paloczi

PEOPLE listened intently and asked lots of questions during an informative heart health session in Korumburra on Tuesday, hearing from heart researcher Professor Rebecca Ritchie, and Christine Rees who is President of support organisation Heartbeat Victoria.

A key message delivered is that a heart attack can feel different from person to person and doesn't always result in crushing pain, Professor Ritchie giving the example of a nurse who didn't realise she was having a heart attack as the symptoms didn't match those she expected.

Professor Ritchie, who is a Cardiac Pharmacologist and Head of Drug Discovery Biology at Monash University, is on the Board of Heartbeat Victoria, a volunteer-run not-for-profit organisation, the main role of which is to support people living with heart disease and their families, through community-based peer support.

Ms Rees highlighted the importance of such support by outlining her own experience years ago of being diagnosed with heart failure as a fit and busy mother of four who was working full-time but couldn't understand why she was always so exhausted.

"When I was diagnosed, I got a bag of pills and the next appointment," she said, having not been offered any support despite the shock news.

In her case, assumptions were made that she couldn't have such a condition due to her high level of fitness, despite a family history of heart disease.

Professor Ritchie urged people to be persistent and assertive if they are concerned there is an issue with their health.

"It doesn't hurt to be bossy about your health," she said.

Despite the vast progress that has been made in research over the years,



Secretary of Heartbeat South Gippsland Janne Grenon, Professor Rebecca Ritchie of Monash University, and President of Heartbeat Victoria Christine Rees after the informative heart health session in Korumburra. A01_1526

improving the lifespan and quality of life for many with heart disease, there's still plenty more to discover.

"We don't know what all the risk factors are," Professor Ritchie acknowledged following discussion of people who eat well, exercise and don't smoke but still develop heart disease.

She stressed the importance of those involved in heart research interacting with people with experience of heart disease, inviting such members of the cardiac community to chat to her about their experiences, with feedback received influencing the approach to research.

"I make time to engage with people outside the university, with clinicians, community groups and people living with heart disease, and those conversations don't slow my research down, they sharpen it," Professor Ritchie said.

Such discussions inform the research by identifying questions that need to be asked and ways to test those ideas.

She gave an example of an important insight shared by a person experiencing heart disease who explained that living as long as possible wasn't their

main priority but rather wanting to be able to participate in life, spending time with the grandchildren and not being constantly tired.

"That conversation changed how we define success for our research," Professor Ritchie noted.

"Alongside traditional measures of heart function, we ask whether new treatments can help the heart cope better with effort."

Tests are conducted on mice, with other approaches including creating miniature hearts using stem cell technology that provide early insight into whether a new drug that is being developed may be able to rescue a failing human heart.

"We also can look inside the heart cells, measuring the activity of different proteins to try and understand how and why a treatment works," Professor Ritchie explained.

She spoke of the simple improvements progress in heart treatment can make to people's lives, such as not having to choose whether to meet a friend for coffee or go to the supermarket, and being able to get to the kitchen to make a cup of tea without too much exertion.

President of the Korumburra Senior Citizens Club and Secretary of Heartbeat South Gippsland, based in Korumburra, Janne Grenon was a driving force in organising the informative session, having undergone heart surgeries but quipping "I'm still perfect."

"Let's face it, we're all ageing, aren't we," she said when asked why she organised the event, describing both the Seniors group and those in Heartbeat as "a wonderful mob of people".

Ms Grenon said the local Heartbeat group is a small one, having been downsized by the impact of the pandemic, and is keen to welcome new members.

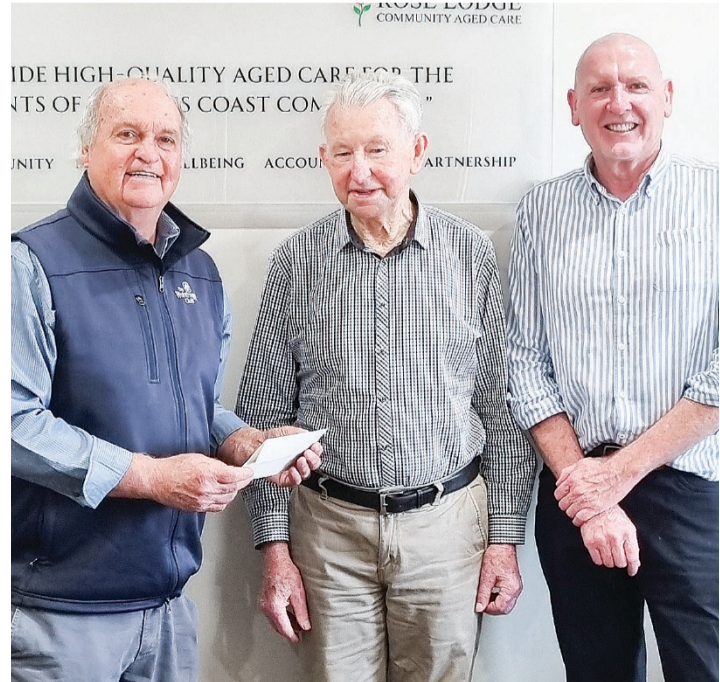
"It's such an essential thing, the support," she said.

Heartbeat South Gippsland meets at 11am on the third Friday of the month at Korumburra's Austral Hotel, members enjoying lunch and the social vibe.

Those keen to join are encouraged to call Ms Grenon on 0488 996 187 or email her at grenonj@dcsi.net.au

People can also visit heartbeatvictoria.org.au for information or to find their closest branch.

Probus club bows out with gift to Rose Lodge



A long-standing Probus Club of Wonthaggi Inverloch member presents the cheque to Rose Lodge representatives in front of the aged care facility's mission statement.

THE Probus Club of Wonthaggi Inverloch has wound up after more than 40 years and donated its remaining funds to Rose Lodge Community Aged Care.

The club was formed in May 1985 when 23 men from Wonthaggi and Inverloch came together, sponsored by the Wonthaggi and District Rotary Club.

It was one of the earliest Probus clubs established in what is now South Gippsland.

Probus Australia was originally formed in 1976 to give retired professional and business people an avenue to remain active and mentally engaged.

Wonthaggi members met in the early years at the Miners Rest Motel, now the site of Bunnings Wonthaggi, and from 2000 at the Wonthaggi Workers Club. Over time, declining membership and a reduced willingness among members to take on management roles made continuation difficult.

On April 4 the membership

voted to wind up the club's affairs, with the closure taking effect from March 25.

Members resolved to donate the remaining financial assets to Rose Lodge and to offer the club's records and memorabilia to the Wonthaggi and District Historical Society.

A long-standing Probus member presented the cheque at Rose Lodge, telling staff the donation reflected members' acknowledgment of the vital contribution Rose Lodge makes in meeting the needs of Wonthaggi's growing ageing population.

Rose Lodge president John Duscher said Rose Lodge greatly valued its strong connection with the community.

"Rose Lodge sincerely appreciates this generous contribution from Probus," Mr Duscher said. The donation will support the purchase of a new residents' bus, which is the major fundraising focus of the Rose Lodge Opportunity Shop this year.