

STEVE MANIAS  
HELPED A  
GERMAN MAN  
PAINT MURALS  
AT STEVE DE GORGES.

~~WALTER~~  
STEVE MANIAS - SCHOOL WITH YOU  
DID PAINTINGS STEVE DE GORGES  
SHOP-FISH-RESTURANT  
NIECE CHRISTINE

WEDNESDAYS

Rug Grets

Jeunquieck  
Re Painter

Re High School

History Program

Oral Histories

Fairfax Community Network

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# After 12 months, Steve looks back on his death

By Leigh Rogers

ALMOST a year to the day after a group of strangers helped save Steve Manias' life, the Dandenong North grandfather remains eternally grateful for his precious second chance.

Ken Billing was the first to spot Mr Manias as he lay motionless on the footpath near his home in Murray Road, Dandenong North.

On December 19 last year, Mr Billing made the life-saving call for an ambulance and rushed to neighbour Col Langley's house for help.

Mr Langley, a 36-year CFA veteran, immediately began CPR in what was to

become the most important 10 minutes of Mr Manias' life.

"He had no pulse. He was definitely gone," Mr Langley said.

"Michael Ritter, from up the road, came down and gave him CPR while I continued mouth-to-mouth.

"When the ambulance arrived, they had to give him three shocks to get him going."

Mr Manias, then 69, suffered a heart attack walking to Rosewood Downs Primary School to see his grandchildren.

It was his third major heart problem in as many months. His only recollection of the

following days are pieced together from the accounts of family and friends.

He was placed in a three-day induced coma and spent weeks in hospital and rehabilitation as he worked to get back on his feet.

Laying dormant as his body mended was a tough assignment for Mr Manias. Getting back into the day-to-day routine of life was even tougher.

"In the beginning it was hard," he admitted.

"I couldn't even finish my showers. Halfway through, I'd have to stop.

"It was tiredness and breathing and my chest that made it hard."



**Life saver:** Steve Manias and Col Langley have formed a friendship after Mr Manias' near-death experience last year. **Picture:** Melissa Banks

With the prospect of spending Christmas at home after last year's horror turn of events, Mr Manias paid tribute to his rescuers.

"To me, I was dead," he said. "If it wasn't for those fellas I would have been

gone. I owe my life to those fellas.

"They were all around me. They organised everything and they gave me first aid treatment and kept me going until the ambulance came.

"They came and saved my life."

Mr Manias' daughter, Vicki Green, thanked her father's rescuers for their kind actions. "They were total strangers, but they're heroes to a family now.

"You can't thank anyone enough for saving a life."

For Mr Langley, the events of December 19 marked the beginning of an amazing new bond. "We're friends for life now."