

ROCKDALE COUNCIL CHANGES TACK

High-rise plan gets the nod

ROCKDALE Council has approved a plan for high-rise apartments on a Rockdale site a year after it agreed to a proposal for mixed use development on the land.

The original project was designed by architect and former Liberal mayor Michael Kitmiridis.

Part of the original proposal approved in December 2008 included serviced apartments and commercial suites for cancer and leukaemia patients.

The nine-storey proposal was approved despite recommendations to the contrary by Southern Sydney Regional Organisation of Councils (SSROC) concerning the scale, built form, and density.

The site, at the corner of Princes Highway and Lister Avenue, is owned by information technology entrepreneurs Peter Kazacos and wife Vicki Kazacos.

The amendment, approved on February 2, removed the commercial floor space on the upper levels, leaving three ground-floor shops.

Independent councillor Liz Barlow said removal of the commercial ele-



Artist's impression: The original proposal for a mixed use complex on the corner of Princes Highway and Lister Avenue was recently converted to mainly residential.

ment from the development could harm the Rockdale's commercial centre.

Greens councillor Lesa de Leau said the project was contrary to the council's town centres strategy to revitalise the town centre, and was another example of the council allowing a "developer to determine what they want to do to maximise profit".

The council's mixed use development control plan defines a balance

of commercial and residential development in business zones. However, it does not apply to Rockdale, Brighton-Le-Sands, Bexley and Wollongong town centres.

Cr de Leau said this was a "missing piece" in the council's strategic direction.

The amended plan was approved 10 votes to 2.

Article from *The Leader* by Marianna Papadakis

Heading: New artists showcased

BELMORE based, '60s inspired rock 'n' roll band, Dusky Moorhen are getting ready to take things to the next level with a self-produced EP and plan to take out first place in the Revesby Riff 2010 band competition.

The competition hosted by Revesby Heights Ex-Servicemen's Club, also known as Hero's Hill, will run on the second and fourth Friday of every month from February 12 to July 23.

Talented new artists of all ages and genres will be showcased at the event before fans and a host of top names from the Sydney music scene.

Industry professionals as well as the audience will judge the competition providing bands with excellent exposure and constructive criticism.

Chris Macris, lead and rhythm guitarist and vocalist, said the band is feeling confident about competing.



Dusky Moorhen - (from left) Chris Macris, Oscar Cavagnola and Sean Griffiths - getting ready to take out first place in the Revesby Riff 2010 band competition - photo by DAMIAN SHAW

"We would love to take first place," Macris said.

"We have played in a few band comps before and made it to the finals and we would love to take it that extra step this time."

Since inception in 2007 the band has undergone a few changes - from members to the name of the band itself.

The band now comprises of Macris, Sean Griffiths and Oscar Cavagnola -

three multi-instrumentalist singer-songwriters drawing on an expansive range of influences from Cream to Tom Petty and the Heartbreakers. The band hopes to have their EP, featuring three songs plus a few live tracks, out by the time of the competition and are encouraging fans and local music supporters to come along to support them at the competition.

"If you like the kind of

music we are influenced by come down and support one of the few bands on the Sydney music scene playing tributes to '60s and '70s bands through their own original music," Macris said.

See Dusky Moorhen compete in the Revesby Riff 2010 band competition at Revesby Heights Ex-Servicemen's Club from Friday, February 12.

By KIRSTY JAGGER
From Valley Times



Haiti aid: Greek assistance on its way

Greek humanitarian aid destined for the quake-stricken Caribbean island of Haiti was dispatched yesterday. Some 50 tons of medical supplies, food and tents are being sent by Greece along with a team of 70 people including foreign ministry employees and members of nongovernmental organizations. People interested in making donations for the victims of last month's deadly quake in Haiti can still do so until February 15 at the following banks: National Bank, Alpha Bank, ATEbank, Piraeus Bank, Emporiki Bank, Eurobank, Attica Bank, Bank of Cyprus, Geniki Bank, Citibank, Millennium Bank, Aspis Bank, HSBC, Marfin Egnatia Bank and Probank. They can also call 901.11.17.17.17. Calls cost 3.56 euros.



Try basil for faulty joints

SEVERAL varieties of fresh basil have been found to be as strong as anti-inflammatory medication when it comes to easing the swelling and pain of arthritis, according to a new study conducted in India.

Researchers found that when taken orally, concentrated extracts from two types of basil - *Ocimum americanum* and *Ocimum tenuiflorum* - reduced joint swelling by up to 73 per cent in 24 hours.

"We assessed the anti-inflammatory capacity of both plants and found they were similar to those seen with diclofenac, an anti-inflammatory drug that is used in the treatment of arthritis," says lead researcher Vaibhav Shinde.

"Research indicates that eugenol, the oil that gives basil its distinctive aroma, is the active molecule responsible for the anti-inflammatory effect."

These types of basil are grown mainly in India and South-East Asia.