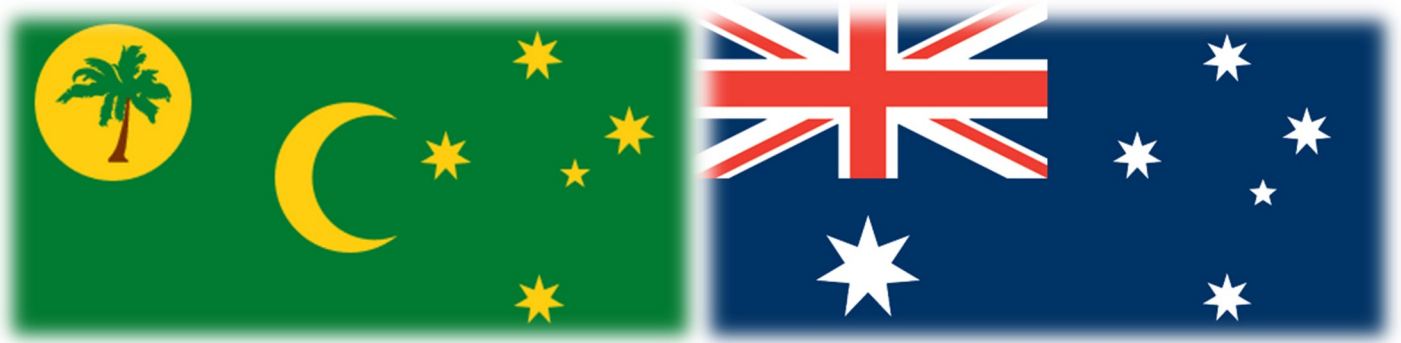


“THE ATOLL” COMMUNITY NEWSLETTER



Friday 10th March 2023 – Thursday 23rd March 2023



The Cocos (Keeling) Islands comprises of 27 coral islands forming two atolls—situated 2768km north-west of Perth and 3685km due west of Darwin—and is an isolated speck in the Indian Ocean.

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\$2.00 per issue



The Suka Duka Seniors have adopted Kampong Atas as their Adopt a Spot area, Adopt A Spot is a Shire initiative program that engages community groups to undertake clean-ups. The Seniors doing a sensational job keeping our beaches clean and tidy.
Photo by: Shire of Cocos Keeling Islands

The little king for a day.
A traditional celebration held few weeks ago.
(Below) Photo by: Siti Subur



Just like that dress that went viral.
Is this during the day or night?
Photo by: Siti Subur



So pretty!
Mak Iz's dragon fruit flower
Photo by: Seri Iku



Administration Building (PO Box 1039) Cocos Keeling Islands WA 6799
P: 08 9162 7707 E: info@cocosislandscrc.cc W: www.cocos.crc.net.au

RECYCLING

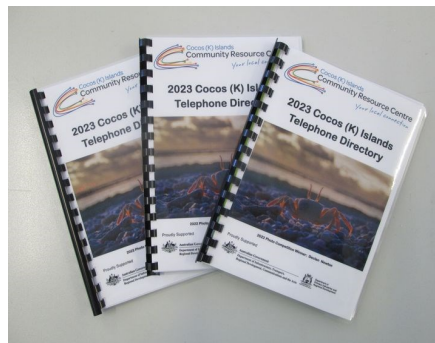
All batteries and E-Waste are still being accepted by the CRC and Shire. Please do not place these items in your green waste bins! We also accept printer cartridges that we post back to Perth.



2023 TELEPHONE DIRECTORIES

We are pleased to announce our 2023 Cocos Telephone Directories are now available for purchase. The directories include emergency information, Home and West Island residential listings and a business directory with contact details and opening hours.

Non-Members \$20.00
Members \$16.00



Proudly supported by



Australian Government
Department of Infrastructure, Transport,
Regional Development, Communications and the Arts



Department of
Primary Industries and
Regional Development

Rainfall Stats

Latest to 10 March 2023:

March Statistics

0.0mm

(not accurate)

Latest 2023 Statistics:

142.8mm

(not accurate)



LATEST WEATHER

www.bom.gov.au

BOM have advised that rainfall is currently not being recorded.

Does anyone want to start recording backyard rainfall?

Emergency Contact List

AFP	9162 6600
VHF	Ch20
IOTHS WI Clinic	9162 6655
IOTHS HI Clinic	9162 7609
	VHF Ch24
DFES HI	9162 7788
DFES WI	9162 7777
VMRS	VHF Ch20
Shire HI	9162 6649
Watercorp	9162 6722

Thumbs Up

- 👍 To another wonderful market day on Home Island.
- 👍 To Shire for organising the volleyball and market day event.
- 👍 To those who goes above and beyond helping the community. You are amazing!

Feel free to email your thumbs up to the CRC for inclusion.



INFO SESSION

Join representatives from the Department of Infrastructure, Transport, Regional Development, Communications and the Arts, and Water Corporation to discuss the proposed Seawater Reverse Osmosis plant on West Island.

Bergabunglah dengan perwakilan dari Department of Infrastructure, Transport, Regional Development, Communications dan the Arts, dan Water Corporation untuk membincangkan tentang cadangan penyaring air laut di West Island.

Home Island – Cyclone Shelter / Rumah Masyarat di Home Island

Wednesday, 29 March 2023, 4.30pm - 5.30pm

Rebo 29hb Mac 2023, jam 4.30 - 5.30 soreh

West Island - CRC Conference Room

Kamar Meeting CRC di West Island

Thursday, 30 March 2023, 4.00pm - 5.00pm

Khamis, 30hb Mac 2023, jam 4.00 - 5.00 soreh

West Island – CRC Verandah Drop-in session

Sesi singgah di verandah CRC, West Island

Friday, 31 March 2023, 9.00am - 10.00am

Jumaat, 31hb Mac 2023, jam 9.00 - 10.00 pagi

For further information please contact info@cocosislandscrc.cc



Statutory Advertisement

Annual Electors General Meeting

In accordance with Section 5.27 of the *Local Government Act 1995* a general meeting of the electors of a district is to be held once every financial year.

The public is hereby notified that the Shire of Cocos (Keeling) Islands will hold the next Annual General Meeting of Electors in the Home Island Council Chamber, Lot 256 Jalan Bunga Melati on Wednesday, 29 March 2023 commencing at 12.45pm.

The Shire, in accordance with section 5.55 of the Act, also gives notice of the availability of the Annual Report 2021-2022.

The report is available to view as hard copy at the Shire's Libraries and at the Shire Administration Office or at the Shire of Cocos (Keeling) Islands website.

Please note, complex questions requiring research should be submitted at least seven days prior to the meeting to allow sufficient time to prepare a response.

However, you can submit your completed form to a Shire Officer at the meeting and ask your question at the meeting.

The Agenda for the Annual General Meeting will be made available on the Shire of (Keeling) Islands Website at least five days prior to the meeting.

Alternatively, you can contact the Governance and Risk Coordinator on (08) 9162 6649 or email governance@cocos.wa.gov.au

Frank Mills

CHIEF EXECUTIVE OFFICER



COMMUNITY FUNDING PROGRAM 2023

ROUND 1



Grants up to \$2000

*conditions apply

Applications are now open. Applications must be received by
4pm, Monday 3rd April 2023

Application guidelines and forms are available on our website or
contact the Community Development Coordinator at
cdc@cocos.wa.gov.au or 9162 6649 for more information.

Good luck with your applications!

CKI AUSTRALIAN FEDERAL POLICE

OPEN DAY

**Saturday
18th March
10am - 3pm**

- Come along and meet your local AFP officers, take a tour of the station, check out our marine vessel and more!
- Raffle with great prizes and all proceeds going to Police Legacy.
- Gift bags
- Best dressed prize for the kids!
- Enjoy a community BBQ

**With thanks to
Cocos Islands Adventure Tours
Seafront Restaurant
Rohan Newton
Cocos Islands CRC**





Government of Western Australia
Department of Water and Environmental Regulation

DEPARTMENT OF WATER AND ENVIRONMENTAL REGULATION Clearing permit required for Cocos (Keeling) Islands native vegetation including the coconut tree, *Cocos nucifera*

The Commonwealth Government, through the Service Delivery Arrangement with the Department of Water and Environmental Regulation (WA) have completed a recent assessment of native vegetation species that exist on Cocos (Keeling) Islands.

This assessment has identified and confirmed the coconut tree, *Cocos nucifera* found on Cocos (Keeling) Islands and historically formed plantations on the islands is considered native vegetation where it is growing along the shoreline (indigenous environment) where seed nuts can naturally move and germinate. Where it is growing outside its indigenous environment i.e. inland areas and within the historical plantations of the islands, it is not considered native vegetation under the *Environmental Protection Act 1986(WA)(CKI)*.

As a result, the clearing of *Cocos nucifera* in its indigenous environment (shoreline areas) is subject to the clearing provisions for native vegetation under the *Environmental Protection Act 1986(WA)(CKI)*.

Please be aware that all clearing of native vegetation on Cocos (Keeling) Islands, including the coconut tree *Cocos nucifera* within its indigenous environment, can only be done:

- 1) in accordance with a clearing permit obtained from the Department of Water and Environmental Regulation (WA);
- 2) where an exemption is available pursuant to Schedule 6 of the *Environmental Protection Act 1986(WA)(CKI)*,
- 3) where an exemption is available under Regulation 5 of the *Environmental Protection (Clearing of Native Vegetation) Regulations 2004* and the area is not declared to be an environmentally sensitive area, or
- 4) in accordance with a notice issued under section 51DA(5) of the *Environmental Protection Act 1986(WA)(CKI)*,

The clearing of native vegetation otherwise than in accordance with the *Environmental Protection Act 1986(WA)(CKI)* is an offence.

To be certain of compliance with the clearing provisions of the *Environmental Protection Act 1986(WA)(CKI)*, prior to undertaking any clearing, please contact the Department on info@dwer.wa.gov.au

Services provided in the Indian Ocean Territories by the WA Department of Water and Environmental Regulation are fully funded by the Australian Government



Government of Western Australia
Department of Water and Environmental Regulation

DEPARTMENT OF WATER AND ENVIRONMENTAL REGULATION

Permit untuk melapangkan pokok asli di Cocos (Keeling) Islands termasuk pokok kelapa, *Cocos nucifera* diperlukan.

Kerajaan Komanwel bersama dengan Service Delivery Arrangement dan Department of Water and Environmental Regulation (WA) telah melakukan penilaian kepada pokok asli yang ada di Cocos (Keeling) Islands.

Penilaian ini telah mengenal pasti dan mengesahkan bahwa pokok kelapa, *Cocos Nucifera* yang terdapat di Cocos adalah pokok yang timbul dari sejarah di pulu dianggap sebagai pokok asli dimana ia timbul di sepanjang pinggir laut (persekitaran asli) dimana buah kelapa boleh bergerak dan timbul semula. Jika pokok kelapa timbul di luar persekitaran aslinya iaitu kawasan dalam dan tempat yang orang tanam kelapa dulu, ia tidak di nyatakan sebagai pokok asli di bawah undang- undang *Environmental Protection Act 1986(WA)(CKI)*.

Sebab ini, melapangkan *Cocos nucifera* di tanah aslinya (kawasan pinggir laut) tunduk pada ketentuan melapangkan pokok asli di bawah undang-undang *Environmental Protection Act 1986(WA)(CKI)*.

Perlu diketahui bahawa melapangkan pokok-pokok asli di Pulu Cocos termasuk pokok kelapa *Cocos nucifera* di tanah aslinya hanya boleh dilakukan:

- 1) mengikut permit melapangkan dari *Department of Water and Environmental Regulation (WA)*
- 2) jika pengecualian tersedia dibawah undang-undang 6 dari *Environmental Protection Act 1986(WA)(CKI)*
- 3) di mana pengecualian tersedia di bawah undang-undang 5 dari *Environmental Protection (Pembersihan Pokok Asli) Regulations 2004* dan kawasan tersebut tidak dinyatakan sebagai kawasan yang sensitif atau
- 4) mengikut notis yang dikeluarkan di bawah undang-undang 51DA(5) *Environmental Protection Act 1986 (WA)(CKI)*.

Melapangkan pokok-pokok asli tidak mengikut undang-undang *Environmental Protection Act 1986(WA)(CKI)* adalah kesalahan.

Jika anda ingin penjelasan yang lebih terang mengenai undang-undang *Environmental Protection Act 1986(WA)(CKI)* sebelum melapangkan, sila hubungi Department di info@dwer.wa.gov.au.

Serbis yang disediakan di Indian Ocean Territories oleh WA Department of Water and Environmental Regulation dibiayai sepenuhnya oleh Australian Government



Australian Government

**Department of Infrastructure, Transport,
Regional Development, Communications and the Arts**



Number:	SC 06/2023	Date:	3 March 2023
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Emergency Management Officer Territory Executive Level 1 (TE1) position based on Christmas Island Ongoing Vacancy – Full time

Package valued in excess of between \$151,000 to \$188,000 including:

- Base salary of \$89,444 to \$118,572 per annum
- Employer contribution to superannuation at 16% of base salary
- District allowance payable in addition to base salary
- Generous leave entitlements
- Annual return airfares assistance to Perth

The Indian Ocean Territories Administration (IOTA) is currently seeking motivated, professional and suitably qualified persons to join our team as an Emergency Management Officer within the Indian Ocean Territories Operation Services (IOTOS) based on Christmas Island.

The key responsibility of the Emergency Management Officer is to provide specialist advice and undertake project activities to support the Christmas and the Cocos (Keeling) Islands communities, Emergency Management Committees, including its executives, sub-committees and standing committees, and the Ambulance, Volunteer Fire and Emergency Services Units and Volunteer Marine Rescue Services to ensure that comprehensive and effective local emergency management arrangements and plans are in place and maintained.

To be considered, applicants must hold a current valid driver's licence, and be able to obtain and maintain a security clearance from the Australian Government Security Vetting Agency (AGSVA) at Baseline Vetting level.

The successful candidate will have a demonstrated understanding of contemporary community-centred emergency risk management, experience in developing, coordinating and facilitating emergency management programs, and high level interpersonal, communication, relationship building and consultative skills. Further, the candidate will have demonstrated experience to identify continuous improvement opportunities, design solutions and implement strategic directions, plan and organise workloads to meet deadlines under time pressure and working within a project management, contract management and procurement framework to achieve results

Applicants with a tertiary qualification in a relevant professional discipline and a demonstrated ability to live in a small, multi-cultural and remote community will be well regarded.

For an application pack outlining how you can apply, please contact the IOTA Human Resources Team at IOTHRTeam@infrastructure.gov.au and quote position number **110423**.

Applications close 4.00pm (Christmas Island local time) (CXT) (UTC+7), Friday, 17 March 2023.

“LAWA's IOT Service is fully funded by the Australian Government”

How the Civil Law Division of Legal Aid WA help you II

These are short articles about legal issues that may interest you. They are not legal advice. You should always get individual legal advice for your situation.

In this article we will continue to look at what the Civil Law Division of LAWA can do for you.

Mortgage Hardship Service in the Civil Law Division

You might be having difficulty meeting your mortgage payments or have fallen behind in your payments. This is called mortgage hardship. There is a team of lawyers in the Civil Law Division who can help, called the Mortgage Hardship Service.

The team of lawyers in the Mortgage Hardship Service can help you by giving legal advice about what to do if you:

- are financially stressed by your mortgage repayments
- are behind with your mortgage payments
- have been given a default notice (a notice telling you that you are overdue with your mortgage repayment and requesting payment)
- have been given a Supreme Court writ to take your property from you
- have been told the sheriff is repossessing your home
- gave a guarantee for someone else's loan and your own home is now at risk of repossession.

If you are behind on your mortgage repayments, it is important to seek help quickly. This is because the options available to you can get less the longer the situation continues.

Work and Development Permit team

If you have court fines and do not pay them, the Fines Enforcement Registry (FER) can take enforcement actions against you to satisfy your fines debt. One example is the FER can sell your personal property or real estate to satisfy the debt.

There is a team in the Civil Division called the Work and Development Permit (WDP) team. The team can help you manage a debt you have from court fines if you are having trouble paying them. Email wdp@legalaid.wa.gov.au

The team can help you:

- Negotiate a payment plan with the FER.
- Apply for a Fine Expiation Order (this is where if you have spent time in custody, your fine is reduced by each day in custody).
- Refer you for a Work and Development Permit (WDP).

A WDP lets you get together with certain organisations (called “sponsor” organisations) and do “approved activities” to clear your fine debt. Approved activities include volunteer work, counselling, medical treatment or education. If you have a WDP you can get support in the community, reduce your debt and avoid enforcement action.

The team also has a coordinator who helps the sponsor organisations or organisations applying to become sponsors.

Defence and Veterans Legal Service team

There is currently a Royal Commission into Defence and Veteran Suicide. If your mental health, or the mental health of a loved one, has been affected by your time in the ADF service, or you were not supported properly after you left the ADF the Royal Commission wants to hear your story.

There is a team in the Civil Division called the Defence and Veterans Legal Service (DAVLS). The team can give you legal advice and support if you are or were in the Australian Defence Force and you want to be heard by the Royal Commission. The team can also help your family members, carers and supporters.

DAVLS can help you prepare a submission and advise you about how to share your story safely. The team can also connect you with other legal and non-legal support for matters that are not related to the Royal Commission.

Social Inclusion Program team in Civil Law Division

You might have a complicated civil legal problem such as a debt, a court judgment against you (a court order saying you owe money to someone), a guardianship or administration problem, a social security law problem or a COVID-19 problem.

There is a team called the Social Inclusion Program (SIP) in the Civil Division. It can help you solve complicated civil law problems affecting your daily life. The team has an emphasis on helping solve your legal problems and disputes by negotiating and advocating on your behalf.

Federal Court Self-Represented Litigants Service in Civil Law Division

You might have a legal case in the Federal Court where you are representing yourself.

There is a team called the Federal Courts Self-Represented Litigants Service in the Civil Law Division. It can give you advice if you are representing yourself in the Federal Circuit or the Family Court of Australia (General Division) or the Federal Court of Australia. The team can advise you about court procedures and help you draft your documents for your case.

The team helps with different kinds of matters, such as migration, fair work and employment, bankruptcy, anti-discrimination, information privacy, competition and consumer, and appeals from Federal Courts and Tribunals. You can contact the team on (08) 9261 6356 or fedcourtservice@legalaid.wa.gov.au.

Annie Gray Legal Aid WA

Serbis LAWA's IOTs dibiayai sepenuhnya oleh Kerajaan Australia

Bagaimana Bahagian Undang-undang Sivil Bantuan Hukum WA membantu anda II

Ini adalah artikel pendek mengenai perkara undang-undang yang mungkin menarik untuk anda. Ini bukan nasihat undang-undang. Anda mesti selalu mendapatkan nasihat undang-undang sendiri untuk keadaan anda.

Dalam artikel ini kami akan terus melihat apa yang boleh dilakukan oleh Bahagian Undang-undang Sivil LAWA untuk anda.

Serbis Mortgage Hardship di Bahagian Undang-undang Sivil

Anda mungkin menghadapi kesukasan untuk menemui pembayaran mortgage anda atau ketinggalan dalam pembayaran anda. Ini dipanggil mortgage hardship. Ada team pengacara di Bahagian Undang-undang Sivil yang boleh membantu, yang dipanggil Mortgage Hardship Service.

Team pengacara di Mortgage Hardship Service boleh membantu anda dengan memberikan nasihat hukum tentang apa yang harus dilakukan jika anda:

- tertekan dari segi keuangan oleh bayaran mortgage anda
- ketinggalan dengan pembayaran mortgage anda
- telah dikasi notis (notis yang memberitahu anda bahawa pembayaran mortgage anda overdue dan meminta pembayaran)
- telah dikasi surat perintah Supreme Court untuk mengambil properti anda dari anda
- telah dikasi tahu yang sheriff mengambil semula rumah anda
- memberikan jaminan atas pinjaman orang lain dan rumah anda sendiri sekarang berisiko untuk diambil kembali.

Jika anda ketinggalan membayar mortgage anda, adalah penting untuk mendapatkan bantuan secepat mungkin. Ini karena pilihan yang tersedia untuk anda akan berkurang apabila keadaan berterusan.

Team Permit Kerja dan Pengembangan

Jika anda mempunyai denda mahkamah dan tidak membayarnya, Fines Enforcement Registry (FER) boleh mengambil tindakan penguatkuasaan terhadap anda untuk membayar hutang denda anda. Salah satu contoh ialah FER boleh menjual properti peribadi anda atau real estate anda untuk membayar hutang.

Terdapat satu team di Bahagian Sivil yang dipanggil Work and Development Permit (WDP) team. Team ini boleh membantu anda menguruskan hutang yang anda ada dari denda mahkamah jika anda menghadapi masalah membayarnya. Emel wdpservice@legalaid.wa.gov.au

Team ini boleh bantu anda:

- Merundingkan pelan pembayaran dengan FER.
- Mohon Perintah Pelunasan Denda (di sinilah jika anda telah menghabiskan masa dalam tahanan, denda anda dikurangkan setiap hari dalam tahanan).
- Merujuk anda untuk mendapatkan Work and Development Permit (WDP).

WDP membolehkan anda berkumpul dengan organisasi tertentu (dipanggil "sponsor" organisations) dan lakukan "aktiviti yang disetujui" untuk melunasi hutang denda anda. Aktiviti yang disetujui termasuk pekerjaan volunteer, kaunseling, rawatan perubatan atau pendidikan. Jika anda mempunyai WDP anda boleh mendapatkan sokongan dalam masyarakat, mengurangkan hutang anda dan elakkan tindakan penguatkuasaan.

Team ini juga mempunyai koordinator yang membantu organisasi sponsor atau organisasi yang memohon untuk menjadi sponsor.

Serbis team Undang-undang Defence dan Veterans

Saat ini ada Royal Commission Pembunuhan Diri untuk Defence dan Veteran. Jika kesihatan mental anda, atau kesihatan mental orang yang anda sayang, telah terpengaruhi oleh masa anda di ADF, atau anda tidak disokong dengan betul setelah meninggalkan ADF, Royal Commission ingin mendengar cerita anda.

Ada team di Bahagian Sivil yang dipanggil Defence and Veterans Legal Service (DAVLS). Team ini boleh kasi anda nasihat dan sokongan undang-undang jika anda berada atau pernah berada dalam Australian Defence Force dan anda ingin didengar oleh Royal Commission. Team ini juga boleh bantu keluarga, penjaga dan penyokong anda.

DAVLS boleh membantu anda menyediakan penyerahan dan menasihati anda tentang cara berkongsi cerita anda dengan selamat. Team ini juga boleh menghubungkan anda dengan sokongan undang-undang dan bukan undang-undang lain untuk perkara yang tidak berkaitan dengan Royal Commission.

Team Program Social Inclusion di Bahagian Undang-undang Sivil

Anda mungkin menghadapi masalah undang-undang sivil yang sulit seperti hutang, putusan mahkamah terhadap anda (perintah mahkamah yang mengatakan anda berhutang uang kepada seseorang), masalah penjagaan atau administrasi, masalah undang-undang keselamatan social atau masalah COVID-19.

Terdapat satu team yang dipanggil Social Inclusion Program (SIP) di Bahagian Sivil. Ia boleh membantu anda menyelesaikan masalah undang-undang sivil yang mempengaruhi kehidupan sehari-hari anda. Team ini memberi penekanan untuk membantu menyelesaikan masalah undang-undang dan perselisihan hukum anda dengan berunding dan menyokong bagi pihak anda.

Serbis yang Diwakili Sendiri oleh Federal Court di Bahagian Undang-undang Sivil

Anda mungkin mempunyai kes undang-undang di Federal Court dimana anda mewakili diri sendiri.

Ada satu team dipanggil Federal Courts Self-Represented Litigants Service di Bahagian Undang-undang Sivil. Ia boleh kasi anda nasihat jika anda mewakili diri anda di Federal Circuit atau Mahkamah Keluarga Australia (General Division) atau Federal Court of Australia. Team ini boleh kasitahu anda tentang cara mahkamah dan membantu anda Menyusun dokumen untuk kes anda.

Team ini membantu dengan berbagai jenis perkara, seperti migration, kerja dan pekerjaan yang adil, kebankrapan, anti-diskriminasi, informasi privasi, persaingan dan pengguna, dan rayuan daripada Federal Courts dan Pengadilan. Anda boleh menghubungi team di (08) 9261 6356 atau fedcourtservice@legalaid.wa.gov.au.

Annie Gray Bantuan Hukum WA



WE ARE OPEN

Home Island Office
Thursdays | 8AM-12PM
*excluding public holidays

Government Information
Telephone Directory
Tide Charts / Calendars
Invites / Flyer Design
Canvas Printing
Pre-order Giftware / Stationery

Location: Seniors Centre / Cyclone Shelter

P: 08 9162 7707 E: info@cocosislandscrc.cc



Australian Government
Department of Infrastructure, Transport,
Regional Development, Communications and the Arts



Department of
Primary Industries and
Regional Development

Would you like to advertise your local business here?

We would like to invite local businesses to advertise their services in The Atoll.

Perhaps you would like to announce any specials, new stock, business information or a “get to know a staff member”.

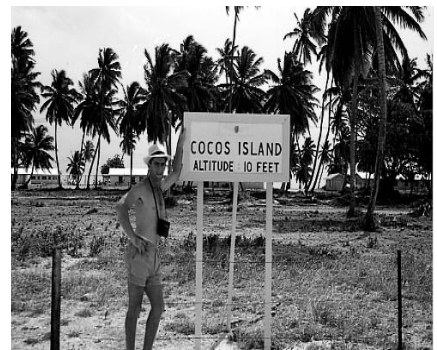
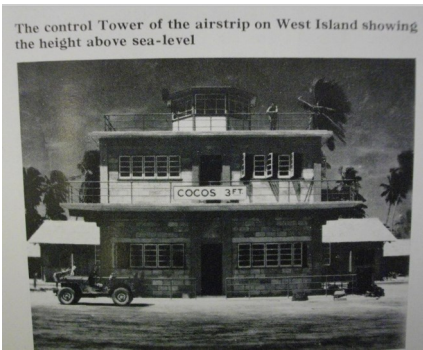
This is a great initiative for you to promote your business to the local community!

For further information, please contact the Cocos Keeling Islands Community Resource Centre.

Email: info@cocosislandscrc.cc

Phone: 9162 7707

Blast From The Past



The height over sea level signs over the years.

Photo Source: Cocos As it Was

Did You Know

Whether you realise it or not, you blink around 20 times per minute. You can blink up to five times per second if you try, which makes the eyes the fastest muscle in the body.



Cocos Malay Dictionary

WORDS

Salt - Garam
 Sugar - Gula
 Flour - Tepung
 Water - Air
 Yeast - Resan
 Egg - Telor
 Butter - Mentega
 Oil - Minyak
 Baking Paper - Kertas Kueh
 Cake - Kueh

BAKING

Fold - Lipat
 Stir - Udak
 Mix - Campur
 Add - Tambah/Masukan
 Pour - Tuang
 Cook - Masak
 Chill - Sejukan
 Bake - Bakar

Riddles

1. What 2 things can you never eat for breakfast?
2. What has hands but doesn't clap?
3. You will buy me to eat but never eat me. What am I?
4. Four legs up, four legs down, soft in the middle, hard all around. What am I?
5. How do you fix a cracked pumpkin?
6. I have no legs. I will never walk but always run. What am I?
7. I am an odd number. Take away a letter and I become even. What number am I?



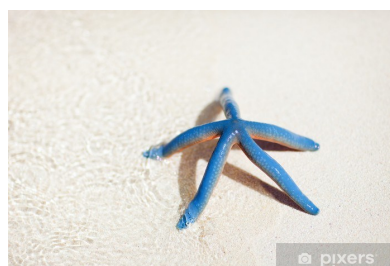
1. Lunch and dinner.
2. A clock.
3. A plate.
4. A bed.
5. With a pumpkin patch.
6. A river.
7. Seven.

Answer

Fun Facts Animals

Amazing Starfish Facts

- Starfish is not their right name, they should always be called Sea Star!
- Sea Stars are Echinoderms
- Starfish can regenerate their own arms.
- They have no brain or blood!
- They wear tough, leathery skin.
- Starfish have eyes.
- Starfish move with hundreds of feet.
- Starfish can eat outside their body.
- Not all starfish are star shaped.
- They can have up to 40 arms!
- There are around 2,000 species of sea star.
- They can live up to 35 years.
- They cannot survive in fresh water.



DIY

Foot Scrub

Benefits

1. Boost blood circulation and eases pain
2. Removes dirt and dead skin cells
3. Relaxes your feet, body and mind
4. Soothes discomfort caused by footwear or hectic lives
5. Improves the texture of the skin of your feet
6. Brightens and lightens dark toenails
7. Prevents the formation of hard skin or calluses

Coffee Ground Foot Scrub

Mix equal amounts of brewed coffee grounds with sugar, then add a tablespoon of either coconut oil or olive oil. Mix well and rub the paste on your feet in gentle circular motions, pay special attention to your ankles and heels. Wash off after a few minutes.

Brown Sugar Foot Scrub

In a bowl add four tablespoons of brown sugar and three tablespoons of olive or almond oil. If you have any fragrant flower petals from your garden, crush and add those to the mixture as well. Massage your feet using this, it will relax both your feet and senses and reduce stress.

Congratulations,
you have just created your own foot scrub.

Cocos Resident Profile

Name: Tawanda Mhute

Kampong Name: Pak Tawana-Eli

Place of Birth:

I was born in a town called Bulawayo, in the Southern African Country of Zimbabwe

Besides Cocos, where have you resided or visited?

Firstly I resided in Zimbabwe where I was born, visited many nice places there including Victoria Falls. I have also resided in the United Kingdom for over 11 years, in many places namely Reading, Southampton, York, and London. I have also resided in Melbourne for over 8 years where I lived before moving to Cocos.

I have travelled to many countries in the past, USA-Arizona, Dubai, Bali, Afghanistan, Sultanate of Oman, Cyprus, Belgium, Netherlands- Amsterdam, Germany-Berlin to name a few

What were you doing before?

I was a full time Refueller in Melbourne Airport, initially working for Shell Aviation which then changed to VIVA Energy.

What are you doing now?

I am currently the Site Coordinator for VIVA Energy Operations on Cocos Island.

What are the top 3 things you love about living on Cocos?

Being of a service to the community making sure everyone has fuel to travel, drive, fly, use on their boats etc.

The breath taking beauty of all the Islands and cultures across islands.

Having to never worry about traffic.

What are the things that you would like to do on Cocos that you haven't had the chance to?

Learning to fish and catching plenty of fish
Visiting other Islands across the Cocos Islands, so far it's been WI, Home, Pulu Maria and DI.

Do you have a Cocos moment/mishap/ experience to share?

I missed my citizenship ceremony as I had to refuel an air force plane which wasn't scheduled until last minute, typical Cocos weather the plane landed late meant I couldn't be an Australian citizen until 2023.

Favourite sport/activity?

I love walking

Favourite 3 places on Cocos?

South Beach, Trainees and Tropika.

Favourite Cocos food?

Curry puffs

If you could change Cocos what would you do first? Nothing

If you were stranded on North Keeling Island for 1 year, what 3 items would you require?

Assuming I would be with my family anyway , a machete to cut all the coconuts and a fishing rod to fish and a long lasting lighter to help me make fire

List some of the things you are passionate about?

I am passionate about respect for others
Solving problems with practical methods
Good food

Is there anything else interesting you would like to share with us?

I am a proud veteran of the British Armed Forces, served in a few places and countries and I look back and feel proud of that achievement.



“THE ATOLL” COMMUNITY NEWSLETTER

Sports & Recreations

Olahraga & Rekreasi



2023 AFL Broadcast Guide Cocos Keeling Islands Time

Match	Channel	Time
ROUND 1		
Thursday March 16 Richmond VS Carlton	Channel 7	2.50pm
Friday March 17 Geelong Cats VS Collingwood	Channel 7	3.10pm
Saturday March 18 North Melbourne VS West Coast Eagles Melbourne VS Western Bulldogs	Channel 7 Channel 7	9.15am 2.55pm
Sunday March 19 St Kilda VS Fremantle	Channel 7	12.10am
ROUND 2		
Thursday March 23 Carlton VS Geelong Cats	Channel 7	2.50pm
Friday March 24 Brisbane Lions VS Melbourne	Channel 7	3.20pm
Saturday March 25 Fremantle VS North Melbourne	Channel 7	3.00pm
Sunday March 26 West Coast Eagles VS GWS Giants	Channel 7	1.50pm

LET IT MOVE YOU™

Zumba Fitness with Ash

Wednesday 4pm-4.45pm
Location: Cocos Club
West Island

Have fun, feel great, get fit!
 Join us for a 45 minute fun filled, easy to follow dance fitness class.
 For all ages and fitness levels.
 No booking required.
 Wear comfortable clothes and shoes. Bring water bottle & sweat towel.
 Looking forward to meeting you!

For details: Contact your licensed Zumba® instructor.
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ZUMBA.COM

"THE ATOLL" COMMUNITY NEWSLETTER

Across

- 1 City in northern France
- 6 Pilgrimage to Mecca
- 10 Muslim summons to prayer
- 14 Continental divide?
- 15 Out of port
- 16 Fly alone
- 17 Riga residents
- 18 Author Silverstein
- 19 May school event, often
- 20 Unbeliever
- 22 Citizen Kane's last word
- 24 Dormant
- 26 Mardi Gras highlight
- 27 Put in order
- 29 Pens and needles
- 31 Warm welcome
- 32 "Do __ others ..."
- 34 Inclined
- 38 Japanese paper-folding art
- 41 Nickname for Billie Holiday
- 43 Grouchy Muppet
- 44 Potter's oven
- 46 Sixth sense
- 47 1994 Peace Nobel
- 49 Like
- 52 Morocco seaport
- 55 Bind
- 57 Rock singer?
- 59 Awaiting decision
- 62 Diving bird
- 63 Taro root
- 65 Actor Williamson
- 66 To be, for Caesar
- 67 Coating metal
- 68 Muse of love poetry
- 69 Not e'en once
- 70 Slangy affirmative
- 71 Legal drama on TV

1	2	3	4	5		6	7	8	9		10	11	12	13
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17						18					19			
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		24					25		26					
27	28						29	30						
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52	53	54					55	56						
57						58		59					60	61
62						63		64			65			
66						67					68			
69						70					71			

Down

- 1 1970 Kinks hit
- 2 "Rhyme Pays" rapper
- 3 Sluggish
- 4 Most recent
- 5 Preserve, as fodder
- 6 Speed
- 7 Straight-grained wood
- 8 Mock
- 9 Rattletrap
- 10 Harshness
- 11 "__ the Greek"
- 12 Audibly
- 13 __ plume
- 21 Stonecrop
- 23 Healthy meal
- 25 West Coast zone
- 27 "Git!"
- 28 Yours and mine
- 30 Price exacted
- 33 Motor racing's Lauda
- 35 Exactly the same
- 36 Bringing up the rear
- 37 Printing error
- 39 Horticulturist
- 40 Thin as __
- 42 Make __ for oneself
- 45 Business abbr.
- 48 Jaunty
- 50 Animal house
- 51 Rajiv's mother
- 52 Funny man Woody
- 53 Gander's mate
- 54 Came up
- 56 Memorable period
- 58 "Each Dawn __" (Cagney film)
- 60 N in N.B.
- 61 Radiance
- 64 Some forensic evidence

	9		7				2	
			8		9			1
		7		1		9		8
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7			1		6			
	8				7		5	

14	N	A	L	A	L	A	L	W
15	O	T	A	R	C	I	N	C
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17	I	N	D	I	N	E	P	E
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Crossword Answer

6	9	8	1	3	2	7	4	5	6
9	7	4	3	1	5	6	2	8	9
2	5	6	4	9	8	3	1	7	
8	1	4	6	7	2	5	9	3	
3	7	9	5	8	4	1	6	2	
6	2	5	9	3	1	8	7	4	
4	6	7	2	1	5	9	3	8	
5	3	2	8	6	9	7	4	1	
1	9	8	7	4	3	6	2	5	

Sudoku Solutions

“THE ATOLL” COMMUNITY NEWSLETTER

Games Page (cont'd)

Halaman Permainan (seterusnya)

Across

2. a large gray and white bird that lives near the ocean
3. a round object that is used in a game or sport or as a toy
6. a reptile that lives mostly in water and has a hard shell which covers its body
7. an area covered with sand or small rocks next to an ocean or lake
8. a tool with a handle that is used for moving dirt, sand, snow, etc.

Down

1. a container with a handle
2. a sea animal that has five arms and that looks like a star
4. a tower with a powerful light that is built on or near the shore to guide ships away from danger
5. very tiny, loose pieces of rock that cover beaches

Unscramble the tiles to reveal a message.

R I H E A V D E E T W

7
-
5
-
6
=

7 - = 6 - 2

9
1

1
-
5
-
6
=

Unscramble the letters to reveal the word

GEAUSLL _____

NUFRIGS _____

TELCSA _____

WEOTL _____

CBHEA _____

DSNA _____

Fill in the missing shape to complete the pattern.

● ○ ● ○ ● ○ ● ○ ● ○ ● ○ ● ○

□ ◇ □ ◇ □ ◇ □ ◇ □ ◇ □ ◇ □ ◇ □ ◇ □ ◇ □ ◇

◐ ◑ ◒ ◓ ◔ ◕ ◖ ◗ ◘ ◙ ◚ ◛ ◜ ◝ ◞ ◟ ◠ ◡ ◢ ◣ ◤ ◥ ◦ ◧ ◨ ◩ ◪ ◫ ◬ ◭ ◮ ◯ ◰ ◱ ◲ ◳ ◴ ◵ ◶ ◷ ◸ ◹ ◺ ◻ ◼ ◽ ◾ ◿ ◰ ◱ ◲ ◳ ◴ ◵ ◶ ◷ ◸ ◹ ◺ ◻ ◼ ◽ ◾ ◿

1=Yellow
2=Red
3=Blue

4=Brown
5=Green
6=Light Blue

A Cocos Moment



Photo Source:
Cocos IOTHS

Cocos “Feel Good” Stories

IOTHS Cocos Islands division has said Jumpa Lagi to Rozi (for a short time) while she goes on to Practice Manager for IOTHS on Christmas Island.

We all have known her as the backbone, the smiling face and the miracle worker who keeps the IOTHS going.

We're not saying goodbye completely – and we know that she'll be working hard for us behind the scenes while she's on Christmas Island – making sure that Cocos Islanders get the best care and specialists that we need – just like she always has done.

We know that we will never be able to thank you enough for all the help, the smiles and joy you've given to every one of us.

So Rozi, thank you, we love you, we will miss you, and we wish you, Roddy and the boys all the best for your new adventure.

Birthdays/Anniversaries

Happy Birthday Hubby (Saufie) - Love Chem

Happy Birthday Ibuk, Mak Pikak, Ayah and Mak Madeenah - Love Chem

Happy Birthday Mak Izara and Mak Afiq - Love from Geng Cobis

Wish to send loved ones special messages on their birthdays and anniversaries? Drop an email to CRC at Info@cocosislandscrc.cc

Have Your Say

Letters to the Editor will either be accepted or rejected by the Editor. Items need to be:

- Accurate and/or factual
- Not defamatory or inflammatory

Please take into consideration our format when preparing your items/materials to make the most of the spaces available.

The Atoll publication staffs reserves the right to edit the formatting of articles submitted for publication.

To ensure a timely distribution of the newsletter, we request that all items/materials be forwarded before 3pm, 3 days prior to its distribution date. Please contact the Cocos CRC for deadlines and advertising rates.



Disclaimer: The views expressed in articles in this newsletter are not necessarily the views of the editors or other volunteers who work to produce The Atoll. The editor has the right to withhold, edit or abbreviate items as considered necessary. No responsibility is accepted for any statement of opinion, any error or omissions.

Advertisement Rates

Please contact the Cocos Keeling Islands Community Resource Centre for a full rate schedule.

Translation fees apply

Materials should be emailed to: info@cocosislandscrc.cc

Feedback and Suggestion

We would love to receive your feedback or suggestions on what you would like to read in The Atoll. Please contact the CRC.

Residential “The Atoll” Newsletter

Would you prefer to receive editions of The Atoll to your inbox, instead of a hard copy delivered to your door?

Cocos residents have the option to register their email.

To register your email address, please email info@cocosislandscrc.cc

2023 The Atoll Subscription

To non-residents, you can subscribe to The Atoll electronically by completing this online form:

<https://cocosislands.snapforms.com.au/form/2023-atoll-subscription>

The production of The Atoll is a proud partnership between the Shire of Cocos Keeling Islands and Cocos Keeling Islands Community Resource Centre.



SHIRE OF
COCOS
KEELING
ISLANDS



The **next edition** of The Atoll will be produced on:
Edisi The Atoll selanjutnya akan dikeluarkan pada:

Friday, 24th March 2023

All items/materials must be received by:
Semua majalah mesti diterima sebelum:

3pm, Tuesday 21st March

2023 COCOS ISLANDS COMMUNITY EVENTS

11 MARCH
West Island Market Day
Cocos Islands CRC

14 MAY
Mother's Day High Tea
Cocos Club

26 JULY
Shire Council Meeting
Council Chambers, HI

22 NOVEMBER
Shire Council Meeting
Cocos Islands CRC

18 MARCH
AFP Open Day
Police Station, WI

21 MAY
Cocos Club's
30th Birthday
Cocos Club

30 AUGUST
Shire Council Meeting
Cocos Islands CRC

1 DECEMBER
Christmas Tree Lighting
Shire of CKI

29 MARCH
Shire Council Meeting
Council Chambers, HI

25 MAY
Australia's Biggest
Morning Tea
Cocos Islands CRC

16 SEPTEMBER
West Island Market Day
Cocos Islands CRC

6 DECEMBER
International Day of
People with Disability
Shire of CKI

9 APRIL
Easter Egg Hunt at
Scout Park
Cocos Club

25 - 28 MAY
Cocos Golf Open
Cocos Islands Golf Club

20 SEPTEMBER
Shire Council Meeting
Council Chambers, HI

13 DECEMBER
Shire Council Meeting
Council Chambers, HI

19 APRIL
Shire Council Meeting
Council Chambers, HI

31 MAY
Shire Council Meeting
Cocos Islands CRC

15 OCTOBER
Beach Clean Up
Home & West Island

16 DECEMBER
West Island Market Day
Cocos Islands CRC

25 APRIL
ANZAC Day
Home & West Island

17 JUNE
West Island Market Day
Cocos Islands CRC

25 OCTOBER
Shire Council Meeting
Council Chambers, HI

25 APRIL
ANZAC Day
Cocos Club

28 JUNE
Shire Council Meeting
Council Chambers, HI

OCTOBER (TBC)
Sculptures By The Sea
Shire of CKI

APRIL (TBC)
Act of Self-Determination
PKPK

JUNE (TBC)
Arts Exhibition
Shire of CKI

7-11 NOVEMBER
Celebrating Our Seniors
Shire of CKI

This is a FREE service for our Community.

If you have a community event you would like to advertise, please contact our office with your details.



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