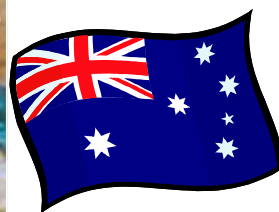




The Atoll

\$2.00

Thurs 9th Jul 2015 – Wed 22nd Jul 2015



Cocos (Keeling) Islands

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

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Advertais

Translation Fees apply

Quarter Page <i>Suku Kertas</i>	\$10.00
Half Page <i>Setengah Kertas</i>	\$25.00
Full Page <i>Penuh Kertas</i>	\$50.00

You can subscribe to The Atoll electronically by contacting:
cocoislands@crc.net.au

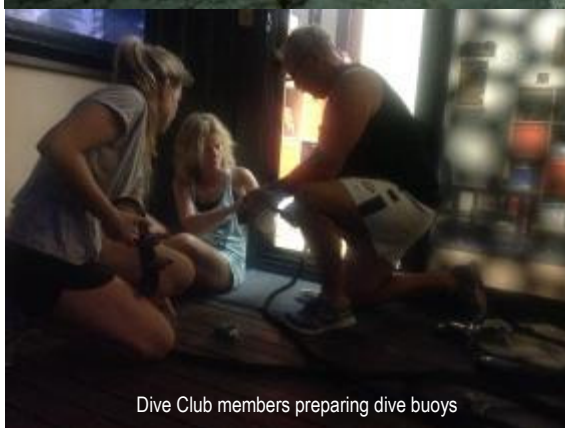
Cocos Snapshots

Gambaran Cocos

Photo by Rik Soderlund



Photo by Rik Soderlund



Dive Club members preparing dive buoys



The Returners!





Administration Building (PO Box 1039)
Cocos Keeling Islands WA 6799
P: 08 9162 7707 F: 08 9162 7708
E: cocosislands@crc.net.au
W: www.cocos@crc.net.au
Like us on Facebook
Follow us on Twitter

Rainfall Stats

June Statistics
(latest up to 24 June):
105.40mm

Latest 2015 Statistics:
(latest up to 25 June)
1006.00mm

2014: 2081.80mm
2013: 2659.40mm
2012: 1464.60mm



LATEST WEATHER

<http://www.bom.gov.au/climate/dwo/IDCJDW6027.latest.shtml>

2015/2016 FINANCIAL YEAR

The CRC stocks a variety of 2015/2016 Financial Year diaries and lever arch files and folders to get you ready for the new year. Drop down to check out our great range of stationery.

2015 PHOTO COMPETITION

Don't forget to keep your camera close by as our annual competition will open on the 1st September. Each year just keeps getting better, we can't wait to see what is entered this year!

COMMUNITY COOKBOOK

We have had this project on the back burner for a number of years, but Pam is keen to get it going again! We envisage the cookbook to be compiled of classic Cocos recipes (including traditional Malay dishes). We would love if you could submit your favourite recipe/s, which include ingredients that are readily available on Island.

Categories may include:

- Finger Food/Dips/Party Food
- Light Meals/Salads
- Entrees
- Cocos Malay Recipes
- Main Courses
- Desserts
- Kids Cooking

Please forward your recipes to cocosislands@crc.net.au, or drop them into our office. A photo of your recipe would also be appreciated! Please note that if your recipe is from another cookbook, please provide reference details. We reserve the right to edit or omit recipes due to space or appropriateness. Those providing recipes will receive a special discount on the cookbook when it is published.

STAFF

It will be a very sad farewell to Claire Fabris who leaves the CRC team on 21st July. Bon Voyage to Olivia who is off on holidays for two months next week.

Emergency Contact List

AFP	91626600
VHF	Ch20
IOTHS WI Clinic	91626655
IOTHS HI Clinic	91627609
	VHF Ch24
DFES HI	91627788
DFES WI	91627777
VMRS	0406329056
	VHF Ch20
Shire HI	91626649
Shire WI	91626740
Watercorp	91626722

Thumbs Up

- 👍 To a great International Surfing Day on West Island in late June
- 👍 To the Dive Club for their dive buoy project
- 👍 To Avril and the school kids for an amazing play "The Emperor's New Clothes"
- 👍 To Wendy for her inspiration and participants of Dry July and 5km/day Challenge

Feel free to email your thumbs up to:
communications@cocos.wa.gov.au

Proudly supported by



Government of Western Australia
Department of Regional Development



**FUNDING CONTRIBUTIONS – RESIDENT FURTHER EDUCATION
CALL FOR APPLICATIONS**

Applications are being called for the Shire of Cocos (Keeling) Islands Funding Contributions – Resident Further Education program.

A copy of the Shires policy along with the application form can be obtained from the Shire office or alternatively downloaded from the Shire website <http://www.shire.cc>

Please note that the Shire's policy has **changed** and should be consulted to determine eligibility.

Applications are to be received by **4:00pm Monday the 20th of July 2015**. Submissions can be handed in at the Shire office, posted or emailed to:

Deputy Chief Executive Officer
Shire of Cocos (Keeling) Islands
PO Box 1094
COCOS (KEELING) ISLANDS WA 6799
dceo@cocos.wa.gov.au

**SUMBANGAN DUIT BANTUAN - PERSEKOLAHAN PENDUDUK
PANGGILAN UNTUK LAMARAN**

Lamaran sekarang dipanggil untuk program Sumbangan Duit Bantuan Cocos (Keeling) Islands – Persekolahan Penduduk.

Salinan policy Shire bersama form lamarannya boleh didapati daripada opis Shire ataupun boleh di download daripada website <http://www.shire.cc>

Tolong ambil perhatian yang policy Shire telah ditukar dan mesti diperbincangkan untuk mengetahui kelayakan.

Lamaran mesti diterima sebelum **jam 4 soreh pada hari Senin 20hb July 2015**. Surat lamaran boleh dimasukkan diopis Shire, dipost atau email kepada:

Deputy Chief Executive Officer
Shire of Cocos (Keeling) Islands
PO Box 1094
COCOS (KEELING) ISLANDS WA 6799
dceo@cocos.wa.gov.au

Keterangan selanjutnya boleh didapati dengan menghubungi Joanne Soderlund dimasa opis terbuka dinomor 9162 6649.

From Councillor Johnny's desk.

Trip to Canberra and ALGA conference.

The Alga conference was as irrelevant as last year, but made a couple of maybe useful connections.

I did not have to turn up to lessons in Perth this time, so was happy to chill with my dad for a day or two before heading to Canberra early for my Aiden's birthday. I met up with Aaron for the welcome to ALGA and then next morning for the start of the conference. I had skimmed through the agenda and could not see any relevant to Cocos or any advantage in turning up to any further meetings or indeed voting on any items.

Aaron and I hit the phones, emails, Facebook to get appointments with our Political contacts. Aaron also briefed the Department of Infrastructure and Regional Development on Cocos issues something that is increasingly important as we seem to see less and less of their personnel. We lobbied Natasha Griggs MP and Senator Chris Back. Both are on the joint standing committee. We managed a breakfast meeting with Senator Nigel Scullion an old friend of Cocos then Aaron took me along to see a new contact Senator Nova Peris from the NT. We rounded it all off with a meeting with our minister, the Hon Jamie Briggs MP.

Council had agreed that the exhaustive "shopping list" of requirements that were presented year on year has proven to be ineffective. This time we aimed to address three core issues.

The lack of housing. The Commonwealths policy of privatising land on Cocos has put severe pressure on the available housing. Much was taken up by the young tourist sector and a few still lay empty, idle or undeveloped. This has left the people who do the maintenance and service jobs without dedicated housing. We pointed out we would have neither a plumber nor mechanic unless they were living with a wife that was a teacher who had a Commonwealth house. That the sales of businesses were severely hampered by the housing issue. Staffing for the Cocos Club and tourist sector is also hobbled by lack of suitable and affordable accommodation. Aaron sought to have two of the Commonwealth's blocks in Buffet Close transferred to council for development. DIRD has put forward no policy to date and the budget overview would pre-empt any development budget for them. It is sensible for the Council to take this issue on as there is no state authority. The next step is not set, but as a "revenue neutral" request we believe that it is suited to be approved by the minister in this current budgetary climate.



Barnaby Joyce and JCR



JCR, Natasha Griggs and Aaron

From Councillor Johnny's desk.

The foreshore at William Keeling Crescent is of serious concern to Council and obviously to the residents along its length. Aaron had already secured a large excavator from DIRD, so was able to offer to do the sandbagging for approx. 2 million dollars. This compares favourably to the almost 6 million costing for the job (but stuck in budget). Aaron proposed utilising job seekers that would employ locals rather than off island contractors. This was embraced by Senator Scullion in our breakfast meeting. DIRD and our Minister the Hon Jamie Briggs MP said they would look into it. I am quite hopeful that this much cheaper option and its employment benefits will be seen as a sensible alternative to doing nothing and spending much more later.

Shipping.

Closer to my own heart I reinforced my position regarding shipping to whoever would listen. To those who don't know my position I'll put them out.

1. Shipping needs to be regular.
2. The shipping cycle should be between 5 and 7 weeks.
3. The service should be "liner" terms dedicated to the trade for of Christmas and Cocos Islands.
4. The commonwealth should negotiate/contract as the largest cargo interest.
5. During negotiations the Commonwealth should take due note of the economic and social well-being of the Island residents.
6. The service should be flexible enough to deal with swells in Christmas Island.
7. The vessel should be of a suitable economic size (2500-3500MT).
8. The vessel should be Australian AMSA compliant.
9. The vessel should be "self-serviced" or "geared" with cranes suited to heavy load discharge.
10. Technical specs should include dangerous cargo, fuel, explosives, high deck load, box hold and ten reefer plugs

Senator Chris Back was very supportive of these views. It does look as if the Joint standing committee recommendations will include a shipping review.

I have put my opinions to many committees over the years. This time it appears that they were heard. This time the communities of Cocos and Christmas Island have the opportunity to review their requirements. In my experience this kind of opportunity only comes around every ten or so years. The joint standing Committee has recommended that the Commonwealth engage in an expression of interest process and from there may be an open tender. I would urge everyone with an interest in this issue to be ready to take advantage of the evolving situation.



JCR and Dr Chris Back



Geof's Bird's Nest



As we have all seen a new bird is living on the side of the road at the Q Station. This is a Pied Heron and has flown from the Darwin area of Australia. The North coast of Australia is where these birds live and are quite common around the wet lands near Darwin. Pied Herons do not migrate so to have one fly to Cocos is a mystery. The bird at the Qstation seems quite happy under the Noddyfruit tree eating the fat blowflies attracted to the rotting fruit.



The Shire of Christmas Island expresses its condolences to the family of Hj Wahin Bynie. Known in the Cocos Islands as Nek Hj Fazerie, he played a pivotal role liaising with the United Nations Special Committee on Decolonisation in the 1984 Act of Self-Determination on the Cocos Islands. He was an influential leader in the Indian Ocean Territories and had been a President in the former Cocos (Keeling) Islands Council as well as an Imam on Home Island.

Our condolences to his wife and family.

Shire Christmas Island mengucapkan takziah kepada keluarga Hj Wahin Bynie. Dikenali di Kepulauan Cocos sebagai Nek Hj Fazerie, beliau memainkan peranan penting berhubung dengan Komite Khas United Nations mengenai 'Decolonisation' dalam Akta Diri-Penentuan 1984. Beliau adalah seorang pemimpin yang berpengaruh di Wilayah Lautan Hindi dan telah menjadi Presiden di bekas Cocos (Keelin) Islands Majlis serta Imam di Home Island.

Takziah kepada isteri dan keluarganya.

Inna lillahi wa Inna Ilaihi Raji'un

Shire of Christmas Island Councillors

Quote of the Day

They kill good trees to put out bad newspapers ~ James G. Watt

Thought for the Day

I love myself.
I believe in myself.
I appreciate myself.
I'm strict and serious about improving myself.
I will no give up on myself.
I will not disappoint myself.
I will be my best self,
No matter what

Jokes of the Week

Easy Pay

As the owner of a large company I went down to check out how everything was going. I noticed some guy just chilling in the coffee room. "Just how much are you getting paid a week?"

"Two hundred bucks!" Replied the young man.

Taking out my wallet I give him two hundred bucks and say, "here is a week's pay and don't come back!" Turning to one of the supervisors, I ask, "how long was that lazy bum working here anyways?"

"He doesn't work here," said the supervisor. "He just walked in to ask directions!"

Boss Headache

My daughter came home from school one day complaining of stomach pains. I told her maybe its empty, so put something in it. Later that evening my boss came by to pick something up and complained about having a headache. My daughter was standing there and told him, "that's because its empty, try putting something in it."

Farmer Truck Joke

Two farmers were sitting next to each other. One says to the other, "I have such a big farm I could climb in my truck, and it would take me two days to get across the whole farm!" The other farmer turns back to him and replies, "I also used to have a truck like that!"

Cocos (Keeling) Islands News (cont'd)

Berita Pulu Cocos (Keeling) (seterusnya)



We are sad to say that our good friend and colleague, Dr. Rosemary Lee, has resigned from her position at the Indian Ocean Territories Health Service.

Her passion for primary health has not only improved our community's overall health, but shown us a better way to care for our community. Her and her family's involvement in the community will be sadly missed.

She has decided to move on and resume her dedication to improving the Aboriginal Health crisis. We wish her all the success in this endeavour.

We have presented her the "An Island Called Home" coffee table book. It is in the Home Island Health Centre Waiting Room. Community members are invited to make an inscription prior to her leaving on the 14.7.15.

Good luck Rosemary,

Your IOTHS team



ABN: 30078049966

PO Box 1058, West Island, Cocos (Keeling) Islands
INDIAN OCEAN WA 6799
Telephone: (08) 9162 6702
Facsimile: (08) 9162 6764
Email: hospitality@cocoscoop.cc

Employee of the Month - Nek Denzel



The General Manager Hj Romzi and the Hospitality Supervisor Hj Mak Emmi presented Hj Nek Denzel with his award and gift for the winner of the Employee of the Month Award 2015.

The Management Committee and staff wishes to thank Nek Den for his endless and tireless contribution to the Cocos Islands Cooperative.



Please don't feed or interfere with the animals

At Pulu Keeling National Park, we have lots of native species that are protected under national environment law.

We even have protected species that are found outside the Park.

Find out more by contacting us or visiting the website.



Did You Know???

Humans put a man on the moon before they put wheels on luggage!

Cocos Malay Words

Picture - *Gambar*
Carving - *Ukiran*
Drawing - *Lukisan*
Decorations - *Hiasan*
Lights - *Lampu*
Colourful - *Warna-warni*
Shiny - *Menyalah*
Pretty - *Cantik*
Wall - *Dinding*
Room - *Kamar / Bilik*

Cocos (Keeling) Islands News (cont'd)

Berita Pulu Cocos (Keeling) (seterusnya)



Upcoming specialists visiting the Island

Ophthalmologist 14-18 July
Optometrist & Optician 11-18 July
Dentist 21 July – 1 August
Physio 11-18 July
Breast screen 5-12 September

We would like to thank all of our customers for their support over the past 14 years. We wish the new owners of Cocos Autos, David & Helen O'Dowd all the very best for their future on Cocos Islands.

Regards,
Digger & Sally Harrison

FOR SALE

Situated in our Kampong only 100metres from Flying Fish Cove beach is a beautifully renovated 2 bedroom unit on the 3rd floor. Nothing to do except pack your bags, walk right in and start living the dream. It includes a total furniture package and we are seeking an offer around the \$300,000. For Investors there is every chance I can secure a tenant for \$450.00 per week.

Contact: Trish O'Donnell

Naturaliste Realty

Christmas Island

trish@natreal.com

0439698776

www.ezgowa.com.au

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BUGGIES

OFF-ROAD 2WD AND 4WD

5K A Day Challenge July 2015

Below is Wendy's plan of activities, please feel free to join in, or alternately make your own plans and log them.

JULY 2015

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 6am walk 4.30pm Cycle	2 6am Cycle 3.30 walk during scourgers	3 5.30am walk/ run 4.30pm cycle	4 7am Walk to Old Jetty and back	5 7am Cycle 5pm walk/run
6 5.30am Cycle 4.30pm HHH	7 6am Cycle 4.30 pm Twi- light Kayak	8 6am swim at Trannies 4.30pm walk	9 ATOLL WALK 20+ KS	10 CAMP 10 5.30am walk/run 4.30 Kayak To camp site	11 CAMP 11 Mixture of swimming, walking, kayaking	12 CAMP 12 Mixture of swimming, walking, kayaking
13 5.30am Cycle 6pm evening walk at Trannies	14 6am Walk/run 4.30 pm Cycle	15 6am walk/run 4.30pm swim/ run/ cycle at trannies	16 6am Cycle 3.30 walk during scourgers	17 5.30am walk/run 4.30pm cycle	18 7am walk to Yacht Club and back	19 7am Cycle to both old and new Jetty (Circuit of the sealed roads Wf)
20 5.30am walk/run 4.30pm HHH	21 6am swim/run/ walk	22 6am run/walk 4.30pm Cycle	23 6am walk /run 3.30pm walk during scourgers	24 5.30am Cycle 7pm Night walk	25 7am Walk or run around the runway 7pm Night Cycle	26 7am Walk/run
27 5.30am walk/run 4.30pm HHH	28 6am walk/run OFF Island PM	29 OFF Island	30 OFF Island	31 OFF Island Tania will Organise certificate ceremony at the club		

1st - 31st July



RULES

Fill in every day when you have achieved your 5K target.
Don't worry you can catch up if you miss your target, but don't leave it too late.
You can mix up the activities any way you would like.

Green home-brewed air fresheners

Here are a few tips for greener ways to help keep your home smelling fresh. Of course, be cautious of how you use some of these ideas if you have young children or pets scurrying around the house.

- A simple one, but improving air circulation outside to inside will do wonders. Open windows when you can.
- A tablespoon of salt in a half an orange with the flesh scooped out. I'm told this is a good one for the toilet.
- 1 to 2 teaspoons natural vanilla extract placed in small containers around your home
- Pot pourri made from lavender, roses or whatever scented plants and flowers you may have in your garden.
- Use baking soda to soak up acidic odours; also great for ash trays
- Baking soda can also be used as a spray – one teaspoon dissolved in cup of water and then sprayed as a fine mist.
- Use vinegar to neutralize alkaline odours. Yes, vinegar is a little smelly itself to start off with, but the initial pong quickly fades.
- A couple of drops of essential oil in an atomizer/mister full of water sprayed around (bear in mind this only masks the smell rather than neutralizing it)
- A couple of drops of essential oil on a cotton ball place in inconspicuous places around a room
- Placing citrus fruit or cinnamon in a pot with water and simmer gently (rather energy resource intensive though)
- If you have extraction fans in the kitchen or toilet, ensure the screens are kept clean. If you haven't cleaned yours for a while, try it out and I guarantee the difference will amaze you.
- Treating the cause rather than the symptom is always a preferred strategy. For example, pet bedding can create an awful stink and while it may not be viable to wash it every week, simply putting it out in the sun regularly and giving it a good shake will help. The sun is an important factor as sunlight kills some of the stink-causing bacteria.

More tips in next edition...



Government of **Western Australia**
Department of **Fisheries**

Fish for the future

Fisheries fun facts

Under a Service Delivery Agreement with the Department of Infrastructure and Regional Development, The Department of Fisheries WA (DoF) manages commercial fishing, recreational fishing and aquaculture activities at the Indian Ocean Territories (IOTs).

Since 2006, DoF has conducted research on commercial, recreational and iconic fish species, as well as fish habitats and invertebrates. Results of this research can be found at www.fish.wa.gov.au/IOTs. DoF would like to share the research results and some *Fun Facts* on species found at the IOTs with the community. Watch this space!

Rock Lobsters

Rock lobsters are a commonly encountered large marine decapod (ten-legged animal) at the IOTs. Species that are known to occur include *Panulirus penicillatus*, *Panulirus versicolor* and *Panulirus ornatus*.



PHOTO: ETHAN DANIELS



PHOTO: BERND NEESER



PHOTO: CLAY BRYCE

Due to the life cycle characteristics of rock lobsters, the animals that are found around the IOTs may have originated from elsewhere, such as Indonesia or northern Australia. This is because rock lobster have very long planktonic larval phase where the larvae can float in the water column for up to ten months, in which time oceanic currents can transport them over a large spatial distance. As such even though rock lobsters that are found at the IOTs may not have originated there, these populations still need to be managed sustainably so the IOTs can contribute to the larger spatial distribution of the species.

Feel free to contact Kim Boothman, Community Education Officer for the IOTs, at any time on Kim.Boothman@fish.wa.gov.au or Work: 9203 0345 or Mobile: 0418 915 281.

Fakta Fisheries Yang Menyenangkan

Dibawa Service Delivery Agreement dengan Department of Infrastructure and Regional Development, The Department of Fisheries WA (DoF) mengurus pemancingan 'commercial', pemancingan rekreasi dan aktiviti aquaculture di Indian Ocean Territories (IOTs).

Semenjak 2006, DoF telah menjalankan penyelidikan dalam commercial, rekreasi dan jenis ikan-ikan ikonik, termasuk tempat tinggal ikan dan invertebrates. Hasil daripada penyelidikan ini boleh didapati di www.fish.wa.gov.au/IOTs

DoF ingin berkongsi hasil penyelidikan dan beberapa "Fun Facts" berkenaan jenis-jenis yang didapati di IOTs dengan masyarakat. Jaga halaman ini!

Di sebabkan oleh ciri hidup udang, binatang ini yang berada di kawasan Lautan India dan kemungkinan dari tempat lain jugak, seperti Indonesia atau Australia Utara. Ini sebab udang mempunyai keturunan tahap larva planktonik yang agak lama di mana larva ini boleh berapung di atas perayeran sampai 10 bulan, di mana masa ini arus lautan boleh bawak larva ni di tempat perayeran tempat yang jauh. Walaupun kemungkinan udang yang terdapat di kawasan Lautan India ini tidak berasal dari tempat jauh, udang tempatan masih perlu untuk di jaga dan di kawal supaya kawasan Lautan India dapat terus membantu menyebarkan spesis udang ini.

Silahkan hubungi Kim Hands, Community Education Officer untuk IOTs, bila-bila masa saja di Kim.Boothman@fish.wa.gov.au atau Kerjaan: 9203 0345/Mobile: 0418 915 281.



Income Tax Return Time!

**Ina Vaskovic will be visiting Cocos (Keeling) Islands
from 4th August to 15th August 2015**

Ina will be on Island to prepare 2014 and earlier Tax Returns and attend to business clients at Cocos Beach Motel on West Island and House 61 on Home Island.

Ina's itinerary is as follows:

Home Island

Tuesday 4th August to Wednesday 12th August 2015

West Island

Thursday 13th August to Saturday 15th August 2015

Ina can be contacted on 0406 329 368 while on Island. If you wish to make an appointment prior to Ina's visit, please call Darling on 9162 6519.

Discounts Apply for pensioners and the unemployed. A checklist of the information we require to prepare your Income Tax Return is available at our website www.abbottsolutions.com.au under "Tools & Resources".

I look forward to seeing you!

INA VASKOVIC

Business Services Manager

T. 08 6165 4000 | E. info@abbottsolutions.com.au | W. abbottsolutions.com.au



2015 AFL Broadcast Guide - Cocos Keeling Islands Time

Round 15

Saturday 11th July

West Coast v Adelaide GWN7 5.00pm (1 hour time delay)

Sunday 12th July

Hawthorne v Fremantle GWN7 11.30am (live)

Round 16

Friday 17th July

North Melbourne v Essendon 7mate 4.00pm (live)

Saturday 18th July

Collingwood v WCE GWN7 1.00pm (live)

Fremantle v Carlton GWN7 4.00pm (live)

Sunday 19th July

Port Adelaide v Adelaide GWN7 11.30am (live)

Round 17

Friday 24th July

Carlton v Hawthorne 7mate 4.00pm (live)

Saturday 25th July

Richmond v Fremantle GWN7 1.00pm (live)

Essendon v Port Adelaide 7mate 3.45pm (live)

Sunday 26th July

WCE v Sydney 7mate 1.30pm

Tips For Busy People To Enjoy A Healthier, Happier Life!

Juggling a career with your body's needs can be tough. However, it is possible even if you live a very hectic life. Even small changes will promote positive outcomes.

Working life might seem important but nothing is more crucial than your own health. Don't lose sight of that fact or you will suffer.

Here are three easy steps to achieving a healthier, happier life.

Get A Good Night's Sleep

On average, we spend roughly eight hours per night sleeping. With over a third of our lives dedicated to recharging our batteries, it's crucial that we do so in an appropriate manner.

However, millions suffer from a lack of sleep and it can really impact your waking life, with feelings of sluggishness and worse reactions just two of many changes it can make. Ultimately, if you can find a regular sleeping pattern then your body will thank you for it.

Accept When Things Are Wrong

It doesn't matter who you are, there will be times when you face health issues. Hopefully these will be restricted to minor afflictions, but even then it's important to acknowledge problems and look to overcome them quickly.

Seeking professional help as they can give a proper diagnosis and set about the best way to conquer the issues.

Our bodies all fail us from time to time, that's just a part of human life. Getting them back up to scratch in the quickest time possible is paramount.

Healthy Eating & Exercise

If our bodies are to be considered a machine then it's only natural that they need fuelling with the right stuff, in the case of humans, that means regular exercise and healthy eating.

Slogging your guts out in the gym isn't everybody's cup of tea. But you could always take up a group class like yoga, which will promote a healthy mentality as well as boasting many physical benefits.

Similarly, eating healthy is crucial for any person. Even if you look good on the outside, implementing a better diet will bring huge internal improvement and help boost energy as well as other aspects.

More important than food, though, is water. Drink the recommended two litres per day and you'll be sure to notice the rewards immediately as well as in the long run.

More tips in next edition...

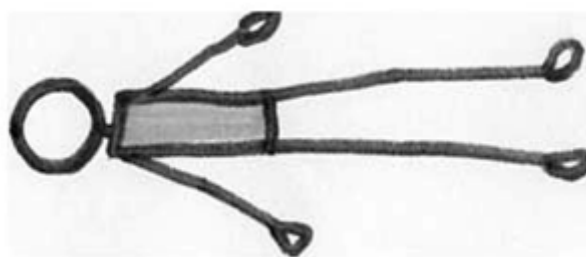
FORTNIGHTLY OM CORPSE POSE - SAVASANA



It is a posture that it is usually practice at the end of a yoga class or practice, also called relaxation. It is normally done for about 15-20 minutes and it is the time for your body to integrate the effects of your practice. Lying on the floor with your eyes closed allows your body to complete relax. At first, this pose can be surprisingly difficult, because we wriggle around restlessly with very busy minds distracting us from the peace available deep within our resting body. With practice, the mind and body settle down more easily.

SAVASANA sTep By sTeP

1. Lie down on the floor with the legs stretched out, arms with hands palms up beside the body, and eyes closed. Lift the buttocks slightly off the floor, lengthening the lower back so that the sacrum is flat on the floor, and the let the spine extend toward the crown of the head.
2. Extend the legs, pushing the heels away, and then allow the legs to relax completely, feet flopping out to the sides.
3. Allow the shoulders to soften and melt into the floor. Tuck the chin in toward the throat so the back of the neck is long.
4. Unclench the back teeth and separate the lips slightly. Allow the tongue to detach from the roof of the mouth and float in the middle of the mouth, behind the lower teeth.
5. Imagine the eyeballs sinking back toward the base of the skull. Let the skin on the forehead smooth out. Let the tension release from around the eyes so it feels as if all tiny lines around the eyes ease away.
6. Bring your attention to the breath and allow it to enter and leave the body freely through the nostrils. Imagine your whole body breathing from the crown of your head to the tips of your toes.
7. As the breath deepens, allow the body to soften and sink into the floor. It is as if you soften and relax from the outside in. melt into the deepest layers of the body where everything is fluid. In Corpse Pose there is more than just a deep letting go, there is a sense of expansiveness too.



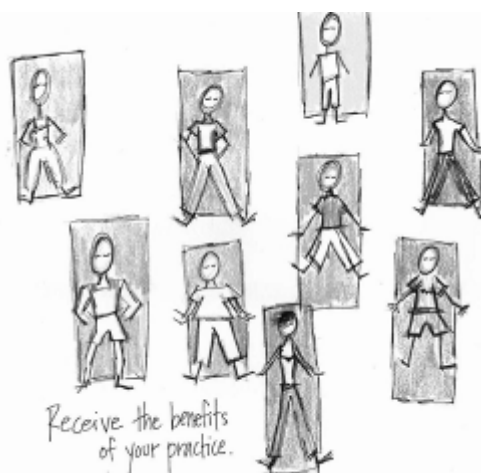
If you have any questions do not hesitate to ask me. This is the last FORTNIGHTLY OM for a few months because Olivia is going on holidays to do more yoga.

The last class is on Saturday 11th July 7-8.30am @ the school.

Thank you for taking your time to read these articles and if not, keep them for whenever you need them :)

For now lots of love, peace, joy & light - **Olivia** -

Source: "The Yoga Bible" by Christina Brown



"By remaining motionless for some time and keeping the mind still while you are fully conscious, you learn to relax. This conscious relaxation invigorates and refreshes both body and mind. But it is much harder to keep the mind than the body still. Therefore, this apparently easy posture is one of the most difficult to master."

Source: "Light on Yoga" by BKS Iyengar.



Cocos Islands Golf Club News & Results

Scroungers Results

Date: 4/6/15

Winning Team: Leah, Digger, Mick, Maree, Dan

NAGAs: Iris, Bas, Jason, Kylie, Jude

LD: Megs

NTP: Dan

Implements: Wendy, Hayley and Aaron

Date: 11/6/15

Winning Team: Ash, Andrew, Bern, Ray, Colin

NAGAs: Ryan and Bas's teams

LD: Ash

NTP: n/a

Implement: n/a



Date: 18/6/15

Winning Team: Jude, Colin, Rachael, Jamie, Iffy

NAGAs: Megs, Kylie, Jasper, Ray

LD: Jude

NTP: n/a

Implement: n/a



Date: 25/6/15

Winning Team: Digger, Leah, Michael, Levi, Pat, Tekla

NAGAs: Megs, Adrian, Jodie, Mandy, Wendy

LD: Dot

NTP: n/a

Implement: n/a

Date: 2/7/15 39 players!!!

Winning Team: Ash, Jeff, Kylie, Leah, Liz, Fran, Adrian

NAGAs: Jason, Dave, Sue, Aaron, Don, Gary, Sean, Julie, Bill

LD: Ryan

NTP: Ryan

Implements: Andrew, Dave



Cocos Island Meteorological Office

Tel: (08) 9162 6625 • Fax: (08) 9162 6626 •

Postal Address: PO Box 1009, Cocos Islands WA 6799

June was an exciting month for the weather observer. On the back of seeing a funnel cloud in May, which is weather-speak for a waterspout or tornado that is not touching Earth's surface, Shallow Fog was observed for the first time in a very long time. Unfortunately, due to less accurate observing codes prior to the 90s, I cannot be definite about its last observed occurrence without trawling through individual historical weather logs. It is nonetheless rare for Cocos! Shallow Fog by definition, extends less than 2m above the ground and reduces the visibility to less than 1000m in the Shallow Fog. Proper fog is similar though extends above 2m vertically, reducing horizontal visibility to less than 1000m.

The reason the Shallow Fog formed was because a number of contributing factors all occurred at the same time. That is, there was very little wind overnight, there were clear skies - allowing the long-wave radiation to escape into space - and it all lasted long enough for the air near the ground to be cooled sufficiently for condensation to occur and for shallow fog to form. Given the size of the landmass, the climate and our maritime location, this is amazing! Shortly before sunrise, a 4kt SE'ly breeze mixed the air a little and washed it away. The 20th was incidentally, though unsurprisingly, our coolest morning too, with the mercury dropping to a wintery 22.2°C in the screen. If you were sleeping in a swag, it was 19.3°C at ground level. Brrrr. We are always keen to hear about what weather you observed, so let us know if you do see something exciting. If you want more info or to chat about the wonders of the weather more deeply, call or drop by. We are here most of the time.

The BoM crew - Joshua, Michael and Alana-Jayne.

Monthly Weather Summary for June 2015

Element	Values for Jun	date	Month's extremes and averages	Annual extremes
Highest temperature	30.0 °C	6-Jun	30.8 1/06/1999	32.8 11/04/1998
Lowest daily maximum	26.8 °C	22-Jun	24.4 24/06/1968	23.9 23/07/1956
Average maximum	29.0 °C		28.5	
Highest daily minimum	26.7 °C	15-Jun	27.7 1/06/1999	28.6 27/04/1998
Lowest temperature	22.2 °C	20-Jun	20.1 24/06/1968	18.3 6/08/1979
Average minimum	25.1 °C		24.5	
Highest terrestrial minimum	28.6 °C	12-Jun		
Lowest terrestrial temperature	19.3 °C	20-Jun	18.6 30/06/2000	15.9 22/12/2003
Average terrestrial minimum	23.7 °C		23.1	
Total monthly rainfall (mm)	122.0 mm		212.7	
Total yearly rainfall since 1 Jan	1020.4 mm		1242.9	
Highest monthly rainfall (mm)			649.4 1988	1000.4 Feb-13
Lowest monthly rainfall (mm)			7.4 1978	0.0 July, 1945
Highest daily rainfall	26.6 mm	23-Jun	187.2 8th 1929	416 25/02/2013
Number of raindays	20 days		18 days	
Total monthly evaporation	124.8 mm		159.0 mm	
Highest daily evaporation	6.0 mm	1-Jun		
Maximum wind gust	FSE at 61 kph - 0000 hrs		ENE at 111 kph	W at 176 kph
		23-Jun	28th 1954	21/01/1968

* new or equalled record.

Remarks

Temperatures Daily maximum temperatures averaged 29°C – 0.5°C above average.
Overnight minimum temperatures averaged 25.1°C – 0.6°C above average.

Rainfall Month's total rainfall was 122 mm – 91 mm (43%) below average.
Year's total rainfall so far is 1020.4 mm – 223 mm (18%) below average.

Evaporation Month's total evaporation was 125 mm – 34 mm (22%) below average.



Cocos Island Meteorological Office (Western Australia)

Daily Summary for June 2015

203mm rainfall totals

Jun	Max Temp	Min Temp	Terr Min	24 hr Rain	24 hr Evap	Wind Run (kms)		Dir'n	Max Wind kts	Gust Time	Phenom
						blw 3m	abv 3m				
1/06/2015	27.4	23.9	23.3	7.0	06.0	0397	0607	SE	023	1900	Showers
2/06/2015	28.2	25.0	23.6	1.2	03.6	0420	0660	ESE	028	1140	Showers
3/06/2015	28.8	24.4	23.6	4.6	03.4	0342	0653	E	022	0034	Morning Showers
4/06/2015	29.8	24.7	24.0	5.6	04.0	0304	0611	E	028	0514	Showers
5/06/2015	29.5	26.5	25.3	0.8	04.2	0277	0571	ESE	022	2313	Shower, Haze
6/06/2015	30.0	26.1	25.0	Tce	04.6	0269	0269	E	023	1219	Fine, Haze
7/06/2015	29.0	26.4	24.7	1.0	04.6	0258	0551	ESE	025	1205	Morning Showers, Haze
8/06/2015	28.9	26.2	23.6	1.0	04.4	0239	0583	SE	018	0953	Fine, Haze
9/06/2015	28.9	26.6	25.2	0.0	03.8	0340	0592	SE	023	0728	Fine
10/06/2015	29.0	26.3	24.7	0.0	05.2	0427	0684	ESE	024	2058	Showers
11/06/2015	28.5	24.8	24.4	7.8	03.8	0382	0611	SE	024	1015	Shower and light rain
12/06/2015	29.5	24.1	28.6	5.2	02.8	0238	0472	ENE	029	2240	Fine
13/06/2015	29.3	24.5	24.0	16.2	05.2	0277	0584	ESE	019	0322	Fine
14/06/2015	29.7	26.5	23.9	trace	04.0	0240	0492	E	020	1051	Fine
15/06/2015	29.7	26.7	24.4	0.0	04.4	0259	0595	ENE	017	0059	Fine
16/06/2015	29.6	26.1	23.3	0.0	04.6	0227	0470	E	017	0015	Fine
17/06/2015	29.4	25.5	21.7	0.0	04.4	0153	0341	ESE	015	1943	Fine
18/06/2015	29.9	25.2	23.6	2.4	05.4	0202	0389	E	018	0551	Morning Showers
19/06/2015	29.4	26.2	23.2	0.2	04.6	0196	0398	E	019	0847	Fine
20/06/2015	29.6	22.2	19.3	0.0	03.6	0113	0288	SSE	023	1940	Shallow Fog, Fine.
21/06/2015	28.6	24.5	23.6	3.6	04.2	0389	0592	ESE	031	0850	Showers, windy.
22/06/2015	26.8	23.7	23.2	10.6	04.6	0358	0753	E	031	0704	Showers and rain.
23/06/2015	28.5	23.7	22.8	26.6		0340	0642	ESE	033	0000	Early showers
24/06/2015	28.5	23.9	22.9	11.4	04.6	0331	0690	ESE	032	0001	Fine
25/06/2015	27.5	23.9	22.0	0.6	05.4	0275	0575	ESE	028	2126	Showers
26/06/2015	27.8	23.7	22.9	1.6	03.0	0471	0749	ESE	028	0243	Overcast, windy.
27/06/2015	29.5	23.7	23.0	6.8	03.8	0341	0657	ENE	024	1951	Early showers
28/06/2015	29.7	24.8	23.7	7.8	05.2	0278	0644	ENE	024	0547	Distant showers
29/06/2015	29.8	26.7	24.3	0.0	03.4	0202	0596	E	019	0834	Fine
30/06/2015	29.6	26.7	24.5	0.0	04.0	0201	0512	E	017	1223	Fine

Totals				122.0	124.8						
Highest	30.0	26.7	28.6	26.6	06.0	0471	0753	ESE	033	0000	
Lowest	26.8	22.2	19.3		02.8	0113	0269		23-Jun		
Average	29.0	25.1	23.7		04.3	0292	0561				
Raindays				20							

* Dew or fog (not counted as a rainday)

#MX WIND FROM AWS PRINTOUT

Cocos Island Meteorological Office (Western Australia)

12° 19' 03" South 96° 83' 33" East

Barometer ht above MSL : 3 metres

WMO Station Number : 96996

Cup anemometer ht AGL : 10 metres

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21						22			
				23					24	25				
26	27	28	29				30	31						
32						33						34	35	36
37					38						39			
40				41						42				
			43						44					
	45	46						47						
48					49	50	51				52	53	54	55
56					57					58				
59					60					61				
62					63					64				

1. Leaf opening
6. Chomp
10. Small island
14. Shelter
15. Weaving machine
16. State of mind
17. Lacquer ingredient
18. At the peak of
19. Stopper
20. Denote
22. Ascend
23. Tote
24. Slender
26. Layers
30. Footwear
32. Tranquillity
33. Deceiver
37. Relating to urine
38. Inflammations of the big toe
39. Type of cereal grass
40. A type of gland
42. Specialty
43. Intends
44. Addicted
45. Type of poplar tree
47. Prohibit
48. Iridescent gem
49. Victorious
56. Against
57. Charged particles
58. Hermit
59. Charges
60. Agreeable
61. Extreme
62. Cumberbund
63. Happy
64. Sysadmin

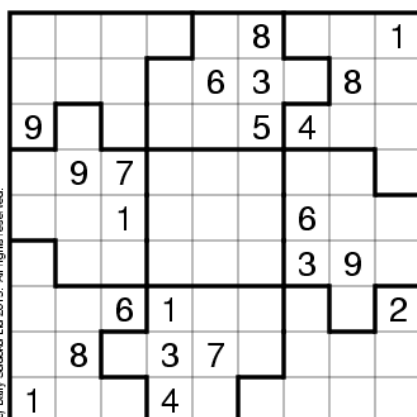
1. Outbuilding
2. Story
3. Baking appliance
4. Quick note
5. Enliven
6. Flavourless
7. Greek letter
8. Horn sound
9. Male rulers
10. Showman
11. Not fluid
12. Really bad
13. Border
21. Actress Lupino
25. Snake-like fish
26. Disgorge
27. Small slender gull
28. Police action
29. Do
30. Avoids
31. Despise
33. Metal money
34. Clock sound
35. Pang
36. Require
38. Allotting
41. C
42. Baffle
44. An unskilled actor
45. Breathing problem
46. Satisfies
47. Travelled by bus
48. Clods
50. Agitate
51. Ancient Peruvian
52. Sacred
53. Picnic insects
54. Roman emperor
55. Snare

Sudoku Station

The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and group of squares enclosed by the bold lines must contain the digits 1 through 9 exactly once.

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

very hard



Daily Squiggly SuDoku: Tue 30-Jun-2015

medium

Brainteaser Central!

You are standing at a pool and have a 3-gallon jug and a 5-gallon jug... put EXACTLY 4 gallons of water into one of the jugs. You have no other means of measuring besides the two jugs. You must be exact.

You are standing at a pool and have a 3-gallon jug and a 5-gallon jug... put EXACTLY 4 gallons of water into one of the jugs. You have no other means of measuring besides the two jugs. You must be exact.

Fill the 3-gallon jug. Pour into 5-gallon jug. Refill 3-gallon jug and pour into 5-gallon jug. 5-gallon jug is now full and 3-gallon jug has 1 gallon. Empty 5-gallon jug. Empty the single gallon from the 3-gallon jug into the 5-gallon jug and then fill 3-gallon jug and pour that into 5-gallon jug as well.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

S	A	S	H	G	L	A	D	S	Y	P
F	E	E	S	N	I	C	E	L	T	R
O	P	A	L	T	R	I	U	M	P	H
A	S	P	E	N	B	A	N			
M	E	A	N	S						
E	N	C	I	C	E	N	N	I	C	E
P	E	A	C	E	C	H	A	R	A	L
S	T	R	A	T	A	S	H	O	R	E
A	D	D								
E	T	E	M	I	N	A	T	E		
H	A	V	E	N						
T	R	I	C	E						
L	O	O	D							
A	L	P								
L	O	O	D							
S	C	E								

Babies, babies, babies. The next Generation...



Do you have a Cocos Moment you would like to share?

Email your favourite photo to cocosislands@crc-net.au or drop into the Community Resource Centre.

Birthdays & Anniversaries

Happy Birthday to Izzy McKinney for 20th July and Charlie McKinney for 23rd July

Wish to send love ones special messages on their birthdays and anniversaries?

Drop in at the Cocos Islands Community Resource Centre or email communications@cocos.wa.gov.au



Upcoming 2015 Community Events

Event Name	Event Date	Event Host
Physio	11—18/07/2015	Indian Ocean Territories Health Service
Optometrist & Optician Visit	11—18/07/2015	Indian Ocean Territories Health Service
Ophthalmologist Visit	14—18/07/2015	Indian Ocean Territories Health Service
Hari Raya Puasa	17/07/2015	Public Holiday
Dentist Visit	21/07/2015—1/08/2015	Indian Ocean Territories Health Service
Scroungers—Coconut Theme fancy dress	23/07/2015	Cocos Islands Golf Club
Kids Movie Night	24/07/2015	Cocos Club
Social Worker Visit	28/07/2015—01/08/2015	Dept of Infrastructure
Shire Council Meeting	29/07/2015	Shire of Cocos Islands
Night Golf	14/08/2015	Cocos Islands Golf Club
Members BBQ	15/08/2015	Cocos Club
Shire Council Meeting	26/08/2015	Shire of Cocos Islands
Pink Scroungers, Cancer Council Fundraiser	27/08/2015	Cocos Islands Golf Club
Barefoot Ball	29/08/2015	Cocos Islands Yacht Club
Breastscreen Visit	5—12/09/2015	Indian Ocean Territories Health Service
West Island Market Day	12/09/2015	Cocos Islands Community Resource Centre
Shire Council Meeting	23/09/2015	Shire of Cocos Islands
Hari Raya Haji	24/09/2015	Public Holiday
West Fest	26/09/2015	Cocos Club
Scroungers - Footy Colours	1/10/2015	Cocos Islands Golf Club
AFL Grand Final	03/10/2015	Cocos Club
Corporate Golf Day	07/10/2015	Cocos Islands Golf Club
Cocos Olympics	09 - 17/10/2015	Cocos Club
Toga Party	17/10/2015	Cocos Club
Islamic New Year	14/10/2015	Public Holiday

The above events with further details are all advertised on the Cocos Islands CRC website. If you have a community event you would like to



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

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

Thursday 23rd Jul 2015

1:00pm Tuesday 21st Jul 2015

Cocos Snapshots 2...

Gambaran Cocos 2...



THE EMPERORS NEW CLOTHES

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
- Identified by author

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.

Materials should preferably be electronically forwarded to: cocosislands@crc.net.au

To ensure a timely distribution of the newsletter, we request that all items/materials be forwarded before 1pm, 2 days prior to its distribution date.

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.