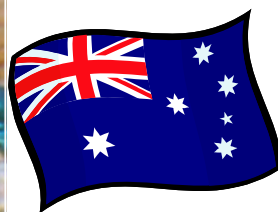




# The Atoll

\$2.00

Thurs 14th May 2015 - Wed 27th May 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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## Advertisements Advertais

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:  
[cocovinlands@crc.net.au](mailto:cocovinlands@crc.net.au)

## Cocos Snapshots

## Gambaran Cocos



## CIYC DINNER/AUCTION







Administration Building  
PO Box 1039  
Cocos (Keeling) Islands, 6799  
Phone (08) 9162 7707 Fax (08) 9162 7708  
Email: [cocosislands@crc.net.au](mailto:cocosislands@crc.net.au)  
Web: [cocos@crc.net.au](http://cocos@crc.net.au)  
Like us on Facebook! Search for:  
Cocos (K) Islands Community Resource Centre  
or follow us on Twitter @CocosCRC

## Rainfall Stats

May Statistics  
(latest up to 13 May):  
51.80mm

Latest 2015 Statistics:  
(latest up to 30 Apr)  
844.60mm

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



## LATEST WEATHER

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

## 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 West Island vs Home Island Tennis Match!
- 👍 Well done to Azia and the Cocos Islands Youth Club for a very pleasant evening and a fun event!

# AUSTRALIA'S BIGGEST MORNING TEA

GET TOGETHER TO  
HELP BEAT CANCER



COME ALONG  
AND MAKE YOUR  
CUP COUNT

**HOST** Cocos Island Community Resource Centre

**DATE** Thursday 21st May 2015 9.30am

**WHERE** Cocos Island CRC Verandah

**DETAILS** Please RSVP by Thursday 14th May 2015

\$20 PER PERSON DONATION (or more!)

[biggestmorningtea.com.au](http://biggestmorningtea.com.au)

Proudly supported by



Government of Western Australia  
Department of Regional Development



Cancer  
Council

Australia's  
Biggest  
Morning  
Tea

Feel free to email your  
thumbs up to:

[communications@cocos.wa.gov.au](mailto:communications@cocos.wa.gov.au)

### Quote of the Day

*One machine can do the work of fifty ordinary men. No machine can do the work of one extraordinary man. - Elbert Hubbard*

### Thought for the Day

*I release all things from the past year that has caused any negative attachment. I prepare and welcome new changes, new lessons and new adventures. I welcome new opportunities to grow emotionally, mentally and spiritually. - Namaste The Buddha Way*

### Jokes of the Week

A mom texts, "Hi! Son, what does IDK, LY, & TTYL mean?"

He texts back, "I Don't Know, Love You, & Talk To You Later."

The mom texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"

Teacher: "What is the chemical formula for water?"

Student: "HIJKLMNO."

Teacher: "What are you talking about?"

Student: "Yesterday you said it's H to O!"

### Cocos (Keeling) Islands News (cont'd)

### Berita Pulu Cocos (Keeling) (seterusnya)



### NEW MANAGEMENT TEAM!

The CKITA would like to congratulate and welcome our recently appointed Visitor Centre Manager - Di Evans and Association Manager - Rhonda Bowman. They look forward to meeting members and key stakeholders over the coming months.

We wish our outgoing Visitor Centre Manager - Kerenda Keogh all the best for the future and thank her for her hard work ensuring the Visitor Centre operates according to standard industry practice and is an enjoyable place to visit for locals and visitors alike.

### KEY DATES

- 1st - 30th June - Registrations open
- 5th June - Lagoon Swim Info and Sign-up Night (Food Night available see the Club)
- 14th November - Race day!

\*Sponsors interested please contact Junes on [marketing@cocoskeelingislands.com.au](mailto:marketing@cocoskeelingislands.com.au)\*



### GRIFFITH REVIEW

During the Sydney Emden 100 commemorations last year, CKITA hosted journalist Ben Stubbs. He was lucky enough to accompany the descendants to North Keeling with the assistance of and thanks to Parks Australia.

Published through the Griffith Review his full account can be read at;

<https://griffithreview.atavist.com/the-first-victory>

### OPENING HOURS

Monday 8.00am - 4.00pm  
Tuesday to Friday 8.00am - 3.00pm  
Saturday 10.00am - 3.30pm

- **Book Now** - Accommodation, Car Hire and Tours online at [www.cocoskeelingislands.com.au](http://www.cocoskeelingislands.com.au)
- **New Merchandise** always arriving – great ideas for birthday presents and family gifts.

Cocos Keeling Islands Tourism Association

## CASUAL TOURISM SUPPORT OFFICER JOB VACANCY



### JOB DESCRIPTION

The Cocos Keeling Islands Tourism Association is calling for applications from bright and bubbly, well presented, enthusiastic and suitably qualified persons for the position of Casual Tourism Support Officer. The positions being offered are on a part time and / or casual basis to cover staff leave and relief as required.

### DUTIES / RESPONSIBILITIES

- Competently handle all day to day enquiries (in person, via telephone and email), merchandise sales and tour bookings for the Visitor Centre.
- Provide a comprehensive, accurate, friendly and prompt information service for visitors to the Islands.
- Answer counter, telephone and email enquiries regarding the Cocos Keeling Islands, including its tourist facilities, attractions and activities and proficiently distribute information as required.
- Provide a friendly and informative 'Meet and Greet' service for plane arrivals on charter days (could possibly include Saturdays).
- Actively sell local tours and merchandise to visitors to the Visitor Centre.
- Daily management of Bookeasy online booking system – training provided.
- Data entry using MYOB accounting software – training provided.
- Cash handling, EFTPOS sales and till register operation.
- General daily maintenance of the Visitor Centre to ensure that the Visitors Centre is clean, well stocked, attractively, informatively and professionally presented.
- Other duties as directed by the Visitor Centre Manager or the Marketing Manager.

### ESSENTIAL EXPERIENCE AND SKILLS

- Excellent customer service skills and the ability to market and promote the aims and philosophy of the Tourism Association in a professional manner.
- Proven ability to work with minimal supervision.
- Proven honesty, reliability, loyalty and responsibility.
- High level of knowledge of local tourism products, services, facilities and activities.
- Applicants need to demonstrate initiative, motivation and willingness to learn about the tourism industry.
- Sound communication and interpersonal skills – bright, bubbly and friendly, including high levels of communication in person, via email and via telephone.
- High level of computer literacy – including demonstrated experience and proficiency in Microsoft Office Word, Excel, Outlook and MYOB accounting software.

### REMUNERATION

Remuneration is \$25.00 per hour as a casual employee (\$20.00 per hour plus 25% casual loading).

### APPLICATION PROCESS

Please provide current Curriculum Vitae, plus written application addressing the duties, responsibilities, experience and skills. Closing date for applications is 3.00 pm Friday 5 June 2015.

Applications are to be submitted to –

Visitor Centre Manager – Dianne Evans  
Cocos Keeling Islands Tourism Association  
PO Box 1064  
Cocos Keeling Islands WA 6799

Make it yours.



### Did You Know???

One year on earth is 365.26 days long. One day is 23 hours, 56 minutes, and 4 seconds long. The extra day in a leap year was introduced to compensate for the discrepancy in the Georgian calendar.

### Cocos Malay Words

Open - *Buka*  
Close - *Tutup*  
Up - *Diatas*  
Down - *Dibawa*  
Stand - *Bediri*  
Sit - *Duduk*  
Sleep - *Tidor*  
Awake - *Bangun*  
Change - *Tukar*  
Same - *Sama*

### Cocos (Keeling) Islands News (cont'd)

### Berita Pulu Cocos (Keeling) (seterusnya)



Expression of interest is being sought for a General Managers position at the Cocos Club Inc.

The Cocos Club is the centre of community activities and social life.

The successful candidate will work with committee to bring together a team to provide the service that the community have come to expect.

Committee has a flexible outlook on the position.

The committee will be looking for skills in organisation, staff management, stock control and general administrative skills.

Experience in MYOB, payroll and business administration will be well regarded.

A full list of duties to run the Club is available upon request.

Please contact the club secretary via email: [irisjarigsma@hotmail.com](mailto:irisjarigsma@hotmail.com)

Closing date for entries is the 20th of May, 2015.

Interviews will be held from 21 -23 of May, with a possible starting date of June 1st, 2015.

### RAJA DI JALAN FOR SALE



The 2005 Eliminator is Kawasaki's entry level, learner legal street rod.

With all the looks and size of the bigger boys, its hard to believe that it is only a 250.

#### Drag bike styling and size

The Eliminator oozes presence, its long wheelbase, unusually wide rear tyre, polished cast alloy spoked wheels and chromed engine all add to it's character. The megaphone style exhaust and dragger style bars give the Eliminator a sportier appearance than most cruisers.

#### Liquid-cooled, 249cc V-Twin Engine

Specially tunes for low-end and mid-range torque, with high compression for smooth low and mid range power. Power and performance is further enhanced by the Eliminator's straight-flow, 2- into-1 exhaust system, while a gear driven, counter rotating balancer in the crankcase minimise engine vibration and maximise the rider comfort.

**Bought in 2008**

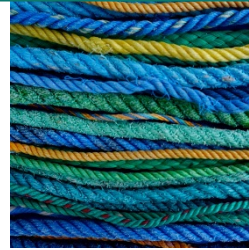
**Less than 2000kms**

**Place your tender**

**Inspections by appointment —9162 7770**

**Tender to be placed in a sealed envelope & delivered to Cocos Castaway**

**Close off date Monday 1 June.**



## JUNE ART COURSE at The Big Barge Art Studio

### RUSTIC ROPE BOWLS

Come and create some funky and unique rope bowls made from flotsam rope collected off the beach. Will be using some SIMPLE coiling techniques to allow you to make a large bowl or set of three small bowls.

You will need to collect and bring lots of different ROPES off the beach in similar sizes (good medium size approx one cm) and try and find some really thin rope for your stitching. May introduce some thong elements so bring a couple of your favourites of those as well.

**HINT:** Softer ropes are easier to work with and good idea to wash your ropes first. A really fun and relaxing art project for everyone to enjoy.

**COURSE DATES:** Saturdays 6<sup>th</sup>/13<sup>th</sup>/20<sup>th</sup>/27<sup>th</sup> June

**COURSE TIMES:** 9am – 12pm.

**COST:** \$230 including prep/ tuition/studio fees & material costs.

Bookings and payment needed by Friday 30<sup>th</sup> May to confirm your spot.

For any enquiries or bookings please contact Emma 9162 7710 or [info@thebigbargetcentre.com.au](mailto:info@thebigbargetcentre.com.au)

## BIG PARTY IN THE COCOS?

We've got all your dress-up costumes, party supplies and décor covered!

**CostumeBox.com.au**  
Australia's #1 for Costumes, Party & Fun

Shipping direct with AusPost Express starting from \$14.80 for a 3kg satchel.  
Contact customer service for more details.

## NATIONAL VOLUNTEER WEEK 2015

It is with great pleasure to acknowledge the Islands' emergency services volunteers in celebration of National Volunteer Week (NVW) 2015. We take this opportunity to acknowledge and celebrate its volunteers by partaking in this event. This year the theme is "Give Happy, Live Happy" and will take place from 11-17 May.

WA has in excess of 29,000 emergency services volunteers across the state who commit significant time and effort to ensure the safety of their local communities.

So far this year WA has experienced some particularly challenging incidents—flooding in the north and protracted bushfires in the southwest. Without the efforts of our volunteers, there would surely have been greater loss and damage to our environment and communities.

In support of the National Volunteer Week, to all our local volunteers on Cocos, we thank you for your services and commitments in ensuring the safety of residents on Cocos Islands. Keep up the great work!



### MINGGU VOLUNTIR NASIONAL 2015

*Dengan senang hati kami ingin bersuarakan volutir serbis emergensi dipulu sebahagian daripada Minggu Volutir Nasional 2015. Kami mengambil peluang ini untuk mengemukakan dan merayakan semua volutir dengan mengambil bahagian dalam peristiwa ini. Theme tahun ini ialah "Give Happy, Live Happy" dan akan berjalan dari 11-17 May.*

*WA mempunyai lebih daripada 29,000 volutir emergensi serbis diseluruh state ini yang berikhlis memberikan masa dan usaha mereka dalam memastikan keselamatan masyarakat mereka.*

*Pada masa ini WA telah mengalami berberapa kejadian yang mencabar—kebanjiran disebelah utara dan tebakaran yang berpanjangan disebelah southwest. Tanpa keusahaan volutir kami, pasti terjadinya kerugian yang lebih dan krusakkan yang lebih kepada alami dan masyarakat kami.*

*Dalam menyokong National Volunteer Week, kepada semua volutir kami di Cocos, kami ucapkan terima kasih atas serbis dan tanggungjawab semua dalam memastikan keselamatan penduduk-penduduk Pulu Cocos. Tetapkan kerjanya yang baik sekali!*



## Online Traffic Infringement Scam

The Australian Federal Police (AFP) are warning the Cocos (Keeling) Islands community of an email scam currently circulating throughout Australia and internationally.

The email purports to be from the AFP and requests payment for a bogus AFP Traffic Infringement Notice.

The AFP wishes to remind CKI residents that traffic infringement notices are issued in-person by a Police Officer, and not by email.

Members of the public who believe they have been a recipient of the fraudulent email should delete the email immediately and report it to the Australian Cyber Crime Online Reporting Network (ACORN) via <http://www.acorn.gov.au/> or to ScamWatch <http://www.scamwatch.gov.au>.

For further information, please contact the Police Station on 08 9162 6600.





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](http://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!

#### The Giant Clam (*Tridacna gigas*)

There are several species of clam that are termed 'giant clams', but the species colloquially known as the giant clam is *Tridacna gigas*. This clam is the largest living bi-valve mollusc in the world growing up to 120cm across, weighing more than 200kgs and can live to be over 100 years old. It is found throughout the Indo-Pacific region.

The giant clam has photosynthetic algae, called zooxanthellae, living in their mantle tissue which they use to transfer energy from the sun. This symbiotic relationship can provide the giant clam with up to 100% of its dietary requirements. For this reason, their distribution is restricted to the shallower waters where there is adequate light for photosynthesis.

The giant clam is a protandrous hermaphrodite. This means that the giant clam starts its life as a male and as it becomes sexually mature, also develops female reproductive organs. Although they can produce both eggs and sperm they do not release these at the same time, rather releasing the sperm first followed by the eggs at a later time, meaning an individual can not self-fertilize.



Giant clam by Andy Lim

The status of the giant clam stocks worldwide have been reduced, due to number of natural and human-induced changes. They now have a worldwide conservation status as 'Vulnerable' on the World Conservation Union's Red List of Threatened Species. At Cocos (Keeling) Islands the status of the giant clam is more serious with the Department of Fisheries research showing that its local abundance is already critically low and anecdotal reports suggest this species may be locally extinct.

In addition to the giant clam (*Tridacna Gigas*) two other species of the giant clam family have been reported to occur at Cocos (Keeling) Islands; *Tridacna maxima* and *Tridacna derasa*, stocks of which also reported by the Department of Fisheries, as requiring conservative management for long term sustainability.

Feel free to contact Kim Boothman, Community Education Officer for the IOTs, at any time on [Kim.Boothman@fish.wa.gov.au](mailto:Kim.Boothman@fish.wa.gov.au) or Work: 9203 0345/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](http://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!

#### Kima Besar (*Tridacna gigas*)

Ada berapa jenis kima yang digelar 'kima besar', tetapi jenis yang biasa dikenal sebagai kima besar ialah *Tridacna gigas*. Kima ini ialah 'bi-valve mollusc' yang terbesar di dunia dan boleh membesar hingga 120cm lebarnya, seberat 200kgs dan boleh hidup melebihi 100 tahun. Ia terdapat di daerah Indo-Pacific.

Kima besar mempunyai 'photosynthetic algae', dipanggil zooxanthellae, yang hidup dalam 'mantle tissue' yang mereka gunakan untuk menyalin energi dari matahari. Perhubungan ini boleh memberikan kima besar 100% keperluan makannya. Oleh kerana ini, mereka biasa terdapat di area yang cetek dimana banyak cahaya untuk 'photosynthesis'.

Kima besar adalah 'protandrous hermaphrodite'. Ini bermaksud yang kima besar bermula kehidupannya sebagai lelaki dan bila dewasa, mereka juga mempunyai kelamin perempuan. Walaupun mereka menghasilkan kedua-dua telur dan sperm, mereka tidak melepaskannya bersaing, tetapi sperm dahulu lantas telur dimasa yang lain, yang bermaksud mereka tidak boleh membuat bibit tersendiri.

Keadaan jumlah kima besar di dunia telah berkurangan, bersebabkan petukaran alami dan dimakan. Mereka mempunyai status sebagai 'Vulnerable' di "World Conservation Union's Red List of Threatened Species". Di Pulu Cocos (Keeling) keadaan kima besar lebih penting dengan penyelidikan Department of Fisheries menunjukkan jumlah tempatan sangat kurang dan laporan menjangkakan yang jenis ini boleh kerabihan.

Bersamaan kima besar (*Tridacna Gigas*) ada dua jenis daripada kima besar telah dilaporkan berada di Pulu Cocos (Keeling): *Tridacna maxima* dan *Tridacna derasa*, jumlah yang juga dilaporkan oleh Department of Fisheries, sebagai jenis yang memerlukan penjagaan untuk tetap ada.

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





Government of Western Australia  
Department of Sport and Recreation

Our whole  
community wins



## *"Community Clubs – looking towards your future!"*

Do you belong to an incorporated community club or association - or are you thinking about becoming incorporated?

If this sounds like your organisation there are a number of changes currently proposed to the Associations Incorporations Act that will be of interest.

To find out more join Greg Goad from the Department of Commerce - Associations Branch of Consumer Protection and Greg McLennan from the Department of Sport and Recreation for a discussion and workshop on this and general club administration issues.

### Details are:

Home Island

Venue – Cyclone Shelter

Date and time – Monday the 15<sup>th</sup> of June 5.30pm to 7pm

West Island

Venue – The Community Resource Centre

Date and time – Wednesday the 17<sup>th</sup> June – 5.30pm to 7pm

Food and refreshments will be provided. To help with our catering please email RSVP by Thursday the 5<sup>th</sup> June to – Greg McLennan – email [greg.mclennan@dsr.wa.gov.au](mailto:greg.mclennan@dsr.wa.gov.au)

*Keep ahead of the game.*

*"Clubs in all their shapes and sizes are vital to the ongoing sustainability of a community"*

This initiative is funded by the Commonwealth Department of Infrastructure and Regional Development

## *"Kelab Komuniti - melihat ke masa hadapan anda!"*

Adakah anda tergolong dalam kelab komuniti yang diperbadankan atau persatuan - atau anda bercadang untuk diperbadankan?

Jika ini bertepatan dengan organisasi anda, terdapat beberapa perubahan yang dicadangkan pada masa ini terhadap Akta Pemerbadanan Persatuan yang akan menarik minat anda.

Untuk mengetahui lebih lanjut, sertai Greg Goad daripada Jabatan Perdagangan - Persatuan Cawangan Perlindungan Pengguna dan Greg McLennan daripada Jabatan Sukan dan Rekreasi untuk satu perbincangan dan bengkel mengenai perkara ini dan isu-isu umum pentadbiran kelab.

### Butir-butirnya adalah:

Pulau Home

Tempat – Tempat Perlindungan Taufan

Tarikh dan masa - Isnin 15 Jun, jam 5.30 petang hingga 7 malam

Pulau Barat

Tempat – Pusat Sumber Komuniti

Tarikh dan masa - Rabu 17 Jun, jam 5.30 petang hingga 7 malam

Jamuan ringan akan disediakan. Untuk membantu catering kami, sila e-melkan RSVP selewat-lewatnya pada 5 Jun kepada – Greg McLennan – e-mel [greg.mclennan@dsr.wa.gov.au](mailto:greg.mclennan@dsr.wa.gov.au)

*Sentiasa berada di hadapan*

*"Kelab dengan pelbagai bentuk dan saiz adalah penting kepada kelestarian sesebuah komuniti"*

Inisiatif ini disokong dananya oleh Jabatan Infrastruktur dan Pembangunan Wilayah Komanwel

### Plastics and the Environment

Plastics are man-made materials that come from natural resources such as oil, gas and coal (fossil fuels).

These valuable resources were formed from prehistoric plants and animals that lived hundreds of millions of years ago. These fuels won't be replaced for millions of years to come—they are called 'non-renewable' resources.

Because the resources used to make plastic take so long to form and are so valuable, it's important to think of plastic itself as a valuable resource and recycle it wherever possible. Plastic is simply too valuable to waste.

Plastic has been the most common item collected on Clean Up Australia day for almost 20 years.

When plastic becomes litter it can endanger the health of animals and sea life. We all need to take responsibility for managing plastic waste.

Plastics have only been widely used in the past 50 to 60 years so we don't know how long they will take to break down completely. What we do know, is that plastics are durable and versatile and that all plastics can be recycled. Many can be recycled again and again.

There are a number of degradable plastics including biodegradable plastics.

One common type of degradable plastic will fragment into smaller and smaller pieces when exposed to light. However, biodegradable plastics don't just fragment—they completely break down into naturally occurring compounds such as carbon and water.

*More tips in next edition...*



### 2015 AFL Broadcast Guide Cocos Keeling Islands Time

#### Friday 15th May

Essendon v North Melbourne– ES 7 mate 3.00 pm (live)

#### Saturday 16th May

Adelaide Crows v St Kilda – AO GWN 7 12.00 pm (12 hour time delay)

West Coast Eagles v Gold Coast Suns - DS 7 mate 5.00 pm (1 hour time delay)

#### Sunday 17th May

Western Bulldogs v Fremantle - ES GWN 7 9.30 am (live)

Richmond v Collingwood - MCG GWN 7 12.30pm (1 hour time delay)

#### Friday 22nd May

Geelong Cats v Carlton - ES 7 mate 4.00 pm (live)

#### Saturday 23rd May

St Kilda v West Coast Eagles - ES GWN 7 9.00 am (live)

Fremantle v St North Melbourne - DS 7 mate 5.00pm (1 hour time delay)

#### Sunday 24th May

Melbourne v Western Bulldogs – MCG GWN 7 11.30am (live)

#### Friday 29th May

Sydney Swans v Carlton – SCG 7 mate 4.00pm (live)

#### Saturday 30th May

Hawthorn v Gold Coast Suns – AU 7 mate 12.00pm (2 hour time delay)

Adelaide Crows v Fremantle - AO 7 mate 4.00pm (live)

### West Island V Home Island Tennis Match

On Wednesday the 6th of May the West Island Tennis Club hosted players from the Home Island Tennis Club in a tournament that soon became known as the Cocos Islands Open! The Home Island players arrived early and had a quick hit out to get a feel for the West Island courts. As the spectator numbers increased, the players began to feel the pressure mount of the big occasion!

All the matches showed some outstanding tennis from both Islands and the standard of play was exceptionally high. As a few of the matches were nearing completion some of the West Island players were looking nervously at their pants as the score line approached 5-0. Thankfully, for the players as well as the spectators, West Island managed to secure at least one game in every match! PHEW!

As the result started to become apparent & rain literally dampened West Island's parade, West Island regrouped and made a strategic decision, what they lacked in skill and ability they would make up for in sledging & cheek! It didn't work!

Home Island ended the evening with a solid win. The final result was Home Island 44 games, to West Island 25 games!

Players from both clubs are already discussing the next tournament to be held on Home Island. Home Island will be looking to solidify their dominance whilst West Island will be looking to redeem themselves and make their way onto the winners list.



### 8 Daily Meditations to Treat Mood Disorders

#### 1. The Value of Feeling Emotion

Remember that your emotions are crucial to what makes you human. While your emotions may require more concerted effort to understand and control than others', you should still revel in your ability to feel emotion.

#### 2. The Control Over Life's Path

You might feel helpless at times, think about how you still have power over the direction of your life. With proper treatment, you should regain control of your mental and physical health, which will provide the ability to guide your life as you see fit.

#### 3. The Significance of Companions

Relying on others for aid is not weakness, but strength. New people in one's life only works to provide deeper insight to being human, and reflecting on the benefits of one's friends and family. It will allow you to approach your illness from different directions.

#### 4. The Sadness of Change

Many suffering from mood disorders fear entering treatment because they don't want to lose what they see as a crucial part of themselves. The truth is that you will change as you learn to live with your disease, but that change will ultimately be for the better. Reflect daily on positive changes you've noticed due to your treatment.

#### 5. The Meaning of Mindfulness

Many sufferers of mood disorders benefit greatly at the beginning of treatment by imagining a specific life they would like to lead. Then, through concerted effort, these sufferers can take steps to achieve that goal. You should ask yourself daily if what you're doing will contribute to your picture of your future "normal" life.

#### 6. The Power of Kindness

Living with a mood disorder is far from easy, and there will be days that are especially difficult. Strive to be kind no matter your attitude or the atmosphere around you, you will find that maintaining a positive, healthful outlook becomes easier.

#### 7. The Gratitude for Aid

No one can succeed in anything without outside aid, and this is especially true among sufferers of mood disorders. More importantly, you must be thankful to those people who reach back with help.

#### 8. The Importance of Effort

Your mood disorder is your own and no one else's. Doctors and therapists help guide you as well as friends and family to aid you, ultimately you are in charge of your well-being.

*More tips in next edition...*





Government of Western Australia  
Department of Sport and Recreation

Our whole  
community wins



## Are you interested in using the gym on Home Island?

### Do you want to try some "Fitness in the Park / Bootcamp" fitness sessions?

If so Norlina Yakin, a fully qualified Physical Trainer is visiting the islands to run free clinics during 1st June to 5th June. Sessions will be held at the Gym on Home Island and in the park on West Island.

Sessions will target male and female seniors, adults and youth and cover such things as:

#### General gym use in the areas of:

- Gym safety
- Technique on all equipment
- Gym etiquette
- Beginner programming in the Gym
- Bootcamp techniques
- Health checks

Interested??? Register your interest by emailing either Greg McLennan – [greg.mclennan@dsr.wa.gov.au](mailto:greg.mclennan@dsr.wa.gov.au) or contact Luluk Sloan at the Shire offices. On 91626649.

This initiative is coordinated by the Department of Sport and Recreation, Western Australia and is funded by the Commonwealth Department of Infrastructure and Regional Development.

## Adakah anda berminat untuk menggunakan gimnasium di Pulau Home?

### Adakah anda mahu mencuba sesi kecergasan "Kecergasan di Taman / Kem Lasak"?

Jika ya, Norlina Yakin yang merupakan seorang Jurulatih Fizikal bertauliah akan mengunjungi pulau untuk melaksanakan klinik percuma daripada 1hb Jun hingga 5hb Jun. Sesi akan diadakan di Gimnasium Pulau Home dan di taman Pulau Barat.

Sesi tersebut akan diadakan untuk warga senior lelaki dan wanita serta golongan belia dan akan merangkumi:

#### Penggunaan gimnasium umum dari aspek:

- Keselamatan gimnasium
- Teknik penggunaan semua peralatan
- Etika gimnasium
- Program permulaan di gimnasium
- Teknik kem lasak
- Pemeriksaan kesihatan

Berminat??? Jika ya, mendaftarlah dengan Greg McLennan melalui e-mel – [greg.mclennan@dsr.wa.gov.au](mailto:greg.mclennan@dsr.wa.gov.au) atau hubungi Luluk Sloan di pejabat Shire. Di talian 91626649

Inisiatif ini dianjurkan oleh Jabatan Sukan dan Rekreasi, Australia Barat dan disokong dananya oleh Jabatan Infrastruktur dan Pembangunan Wilayah Komanwel



# FORTNIGHTLY OM

inspirational thoughts for a happy,  
healthy and fulfilling day

## HIP OPENER POSTURE



A very good hip-opener posture is pigeon pose or its gentle variation RECLINING PIGEON POSE. Why hip-openers are good for us? There are many reasons... flexible hips can ease back pain, give you a more agile gait, and even improve circulation in your legs. But there is a more subtle benefit to hip-openers too: We hold stress and negative emotions—such as fear, guilt and sadness—in our pelvis. As a vinyasa teacher says: "The pelvis is like the body's junk drawer. Whenever you don't know what to do with a feeling or experience, you put it there". Below you will find a good posture to open your hips and release those negative emotions.

### RECLINING PIGEON POSE

This stretch is a modification of the classic pigeon pose. It is great for tight hips, and also works as a preventive stretch for the knees. It works, among others, with the iliotibial band (IT band) which is the connective tissue that runs along the outside of the leg from the pelvic bone to the top of the shin bone.

### HOW TO DO IT

Lie on your back with your knees bent and the sole of your feet on the floor. Cross your right foot over your left knee, with your right knee sticking out to the side. Keep your right foot flexed to maintain the integrity of the knee. Reach behind the hamstring on your left leg and hug it towards your chest as you open your right knee. Relax the shoulders and the neck. Breathe deeply using exhalations to go deeper into the posture. Hold from 30 seconds to 2 minutes on each side depending on your flexibility.



If you have any questions do not hesitate to ask me - Remember that there is a yoga class on West Island every Saturday at 7am at the school. Cost: by donation.

— love, peace, joy & light — olivia—

"Most humans are never fully present in the Now, because unconsciously they believe that the next moment must be more important than this one. But then you miss your whole life, which is never not now".

Eckhart Tolle

Source: [www.yogajournal.com](http://www.yogajournal.com)



## APRIL WEATHER FOR MONTHLY SUMMARY

Hi all. We are going to do a little weather summary every month to go along with our usual statistics in the Atoll. Included are going to be snippets of local weather related stories that have caught our attention in that month.

Hottest day on record on any month was on Tuesday 7<sup>th</sup> April. The maximum temperature was 32.8 degrees which equalled the record set in April 1998. This last month was very warm at 1.1 degrees above average for maximum temperatures.

Mount Tambora in nearby Indonesia erupted exactly 200 years ago on the 10<sup>th</sup> April 1815. It is reputed to be the largest volcanic eruption in recorded history. The eruption caused the world's temperature to drop by about 0.5 degrees in 1816 and that Northern hemisphere summer was known as 'the year without summer'. If there was anyone on our island at the time, they would have heard the explosion loud and clear!

The kids doing sailing in the school holidays enjoyed 15 to 20 knot westerly winds. I know they loved getting out on sail boats.

The SE'ly trade winds have just started again after a hot and sticky doldrum season.

Pleasant weather watching!

From Michael Conway and Joshua Hofman at the Metshack



## Cocos Island Meteorological Office

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

Postal Address: PO Box 1009, Cocos Islands WA 6799

## Monthly Weather Summary for April 2015

Element	Values for Apr	date	Month's extremes and averages	Annual extremes
* Highest temperature	32.8 °C	7-Apr	32.8 11/04/1998	32.8 11/04/1998
Lowest daily maximum	29.5 °C	25-Apr	26.1 21/04/1974	23.9 23/07/1956
Average maximum	30.8 °C		29.7	
Highest daily minimum	28.3 °C	6-Apr	28.6 27/04/1998	28.6 27/04/1998
Lowest temperature	23.5 °C	25-Apr	19.6 16/04/1966	18.3 6/08/1979
Average minimum	25.7 °C		25.2	
Highest terrestrial minimum	28.3 °C	13-Apr		
Lowest terrestrial temperature	20.8 °C	23-Apr	19.3 11/04/2004	15.9 22/12/2003
Average terrestrial minimum	24.4 °C		23.6	
Total monthly rainfall (mm)	218.4 mm		256.5	
Total yearly rainfall since 1 Jan	798.6 mm		837.0	
Highest monthly rainfall (mm)			594.6 2000	1000.4 Feb-13
Lowest monthly rainfall (mm)			21.4 1957	0.0 July, 1945
Highest daily rainfall	60.2 mm	25-Apr	218.4 29th 1934	416 25/02/2013
Number of raindays	20 days		18 days	
Total monthly evaporation	148.8 mm		175.3 mm	
Highest daily evaporation	7.2 mm	23-Apr		
Maximum wind gust	NW at 57 kph - 2353 hrs		NW at 109 kph	W at 176 kph
		14-Apr	3rd 2005	21/01/1968

\* new or equalled record.

## Remarks

Temperatures Daily maximum temperatures averaged 30.8°C – 1.1°C above average.  
Overnight minimum temperatures averaged 25.7°C – 0.5°C above average.

Rainfall Month's total rainfall was 218.4 mm – 38 mm (15%) below average.  
Year's total rainfall so far is 798.6 mm – 38 mm (5%) below average.

Evaporation Month's total evaporation was 149 mm – 27 mm (15%) below average.



## Cocos Island Meteorological Office (Western Australia)

## Daily Summary for April 2015

203mm rainfall totals

Apr	Max Temp	Min Temp	Terr Min	24 hr Rain	24 hr Evap	Wind Run ( kms )		Dir'n	Max Wind kts	Gust Time	Phenom
1/04/2015	31.5	26.2	24.8	0.4	06.8	0164	0421	ENE	018	0446	Fine
2/04/2015	31.7	27.9	25.4	0.0	05.2	0153	0423	ESE	021	1905	Afternoon Thunderstorm
3/04/2015	31.3	25.7	25.0	3.8	04.4	0136	0329	NW	023	1441	Afternoon Thunderstorm
4/04/2015	30.6	24.6	24.1	12.2	05.0	0139	0287	N	022	1043	Showers
5/04/2015	30.9	24.6	22.8	11.2	03.8	0160	0326	ENE	016	1117	Fine
6/04/2015	31.7	28.3	26.3	Tce	05.0	0166	0447	NNE	017	1831	Fine
7/04/2015	32.8	27.1	25.5	1.4	06.0	0253	0444	NNE	022	0337	Showers in area
8/04/2015	31.8	26.4	24.7	Tce	05.6	0164	0301	NNW	015	1454	Showers in area
9/04/2015	30.8	27.3	25.0	Tce	05.0	0110	0228	S	017	1029	Showers in area
10/04/2015	31.0	26.8	24.7	0.0	04.6	0111	0246	SE	015	1226	Late showers and rain
11/04/2015	30.2	24.4	24.0	33.8	04.2	0125	0250	E	022	1755	Late showers and rain
12/04/2015	30.4	24.8	24.4	20.2	04.2	0154	0328	E	019	0017	Showers and rain
13/04/2015	30.8	25.1	28.3	23.6	02.0	0264	0404	W	030	1057	Morning shower, fine.
14/04/2015	31.2	25.9	24.8	0.2	06.8	0455	0628	NW	031	2353	Cloudy
15/04/2015	31.2	24.5	23.9	9.6	06.4	0540	0733	NW	027	0004	Late showers and rain
16/04/2015	31.1	25.6	24.8	12.8	06.0	0390	0561	NW	023	0954	Light showers
17/04/2015	31.1	26.2	24.5	1.0	03.6	0229	0366	WNW	016	1438	Fine
18/04/2015	31.4	25.9	24.6	2.2	06.2	0331	0482	NW	021	0245	Showers
19/04/2015	30.4	25.6	24.4	3.8	05.2	0251	0417	NW	018	0411	Early showers
20/04/2015	30.7	25.2	23.1	Tce	03.6	0050	0161	ENE	014	0000	Fine
21/04/2015	30.5	25.4	24.3	8.6	05.4	0111	0251	E	019	0809	Early showers
22/04/2015	30.5	25.8	24.9	0.4	05.4	0206	0466	ESE	021	0615	Early showers
23/04/2015	30.5	24.2	20.8	0.0	07.2	0123	0317				Fine
24/04/2015	29.9	24.6	23.4	5.0	05.6	0230	0390	SE	025	2140	Fine
25/04/2015	29.5	23.5	23.2	60.2		0269	0455	SSE	025	0200	AM rain and heavy showers
26/04/2015	30.2	25.1	22.8	3.8	02.8	0139	0346	E	018	1000	Showers about, fine.
27/04/2015	30.4	26.5	24.5	4.2	06.0	0184	0391	E	017	0831	Fine
28/04/2015	30.2	26.5	24.2	Tce	05.8	0186	0425	E	017	1832	Fine
29/04/2015	30.4	25.9	24.9	Tce	05.2	0283	0483	SSE	019	0453	Fine
30/04/2015	30.1	26.3	24.0	0.0	05.8	0381	0553	SSE	019	0209	Fine

## Totals

218.4 148.8

## Highest

32.8 28.3 28.3 60.2 07.2 0540 0733 NW 031 2353

## Lowest

29.5 23.5 20.8 02.0 0050 0161 14-Apr

## Average

30.8 25.7 24.4 05.1 0215 0395

## 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

WMO Station Number : 96996

Barometer ht above MSL : 3 metres

Cup anemometer ht AGL : 10 metres



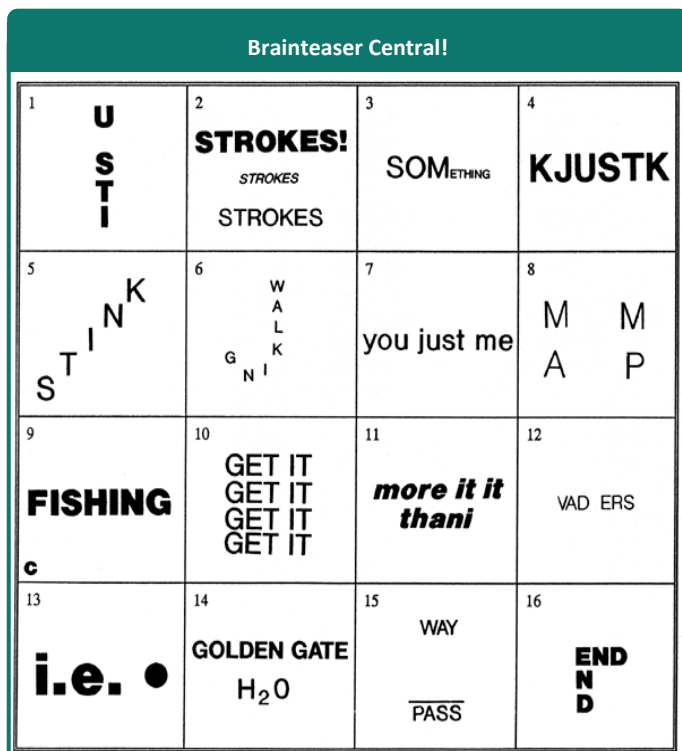


### ACROSS

1. Where a bird lives
5. Angry
10. Whimper
14. Within
15. What we are called
16. Pinnacle
17. Tending to vanish like vapor
19. You (archaic)
20. Small portable bed
21. Property claims
22. Thresholds
23. Anagram of "Seedily"
25. Electronic letters
27. Citrus drink
28. Laminated metamorphic rocks
31. Trim
34. Verse writers
35. Letter after sigma
36. Roman moon goddess
37. Gander
38. Small slender gull
39. Altitude (abbrev.)
40. Long times
41. Alerts
42. In a compliant manner
44. 59 in Roman numerals
45. Luxurious
46. Emit
50. Defects
52. Decrease
54. Band booking
55. Greek letter
56. Nutritious
58. Sore
59. Killed
60. At the peak of
61. Playthings
62. Something of value
63. Exam

### DOWN

1. Daughter of a sibling
2. Emissary
3. Condition
4. 2,000 pounds
5. Not outside
6. Contests of speed
7. So be it
8. Tautness
9. Eastern Standard Time
10. Jargon
11. Re-cover furniture
12. Lascivious look
13. X X X X
18. Leave out
22. Speaker's platform
24. Magma
26. Distribute
28. Black-footed albatross
29. Acquire deservedly
30. Stars
31. Smack
32. Body of a ship
33. Aversion
34. Billiard parlors
37. Obtains
38. Cab
40. Rectum
41. Broaden
43. Invariably
44. Potential
46. Bog hemp
47. Marble
48. Novices
49. Country of the Nile
50. Decree
51. Mentally irregular (slang)
53. Partiality
56. An Old Testament king
57. Make lace

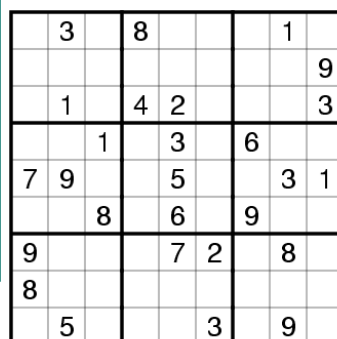


### Sudoku Station

How do I do it?

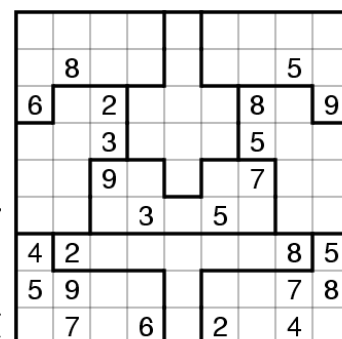
The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and group of squares enclosed by the bold lines must contain the digits 1 through 9 exactly once.

The rules for different size and shape puzzles are pretty much identical. The different size puzzles simply require a different set of numbers.



Daily SuDoku: Thu 7-May-2015

medium



Daily Squiggly SuDoku: Thu 7-May-2015

medium



Sudoku Solutions

Crossword Solutions

Printed: Thursday, 14 May 2015

Brainteaser Answer

Page 15

## A COCOS MOMENT



A wonderful dinner / auction event by CIYC.

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

*Email your favourite photo to [cocosislands@crc-net.au](mailto:cocosislands@crc-net.au) or drop into the Community Resource Centre.*

## Birthdays & Anniversaries

*Wish to send love ones special messages on their birthdays and anniversaries?  
Drop in at the Telecentre or email [communications@cocos.wa.gov.au](mailto:communications@cocos.wa.gov.au)*





## Upcoming 2015 Community Events

Event Name	Event Date	Event Host
Information Session - Communications on Cocos	18/05/2015	Cocos Islands Community Resource Centre
Golf - single stableford	19/05/2015	Cocos Islands Golf Club
Information Session - Communications on Cocos	20/05/2015	Home Island Cyclone Shelter
Australia's Biggest Morning Tea	21/05/2015	Cocos Islands Community Resource Centre
Indoor Sports Comp	25/05/2015	Cocos Club
Shire Council Meeting	27/05/2015	Shire of Cocos Islands
Legal Aid Visit	06/06/2015—08/06/2015	
Picnic in the Park	07/06/2015	Cocos Club
Information Session - Fisheries Department	10/06/2015	Cocos Islands Community Resource Centre
West Island Market Day	13/06/2015	Cocos Islands Community Resource Centre
Information Session - the Incorporations Act and strength and Conditioning workshops	15/06/15 17/06/2015	Home Island Cyclone Shelter Cocos Islands Community Resource Centre
Shire Council Meeting	24/06/2015	Shire of Cocos Islands
Members BBQ	15/07/2015	Cocos Club
Hari Raya Puasa	17/07/2015	Public Holiday
Kids Movie Night	24/07/2015	Cocos club
Shire Council Meeting	29/07/2015	Shire of Cocos Islands
Shire Council Meeting	26/08/2015	Shire of Cocos Islands
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
AFL Grand Final	26/09/2015	To be confirmed
West Fest	26/09/2015	Cocos Club
Cocos Olympics	10/10/2015 - 17/10/2015	Cocos Club
Corporate Golf Day	07/10/2015	Cocos Islands Golf Club

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 advertise, please contact our office with your details.

This is a FREE service for our Community.

Phone: 9162 7707 Email: [cocosislands@crc.net.au](mailto:cocosislands@crc.net.au) Website: [www.cocos.crc.net.au](http://www.cocos.crc.net.au)



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 28th May 2015**

**1:00pm Tuesday 26th May 2015**

### Cocos Snapshots 2...

### Gambaran Cocos 2...



WI vs HI Tennis Match action...



Air up there! Levi and Chris Dabbs made the most of the westerly gusts

### 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](mailto: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

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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.