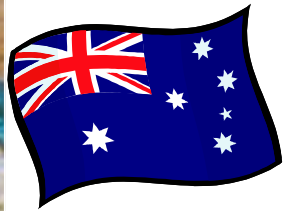




The Atoll

\$2.00

Thursday 15th October - Wednesday 28th October



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.

Contents Page Isi Kandungan

Cocos (K) Islands News Berita Pulu Cocos (K)	2
Public Notices Notis-notis Umum	8
Sports & Rec Review Berita Olahraga & Rekreasi	17
Games Kemainan	20
Cocos Moment Saat Cocos	21
Birthdays Ulang Tahun	
Community Events Acara Masyarakat	25
Cocos Snapshots 2 Gambaran Cocos 2	26

Advertisements

Adverts

Translation Fees apply

Quarter Page Suku Kertas	\$10.00
Half Page Setengah Kertas	\$25.00
Full Page Penuh Kertas	\$50.00

You can subscribe to The Atoll electronically by contacting:

cocosislands@crc.net.au

Cocos Snapshots

Gambaran Cocos





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

October Statistics
(latest up to 15 Oct)
6.0 mm

Latest 2015 Statistics:
(latest up to 15 Oct)
1263.8mm

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



LATEST WEATHER

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

We provide the following services:

Advertising, printing & distribution of The Atoll (community newsletter)
Cocos Keeling Islands Telephone Directory
Cocos Keeling Islands Tide Chart & Calendar
Computer and internet access (including WIFI)
Touchscreen for free access to Government websites and free printing of information and forms from these websites
Mobile phone sales/hire and recharge vouchers
Phone Cards
Fax service
Photocopying and printing (monochrome and colour)
Kodak self-serve photo kiosk - print your own photos up to 6"x8"
A1 wide format printer (plain, canvas & photo paper)
Binding & Laminating
Stationery sales
Computer equipment sales, including external hard-drives
Digital camera sales
Secretarial/Desktop publishing
Passport photos
DVD Hire and 2nd hand book sales
Conference Room/Office Hire
Equipment hire (including data projectors/tripod screen/laptops/conference phone/marquee)

Would you like to receive State Government information relating to service delivery agreements, community bulletins, shipping updates, or any general information relating to Cocos Keeling Islands?

The Cocos CRC has developed an email distribution list for those who are interested in receiving this information and it is free! Your email address remains hidden and you can unsubscribe from the list at any time.

Simply email our office cocosislands@crc.net.au to be added to the list. Please note that this distribution list will not be used to promote business.

Proudly supported by



Government of Western Australia
Department of Regional Development

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 the organisers and volunteers of the 2015 Olympics
- 👍 To a great Hollywood Ball hosted by the Cocos Youth Council
- 👍 To another fantastic beach clean up



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



September & October Holiday Fun!!

What a busy and fun two weeks of fun filled school holiday activities!

This round of activity consisted of Yoga, cushion making, cooking, fish designing, sailing, canoeing, arts & craft, footy, beach games just to name a few - The Hollywood Ball was definitely the highlight out of them all! Thankyou to everyone who attended it was a beautiful, fun and entertaining night. It was fantastic to hear all the positive feedbacks from parents. The night consisted of fun games, delicious food, prizes for best dressed and of course A LOT of dancing.

Thank you to everyone who took part in the activities and parents for encouraging and reminding your kids to attend activities, a big thumbs up for you all. A very big thanks to Cocos Island Resource Centre, Ashley James, Home Island Playgroup, Tony Lacy, Nek Meng, Job Seekers, Pak Azie, Mak & Pak Nabiya, Nek Shazwan and Pak Ella for generously donating your time throughout the school holidays it wouldn't be much of a success without all your help.



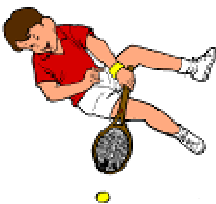













Once again parents, I will need your on going support, please keep encouraging your child/children to participate in our future programs. Feel free to see me about any ideas or suggestion you might have that I can put on for the next holiday. I look forward to the next school holiday program!

Zulaikha Jadah
Youth Activities Officer





OCTOBER After School Activity Program

Mon	Tuesday	Wed	Thurs	Fri	Sat	Sun
<p>19</p> <p>ZUMBA All Ages HI Cyclone Shelter From 4.00pm</p>  <p>MIXED MARTIAL ARTS West Island School 3.30pm-4.15pm (3-7 year olds) 4.15pm-5.00pm</p>  <p>MIXED TENNIS Youth Group HI Tennis Courts From 4.30pm</p> 	<p>20</p> <p>MIXED MARTIAL ARTS Home Island School 4pm- 4.45pm (3-7 yr olds) 4.45pm - 5.30pm (Over 7 yr olds)</p>  <p>LITTLE ATHLETICS West Island School (Athletics : Throws) Pre primary -Yr 6 3.00pm-3.45pm 3, 4 & 5 year olds 3.45pm-4.15pm (Parental attendance needed for these activities)</p> <p>MIXED VOLLEYBALL Youth Group HI Volleyball Court From 4.15pm</p>	<p>21</p> <p>LITTLE ATHLETICS West Island School (Athletics : Throws) Pre primary -Yr 6 3.00pm-3.45pm 3, 4 & 5 year olds 3.45pm-4.15pm (Parental attendance needed for these activities)</p> <p>MIXED VOLLEYBALL Youth Group HI Volleyball Court From 4.15pm</p>	<p>22</p> <p>EXERCISE SESSION All Ages Home Island Circuit From 4.15pm</p>  <p>MIXED TEE BALL All Ages Home Island Oval From 4.30pm</p> 	<p>23</p> <p>MIXED TEE BALL All Ages Home Island Oval From 4.30pm</p> 	<p>24</p> <p>PING PONG NIGHT All Ages HI Cyclone Shelter From 7.00pm</p>  <p>YOUTH CENTRE Year 7 upwards <u>ONLY</u> Open 10am-10pm Just want to hang with friends? Hang</p>	<p>25</p> <p>MIXED TENNIS Youth Group HI Tennis Courts From 4.30pm</p> 
<p>26</p> <p>ZUMBA All Ages HI Cyclone Shelter From 4.00pm</p>  <p>MIXED MARTIAL ARTS West Island School 3.30pm-4.15pm (3-7 year olds) 4.15pm-5.00pm</p> 	<p>27</p> <p>MIXED MARTIAL ARTS Home Island School 4pm- 4.45pm (3-7 yr olds) 4.45pm - 5.30pm (Over 7 yr olds)</p>  <p>LITTLE ATHLETICS West Island School (Athletics : Jumps) Pre primary -Yr 6 3.00pm-3.45pm 3, 4 & 5 year olds 3.45pm-4.15pm (Parental attendance needed for these activities)</p> <p>MIXED VOLLEYBALL Youth Group HI Volleyball Court From 4.15pm</p>	<p>28</p> <p>LITTLE ATHLETICS West Island School (Athletics : Jumps) Pre primary -Yr 6 3.00pm-3.45pm 3, 4 & 5 year olds 3.45pm-4.15pm (Parental attendance needed for these activities)</p> <p>MIXED VOLLEYBALL Youth Group HI Volleyball Court From 4.15pm</p>	<p>29</p> <p>ISLAND WALK All Ages Meet up: Home Island Cyclone Shelter. Bring a water bottle & a hat. Please arrive on time 4.15pm</p> 	<p>30</p> <p>MIXED TEE BALL All Ages Home Island Oval From 4.30pm</p> 	<p>31</p> <p>QUIZ NIGHT All Ages HI Playgroup From 7.00pm</p>  <p>YOUTH CENTRE Year 7 upwards <u>ONLY</u> Open 10am-10pm Just want to hang</p>	<p>01</p> <p>MIXED TENNIS Youth Group HI Tennis Courts From 4.30pm</p> 

Did You Know???

Did you know most lipsticks contain fish scales

Did you know rabbits like licorice

Did you know an ostrich's eye is bigger than it's brain

Did you know 85% of plant life is found in the ocean

Cocos Malay Words

Afraid	<i>Tajut</i>
Milk	<i>Susu</i>
Expensive	<i>Mahal</i>
Near	<i>Dekat</i>
Octopus	<i>Gerita</i>

Cocos (Keeling) Islands News (cont'd)

Berita Pulu Cocos (Keeling) (seterusnya)



Did you know...

cigarette butts are the most littered item in Australia?

7 billion cigarette butts are littered in Australia annually?

cigarette butts can take up to 15 years to break down?

there are over 4000 chemicals in every cigarette?

Always remember to



For more information about how you can reduce butt litter at your business or workplace visit

www.kabc.wa.gov.au/get-involved/bin-your-butt



Government of Western Australia
Department of Environment Regulation



www.ezgowa.com.au

GOLF CAR WORLD

SO MUCH MORE THAN JUST GOLF CARS

(08) 9244 1727



Satisfying all your light transportation needs
New & Quality Pre-Owned
Customised Vehicles
World's BEST Brands.

EZGO
EXCELLENCE IN MOTION

ELECTRIC AND PETROL GOLF CARS



CUSHMAN
LET'S WORK.

HEAVY DUTY UTILITY VEHICLES

BAD-BOY
BUGGIES

OFF-ROAD 2WD AND 4WD



SUN 25 OCT ANNUAL FETE & AUCTION

The annual Fete/Auction is the primary fundraising event that the P&C conducts. The P&C use the funds raised to support a range of activities including but not limited to:

- Year 10 Perth Camp,
- Year 5/6 Perth Camp,
- Subsidized book lists,
- Freight for book lists,
- School leavers shirts, and
- Swimming lessons.

***Please bring along cash or cheque as payment is required on the day. For items won at auction of significant price, electronic transfer can be accepted the following day. Please note goods can't be taken prior to payment.

** Anyone with outstanding debts to the P&C will not be allowed to bid at the auction.



**Cocos Islands
District High
School P&C**

**Annual
Fete/Auction**

Featuring our special
guest the
'Mad Scientist'
Mr. Radburnd

**Food stalls, goods
to buy, face
painting, activities
for the children**

Email queries to:
cidhs.pandc@gmail.com

Ferry Service:

9am Depart WI

3pm Depart HI



Cocos Islands District High School Parents and Citizens Association

ANNUAL SCHOOL FETE/AUCTION

Every year, the Cocos Islands District High School hosts its Fete/Auction. This year, the school's Fete/Auction will be held on the **25th October 2015**. The Auction will commence at 10.30am with the following Ferry Services very generously donated by the Cocos Co-op:

The support of the broader Cocos (Keeling) Islands community is vital in ensuring a successful day, both in terms of our fund-raising efforts and in terms of an exciting and rewarding day for the families and community members that attend. In this challenging economic climate, it is more important than ever to focus on a sense of community.

The school Fete/Auction is the single most important fundraiser that the P&C undertakes. The P&C deliver very real benefits to the children in our school. Examples of P&C funded activities include but are not limited to:

- The year 10's experiential school camp to Perth;
- The year 9's educational camp to Christmas Island;
- The year 5& 6 educational camp to Perth;
- Swimming Program;
- Subsidized school uniforms; and

Other school programs and projects throughout the year.



The P&C would greatly appreciate any kind of support you can provide including donation of items for auction or monetary donation.

2015 Fete/Auction Payment Policy

The payment policy introduced in 2014 was a great success and will continue. Payment will be required prior to collection of items won at the auction. To facilitate this, the P&C requests that you bring cash or cheque to pay on the day. Where you are unable to do this payment can be arranged through the school office on each of Home or West Islands or a bank transfer can be done for large amounts. No individual or group will be permitted to take their item until full payment is received. Unfortunately there remains a small number of people who have outstanding debts from the 2013 auction. Anyone with an outstanding debt from the 2013 Auction will not be eligible to bid unless their debt is cleared in full prior to the auction. Please remember when you commit to buy you are entering into a contract to purchase and the school community is relying on monies raised to support core activities.

Donations

Donations of goods, in date food stuffs and other items for auction are welcome now! Donations will be accepted as per previous years to the school office on either Home or West Island in advance of the Fete/Auction.

Fete Stalls

All the usual food stalls and a range of activities will be available on the day so get ready to come on down and support your school community. We look forward to seeing you there!

The P&C Committee



Australian Government

Department of Infrastructure and Regional Development



Number:	SC 20/2015	Date:	12 October 2015
---------	-------------------	-------	-----------------

Cleaner

Territory Officer Level 2

1 year Fixed Term Non-ongoing Vacancy – Part Time

Cocos (Keeling) Islands, Indian Ocean Territories Health Service

\$22.45 - \$28.93 per hour plus 16% super

The **Indian Ocean Territories Health Service (IOTHS)** requires a part-time cleaner to provide a high quality cleaning service to the health clinics on Cocos (Keeling) Islands (CKI).

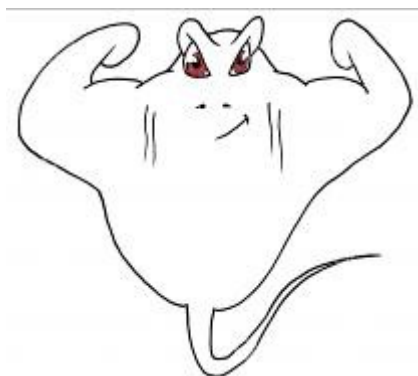
The role requires a reliable person with previous experience in a similar role.

This is a non-going part-time position and the successful candidate will be required to work Three hours a day, 15 hours per week.

You must obtain an Applicant Information Package for details on how to apply for this position. The package is available from Keir Fraser, Operations Manager, via email keir.fraser@infrastructure.gov.au or in person, in the IOT Administration CKI Office on West Island.

If you want to ask further questions, to determine if the job is suitable for you, direct your enquiries to Alanna Watson, the Nurse Manager, Cocos Keeling Island Health Service, on telephone 9162 6655 or by email alan-na.watson@infrastructure.gov.au

Applications close at 4:00pm (CKI time) Friday 30 October 2015



Green Living Tips

How to make your own worm farm

About 48% of our domestic waste could be used on our gardens. One way to do this is by using a worm farm. Composting worms are one of nature's most efficient recyclers. A worm farm is a container made up of plastic, wood or any other lightweight, waterproof material. You can buy a worm farm from a gardening or hardware store for less than \$100 or make one. A worm farm is actually nothing more than a couple of boxes where your composting worms live.

What You Need

2 polystyrene boxes with lids the same size. A strip of insect screen to fit into the bottom of the boxes. Shredded newspaper.. A bucket of garden soil, or potting mix. Water. Food scraps. 1000 composting worms (available from garden centres).

What To Do

Take one box and make some holes in the lid and in the bottom of the box using a pen or screwdriver. Make your holes evenly spaced. The bigger the container, the more holes you will need.

Spread the insect screen in the bottom, over the holes. This lets liquid through but stops the worms falling out. Fill your container about 3/4 full with shredded newspaper. Dampen your newspaper with water before you add it to the box. All the newspaper should be soaked through but there should not be extra water collecting in the bottom of the bin. Put some garden soil or potting mix in for grit. This will help your worms digest all the scraps you add to your bin. Add your worms to the container. Place the container with the worms over the second box, allowing the liquid to drain down into the second box. This liquid can then be applied directly to your plants. Add a small amount of food scraps to one corner, underneath some newspaper. See how long it takes your worms to break it down to understand how much your worms can handle at one time. Place your food scraps in a different spot each time. Lay a sheet of damp newspaper on top of the food scraps and keep a cover on your box. Worms like damp and dark. conditions so store your worm farm in a cool outdoor location, like a laundry, shed or garage.

More tips in next edition...

WA BEACH CLEAN UP DAY 11 OCT 2015 – Rumah Baru

A great turn out again for the annual Beach Clean Up Day on West Island.
 49 volunteers
 17 bags of rubbish
 575 plastic bottle tops
 1541 plastic food containers and drink bottles
 159 shoes
 1977 plastic remnants
 347 plastic straws and cutlery.
 Interestingly these totals were less than last year, despite having more volunteers. Keep cleaning our beaches and keep up the great work everyone!



plastics can take up to 450 years to breakdown in the environment!



Many thanks to everyone who cleaned up, Pat and Mr Radburn for cooking and the CKI Shire for providing the tasty BBQ.

See you next year!



Green Living Tips

How to make your own worm farm

About 48% of our domestic waste could be used on our gardens. One way to do this is by using a worm farm. Composting worms are one of nature's most efficient recyclers. A worm farm is a container made up of plastic, wood or any other lightweight, waterproof material. You can buy a worm farm from a gardening or hardware store for less than \$100 or make one. A worm farm is actually nothing more than a couple of boxes where your composting worms live.

What You Need

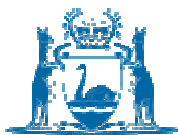
2 polystyrene boxes with lids the same size. A strip of insect screen to fit into the bottom of the boxes. Shredded newspaper.. A bucket of garden soil, or potting mix. Water. Food scraps. 1000 composting worms (available from garden centres).

What To Do

Take one box and make some holes in the lid and in the bottom of the box using a pen or screwdriver. Make your holes evenly spaced. The bigger the container, the more holes you will need.

Spread the insect screen in the bottom, over the holes. This lets liquid through but stops the worms falling out. Fill your container about 3/4 full with shredded newspaper. Dampen your newspaper with water before you add it to the box. All the newspaper should be soaked through but there should not be extra water collecting in the bottom of the bin. Put some garden soil or potting mix in for grit. This will help your worms digest all the scraps you add to your bin. Add your worms to the container. Place the container with the worms over the second box, allowing the liquid to drain down into the second box. This liquid can then be applied directly to your plants. Add a small amount of food scraps to one corner, underneath some newspaper. See how long it takes your worms to break it down to understand how much your worms can handle at one time. Place your food scraps in a different spot each time. Lay a sheet of damp newspaper on top of the food scraps and keep a cover on your box. Worms like damp and dark. conditions so store your worm farm in a cool outdoor location, like a laundry, shed or garage.

More tips in next edition...



Government of Western Australia
Department of Fisheries

Fish for the future

Fisheries to continue program in the Indian Ocean Territories

The Western Australian Department of Fisheries has signed a new, four year Service Delivery Arrangement (SDA) with the Australian Government for the provision of fisheries management services to the Indian Ocean Territories.

The Department of Fisheries has provided a range of fisheries management services to the Indian Ocean Territories for a number of years. Under the new SDA these services have been expanded to include fisheries compliance, for the first time.

A key focus for the Department of Fisheries will be in the introduction of the island specific recreational fishing arrangements. These arrangements have been developed over a number of years in close consultation with the community at Cocos (Keeling) Islands and Christmas Island. The recreational fishing arrangements include bag limits, a limit on the amount and type of fish that can be exported off island, closed areas to fishing and some gear restrictions.

A Fisheries and Marine Officer, Wade Kingsley, has been appointed to Cocos (Keeling) Islands and Christmas Island to help explain the rules and to make sure that the community understands their importance for the future of fishing on the Islands.

Wade will be happy to answer any questions that you may have about the fishing rules, and is looking forward to meeting more members of the community. Please feel free to say "Hi" and have a chat when you see him on island.

Please contact Pia Dobson for further enquires on Pia.Dobson@fish.wa.gov.au or (08) 9193 8600.

Perikanan/Fisheries untuk meneruskan program di Wilayah Lautan India

Jabatan Perikanan Australia Barat telah menandatangani baru, empat tahun Arrangement Penyampaian Perkhidmatan (SDA) dengan Kerajaan Australia untuk penyediaan perkhidmatan pengurusan perikanan kepada Wilayah Lautan India.

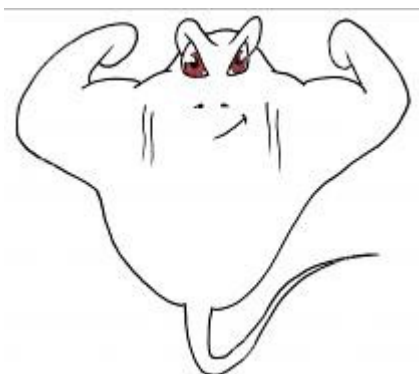
Jabatan Perikanan telah menyediakan pelbagai perkhidmatan pengurusan perikanan untuk Wilayah Lautan India untuk beberapa tahun. Di bawah SDA baru perkhidmatan ini telah diperluaskan termasuk pematuhan pelaturan perikanan, buat kali pertama.

Fokus utama bagi Jabatan Perikanan akan berada di dalam pengenalan pengaturan memancing rekreasi khusus di Pulu. Pengaturan ini telah dibangunkan sejak beberapa tahun melalui rundingan dengan masyarakat di Pulu Cocos (Keeling) Islands dan Pulau Krismas. Pengaturan memancing rekreasi termasuk had beg, had ke atas jumlah dan jenis ikan yang boleh dieksport dari pulu, ditutup kawasan untuk memancing dan pekakas yang boleh di gunakan.

Pegawai Perikanan dan Marin, Wade Kingsley, telah dilantik ke Pulu Cocos (Keeling) Islands dan Pulau Krismas untuk membantu menjelaskan undang-undang dan memastikan bahawa masyarakat memahami kepentingan mereka untuk masa depan memancing di Pulu.

Wade akan senang hati untuk menjawab apa-apa soalan yang anda mungkin ada tentang pelaturan menangkap ikan, dan bersungguh untuk bertemu lebih ramai ahli masyarakat. Sila berjumpa untuk mengatakan "Hi" dan berbual apabila anda melihat dia di pulu.

Sila hubungi Pia Dobson untuk pertanyaan lanjut mengenai Pia.Dobson@fish.wa.gov.au atau (08) 9193 8600.



One of Wade Kingsley's first trips to the IOTs was for the Christmas Island Territory Week Fishing Competition where he was one of the official weighers. This is Wade with Christmas Island local fisher Greg McIntosh and his winning Yellowfin tuna; weighing in at 28kgs.

Frontline Safety & Training Newsletter – October 2015

Ph: 08 9791 1961, Fax: 08 9791 1288 E-mail: frontline@westnet.com.au Web www.frontline.edu.au

It is our intent to provide this Flyer on a monthly basis to advise on current courses and also hopefully provide some interesting and useful information to industry.

CURRENT COURSES

WHS For Small Business	8 th October
JSA and the Assessment of Risk	28 th October
Managing Workers Compensation	30 th October
Fire and Emergency Warden	6 th November

All these courses and other courses are available through live video conference at your local CRC
Other Courses and dates are available call the office to enquire on 9791 1961

SUN SAFETY

Outdoor workers in Australia can receive up to five to 10 times more sun exposure than indoor workers, placing them at an increased risk of skin damage and skin cancer. In Australia it is estimated that approximately 200 melanomas and 34,000 other skin cancers per year are due to occupational exposure to UV. Reducing UV risk in the workplace is a joint OH&S responsibility for workers and employers. WA health and safety legislation requires employers to take practical steps to provide and maintain a safe working environment, Eg Provide hats and sunblock. Workers also have a responsibility to cooperate with sun safety measures Eg Wear sunblock and hats provided. There is also a free Sun Smart App available from the App store

Scholarship Opportunity Career Options for Women

The State Government is encouraging women to take up work in non-traditional industries and trade occupations. There are 100 scholarship opportunities available in 2016. The Minister for training and workforce development launched round two of the scholarship program on Oct 1st. Scholarships are available for both institutional and workplace based training. Funding of up to \$3000.00 is available. These scholarship can be used to help with the costs associated with undertaking training, including student fees, learning resources, tools, equipment and childcare fees. For further info contact the office on 97911961 or frontline@westnet.com.au

Training for the Unemployed/Underemployed

If you know any job seekers that would like complete a Certificate IV in Workplace Health & Safety, get them to give us a call. We are providing Cert IV in WHS at a massively reduced rate for eligible participants. The main criteria is that the candidate must be unemployed or underemployed. *Underemployed* simply means not working full time. This training is also approved as an alternative to participation in the Work for the Dole program. This training is provided under the government's Future Skills Program

Safety Management Systems (SMS)

Every workplace must have some form of documented Safety Management System. The Safety Management system details how safety is managed in the workplace, for example the process to identify hazards and control them, or regular workplace inspection programs. An effective logical SMS can reduce time spent on dealing with safety issues or compliance requirements. Frontline can assist in setting up or reviewing your SMS

IN HOUSE TRAINING RESOURCES

Frontline has a range of in-house training packages available on our website. These packages are designed to take the work out of preparing in house training. And it provides participants with practical high quality Training resources. Check out these packages at <http://www.frontline.edu.au/resources>

*A common comment by some is "if I train my employees, they will go and work for someone else".
My question would be "what happens if you don't train them and they stay?"*

HOW TO SPOT SUBSTANCE ABUSE

Alcohol and drugs cost Australian workplaces an estimated \$6 billion per year in lost productivity. 1 in 10 workers say they have experienced the negative effects of a co-workers use of alcohol or drugs. Alcohol and drug abuse cause both behaviour and performance problems in the workplace. *Behaviour signs* can include financial, overacting to criticism, blaming others and deterioration in personal appearance. *Performance problems* can include inconsistent work quality, poor concentration, increased absenteeism and lateness, carelessness and mistakes and a disregard for safety. Every workplace should have valid Drug and Alcohol policies and procedures that addresses how it will deal with workers and any contractor or other person entering the site. Frontline can assist with the development of logical policies and procedures to meet your obligation

FACTS

- Correctly used seat-belts reduce the risk of death in a crash by 81%
- For every 1km/h reduction in average speed, there is a 2% reduction in the number of crashes

Source: World Health Organisation website

Trivia

The only 15 letter word that can be spelled without repeating a letter is uncopyrightable.
What does a soldier keep in a frog? His bayonet
Chewing gum while peeling onions will keep you from crying
It is impossible to lick your elbow



TOMORROW! YOUR REWARD FOR WORKING SAFELY TODAY!

About Wills - article number III

This is another in a series of very short articles about legal issues that may interest people. The articles are not meant to be legal advice for individual situations and you should always obtain individual legal advice.

This is the third article about wills. You should read the first two articles in conjunction with this article.

What are some of the usual or necessary types of clauses in a will?

Your will must start by saying something like "This is the final will of (full name), of (full address), Christmas Island, (occupation), made (date) day of (month)(year)."

So your will must state your full name and your address and say that it is a will. As we mention below, it also must be dated when it is signed.

The first clause in your will should revoke (cancel) all previous wills. This is a standard clause, and makes sure that this will stands as your final will.

You should appoint one or more people to be the executor/s in your will. An executor is a person (or persons) who is responsible for distributing your estate in accordance with the wishes in your will. You should make sure that you ask a person if they will be your executor before you appoint them, because they can refuse.

An executor must be 18 years of age or over and must be sound in mind. If you appoint more than one person to be your executor, they will act jointly together to do the things to distribute your estate under your will. Your executor must be an honest and competent person.

You can also appoint an alternative executor or executors if you wish, in case the executor or executors you have appointed have died before you, or do not wish to be executor, or have become unsound in mind.

You can also appoint a guardian for your children who are under 18 years in your will. However, this will not always be effective because it is subject to family law.

You can say whether you would like to be buried or cremated in your will.

You can leave specific things (called "gifts") in your estate to people if you wish, or you might choose to leave the whole of your estate to a particular person or share the whole of your estate amongst certain people. An example might be "I leave the whole of my estate to my husband Joseph Andrew Bloggs, but should he predecease me then I leave the whole of my estate to my children in equal shares."

It is very important that your will deals with the whole of your estate. If it does not, the parts of your estate that you do not deal with will be dealt with under the formula in the Administration Act 1903 (WA) (as if you had not made a will for those things). So if you leave specific gifts to certain people, you should in your will finally deal with the "residue" of your estate. This is everything that remains in your estate after the specific gifts have been given.

An example might be "I leave the sum of \$50,000 to each of my children, or if any of them predecease me leaving children, then their share to their children in equal shares. I leave the residue of my estate to my nephew (name) and to my niece (name) in equal shares." This would mean that whatever remains in your estate after your children have each been given \$50,000 (or their children given their share if any of your children die before you, leaving their own children) goes to your nephew and niece. The whole of your estate has been dealt with in your will.

Your will should contain an "attestation clause". This is the clause that states the will-maker signed the will in the presence of 2 witnesses who each signed in the presence of each other and the will-maker.

Wills can have many other clauses in them.

This is the third and final article about wills. In the first article we talked about what a will is, when you can make a will, what happens if you do not make a will, the effect of marriage and divorce on a will and the legal requirements for making a valid will. In the second article we talked about the ways of making a will, whether it can be challenged, where to keep it and reviewing it. It is recommended you read all three articles.

Annie Gray
Legal Aid WA



Mengenai Wasiat - nombor artikel III

Ini merupakan satu lagi dalam satu siri artikel yang singkat tentang isu-isu undang-undang yang mungkin menarik minat orang. Artikel-artikel yang tidak bertujuan untuk menjadi nasihat undang-undang untuk situasi perseorangan dan anda perlu sentiasa mendapatkan nasihat undang-undang perseorangan. Ini adalah artikel ketiga mengenai wasiat. Anda perlu membaca dua artikel pertama bersamaan artikel ini.

Apakah jenis-jenis biasa atau ayat-ayat yang perlu dalam wasiat?

Kehendak anda mesti mula dengan mengatakan sesuatu seperti "Ini adalah kehendak akhir (nama penuh), (alamat penuh), (pekerjaan), yang dibuat (tarikh) hari (bulan) (tahun)." Jadi kehendak anda mesti menyatakan nama penuh dan alamat anda dan mengatakan bahawa ia adalah wasiat. Seperti yang kita sebutkan di bawah, ia juga hendaklah bertarikh apabila ia ditandatangani.

Ayat-ayat pertama dalam wasiat anda perlu membatalkan (membatalkan) semua wasiat sebelumnya. Ini adalah satu klausa standard, dan memastikan bahawa kemahuan ini berdiri sebagai wasiat akhir anda.

Anda harus melantik seorang atau lebih ramai orang untuk menjadi pelaksana dalam kehendak anda. Pelaksana adalah orang (atau orang) yang bertanggungjawab untuk mengagihkan harta pusaka anda mengikut kehendak dalam kehendak anda. Anda perlu memastikan bahawa anda bertan-ya kepada seseorang jika mereka akan menjadi pelaksana anda sebelum anda melantik mereka, kerana mereka boleh menolak.

Pelaksana perlu berumur 18 tahun atau lebih dan mesti bunyi dalam fikiran. Jika anda melantik lebih daripada seorang menjadi pelaksana anda, mereka akan bertindak secara bersama-sama untuk melakukan perkara-perkara menmbagikan harta di bawah kehendak anda. Pelaksana mesti menjadi seorang yang jujur dan cekap.

Anda juga boleh melantik seorang pelaksana alternatif atau pelaksana wasi jika anda mahu, dalam kes pelaksana atau pelaksana wasi anda yang telah dilantik telah meninggal dunia sebelum anda, atau tidak mahu menjadi wasi, atau telah menjadi tidak kukuh dalam fikiran.

Anda juga boleh melantik penjaga bagi anak-anak anda yang berusia di bawah 18 tahun dalam kehendak anda. Walau bagaimanapun, ini tidak akan sentiasa berkesan kerana ia tergantung kepada undang-undang keluarga.

Anda boleh mengatakan sama ada anda mahu untuk dikebumikan atau cara lain dalam kehendak anda. Anda boleh meninggalkan perkara-perkara tertentu (dipanggil "hadiah") dalam harta anda kepada orang jika anda mahu, atau anda boleh memilih untuk meninggalkan seluruh harta anda kepada orang tertentu atau berkongsi keseluruhan harta pusaka anda di kalangan orang-orang tertentu. Contohnya seperti "Saya serahkan seluruh harta kepada suamiku Joseph Andrew Bloggs, tetapi dia harus mendahului saya maka saya meninggalkan seluruh harta saya kepada anak-anak saya dalam bahagian yang sama."

Ia adalah sangat penting bahawa kehendak anda berkaitan dengan seluruh harta pusaka anda. Jika tidak, bahagian-bahagian daripada harta pusaka anda bahawa anda tidak berurusan dengan akan diuruskan di bawah formula dalam Akta Pentadbiran 1903 (WA) (seolah-olah anda tidak membuat wasiat untuk perkara-perkara). Jadi, jika anda meninggalkan hadiah khusus untuk orang-orang tertentu, anda perlu dalam wasiat anda akhirnya berurusan dengan "sisa" daripada harta pusaka anda. Ini adalah segala sesuatu yang kekal dalam harta pusaka anda selepas hadiah tertentu telah diberikan.

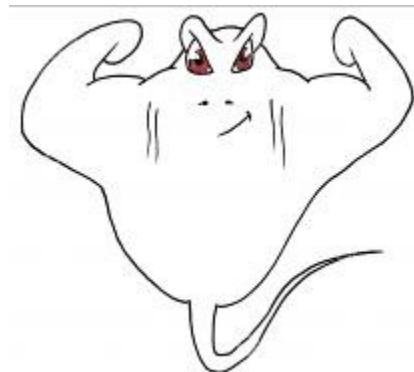
Contohnya seperti "Saya serahkan wang sebanyak \$ 50,000 untuk setiap anak-anak saya, atau jika mana-mana daripada mereka terlebih dahulu dari saya meninggalkan anak, maka bahagian mereka kepada anak-anak mereka dalam saham yang sama. Saya meninggalkan sisa harta saya kepada anak saudara saya (nama) dan untuk anak saudara saya (nama) dalam bahagian yang sama." Ini bermakna bahawa apa sahaja yang kekal dalam harta pusaka anda selepas anak-anak anda masing-masing telah diberi \$ 50,000 (atau anak-anak mereka diberi bahagian mereka jika mana-mana anak-anak anda meninggal dunia sebelum anda, meninggalkan anak-anak mereka sendiri) pergi kepada anak saudara dan anak saudara anda. Seluruh harta pusaka anda telah diambilkira di dalam kehendak anda.

Kehendak anda harus mengandungi "penyaksian ayat klausa". Ini adalah ayat-ayat yang menyatakan kehendak pembuat ditandatangani wasiat di hadapan 2 orang saksi yang masing-masing ditandatangani di hadapan satu sama lain dan kehendak pembuat. Wasiat boleh mempunyai banyak ayat-ayat lain di dalamnya.

Ini adalah artikel ketiga dan terakhir mengenai wasiat. Dalam artikel yang pertama kita bercakap tentang apa wasiat adalah, apabila anda boleh membuat wasiat, apa yang berlaku jika anda tidak membuat wasiat, kesan perkahwinan dan perceraian atas kehendak dan keperluan undang-undang untuk membuat wasiat yang sah. Dalam artikel kedua kita bercakap mengenai cara-cara membuat wasiat, sama ada ia boleh dicabar, di mana untuk menyimpan dan mengkaji semula ia. Ia adalah disyorkan anda membaca ketiga-tiga artikel.

Annie Gray Bantuan
Legal Aid WA





Dental Therapist

13-24 October

Physician

27-31 October

Occupational Therapist

27-31 October

Speech Therapist

27-31 October

Physician

27-31 October

Infant Massage Class Babies 0 – 12 months



When: November / December

Dates: Tuesday 3rd, 10th, 17th & 24th November
Tuesday 1st December 2015

Where: Playgroup Building (White Building)

Time: 1.00pm – 2.30pm



**Please contact Denise
for bookings.**

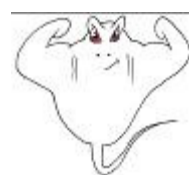


ANOTHER 'NIGHT AT THE OPERA' HOME ISLAND PRESENTS

Dr Jill Sullivan

'OPERA UNDER THE STARS'

When 20th November (Friday)



6.00pm	Ferry leaves WI
6.30pm	Food & Drinks
7.30pm	Cocos Island Dancers
8.00pm	Jill Sullivan
9.00pm	Ferry Depart HI
(Late Ferry courtesy of Cocos Co-op)	

Where: Gazebo (next to Council Office)

Food Satay Box and Dessert \$15 (buy with ticket)

Tickets available from Hospitals (WI & HI)

\$35 with meal

\$20 self catering

Children (8 & over)

\$10 Concert Ticket

Child's meal \$10

All profits from the concert will be used to purchase a 'Defibulator' for the Cocos Ferry. Any Profit from Food Sales, shared between Cocos Youth Group and Cocos Seniors' Group.



LAGI 'NIGHT AT THE OPERA'
HOME ISLAND MEMPERSEMBAHKAN
Dr Jill Sullivan

'OPERA BAWAH BINTANG'

Bila 20^{hb} Novemba (Jumaat)

6.00 soreh – Feri lepas WI

6.30 soreh Makanan & Minuman

7.30 Penari Pulu Cocos

8 malam Jill Sullivan

9 malam Feri Berangkat HI

(Feri lewat jam sumbangan dari Cocos Co-op)

Di mana: Gazebo (sebelah ofis Konsel)

Makanan Kotak Satay dan Bilasan \$15
(beli dengan tiket)

Tiket boleh di dapati di Hospital (WI & HI)

\$35 dengan makanan **\$20** penyediaan makanan sendiri

Anak-Anak (8 & keatas) \$10 Tiket Konsert Makanan Anak-Anak
\$10

Semua keuntungan daripada konsert itu akan digunakan untuk membeli ' Defibulator ' untuk Feri Cocos. Mana-mana Keuntungan dari Jualan Makanan, dikongsi antara Cocos Kumpulan Muda Mudi dan Kumpulan Senior Cocos .



2015 Trade Winds Sailing Program # 2 [Sept—Nov]

Day	Date	Island	Time	Age	Vessel	Notes
Saturday	19 Sept	Home	TBC	Youth	T2	DI Return
Tuesday	29 Sept	Home	0800	Boys	Bravo & T2	Training
		Home	0930	Girls	Bravo & T2	Training
Wednesday	30 Sept	Home	0800	Boys	Bravo & T2	Training
		Home	0930	Girls	Bravo & T2	Training
Thursday	1 Oct	Home	0800	Youth	T2	Boys
Sunday	4 Oct	West	0830	Mixed	Bravo & T2	Training
Tuesday	6 Oct	Home	0800	Boys	Bravo & T2	Training
		Home	0930	Girls	Bravo & T2	Training
Wednesday	7 Oct	Home	0800	Boys	Bravo & T2	Training
		Home	0930	Girls	Bravo & T2	Training
Thursday	8 Oct	Home	1100	Youth	T2	Boys
Saturday	10 Oct	DI	TBC	Open	T2	Racing
Saturday	24 Oct	Home	1100	Open	T2	Boys & Girls
Sunday	25 Oct	Home	1100	Youth	T2	Boys Racing
Saturday	7 Nov	Home	TBC	Open	T2	Boys & Girls
Sunday	8 Nov	Home	TBC	Youth	T2	Boys Racing
Saturday	21 Nov	Home	TBC	Open	T2	Boys & Girls
Sunday	22 Nov	Home	TBC	Youth	T2	Boys Racing



Notes

- For insurance purposes, all participants must be paid members BEFORE the event. Please pay membership fees to Nek Sofiya at the Post Office on West Island or Home Island. Annual members fees are only \$50 per family or \$10 per child.
- The program is subject to weather conditions, keep track of updates on the Jukong and Sailing Club facebook page or the Cocos Water Sports webpage
- This event is organised by the Jukong and Sailing Club sub committee consisting of the following volunteers: Pak Azie (HI Coordinator), Tony Lacy (WI Coordinator & Instructor), Zabidi Abedin (Assistant Instructor) and Fikerie Balmut.
- Please note as per standard Training Centre safety requirements ALL participants will be required to wear a PFD and there will be a maximum of 6 vessels in the water for each session in addition to a minimum of 1 instructor and 2 safety power boats.

Thank you to the following sponsors and organisations for their support and financial contribution for 2015.

Sponsors

Australia Post, Cocos Islands Visitor Centre, Cocos Tropical Foods, Freightshop, Golf Club World, Home Island Trading, Kelapa Gading, Territory Courier Services, Oceania House, Winchello Electrical Contractors

Corporate Race Day (ASDD)

IOGTA, Shire of Cocos Islands, Cocos Cooperative, IOT Health

Also a huge thankyou for all the members on Home Island and West Island. Memberships are critical for ongoing insurance and operating expenses. For any information on training, vessel hire or sailing trips around the islands, please contact Tony on cocoswatersports@gmail.com or call 9162 6799. Home Islanders please contact Pak Azie, Zabidi Abedin or a committee member.

Healthy Living Tips

1. Eat and Eat Well

Calorie consumption isn't a 0 sum game, your body needs a certain amount of calories to operate. "Ate a 100 calorie snack, burned 100 calories on the treadmill, awesome!" is not the philosophy to live by. Skipping meals and severely limiting calories won't provide your body the nutrition it needs. The key is to eat organic fruits, vegetables, nuts, and seeds. Skip the chips, throw away the pre-packaged junk. If you're indulging in low-quality fast foods, stop it immediately. That toxic sewage isn't going to provide your body the essential vitamins and minerals it needs.

2. Eat Appropriate Portions

Portion control is an area many adults fail at (underscoring the importance of developing these habits early). Before helping yourself to seconds, ask yourself if you're really even hungry, or just reaching for another scoop out of habit. It's not necessary to completely deprive yourself of the foods you love, just limit their portion size. Instead of eating it all tonight, it might make a great left over lunch tomorrow.

3. Eat On a Seat

Eating on the run is an easy way to lose your momentum. Why? Because eating on the run is often eating food purchased out of convenience, which means little planning and a high likelihood of it being from a fast food restaurant, vending machine, or gas station. Plan your meals so that you can sit down, relax and enjoy your food. If you do need a snack to go, nature provides a number of choices in natural, biodegradable wrappers—apples, bananas, and plums, are already perfectly packaged and easy to eat when time is tight.

4. Eat With Your Family

Support each other as a family in your quest to eat in a healthy way and exercise regularly. Your parents, offspring, or siblings can benefit from nutritious foods too, so keep them on hand and hold each other accountable. Be the example in your family, set the bar. When everyone is on track, it's easier to resist tempting foods, such as sodas, chips, candy, and cookies. Or, even better...

5. Avoid Temptations

The easiest way to avoid the temptations of less-than-healthy foods is just to keep the house free of temptations, period. You'll be surprised how true, "out of sight, out of mind" really is. Instead, keep the pantry stocked with fruits, veggies and whole grain snacks.

More tips in next edition...

COCOS ISLANDS GOLF CLUB RESULTS



Sunday Competition Results

19JUL15 9 HOLE STABLEFORD

WINNER: Jen Richardson R/Up: Ash James

LD Men: Jason Cullen

02AUG15 Monthly Mug

Winner: Rohan Dyal R/Up: Ash James

30AUG15 18 Hole Single Stableford

Winner: Ash James R/Up: Ryan Breadsell/Bas Nelson

LD Men: Shovel Shaw NTP: Jen Richardson

27SEP15 Club Champs Round 1 18 Hole Stroke

Winner: Ash James R/Up: Kel Edwards

LD Men: Ash James

04OCT15 Club Champs Round 2 & Monthly Mug 18 Hole Stroke

Winner: Ryan Breadsell R/Up: Rohan Dyal & Ian Whyte

LD Ladies: Kylie James NTP: Shovel Shaw

CLUB CHAMPIONSHIP RESULTS

CLUB CHAMPION : ASH JAMES (173 gross)

RUNNER UP: RYAN BREADSELL (178 gross)

LADIES CLUB CHAMPION: KELLY EDWARDS (193 gross)

LADIES RUNNER UP: KYLIE JAMES (210 gross)

MEN'S NETT CHAMPION: ROHAN DYALL (186 gross 140 nett)

MEN's NETT RUNNER UP: IAN WHYTE (208 gross 140 nett)

LADIES NETT CHAMPION WENDY TEMPEST (172 nett)



Scroungers Results

6/8/15

Winning Team: Leah, Richard, Warwick, Ben, Aaron, Owen, Daniel, Ray

NAGA's: Digger, Mick, Digger (Mo), T-Holmes, Kylie, Jen, Tav

LD: Joel NTP: Andrew Implement: Michael, Gus, Steph

13/8/15

Winning Team: Kylie, Marlon, Nick, Baz, Greg

NAGA's: Pat, Angie, John, Megs, Ray

LD: Kylie NTP: Basil Implement: Cassandra, John

20/8/15

Winning Team: Basil, Megs, Mark, Ryan, Ray, Jason (Shrek)

NAGA's: Ash, Jason, Anna, Colin, Aaron, Jodie, Michael

LD: Michael NTP: Kelly Implement: Dan, Harry

27/8/15

Winning Team: Ash, Megs, Bec, Lee, Latisha, Greg

NAGA's: Jude, Basil, Clint, Michelle, Jessie, Cassie

LD: Kelly NTP: Ash Implement: n/a

Healthy Living Tips

Tips on Maintaining a Healthy Body

You need to make sure you look after your body these days. Health and fitness are such an essential part of life. You've got to come up with ways to maintain health and fitness and develop an awesome body.

Eat Well

Healthy eating is a vital part of remaining fit and healthy. You need to make sure you have a balanced diet covering all the food groups. Eat plenty of fruit and vegetables, and avoid the junk food. Eating well will help you to stay in shape as well as giving your body valuable nutrients.

Work Out

Of course, when it comes to health and fitness you need to work out regularly. This means taking the time to get a gym regime going. Alternatively you could take up running or swimming. Ideally you need to have a combination of everything if you want a body to die for. Make sure you have discipline and commitment. It might be quite difficult to keep motivated to work out all the time. But you need to be disciplined. Think about the end results, and use those as incentives.

Get Plenty of Rest

You might not think it, but getting rest is imperative for health and fitness. You see, your body needs to rest and rejuvenate in order to heal and improve. So you have to make sure you get plenty of rest each night. Aim for six to eight hours of uninterrupted sleep each time. This will leave you feeling refreshed, rejuvenated and full of energy. It will allow your body and metabolism to work better. You'll also find your brain functions are greatly improved too.

Makeover

Another step you could take would be to get yourself a makeover and is a fantastic way of making yourself look and feel awesome. You need to take pride in your looks and your body, and a makeover is a fine way to do this. Try changing your hair, wearing different makeup and getting your nails done. You should also choose a new wardrobe, one that complements your new body.

It's vital these days to look after your body and mind. People place a lot of emphasis these days on looking good and staying healthy. And it's important that you join in with this as much as you can. Take steps to become more fit and healthy and develop an awesome body.

More tips in next edition...

COCOS ISLANDS GOLF CLUB RESULTS



Scroungers Results cont

10/9/15

Winning Team: Kelly, Hoodie, Josh, Ash, Paul, Deb, Stylesy

NAGA's: Kylie, Jordan, Greg, Dan

LD: Wendy NTP: n/a Implement: n/a

17/9/15

Winning Team: Aaron, Jen, Greg, Jordan, Michael, Leah

NAGA's: Iris, Megs, James, Peter, Colin

LD: Kelly NTP: Mike Keogh Implement: Warren, Ben

24/9/15

Winning Team: Basil, Ryan, Al, Colin

NAGA's: Pat, Jodie, Matt, Peter

LD: Ryan NTP: n/a Implement: Peter, Pat, Jason

2015 Corporate Golf Results

Equal 1st :	Island Petroleum Services/Cocos Islands Adventure Tours	28
	Chalkies 1	29
	Rainmakers	29
	Gun Team	30
	Shire 1	30
	Water Corporation 3	31
	Australian Federal Police	31
	Water Corporation 1	32
	Chalkies 2	34
	Toll Remote Logistics (Airport)	35
	Water Corporation 2	36
	Shire 2	37
NAGA's	West Island Supermarket	38



Winners: Island Petroleum Services and Cocos Islands Adventure Tours

Healthy Living Tips

Tips on Maintaining a Healthy Body

Should you go nuts? by Amanda MacMillan

Nuts are nature's way of showing us that good things come in small packages. These bite-size nutritional powerhouses are packed with heart-healthy fats, protein, vitamins, and minerals. Here's a look at the pros and cons of different nuts, as well as the best and worst products on supermarket shelves today. Of course, you can get too much of these good things: Nuts are high in fat and calories, so while a handful can hold you over until dinner, a few more handfuls can ruin your appetite altogether. And although nuts are a healthy choice by themselves, they'll quickly become detrimental to any diet when paired with sugary or salty toppings or mixes. All nuts are about equal in terms of calories per ounce, and in moderation, are all healthy additions to any diet. "Their mix of omega-3 fatty acids, protein, and fiber will help you feel full and suppress your appetite," says Judy Caplan, RD, a spokesperson for the Academy of Nutrition and Dietetics. The lowest-calorie nuts at 160 per ounce are almonds (23 nuts; 6 grams protein, 14 grams fat); cashews (16 to 18 nuts; 5 grams protein, 13 grams fat); and pistachios (49 nuts; 6 grams protein, 13 grams fat). Avoid nuts packaged or roasted in oil; instead, eat them raw or dry roasted, says Caplan. (Roasted nuts may have been heated in hydrogenated or omega-6 unhealthy fats, she adds, or to high temperatures that can destroy their nutrients.)

Worst nuts for your diet

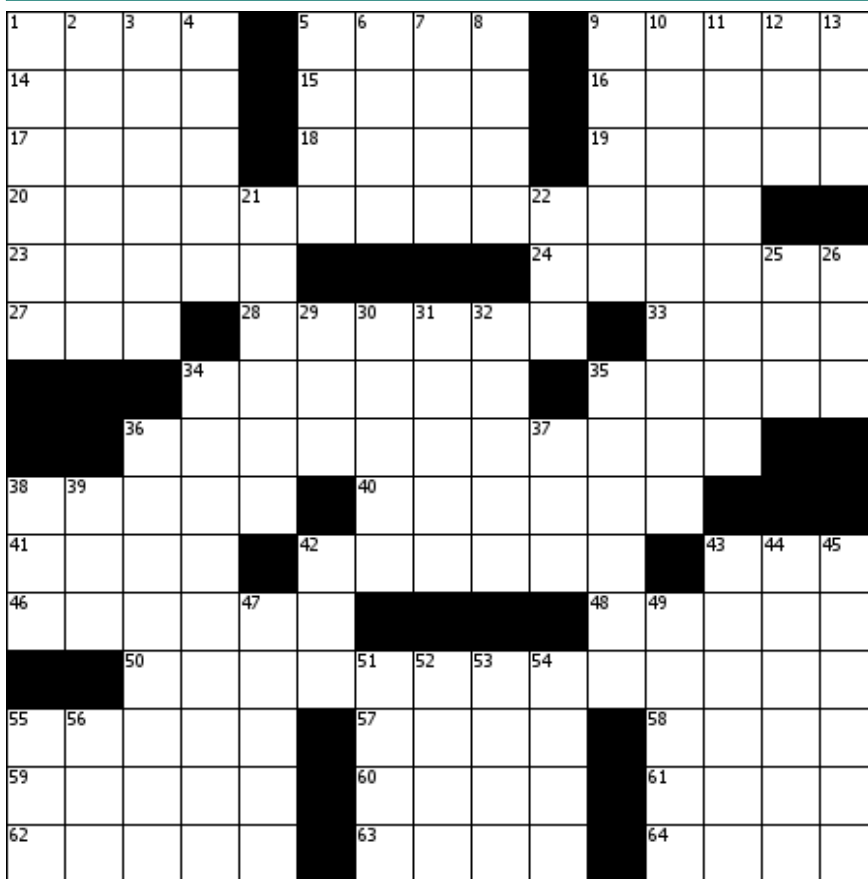
Macadamia Nuts, Pecans
Ounce for ounce, macadamia nuts (10 to 12 nuts; 2 grams protein, 21 grams fat) and pecans (18 to 20 halves; 3 grams protein, 20 grams fat) have the most calories—200 each—along with the lowest amounts of protein and the highest amounts of fats. However, they're still good nuts: The difference between these and the lowest calorie nuts is only 40 calories an ounce. As long as you're practicing proper portion control and not downing handfuls at a time, says Caplan, any kind of raw, plain nut will give you a good dose of healthy fats and nutrients.

Best nuts for your heart

Walnuts
While all nuts contain heart-healthy omega-3 fats, walnuts (14 halves contain 185 calories, 18 grams fat, 4 grams protein) have high amounts of alpha linoleic acid (ALA). Research has suggested that ALA may help heart arrhythmias, and a 2006 Spanish study suggested that walnuts were as effective as olive oil at reducing inflammation and oxidation in the arteries after eating a fatty meal. The authors of this study, funded in part by the California Walnut Commission, recommended eating around eight walnuts a day to achieve similar benefits.

More tips in next edition...

Crossword



ACROSS

1. Steamed
5. Ukraine city near the Polish border
9. Within the neighborhood
14. React to a good act
15. Glorified gofer
16. Lyric poem
17. ___ to riches
18. Wedding cake feature
19. Left-hand page
20. Start of a quip
23. Heat in Florida?
24. Possible answer to "Where are you?"
27. Wrestler's objective
28. Stretched to see better
33. Lena of "Havana"
34. Defaced
35. Tour honcho
36. Middle of the quip
38. Accumulate
40. Deprive of nourishment
41. Loony
42. Eastman or Westinghouse
43. Marvelous, informally
46. College graduates
48. Demonstration exhortation
50. End of the quip
55. Oodles
57. Theater attachment
58. No-see-um
59. Ancient Roman port; terminus of the Tiber
60. Leer at
61. Poison ivy symptom
62. Coach's sign
63. Disrespect, in a way
64. Desirable change, at times

DOWN

1. Be sparing
2. Saint of Norway
3. Roomy sleeve
4. Word with salts or Downs
5. One way to run
6. Appendage for King Henry
7. Keats and Shelley works
8. Action word
9. Ira the author
10. Realtor's device
11. King Lear's youngest
12. Madison Ave. fodder
13. Lion nickname
21. Parish priests
22. "Put a ___ on it!"
25. Deliver from
26. Ending with ethyl
29. Grammar school education, initially?
30. First thing you do on December 25th
31. "Rad!"
32. Ventriloquist Bergen
34. Radio, TV, etc.
35. Throw in the towel
36. Ripen
37. Centimeter-gram-second work unit
38. Lawyer's org.

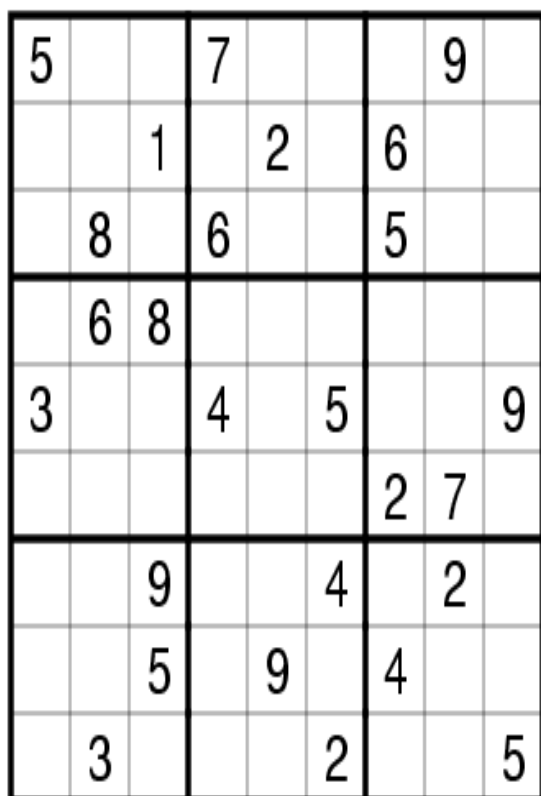


Sudoku Station

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.

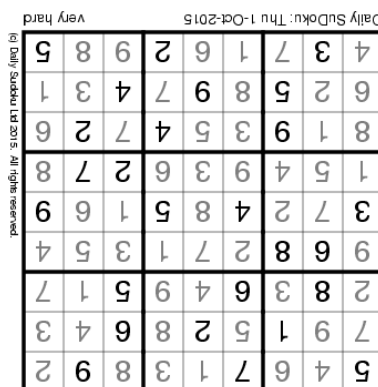
The rules for different size and shape puzzles are pretty much identical. The different size puzzles simply require a different set of numbers.



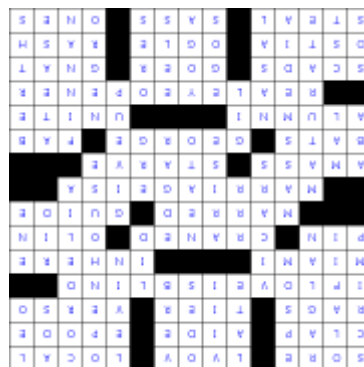
Daily SuDoku: Thu 1-Oct-2015

very hard

(c) Daily Sudoku Ltd 2015. All rights reserved.



Sudoku Solutions



Crossword Solutions

Brainteaser Central!

SHE-GOAT, WOLF AND CABBAGE

A farmer returns from the market, where he bought a she-goat, a cabbage and a wolf (what a crazy market :-).

On the way home he must cross a river. His boat is small and won't fit more than one of his purchases. He cannot leave the she-goat alone with the cabbage (because the she-goat would eat it), nor he can leave the she-goat alone with the wolf (because the she-goat would be eaten).

How can the farmer get everything on the other side in this river crossing puzzle?

Take the she-goat to the other side. Go back, take cabbage, unload it on the other side where you load the she-goat, go back and unload it. Take the wolf to the other side where you unload it. Go back for the she-goat. That's it.

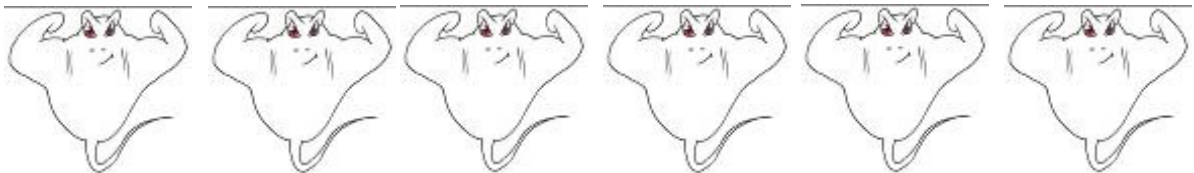
Brainteaser Answer



Manta and Moray competitors at the Official Opening of the 2015 Cocos Olympics

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 & Announcements

Happy Birthday to Jo for the 20th November, lots of love from Rik, Kimberley and Hudson

*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*



Cocos (K) Islands Community Resource Centre

Your local connection

Upcoming 2015 Community Events

Event Name	Event Date	Event Host
Cocos Olympics	09 - 17/10/2015	Cocos Club
Dental Therapist Visit	13 - 24/10/2015	IOTHS
Islamic New Year	14/10/2015	Public Holiday
Toga Party	17/10/2015	Cocos Club
Shire Council Meeting	21/10/2015	Shire of Cocos Islands
School Auction and Fete	25/10/2015	P & C Association
Occupational Therapist Visit	27 - 31/10/2015	Speech Therapist
Physician Visit	27 - 31/10/2015	IOTHS
Shire Council Meeting (Special Meeting)	28/10/2015	Shire of Cocos Islands
International Beer Festival	30/10/2015	Cocos Club
Melbourne Cup Calcutta	2/11/2015	Cocos Club
Melbourne Cup	3/11/2015	Cocos Club
Grace Barbe - Home Island Performance	6/11/2015	Shire of Cocos Islands
Grace Barbe - West Island Performances	7 & 8/11/2015	Shire of Cocos Islands
Lagoon Swim Brief - Food Night	13/11/2015	Cocos Islands Golf Club / CKITA
Cocos Islands Community Resource Centre AGM	11/11/2015	Cocos Islands CRC
2015 Cocos Keeling Islands Lagoon Swim	14/11/2015	CKITA
Opera Under The Stars	20/11/2015	Home Island
Shire Council Meeting	25/11/2015	Shire of Cocos Islands
Gymbercali Concert	28/11/2015	Gymbercali
Kids Xmas/ Carol/ Farewell	13/12/2015	Cocos Club
Shire Council Meeting	16/12/2015	Shire of Cocos Islands
Hari Maulaud Nabi	24/12/2015	Public Holiday
Christmas Day	25/12/2015	Public Holiday
New Years Eve Party	31/12/2015	Cocos 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 Website: 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 29th October

3:00pm Tuesday 27th October

Cocos Snapshots 2...

Gambaran Cocos 2...



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.