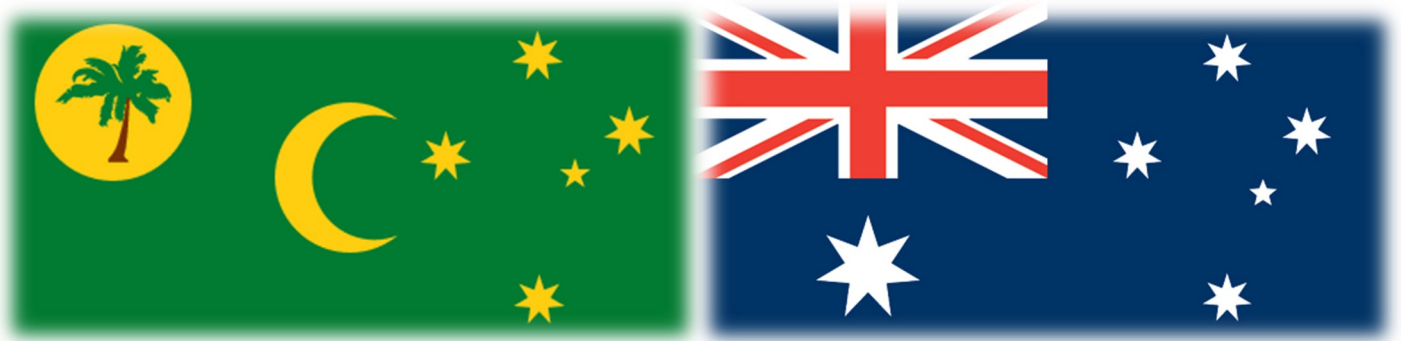


“THE ATOLL” COMMUNITY NEWSLETTER



Friday 23rd September 2022 – Thursday 7th October 2022



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

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\$2.00 per issue

Shire's Volunteer Appreciation Dinner

Thank you to the Volunteer Appreciation Dinner sponsors
– Altitude & Cocos Islands Cooperative

Photo Source: Shire of Cocos Keeling Islands



The CKI Hunters Boys training hard for the big game (Harmony 9's Cup) in October.



Photo Source: CKI Hunters Rugby League Club



Celebrating 20 YEARS!

We are proud to announce that we are celebrating 20 years of service to the Community of the Cocos (K) Islands!

Enjoy live music from 3 piece band "Dig the Dust", receive your free gift bag and enjoy an evening with the CRC Committee, Staff and our Community.

Please accept this invitation to join us at both events to celebrate.

Home Island - Friday 14th October 2022

Cyclone Shelter. Youth Group Market Day commences at 4.30pm
Live music from Dig the Dust from 5.00pm!

Late ferry departs Home Island at 9.00pm

West Island - Sunday 16th October 2022

Outdoor area - Cocos Islands District High School
BYO picnic or order a pizza from Salty's for delivery to the event.
Live music from Dig the Dust from 4.30pm - 7.30pm!

Rainfall Stats

Latest to 23 September 2022:

September Statistics
47.2mm
(not accurate)

Latest 2022 Statistics:
1668.20mm
(not accurate)



LATEST WEATHER

www.bom.gov.au

BOM have advised that rainfall is currently not being recorded. Does anyone want to start recording backyard rainfall?

Emergency Contact List

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

Thumbs Up

- 👍 Thanks to Shire for hosting RU OK event on DI and the Volunteer Appreciation Dinner.
- 👍 To Shire Council staff for improving the back up ramp back of the farma.
- 👍

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

Proudly supported by:





Celebrating 20 YEARS!

Kami dengan bangga hati mengumumkan bahwa kami akan merayakan 20 tahun perkhidmatan kepada masyarakat Pulu Cocos Keeling.

Nikmati lagu secara live dari band 3 bagian "Dig the Dust", terima bag hadiah free dan nikmati malam bersama komiti CRC, perkerjanya dan masyarakat kami.

Terimalah undangan ini untuk bergabung dengan kami di kedua acara untuk merayakan.

Home Island - Jumaat 14hb October 2022

Rumah Masyarakat. Youth Group Market Day mulai jam 4.30 soreh
Lagu secara live dari Dig the Dust mulai jam 5.00 soreh
Ferry akan lepas Home Island jam 9.00 malam

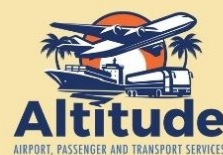
West Island - Minggu 16hb October 2022

Kawasan Luar - Cocos Islands District High School
Bawak picnic sendiri atau order pizza dari Salty's untuk di antar ke acara ini
Lagu secara live dari Dig the Dust dari jam 4.30 soreh hingga 7.30 malam!

Proudly supported by:



Department of
Primary Industries and
Regional Development





HOME ISLAND MARKET DAY!

In conjunction with the Cocos CRC's 20th Anniversary the Youth Group will be hosting a Market Day!

**Home Island Cyclone Shelter Friday 14th October
Market Day starts at 4.30pm**

Dig The Dust - live music starts at 5.00pm!

Great food and fun activities to look forward to!

Contact the Shire to book your table, funds go to the Youth Group.

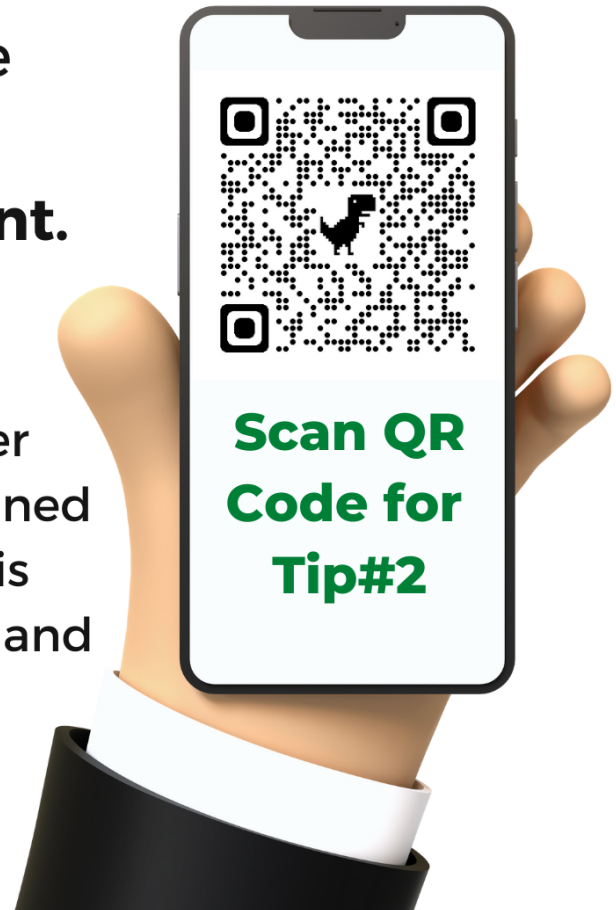




In this edition we are focusing on **Tip#2 - How to scan a document.**

Documents such as letters, receipts, statements and other important things can be scanned by using your OWN phone! It is ideal when you are on the go and have no access to a scanner.

It is smart and efficient too!



Watch this space for the next tip...

Apple Phones

- 1 Open the Camera app from the Home Screen, Control Centre or Lock Screen.
- 2 Select the rear-facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device will recognise the QR code and display a notification.
- 3 Tap the notification to open the link associated with the QR code.

Android Phones

- 1 On your compatible Android phone or tablet, open the built-in camera app.
- 2 Point the camera at the QR code.
- 3 Tap the banner that appears on your Android phone or tablet.
- 4 Follow the instructions on the screen to finish signing in.

If you can't scan the QR code, you can try to sign in another way using Google Assistant or Google Lens.



Shire of Cocos (Keeling) Islands

What's On

Volunteering

Volunteer numbers are declining in Western Australia.

On Cocos the Shire is tapping into our youth networks to boost numbers in the instance. Tapping into social media giants to rebrand volunteering on TikTok, Instagram and Facebook.

On Cocos, of the total population 15% volunteer through an organisation or group in 2021 compared to 22% in 2016. The lost due to fatigue, burnout, COVID concerns or the temporary population, whatever the case may be there is always the constant relative spike and troughs in this small community.

The need to flip that ingrained perspective and show that volunteering could involve giving back and getting something in return.

The Shire's campaign is designed to help young people feel safe to volunteer, free from judgement, comparison, or the expectation that they had to be a saint. Showcasing the joy-filled vibes that come from giving back and we've been delighted with the results so far.

Young people needed



(Source: Shire of Cocos (Keeling) Islands. Cocos Islands Youth Council fundraising at the Jukong and Sailing Club)

We knew that the only way that we could start to fill that void was to start to appeal to our younger generations in the community.

We needed to look at volunteering differently, and acknowledge that volunteering isn't completely selfless, and that's OK.



We've designed it in a way that people can get involved with their friends through social volunteering, they can also upskill, where they can use, or develop, some new skills.

Creating the opportunities for the younger people makes them more aware that there are options.

(Source: Shire of Cocos (Keeling) Islands. Australia Day 2022, Direction Island. All smiles.)

More than the greater good

One project is for the Shire is the need for volunteers to assist with planning the community garden. From all walks to revegetate the chicken and garden plot to transform this into a fully functioning, self-sufficient and sustainable garden.

Making it easier for people to discover volunteering opportunities is so important, because people want to do more, and if people knew where they could find that stuff they would show up.

Something to love about volunteering is the way you go about not knowing what to expect. It's about giving back in some way that creates a community.

RU OK Day – Cocos (Keeling) Islands

The Shire of the Cocos (Keeling) Islands hosted the RU OK Day on Direction Island on the 10th of September. In partnership with the Indian Ocean Territories Health Service and The Cocos Islands Youth Council.

The community members and visitors were treated to a wonderful day of fun beach games, they were spending time with friends and mingled with many newcomers on island and the local Cocos Malays made they feel welcome by sharing the local delicacies of toasted Coconut Apples. The day was also topped off with a good old fashion Aussie BBQ.

(Source: Shire of Cocos (Keeling) Islands. RUOK Day 2022. Deputy President Seriwati Iku and friends)



RU OK Day has become a significant event in the National Calendar. It is an opportunity for everyone to take time out and create meaningful conversations. You don't need to have a qualification to have a positive impact. It was a perfect day to spend the weekend with so many residents from both West and Home Island communities, and visitors on one of the most beautiful and picturesque islands in the Southern Atoll – Direction Island.

(Source: Shire of Cocos (Keeling) Islands. Boys and BBQ, inseparable)



Shire of Cocos (Keeling) Islands

Community Survey August 2022

Thank you for taking part in this survey. Please answer all questions by rating your answers 1 to 5 (circle correct response).

1. Shire Communication with Community - How well do you rate the way you are currently informed of general Shire news and events?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

2. Customer Service – How well do you rate the level of service given by the Shire at the first point of contact?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

3. Complaints – How well do you rate the Shire’s handling of complaints made to them?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

4. Payments – How well do you rate the ease and convenience of paying Shire accounts?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

5. Shire Funding – How well do you rate your understanding of the Shires funding arrangements, budget, and spending allocations/priorities?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

6. Community Engagement – How well do you rate the way Council members manage, lead and plan?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

7. Community Engagement – How well do you rate your overall satisfaction with consultation/engagement and opportunities to participate in council decision making?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

8. Community Engagement (Staff) - How well do you rate the effectiveness of the Shire's Leadership team and their engagement with community?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

9. Community Activities - How well do you rate the effectiveness of activities delivered by the Shire for the community i.e., Sport and Recreation?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

10. Housing - How well do you understand your leasing/rental agreement with the Shire, i.e., Shire versus tenant obligations?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

11. Community Services – How well do you rate the effectiveness of services delivered by the Shire for the community i.e., economic development, development application processing?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

12. Parks and Reserves Maintenance - How well do you rate the Shires maintenance of parks and reserves?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

“THE ATOLL” COMMUNITY NEWSLETTER

13. Sealed and Unsealed Road Maintenance - How well do you rate the Shires maintenance of sealed and unsealed roads?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

14. Waste Management - How well do you rate the Shires waste management (kerbside) collection service?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

15. Waste Management - How well do you rate the Shires waste management landfill, incineration service?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

16. Waste Management (recycling) – How well do you rate the Shires waste management recycling service?

1	2	3	4	5
Poor	Unsatisfactory	Average	Good	Very Good

Please answer the following questions with a simple Yes or No (circle correct response)

Shire funding – Would you attend a community awareness session to understand Shire funding better?

Yes No

Payments – Would you use an on-line payment service if this was introduced by the Shire e.g. BPay or similar?

Yes No

Please add any comments or feedback you have regarding issues not covered by the survey.

.....
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.....
.....
.....

Thank you for your time in completing this survey, your answers will help our Shire staff to be more in tune to your thoughts and will be used for forward planning. Please return completed survey to the West Island or Home Island Shire Office or email info@cocos.wa.gov.au.



The Hon Kristy McBain MP

Minister for Regional Development, Local Government and Territories
Federal Member for Eden-Monaro

MEDIA RELEASE

14 September 2022

Supporting food sustainability in the IOT

The Australian Government is prioritising the future sustainability of the Indian Ocean Territories (IOT) with almost \$450,000 in funding for three exciting projects across Christmas Island (CI) and the Cocos (Keeling) Islands (CKI) under the Innovative Agricultural Trials grants program.

The projects funded under this program explore ways to support locally grown fresh and affordable produce, while building important skills and knowledge in sustainable agricultural, aquaculture and farming techniques.

Following the recent application period, Minister for Regional Development, Local Government and Territories Kirsty McBain is pleased to announce the following grants:

- \$150,000 to the Cocos Islands Co-operative Society Ltd – to develop a hydroponics facility on CKI, with the aim of supplying 100% of CKI's requirement for targeted leafy green crops.
- \$150,000 to Phosphate Resources Ltd – to establish a Climate Controlled Container system on CI to trial solutions for remote locations with depleted soils and harsh climatic conditions.
- \$144,000 to The Trustee For Lacy Flores Family Trust – to establish a high-density vertical hydroponics facility on CKI able to produce a minimum of 200kg of fresh produce every week.

The projects will reduce the communities' reliance on importing fresh produce at high prices, support greater self-sufficiency and will build key skills for future employment and business opportunities.

“Funding these projects will support the IOT communities to explore new ways to grow fresh local produce, reducing the need to import fresh produce at much higher prices,” Minister McBain said.

“Building skills and creating future employment and business opportunities for the IOT are among our Government's main priorities for region, as we work together to support food security and self-sufficiency across the islands.

“The responses received to the Innovative Agricultural Trials for the IOT show an exciting road ahead for the region, signaling potential job creation, new industry and development of a sustainable approach to local agriculture and farming for the future.”

The Government will continue to keep the community updated as these innovative projects come to life.

Media contact: Danielle Condon 0498 723 574



INDIAN OCEAN TERRITORIES
Regional Development Organisation
Australia

Vision Statement - Working together to create a thriving future for our island communities

愿景声明 - 携手合作为我们的岛屿社区创造繁荣的未来

Pernyataan visi - Bekerjasama untuk membina masa depan yang berkembang untuk masyarakat pulu kita

Pernyataan wawasa - Sama-sama berusaha mewujudkan masa depan yang berkembang maju untuk komuniti pulau kita

IOT RDO Community Newsletter – September 2022

About us

The Indian Ocean Territories Regional Development Organisation (IOT RDO) is one of 52 organisations located across Australia that are part of the [Regional Development Australia \(RDA\)](#) network. The IOT RDO team is comprised of local leaders and passionate advocates working to facilitate sustainable development in the region, and to build strong and confident local economies on both Christmas Island and the Cocos (Keeling) Islands.

What we've been working on

- Meetings in Canberra
- IOT RDO 2030 Strategic Regional Plan
- Annual Business Plan 2022-23
- Annual General Meeting
- Construction of the Christmas Island pathway and viewing platform
- Grant funding opportunities
- IOT Business Directory

P: +618 9164 7959
A: P.O. Box 868, Christmas Island, Indian Ocean, 6798, Australia
W: www.indianoceanterritories.com.au
E: rdo@indianoceanterritories.com.au

Meetings in Canberra

In August 2022, a delegation from the IOT RDO, led by the Committee’s Chairperson, Mrs Natasha Griggs, Administrator of Christmas Island and the Cocos (Keeling) Islands, travelled to Canberra to present the new *IOT RDO 2030 Strategic Regional Plan*, and to highlight the organisation’s short-term priorities for the region.

The delegation was very fortunate to have the opportunity to discuss key issues affecting our IOT communities with the Hon Kristy McBain MP, Minister for Regional Development, Local Government and Territories. Topics discussed included IOT freight and flight service issues, environmental and sustainability initiatives, and the progression of digital and telecommunications connectivity in the region.



The delegation also presented the *IOT RDO 2030 Strategic Regional Plan* to the Department of Infrastructure, Transport, Regional Development, Communication and the Arts (DITRDCA). The attendance of David Mackay, Acting Deputy Secretary, Regional Cities and Territories, was warmly welcomed, as was the presence of representatives from the Regional Intelligence and Local Government, and the Indian Ocean Territories areas of the Department.

Delegation at Parliament House: Stephanie Lai, the Hon Kristy McBain MP, Farzian Zainal, Bianca McKinney.

IOT RDO 2030 Strategic Regional Plan

The IOT RDO engaged [Centred Solutions](#) to develop its new, macro-level *IOT RDO 2030 Strategic Regional Plan*. The development of the plan is a requirement under the [RDA Charter](#). The plan has been developed through research, community and stakeholder engagement, and economic analysis. *The IOT RDO 2030 Strategic Regional Plan* aims to leverage the region’s natural assets and community strengths to foster a more diverse economy and a stronger, more resilient and capable region. The plan will drive the work of the IOT RDO, and will also be available for use by the community, community organisations, private enterprise and government. The *IOT RDO 2030 Strategic Regional Plan* has been accepted by RDA Program Management at DITRDCA, and will be available online later this month.

Annual Business Plan 2022-23

The IOT RDO Committee has developed its *Annual Business Plan 2022-23*. The plan maps the organisation’s activities for the coming year, with each activity matched to the priorities and focus areas as outlined in the *IOT RDO 2030 Strategic Regional Plan*. The Committee will report on its progress with the implementation of the *Annual Business Plan* via its community newsletters.



INDIAN OCEAN TERRITORIES
Regional Development Organisation
Australia

STRATEGIC REGIONAL PLAN 2030 HIGHLIGHTS

Vision

Working together to create a thriving future for our island communities

Strategic Priorities

- Support sustainable growth and development, and improve liveability for our communities
- Achieve reliable, competitive and cost-effective supply chains
- Support environmental and sustainability initiatives
- Develop regional capacity
- Maximise sustainable tourism growth potential for long-term business viability

Key Outcomes

- Improved collaboration, transparency and decision making to build trust, resolve barriers, and realise economic, social and environmental opportunities
- Business and economic development opportunities are supported through reliable and competitive supply chains
- Communities in the region can withstand the impact of climate change and benefit from environmental ecosystems
- Community and business have the technology and skills to deliver quality services, goods and products
- A thriving tourism industry that does not negatively impact on the community

Short term priorities

- Co-design a regional engagement framework to drive a new culture of cooperation and transparency
- Conduct an independent review of the supply chain to improve efficiency and reliability
- Progress digital and telecommunications connectivity in the region

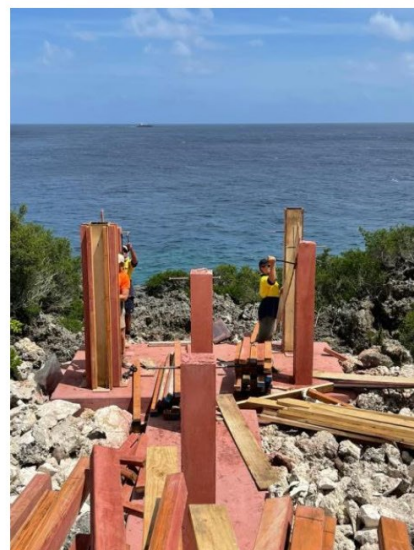
Annual General Meeting

The IOT RDO Committee held its annual general meeting (AGM) on 9 September 2022. The Committee is pleased to announce its office holders for the next 12 months, being Farzian Zainal, Deputy Chairperson, Thomas Battcher, Secretary, and Stephanie Lai, Treasurer. As Deputy Chairperson, Farzian will fulfil the duties of Chairperson until such time as the Australian Government appoints a new Administrator for Christmas Island and the Cocos (Keeling) Islands, who will assume the role of Chairperson as per the IOT RDO *Constitution*.

This was the last meeting for the Committee’s Chairperson, Mrs Natasha Griggs. The incoming Deputy Chairperson, Farzian Zainal, thanked Natasha for her ongoing mentorship. Farzian also thanked Natasha on behalf of the Committee, and highlighted the numerous achievements of the IOT RDO which have been made possible under Natasha’s leadership. The development of local and regional strategic plans, funding of community infrastructure projects, tourism initiatives including the development of a destination management and marketing plan for the region and the *Indian Ocean Fest*, development of the [IOT Business Directory](#), and the construction of the pathway and viewing platform on Christmas Island, were all projects which were spearheaded by Natasha. The Committee expressed its heartfelt gratitude to Natasha for her contribution to both the IOT RDO and to our IOT communities.

Construction of the Christmas Island pathway and viewing platform

The two sections of the concrete pathway on Christmas Island, starting at Gaze Road and ending at Rocky Point Crescent, are nearing completion. Similar bollards to those used along William Keeling Crescent on West Island will soon be installed along the path to enhance safety and provide solar-powered illumination. Concrete was recently poured for the columns and precast slab of the new



viewing platform adjoining the walking path. Once the concrete has been cured, the two ends of the path on either side of the viewing platform will be joined. Informative signage for the viewing platform overlooking the Christmas Island Marine Park is being designed in cooperation with Australian Marine Parks. The pathway and viewing platform are expected to be fully completed by November. Both local residents and visitors to the island will benefit from this new community amenity.

Grant funding opportunities

A focus area for the IOT RDO is to support the development of local business capability and capacity, so that local businesses are able to realise their potential, and obtain maximum benefits from emerging opportunities. Part of the IOT RDO's work in this area is to identify and inform our local communities about grant funding opportunities. The latest opportunities, as at 9 September 2022, are available from the [Grants section of the IOT RDO website](#).

IOT Business Directory

The IOT RDO developed the [IOT Business Directory](#) to showcase the business community in our region, and to shine a light on the local resources and skills that are available. The IOT RDO advocates strongly for local training and employment opportunities for all projects in the IOT. If you would like to add or update your business details on the directory, please visit the website and complete the [online form](#).

Working together to create a thriving future for our island communities

Our door is always open. Please reach out to Committee members or our Program Manager, Bianca McKinney, if you have issues that you would like to discuss or bring to the Committee's attention.



RDO Annual Business Plan workshop: David Eizenberg (Office of the Administrator), Michael Kirkpatrick, John Clunies-Ross, Thomas Battcher, Natasha Griggs, Fionn Muster and Mark Coffey (Centred Solutions), Farzian Zainal, Stephanie Lai, Bianca McKinney, David McKinney



Community Update
Pulu Keeling National Park

Calling all Home and West Island



Junior Rangers!



Join us for an adventure filled
and nature based day on
Direction Island.

Environmental games and
challenges

Thursday 29 September
8.30-2pm

BBQ lunch will be provided.
BYO hat, water, sunscreen.



Australian Government

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



Number:	SC 33/2022	Date:	20 September 2022
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Dental Assistant

**Territory Officer Level 3 based on Christmas Island
1 Year Fixed Term Non-Ongoing Vacancy - Full Time**

Package valued between \$86,730 to \$101,946 including:

- Base salary of \$56,987 to \$69,030 per annum
- Employer contribution to superannuation at 16% of base salary
- District allowance payable in addition to base salary
- Generous leave entitlements
- Relocation assistance if relocating to the Indian Ocean Territories
- Heavily subsidised housing and motor vehicle if relocating to the Indian Ocean Territories
- Annual return airfares assistance to Perth

The Indian Ocean Territories Administration (IOTA) is seeking a motivated, professional and dedicated person to join our Indian Ocean Territories Health Service (IOTHS) team based on Christmas Island as a Dental Assistant.

The IOTHS delivers a primary and acute health care service in two of Australia's most remote and most spectacular settings - Christmas Island (CI) and the Cocos (Keeling) Islands (CKI). The IOTHS includes a 24 hour eight bed hospital and primary care facility on CI and clinics on Home and West Islands in the CKI. The IOTHS is committed to "Working with our communities to keep us healthy for the whole of our lives".

The key responsibilities of the Dental Assistant are to provide a professional dental reception service and clinical assistance to the Dentist, Dental Therapist/Hygienist, Locum Dentists and Dental Specialists at the Christmas Island Health Service and on the Cocos (Keeling) Islands as required.

To be considered, applicants must hold a Certificate III in Dental Assisting, a Senior First Aid certificate, satisfy a pre-employment screening including Nationally Coordinated Criminal History Check conducted through the IOTA, hold a current 'C' class manual Driver's Licence, valid Western Australian Working with Children Check, and provide proof of vaccination or immunity as required by the IOTHS. The successful candidate may also be subject to a health assessment.

For an application pack outlining how you can apply, please contact the IOTA Human Resources Team at IOTHRTeam@infrastructure.gov.au and quote position number **109108**.

**Applications close 4.00pm (Christmas Island local time) (CXT) (UTC+7),
Friday 14 October 2022**



Cocos Club Inc

EXPRESSIONS OF INTEREST **COCOS CLUB MANAGER**

The Cocos Club are looking for a highly motivated and driven person/s interested in the position of Cocos Club Manager.

The Cocos Club is a not-for-profit organisation providing a family friendly community club with a bar that is open seven nights a week (except Good Friday and Christmas Day). The Cocos Club host several community events through-out the year which is the responsibility of the Manager.

The Cocos Club is managed by an elected Committee.

<u>POSITION:</u>	Manager
<u>REPORTS TO:</u>	Cocos Club Committee
<u>HOURS:</u>	(Full-time) 38 hours per week
<u>HOUSING:</u>	Three-bedroom house available for rent

MAIN DUTIES AND RESPONSIBILITIES:

The Manager will manage the day to day running of the Cocos Club. This also includes bar rosters, stock control/ordering and reporting and requirements of Racing, Gaming and Liquor.

Administration duties also include all financial transactions and preparing financial reports, annual audits, payroll and reporting to the Committee monthly.

The Manager is also required to plan and facilitate several community events through-out the year. These include but are not limited to New Year's Eve, Melbourne Cup, Membership Drive, Kids Easter and Christmas Party, Altitude Cup (AFL), ANZAC Day and other events to create an income for The Cocos Club.

You may be required to perform other duties as directed from time to time to suit organisational requirements and which are broadly consistent with your role.

- Note: Bar shifts are not included in this contract, and are additional hours paid under the Registered and Licensed Clubs Award 2020

If you would like to express your interest in this position, please contact the Cocos Club Chairperson for further information.

Email: kelly@cki.cc



**Cocos (Keeling) Islands Marine Park
Management Plan Committee**

Expressions of Interest invited

Do you want to help guide how Cocos (Keeling) Islands Marine Park is managed?

Parks Australia is seeking up to three community members to be part of an advisory committee to help inform the preparation of the first 10-year management plan for Cocos (Keeling) Islands Marine Park.

The management plan is required under the Environment Protection and Biodiversity Conservation Act and will cover a range of areas, including:

1. the vision and objectives for the marine park
2. describing the natural, cultural, social, economic and heritage values of the marine park
3. the types of management activities that should be prioritised over the next 10 years
4. community and stakeholder engagement
5. any rules that may be required for particular activities in the marine park

The advisory committee will meet for up to two hours approximately every three months over the next two years, with the first meeting planned for mid-November 2022.

Other members will be drawn from Cocos Marine Care, the tourism industry, and the Pulu Keeling National Park Community Management Committee. At least one marine scientist will also be invited to join the committee.

Up to three additional Cocos (Keeling) Islands community members will be selected through this expression of interest process, which is open to residents aged 18 years or over. These members will be chosen based on:

1. ensuring broad and effective representation across the Cocos community
2. the particular interests, experience and/or expertise of applicants.

If you are interested in joining the advisory committee, please:

1. email us at iotmarineparks@environment.gov.au for a copy of the terms of reference for the committee
2. review the terms of reference and the information about the marine park on the [Parks Australia website](#)
3. email us at iotmarineparks@environment.gov.au by **Friday 14 October 2022** to tell us:
 - why you are interested in joining the committee
 - your area(s) of expertise and/or experience that are relevant to the marine park
 - which part or parts of the Cocos community you can represent (e.g. by seeking feedback and communicating outcomes from committee discussions)

Joining the committee is not the only way to have your say on the management plan. Parks Australia will continue to consult the broader community through drop-in sessions and community meetings, and there will be at least two opportunities to make formal written submissions.

If you have any questions, please contact one of the marine parks team:

Allyn White: allyn.white@environment.gov.au or 03 6208 2934.

Mike Misso: michael.misso@environment.gov.au or 0477 070 225

Matt Anderson: matthew.anderson@environment.gov.au or 03 6208 2914





**Cocos (Keeling) Islands Marine Park
Management Plan Committee**

Expressions of Interest invited

Apakah anda ingin membantu membimbing bagaimana Taman Laut Pulu Cocos Keeling diuruskan?

Parks Australia sedang mencari tiga memba masyarakat untuk menjadi bagian dari komiti penasihat untuk membantu menerangkan penyediaan pelan 10 tahun pertama untuk Taman Laut Pulu Cocos.

Pelan pengurusan diperlukan di bawah undang-undang Environment Protection and Biodiversity Conservation dan akan meliputi semua kawasan, termasuk:

1. pandangan dan tujuan taman laut
2. membayangkan nilai semula jadi, budaya, sosial, ekonomi dan warisan taman laut
3. jenis pengurusan kegiatan yang perlu diutamakan dalam 10 tahun yang akan datang
4. penglibatan masyarakat dan stakeholder
5. sebarang peraturan yang mungkin diperlukan untuk kegiatan tertentu di taman laut

Komiti penasihat akan bertemu kira-kira dua jam setiap tiga bulan dalam masa dua tahun akan datang, dengan miting yang pertama dirancang pada tengah-tengah bulan November 2022.

Memba lain akan diambil daripada Cocos Marine Care, tourism, dan Pulu Keeling National Park Community Management Committee. Sekurang-kurangnya seorang saintis marin juga akan dijemput untuk menjadi komiti.

Sehingga tiga memba tambahan dari masyarakat Pulu Cocos akan dipilih melalui proses tunjuk minat, yang terbuka untuk penduduk berusia 18 tahun keatas. Memba akan dipilih berdasarkan:

1. memastikan perwakilan yang luas dan berkesan si seluruh masyarakat Cocos
2. minat, pengalaman dan/atau kepakaran tertentu pemohon.

Jika anda berminat untuk menjadi komiti penasihat, sila:

1. emel kami di iotmarineparks@environment.gov.au untuk mendapatkan salinan terms of reference untuk komiti
2. periksa terms of reference dan maklumat tentang taman laut di [Parks Australia website](#)
3. emel kami di iotmarineparks@environment.gov.au paling lambat **Jumaat 14 October 2022** untuk memberitahu kami:
 - mengapa anda berminat untuk masuk komiti
 - bidang kepakaran dan/atau pengalaman anda yang berkaitan dengan taman laut
 - bagian mana dari masyarakat Cocos yang boleh anda wakili (misalnya dengan mendapatkan maklum balas dan menyampaikan hasil daripada berbincangan komiti)

Menjadi komiti bukanlah satu-satunya cara untuk menyatakan pendapat anda tentang rancangan pengurusan. Parks Australia akan terus berunding dengan masyarakat yang lebih luas melalui sesi untuk berbincang dan mitingan masyarakat, dan akan ada sekurang-kurangnya dua peluang untuk membuat pendapat rasmi yang tertulis.

Jika anda ada pertanyaan, sila hubungi salah satu tim taman laut:

Allyn White: alyn.white@environment.gov.au atau 03 6208 2934.

Mike Misso: michael.misso@environment.gov.au atau 0477 070 225

Matt Anderson: matthew.anderson@environment.gov.au atau 03 6208 2914



SHINING A LIGHT ON SOLAR COMPLAINTS

As one of the world's sunniest landscapes, Western Australia (and the IOT) is home to a booming rooftop solar industry that shows little sign of slowing down as many households look to address rising power bills and reduce pollution.

More than 400,000 WA homes and businesses, or around 36 per cent of customers, are estimated to have rooftop solar connected to WA's main grid, with that figure predicted to swell to 50 per cent by 2030.

Although there's a lot to love about this particular renewable, 189 consumers have complained to Consumer Protection in the past two years about issues such as poor quality parts, companies not responding or providing false and misleading information, and installers failing to use due care and skill.

During a recent radio segment we heard from one consumer whose \$12,500 rooftop solar system had stopped working not long after the installer went out of business. As we make enquiries to see whether the manufacturer can honour the warranty, it's a timely reminder for consumers to thoroughly research who they plan to do business with.

Before agreeing to buy a solar PV system, get several quotes for the total cost, search online for independent reviews and make sure your preferred supplier is accredited by searching the [Clean Energy Council](#) (CEC) website.

If a supplier's verbal claims are influencing your decision, make sure to have them included in the written contract and read through all the terms and conditions.

Remember that solar installers are not allowed to use forceful or high pressured sales tactics to get you to buy something, nor can they provide you with false or misleading information. They must also ensure their products and services meet the consumer guarantees.

The system's electrical components must be installed by a licensed electrician working under a licensed electrical contractor. Ask to see these licences and expect to receive an electrical safety certificate for the work. Our colleagues at Building and Energy can assist if you have any electrical compliance concerns.

For more information or to find out where you should go to make a complaint, check Consumer Protection's solar factsheet at www.commerce.wa.gov.au/publications/solar-panel-systems-factsheet

KOMPLENAN SOLAR

Sebagai salah satu tempat yang paling terang di dunia, Western Australia (dan IOT) adalah rumah kepada industri solar yang berkembang yang menunjukkan sedikit tanda untuk perlahan kerana banyak rumah memandangkan nya untuk mengatasi kenaikan bayaran kilap dan mengurangi polusi.

Lebih dari 400,000 rumah dan bisnis-bisnis di WA, atau sekitar 36 persen pelanggan, diperkirakan mempunyai rooftop solar yang disambung ke grid utama WA, dengan nomor yang dijangka itu akan naik sehingga 50 persen pada tahun 2030.

Walaupun ada banyak hal yang disukai tentang energi yang boleh diperbarui, 189 pengguna telah mengadu kepada Consumer Protection dalam dua tahun lalu tentang masalah seperti part yang kualiti tidak bagus, komani yang tidak bertindak balas atau memberikan informasi palsu dan informasi yang mengelirukan, dan tukang pasang yang gagal untuk berhati-hati dan pengetahuan mereka.

Semasa segmen radio baru-baru ini kami mendengar daripada seorang pengguna yang rooftop solar sistem nya nilai \$12,500 telah berhenti bekerja tidak lama selepas yang tukang pasang tidak beroperasi. Semasa kami membuat pertanyaan untuk melihat sama ada yang tukang buat boleh memenuhi waranti, adalah peringatan untuk pengguna menyelidiki dengan teliti dengan siapa mereka bercadang untuk buat bisnis.

Sebelum bersetuju untuk membeli sistem solar PV, dapatkan beberapa quotes untuk harga penuh, carik pertimbangan secara online dan pastikan pilihan supplier anda yang diakreditasi dengan mencarinya di website Clean Energy Council (CEC).

Jika klaim supplier mempengaruhi keputusan anda, pastikan untuk memasukkannya di dalam kontrol tertulis dan membaca semua syarat dan ketentuan.

Ingat bahawa tukang pasang solar tidak dibenarkan menggunakan taktik penjualan yang memaksa untuk membuat anda membeli sesuatu, mereka juga tidak boleh memberikan anda maklumat palsu. Mereka jugak mesti memastikan produk dan servis mereka memenuhi jaminan pengguna.

Komponen sistem kilap mesti dipasang oleh tukang kilap yang ada lesen yang bekerja di bawah kontraktor tukang kilap yang ada lesen. Minta untuk melihat lesen ini dan berharap untuk menerima sertifikat electrical safety untuk pekerjaan tersebut. Rakan sekerja kami di Building and Energy boleh membantu jika anda mempunyai sebarang masalah penyesuaian kilap.

Untuk maklumat lebih lanjut atau mengetahui di mana anda harus pergi untuk membuat komplek, periksa Consumer Protection's solar factsheet di www.commerce.wa.gov.au/publications/solar-panel-systems-factsheet

“LAWA’s IOTs Service is fully funded by the Australian Government”

What is bail? I

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

This is the first article about bail. In this article we will look at what bail is, whether you need to be put on bail when you are charged with a criminal offence or whether bail is not needed at all because the offence is minor.

In the second article we will look at whether you have a right to bail, who considers whether to grant you bail and what they must consider. In the third and fourth articles we will look at some common conditions attached to bail, what happens if you breach (break) your bail and whether you can ask to change your bail. In the last article we will look at some changes to the Bail Act coming into effect on 1 November 2022.

What is bail?

Bail is a process where you are allowed to remain free in the community even though you have been charged with a criminal offence, on the condition that you agree to a bail undertaking (a written promise) to come back to court on all future court dates. There may be other conditions attached to your bail undertaking which you have to obey. You must sign your bail undertaking.

If you are charged with a criminal offence, you are presumed innocent unless you admit your guilt or are proven guilty. It can take time to deal with a criminal offence, especially if you do not admit guilt.

The main purpose of a bail undertaking is to make sure that you will attend court to face your charge and not abscond (run away or hide to escape facing your charge).

There are 3 situations that can occur when you are charged:

- Bail is not needed at all, because the offence is minor. You are released without being put on bail.
- Bail is needed and you are put on bail and sign a bail undertaking before you are released. Your bail continues either until the charge is finalised or until bail is revoked (cancelled) by the court. The conditions of your bail can be changed by the court.
- Bail is needed, the question of bail is considered, but you are not given bail and not released. You remain in custody in a remand centre or in prison until your charge is finalised.

Situations where bail is usually not needed

These are situations where bail may not be needed at all:

1. You are not arrested but the police give you paperwork that alleges that you have committed an offence. The paperwork will have your first court date on it. Whether you need to be put on bail is considered by the court when you attend court on your first court date.
2. You are arrested (taken into custody by the police) and charged with:
 - a simple offence (a trivial one that can only be dealt with by the Magistrates Court) or
 - an offence which is not a “serious offence” (a serious offence is one that can be dealt with by a higher court and where you can be jailed for 5 years or more).

For a simple offence, the police must make a decision that bail is not needed, unless there is a good reason why bail is needed. For an offence that is not a “serious offence” the police may make a decision that bail is not needed.

If police do not put you on bail, they will give you paperwork alleging you have committed an offence, with your first court date on it, but there will not be any bail conditions.

Some good reasons why the police can decide to put you on bail for these 2 types of offences include that the police think you will commit another offence or commit the same offence again or will hurt someone or damage property. There are other good reasons.

If you are not put on bail by the police, when you go to court on your charge, the court can decide:

- Bail is not needed for your next court appearance (if you are coming back to court again on this charge eg where you seek an adjournment of the charge, or plead not guilty) and release you without any bail conditions if the offence is trivial.
- Bail is needed and put you on bail for the next court appearance.
- Bail is needed but not to give you bail and not release you.

Situations where bail is usually needed

Where you are arrested and charged with a “serious offence” (an offence where you can be jailed for 5 years or more) the police may decide:

- Bail is not needed and release you without conditions
- Bail is needed and put you on bail before releasing you
- Bail is needed but not to give you bail and not release you

If the police decide not to give you bail you must be taken to court as soon as possible. You can then ask the court if it will put you on bail and release you.

In the next article we will look at the factors that are relevant to whether you are granted bail or not.

“Serbis LAWYER'S IOTs dibiayai sepenuhnya oleh Kerajaan Australia”

Apakah itu jaminan? I

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

Ini adalah artikel pertama tentang jaminan. Dalam artikel ini kami akan melihat apa itu jaminan, apakah anda perlu diberi jaminan ketika anda dituduh dengan kesalahan kriminal atau jaminan tidak diperlukan sama sekali kerana kesalahannya ringan.

Dalam artikel kedua kami akan melihat apakah anda memiliki hak untuk memberikan jaminan, yang mempertimbangkan sama ada kasi anda jaminan dan perkara yang mesti mereka pertimbangkan. Dalam artikel ketiga dan keempat kami akan melihat beberapa syarat biasa yang di adakan dengan jaminan, apa yang berlaku jika anda melanggar jaminan anda dan sama ada anda boleh minta untuk tukar jaminan anda. Dalam artikel terakhir kami akan melihat beberapa perubahan pada Undang-undang Jaminan yang mulai pada 1 November 2022.

Apa itu jaminan?

Jaminan adalah proses dimana anda dibenarkan bebas di masyarakat walaupun anda dituduh dengan kesalahan kriminal, dengan syarat anda bersetuju menerima jaminan (janji tertulis) untuk kembali ke mahkamah pada semua hari bulan yang akan datang. Mungkin ada persyaratan lain yang ada pada jaminan yang harus anda ikut. Anda harus tanda-tangan perjanjian jaminan anda.

Jika anda dituduh dengan kesalahan kriminal, anda dianggap tidak bersalah kecuali anda mengakui kesalahan anda atau terbukti bersalah. Ia boleh mengambil masa untuk menangani kesalahan kriminal, terutamanya jika anda tidak mengaku bersalah.

Tujuan utama dari janji jaminan adalah untuk memastikan bahawa anda akan hadir ke mahkamah untuk menghadapi pertuduhan anda dan tidak melarikan diri (lari atau bersembunyi untuk melarikan diri daripada menghadapi pertuduhan anda).

Ada 3 keadaan yang boleh berlaku apabila anda di tuduh:

- Jaminan tidak diperlukan sama sekali, kerana kesalahannya ringan. Anda dibebaskan tanpa jaminan.
- Jaminan diperlukan dan anda diberi jaminan dan tanda-tangan perjanjian jaminan sebelum anda dibebaskan. Jaminan anda diteruskan sehingga tuduhan diselesaikan atau sampai jaminan dicabut (dibatalkan) oleh mahkamah. Syarat jaminan anda boleh ditukar oleh mahkamah.
- Jaminan diperlukan, pertanyaan jaminan dipertimbangkan, tetapi anda tidak dikasi jaminan dan tidak dibebaskan. Anda tetap dalam tahanan di pusat penahanan atau kurungan sampai tuduhan anda selesai.

Keadaan dimana jaminan biasanya tidak diperlukan

Ini adalah keadaan dimana jaminan mungkin tidak diperlukan sama sekali:

1. Anda tidak ditangkap tetapi polis kasi anda dokumen yang menyatakan anda telah melakukan kesalahan. Dokumen akan ada hari bulan mahkamah pertama anda. Sama ada anda perlu dikasi jaminan akan dipertimbangkan oleh mahkamah saat anda menghadiri mahkamah pada hari bulan mahkamah
2. Anda ditangkap (ditahan oleh polis) dan dituduh dengan:
 - kesalahan sederhana (kesalahan biasa yang hanya boleh ditangani oleh Mahkamah Majistret) atau
 - Kesalahan yang bukan “kesalahan serius” (kesalahan serius adalah kesalahan yang boleh diuruskan oleh mahkamah yang lebih tinggi dan di mana anda boleh di kurung selama 5 tahun atau lebih).

Untuk kesalahan sederhana, polis harus membuat keputusan bahawa jaminan tidak diperlukan, kecuali ada alasan bagus mengapa jaminan diperlukan. Untuk kesalahan yang bukan “kesalahan serius” polis boleh buat keputusan bahawa jaminan tidak diperlukan.

Jika polis tidak kasi jaminan kepada anda, mereka akan kasi anda dokumen menuduh anda telah melakukan kesalahan, dengan hari bulan mahkamah pertama anda, tetapi tidak akan ada sebarang syarat jaminan.

Beberapa alasan bagus mengapa polis boleh memutuskan untuk memberi anda jaminan atas 2 kesalahan termasuk polis pikir anda akan melakukan kesalahan lain atau melakukan kesalahan yang sama sekali lagi atau akan mencederakan seseorang atau merosakkan harta benda. Terdapat alasan lain yang bagus.

Jika anda tidak dibebaskan dengan jaminan oleh polis, apabila anda pergi ke mahkamah atas tuduhan anda, mahkamah boleh memutuskan:

- Jaminan tidak diperlukan untuk kehadiran mahkamah anda yang seterusnya (jika anda kembali ke mahkamah lagi untuk tuduhan ini contohnya dimana anda meminta penundaan pertuduhan, atau mengaku tidak bersalah) dan membebaskan anda tanpa sebarang syarat jaminan jika pelanggarannya biasa.
- Jaminan diperlukan dan memberi anda jaminan untuk kehadiran mahkamah seterusnya.
- Jaminan diperlukan tetapi bukan untuk memberi anda jaminan dan tidak membebaskan anda.

Keadaan dimana jaminan biasanya diperlukan

Dimana anda ditangkap dan di tuduh dengan “kesalahan yang serius” (kesalahan di mana anda boleh dikurung selama 5 tahun atau lebih) polis boleh memutuskan:

- Jaminan tidak diperlukan dan lepaskan anda tanpa syarat
- Jaminan diperlukan dan memberi anda jaminan sebelum melepaskan anda
- Jaminan diperlukan tetapi bukan untuk memberi anda jaminan dan tidak membebaskan anda

Jika polis memutuskan untuk tidak kasi anda jaminan anda harus dibawak ke mahkamah secepat mungkin. Anda kemudian boleh bertanya kepada mahkamah apakah itu akan meletakkan anda dengan jaminan dan membebaskan anda.

Dalam artikel selanjutnya kami akan melihat faktor-faktor yang berkaitan dengan apakah anda diberikan jaminan atau tidak.

Drink tap water

Towards Zero Waste



DID YOU KNOW?

Bottled water is 1,000 times more expensive than tap water.

Drinking tap water is best.



Australian Government

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



GOVERNMENT OF
WESTERN AUSTRALIA

Department of
Water and Environmental Regulation



SHIRE OF
COCOS
ISLANDS



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

Blast From The Past



April 1954: Queen Elizabeth II and the Duke of Edinburgh are presented with a Welcome Dance as they arrive at the Cocos Islands for a short visit during their Commonwealth Tour. They are with their hosts Mr and Mrs Clunies-Ross

Photo Source:
<https://twitter.com/royalevision/status/1247158661589458944>

Did You Know

There are only 4 words in the English language which end in 'dous' (they are: hazardous, horrendous, stupendous and tremendous)

Cocos Malay Dictionary

WORDS

Shirt - Baju
Pants - Celana/Seluar
Underwear - Kancut
Bra - Keroset/Coli
Short - Celana Pendek
Hat - Topi
Singlet - Singlet
Dress - Gaong

RICE

Rice (in filed) - Padi
Rice (bought/uncooked) - Beras
Rice (cooked) - Nasi
Fried Rice - Nasi Goreng
Yellow Rice - Nasi Kuning
Glutinous Rice - Ketan
Rice Craker - Kerak
Rice Flour - Tepung Beras

Quote of The Week

Spread love everywhere you go. Let no one ever come to you without leaving happier.

-Mother Teresa

Tell me and I forget.
Teach me and I remember. Involve me and I learn.

-Benjamin Franklin

Try not to become a man of success. Rather become a man of value.

-Albert Einstein

Winning doesn't always mean being first. Winning means you're doing better than you've done before.

-Bonnie Blair

You are never too old to set another goal or dream a new dream.

Les Brown

Fun Facts

- Queen Elizabeth II was born at 2.40am on 21 April 1926 - To parents the Duke and Duchess of York, who later became King George VI and Queen Elizabeth (the Queen Mother)
- She was crowned Queen on 2 June 1953 - Watched by a TV audience of 20 million people. Her reign ended on 8 September 2022, when she passed away peacefully at Balmoral Castle, Scotland.
- She was the longest reigning monarch ever in Britain - Beating even Queen Victoria (her great-great-grandma!).
- As Queen, she was served by 15 UK Prime Ministers - Including Winston Churchill, Margaret Thatcher and more recently, Boris Johnson.
- Her favourite dogs were corgis - She even invented a new breed of dog when her corgi mated with a dachshund belonging to her sister, Princess Margaret, creating the "dorgi".
- She was the only person in the UK allowed to drive without a licence - And she kept driving even in her later years!
- Queen Elizabeth II had two birthdays - Her actual birthday, 21 April and her official birthday, which was held on a Saturday in June - when the weather's better!
- Her birthplace is now a fancy Cantonese restaurant - Called Hakkasan, at 17 Bruton Street in Mayfair - we hope she liked a takeaway!
- She had many hobbies - Including horse riding, pigeon racing and football - she was an Arsenal supporter!
- She owned an elephant, two giant turtles, a jaguar and a pair of sloths - Presents from other countries, all of which live in London Zoo.
- Even the monarch went undercover sometimes... - On a recent low-key trip to Scotland, she met some American tourists while walking. When the tourists asked if she lived locally, she mentioned that she had a house nearby, and when asked if she'd ever met the Queen she simply pointed at her security guard and said, "No, but he has!"

Riddles

Until I am measured, I am not known. Yet how you miss me, When I have flown. What am I?

Answer: Time

How much dirt is in a hole that's two feet by three feet?

Answer: None, it's a hole.

What begins with an "e" and only contains one letter?

Answer: An envelope

What do you throw out when you want to use it but take in when you don't want to use it?

Answer: An anchor

You see me once in June, twice in November, and not at all in May. What am I?

Answer: The letter "E."

What word in the dictionary is spelled incorrectly?

Answer: Incorrectly

A man goes out in heavy rain with nothing to protect him from it. His hair doesn't get wet. How does he do that?

Answer: He's bald.

What word is pronounced the same if you take away four of its five letters?

Answer: Queue



Living Tips

How to avoid mouldy grout
Because there is always water involved and they have limited ventilation, your kitchen and bathroom can be mould's favourite place to hang out.

Here's how to stop it taking hold.

Firstly, mould growth makes tiles look shabby and old. Secondly, it can be a health hazard.

Here's how you can deal with mould in your home

Proper ventilation

Mould loves the damp, so you should make sure your bathroom and kitchen are well-ventilated.

If you are not showering, keep the shower door open. This ensures proper airflow inside the shower.

Open the kitchen windows after cooking to let the steam out. Even better, turn on the exhaust fan if you have one.

Keep areas dry

An effective way to prevent mould growth is to keep the bathrooms and kitchen dry.

Use a dry cloth to wipe the walls after you shower or cook. Sometimes, even after opening the windows, some moisture might settle on the walls.

When wet towels are left hanging in the bathroom, they add to the moisture content in the room. So, hang them on the line or pop them in the dryer for a few minutes when you've finished with them.

Clean, clean, clean!

In the bathroom, tiles can get covered in soap residue, which over time can provide a porous surface for mould to thrive.

Use a mild tile cleaner or warm water to clean the tiles regularly. Lightly scrub around the grout to ensure that mould does not grow there.

Professional cleaning

And finally, have your tiles and grout cleaned by your local professional to make sure your moisture filled areas stay clean and healthy.

Cocos Resident Profile

Here's your chance to be famous! Our goal is to get to know our Cocos residents and their interesting life, hobbies and passions.

Below are example of some questions we have prepared, feel free to only answer the questions you are comfortable with.

We would love to also include a photo of you and something that you really love on Cocos (beach, family, hobby etc). We thank you in advance and are looking forward to learning more about you!

If you would like to be the next Cocos Resident Profile and is interested in featuring in our future Atoll editions, email us on info@cocosislandscrc.cc for more information.

Regards,
Cocos CRC

EXAMPLE Cocos Resident Profile Questionnaire

Name:

Kampong Name (If you have one):

Place of Birth:

Where were you living before Cocos?

What are you doing now?

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

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

Fav. sport/activity?

Fav. 3 places on Cocos?

Fav. Cocos food?

If you could change Cocos what would you do first?

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

List some of the things you are passionate about?

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

HYDRATE YOUR HEALTH

Being a healthy weight is so important in leading a quality lifestyle. It allows us to enjoy the amazing experiences with our family and friends that living on Cocos offers. Carrying excess weight can put you at an increased risk of developing lifestyle diseases such as Type 2 Diabetes, high blood pressure and heart disease. The fat stored around our mid sections can also increase our risk of breast and bowel cancer.

ARE YOU AT RISK?

Your waist to hip ratio is a measurement you can use to determine whether excess weight may be putting your health at risk.

1. Stand up straight and breathe out. Use a tape measure to check the distance around the smallest part of your waist, just above your belly button. This is your waist circumference.
2. Then measure the distance around the largest part of your hips — the widest part of your buttocks. This is your hip circumference.
3. Calculate your WHR by dividing your waist circumference by your hip circumference.

Waist Hip Ratio

$$\text{WHR} = \frac{\text{Waist circumference (A)}}{\text{Hip circumference (B)}}$$



Female	Male	Health Risk
0.80 or lower	0.95 or lower	Low health risk
0.81 to 0.84	0.96 to 1.0	Moderate risk
0.85 or higher	1.0 or higher	High risk

WATER is an essential part in achieving a healthy and balanced diet. Hydration is key for many factors that play a role in weight loss including digestion, nutrient absorption, removal of waste products, temperature regulation and muscle function. Without water we cannot function optimally, and our physical and mental health is compromised.

Some people opt for sugary drinks instead of hydrating with water. Sugary drinks can also affect your weight, increase hunger and over-eating and cause tooth decay.

DID YOU KNOW?

- 47% of children consume sugar – sweetened drinks every day.
- One can of soft drink a day can lead to 6.5kg weight gain in a year.
- Drinking 600mL of coke every day for one year is equivalent to 23kg of sugar. That’s one whole checked baggage allowance!

Would you add **6 TEASPOONS** of sugar to your morning coffee?

This is how many teaspoons of sugar are in a:

250mL Red bull = 6.8 tsp

375mL Coke = 10 tsp

600mL Powerade = 8.8 tsp

500mL Ice tea = 6.6 tsp

WATER IS BEST SO LET’S REDUCE THE REST

Let’s look after health and hydration and our children’s and swap sugary drinks for water. Our tap water is safe to drink. Bottled water has no more health benefits than tap water and we all know that plastic bottles have a negative impact on our environment.

HELPFUL HYDRATION HINTS

- Drink water before you feel thirsty especially if you’re exercising or it’s a hot humid day.
- Drink regularly throughout the day even if you are not thirsty.
- Check your urine colour. If it is pale yellow that’s great but if it is dark, then you may be dehydrated *(some medications/supplements can change the colour of your urine)*.
- 1/5 of our water intake comes from food but the rest is from drinking water.

GENERAL GUIDE FOR DAILY WATER INTAKE	
MEN	10 CUPS (APPROX. 2.5L / DAY)
WOMEN	8 CUPS (2L) 9 CUPS IF PREGNANT/ LACTATION)
CHILDREN (UP TO 8YRS)	4-5 CUPS (1-2L)
ADOLESCENTS	6-8 CUPS (1.5 - 2L)

There is no single recommended amount of water, as a person’s requirements at any one time will vary depending on climate, physical activity, and individual bodies.

14 DAY CHALLENGE – HOW MUCH SUGAR ARE YOU DRINKING EACH WEEK?

Week 1: Record your daily drink intake and the amount of sugar you are drinking. To work out how many teaspoons of sugar are in your packaged drinks look at the label and divide the total amount of sugar by 4. **Four grams of sugar is equal to one teaspoon.** To be precise, 4.2 grams equals a teaspoon, but the nutrition facts round this number down to four grams.

Week 2: Decrease the amount of sugar you are drinking by either swapping for water or reducing the number of drinks you consume, or the amount of sugar you add to your hot drinks.

Week 1	Drink Details	Total Daily Teaspoons of Sugar	Week 2	Drink Details	Total Daily Teaspoons of Sugar
Sunday			Sunday		
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Total WEEKLY Teaspoons of Sugar			Total WEEKLY Teaspoons of Sugar		

GARDENING TIPS



I use a few types of fertiliser;

Best fertilisers for bananas have a very high potash. If using normal NPK mix it is beneficial to add a handful of potassium sulphate and a handful of iron sulphate for each tree when they start to flower.

Urea... good for lawns, sugar cane and greening things up a bit.

Potash for fruiting plants especially bananas and tomato.

Iron sulphate also very good for greening up plants and providing a bit more acid to the soil.

Foliar fertiliser for when I forget to fertilise and have to play catch up...do not use in full sun and take care of mix strength.

Slow release fertiliser of continuous fruiting plants like egg plant and tomato.

Pure sulphur in pastilles I am experimenting with. I am told it will lower the fungal load in the soil which is helpful for bananas when it get a bit too wet. It also helps with creating a less alkaline topsoil in the long term.

Dynamic lifter/chook poo is GOLD. Bit smelly is all.

Any special or targeted soil chemicals/additions should not be “chelated” as this is only suited to acid soils. Our soil is almost pure calcium carbonate, “chelated” means bonded to calcium, so is not very available in our soil environment.

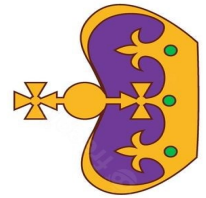
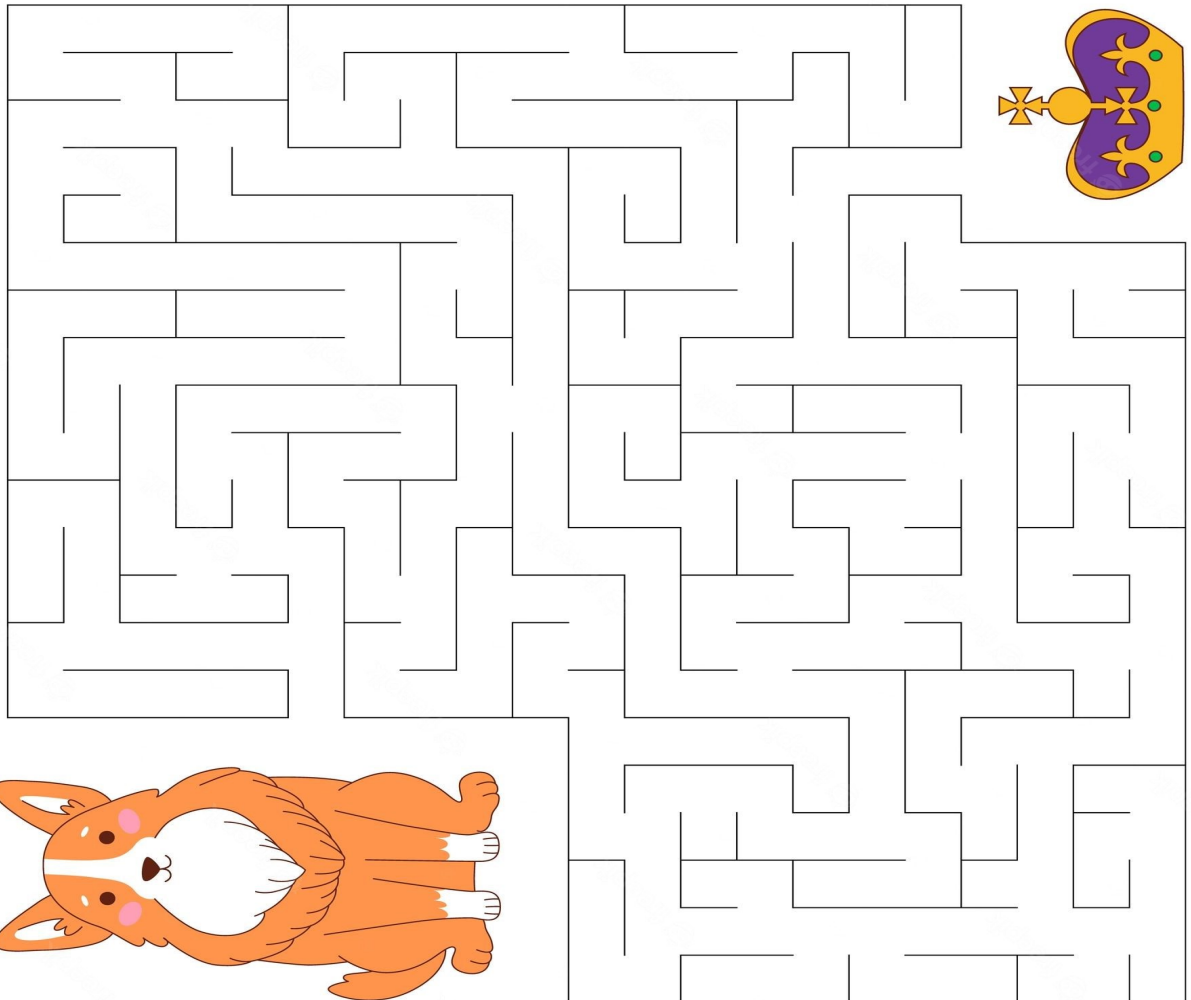
Thank you JCR for sharing.

ROYAL WORDSEARCH

I M C R A J F V E O O J D A A X P V A V O Y Y R U
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 S R U N G M N R C Z B S G H I P M A J N Q O B U S
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- footman
- duchess
- duke
- castle
- royalty
- ruler
- country
- royal
- crown
- sovereign
- imperial
- kingship
- empire
- king
- monarchy
- prince
- queen

Corgi Maze



A Cocos Moment



**AKJ jukung crew in their new apparel.
Well done for coming in 4th place after months of rest from racing!**

Cocos “Feel Good” Stories



**With a little bit
love, Zac’s Kevin
the Capsicum is
growing very
nicely!**

Birthdays/Anniversaries

**Happy Birthday Mak Asif.
Happy Birthday Ashley Waller**

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

Have Your Say

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

- Accurate and/or factual
- Not defamatory or inflammatory

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

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

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



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

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



SHIRE OF
COCOS
KEELING
ISLANDS



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

Friday, 7th October 2022

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

3pm, Tuesday 4th October 2022

2022 COCOS ISLANDS COMMUNITY EVENTS

23 SEPTEMBER

Altitude Cup
Cocos Club

14 OCTOBER

CRC 20th Birthday
Home Island

23 NOVEMBER

Shire Council Meeting
Cocos Islands CRC

24 SEPTEMBER

AFL Grand Final
Cocos Club

16 OCTOBER

CRC 20th Birthday
West Island

23 NOVEMBER

Year 10 Graduation
CKIDHS

28 SEPTEMBER

Shire Council Meeting
Council Chambers, HI

19 OCTOBER

Get Online Morning Tea, HI
Cocos CRC

1 DECEMBER

School Concert
CKIDHS

1 OCTOBER

Cocos Fun Run
Cocos Club

19 OCTOBER

Get Online Sundowner, WI
Cocos CRC

10 DECEMBER

West Island Market Day
Cocos Islands CRC

8 OCTOBER

Barefoot Ball
Yacht Club

26 OCTOBER

Shire Council Meeting
Council Chambers, HI

14 DECEMBER

Shire Council Meeting
Council Chambers, HI

14 OCTOBER

Home Island Market Day
Youth Group

16 NOVEMBER

CRC AGM
Cocos Islands CRC

This is a FREE service for our Community.

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



Cocos (K) Islands
Community Resource Centre

Your local connection

P | 9162 7707 E | info@cocosislands.cc W | www.cocos.crc.net.au

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