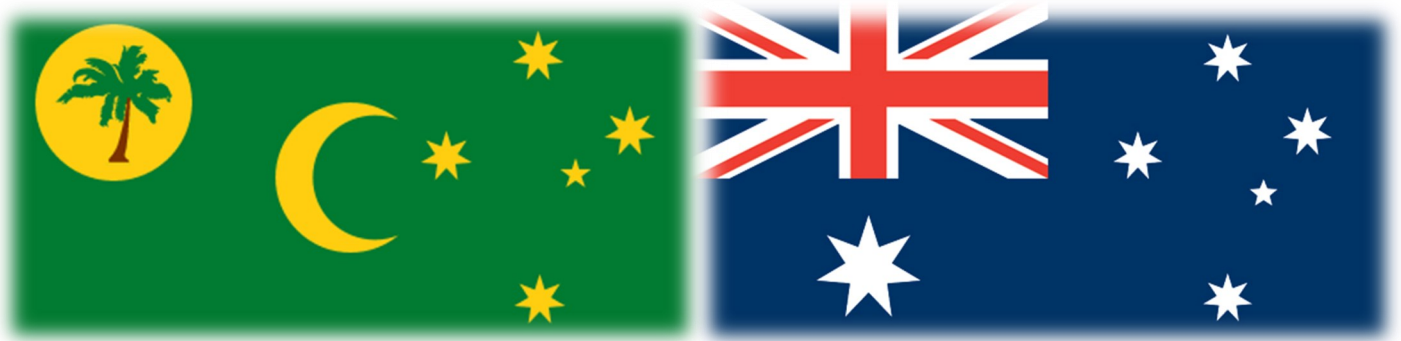


“THE ATOLL” COMMUNITY NEWSLETTER



Friday 26th August 2022 – Thursday 8th September 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.

In this edition Isi Kandungan

Cocos (K) Islands News <i>Berita Pulu Cocos (K)</i>	2
Cocos Community News <i>Berita Masyarakat Cocos</i>	5
Public Notices <i>Notis-notis Umum</i>	6
Local Business <i>Bisnis Penduduk</i>	
History and Culture <i>Sejarah dan Kebudayaan</i>	11
Entertainment <i>Hiburan</i>	12
Sports & Recreation <i>Olahraga & Rekreasi</i>	14
Games <i>Kemainan</i>	15
What's On Cocos <i>Ada apa di Cocos</i>	17
Editor's Page <i>Halaman Editor</i>	18
Community Events <i>Acara Masyarakat</i>	19

\$2.00 per issue



Cocos Keeling Islands Fire & Emergency Services Training, School Visit and Awards Night.

Photo Sources: Azlah Mihan, Mark Feast, CKIDHS



2022

PHOTO COMPETITION

To enter, please email or deliver your high resolution Cocos photo on USB (1mb or larger). All photos submitted will be displayed in the CRC for voting during September, and will appear in our 2023 Cocos Calendar.

OPENS MONDAY 1st AUGUST
CLOSES WEDNESDAY 31st AUGUST (3pm Cocos)

One entry per person - open to residents and visitors

Competition will be short-listed to 40 entries only.



E: INFO@COCOSISLANDSCRC.CC | P: 08 9162 7707

Services provided by the Cocos (K) Islands Community Resource Centre in the IOT are funded by the Australian Government through the Department of Infrastructure, Transport, Regional Development, Communications and the Arts.



Rainfall Stats

Latest to 26 August 2022:

August Statistics

31.2mm

(not accurate)

Latest 2022 Statistics:

1120.60mm

(not accurate)



LATEST WEATHER

www.bom.gov.au

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

Emergency Contact List

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

Thumbs Up

- 👍 To FESA members for their long service to the community.
- 👍 To JCR for sharing his gardening knowledge.
- 👍 To residents for doing their part in recycling the cans and glass bottle.

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



Cocos (K) Islands

Community Resource Centre

Your local connection

West Island Market Day

Saturday 3rd September
10am to 12pm

Food - Cakes - Art - Clothing - Toys

Contact the CRC to book your FREE table

P: 9162 7707

E: info@cocosislandscrc.cc

Registration forms must be
completed for food stalls

Proudly Supported by



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



Department of
Primary Industries and
Regional Development



Celebrating

HOME ISLAND FRIDAY 14 OCT

WEST ISLAND SUNDAY 16 OCT

WITH DIG THE DUST!



*Stay
tuned*



“THE ATOLL” COMMUNITY NEWSLETTER

Cocos Community News

Berita Masyarakat Cocos



It was a busy week for the Cocos Keeling Islands Fire and Emergencies Services with awards night, training, school visit and welcoming their new junior members.

FESA visited the school for some informative talk and kids took part in the activities. They had so much fun learning and participating.

Home Island members had an awards night congratulating it's members for their hard work and their long service to the community. They also thanked Charlie Arkrie for his service as a captain and wished him the best for the future. Congratulation to the new elected captain for Home Island, Huzaifah Balmut.

Thank you to our amazing volunteers for serving our community.

Services Medal Awards:

- Charlie Arkrie 25 years long service medal
- Kenneth Lakina 25 years long service medal
- Elman Yonellie 20 years long service medal
- Osman Hajat 20 years long service medal
- Luty Yakin 15 years long service medal
- Aslie Woren 15 years long service medal
- Huzaifah Balmut 10 years long service medal
- Azlah Mihan 10 years long service medal

The Volunteer

Sometimes the things that they do
Come from deep within their souls
Others may not understand
The passions that they hold

They will give their time to others
If they know there is a need
Volunteer to help someone
Get them back up on their feet

They do not ask for money
Want no payment in advance
Expect nothing to be given
When they lend a helping hand

The moment that we understand
They do this free of charge
Is when our lives begin to change
And it fills our inner heart

Sometimes the things that they do
Comes from deep within their souls
Others may not understand
The passions that they hold

With Mark Feast the District Officer on Island the team had some training done both on Home and West Island. The junior members started off with intro to firefighting and radio and communications training on Home Island while the senior members was on pump operations training.

- Carl Joseph Roberts



Dear West Island Pharmacy Customers,

Updated information on Pharmacy Services:

To receive your prescriptions from Island Pharmacy you can continue to drop the hard copy off to the Co-op by Wednesday 2.30pm. Our Cocos Island staff will collect them on Wednesday afternoons and forward them to Island Pharmacy for dispensing and delivery on the following Tuesday's flight.

If Island Pharmacy already holds your prescriptions on site, you can also email our Cocos Pharmacy staff on cocosdisp@islandpharmacy.com.au and they will add your prescription to the weekly West Island Pharmacy order. Emailed orders for prescriptions held at Island Pharmacy need to be received by 12.30pm on Thursdays for delivery on the following Tuesday's flight.

You may have noticed we now request your contact details when leaving your prescriptions at the Co-op. Your medications will continue to be delivered in the same way, we are instead now asking you to please contact one of our friendly Cocos Pharmacy staff members within 7 days of delivery of your medications, to arrange payment.

Our friendly staff at Cocos Island Pharmacy can be contacted to make payment on (08) 9162 7743 during their opening hours.

Monday 12.30 – 4.30

Wednesday 9 – 1.30

Thursday 9 – 1.30

Alternatively, if these times don't suit you can ring Island Pharmacy on 08 9164 8337 and they will forward your payment information to our Cocos Pharmacy team.

If you would like to speak to a pharmacist about your medication or any health enquiries please phone the Christmas Island Pharmacy on 08 9164 8337 or alternatively email pharmacist@islandpharmacy.com.au

We also now have online shopping available from our Island Pharmacy with a large variety of Pharmacy products. Please visit www.cocospharmacy.com.au to browse as this website continues to grow. We are also excited to release in the future optional access to a new Island Pharmacy app that will enable you to order, pay and manage your prescriptions from the comfort of your home.

Have a great day

The Cocos and Island Pharmacy Teams



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 – August 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 IOT, and to build strong and confident local economies on both Christmas Island and the Cocos (Keeling) Islands.

What we've been working on

- First meeting of the IOT RDO Committee for 2022-23
- Overseeing construction of the Christmas Island walking/cycle path and viewing platform
- Development of the IOT RDO *2030 Strategic Regional Plan*
- Development of the IOT RDO *Annual Business Plan 2022-23*
- IOT Business Directory

IOT RDO Committee meeting 6 August 2022

The new IOT RDO Committee for 2022-23 held its first meeting on 6 August 2022 on Christmas Island. The Committee received a final status briefing on the implementation of the RDO's *Annual Business Plan 2021-22*, which provided new members with an overview of our work over the past 12 months. Recent work includes ongoing advocacy for solutions for IOT freight issues; the development of the [IOT Business Directory](#); the provision of online and in person grant writing workshops on Christmas

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W: www.indianoceanterritories.com.au
E: rdo@indianoceanterritories.com.au



INDIAN OCEAN TERRITORIES
Regional Development Organisation
Australia

Island and Cocos; and the implementation of Australian Government funded projects to develop the IOT as a regional tourism destination, including the *Indian Ocean Fest* and the new walking/cycle path and viewing platform on Christmas Island.

The organisation is also currently undertaking the *RDA Annual Governance Certification* process, which will be presented at the upcoming IOT RDO Annual General Meeting.

The new Committee members were briefed in detail on the ongoing work of the RDO in advocating for improved freight services, and a considerable amount of time was dedicated to discussing air and sea freight and passenger services due to the importance of these issues. The Committee especially wants to thank and express their strong support for the initiative and hard work of community representatives on Cocos on the air freight petition and the report on passenger services. Working towards solutions for these issues is high on the Committee's agenda and is a core focus of the RDO's *Strategic Regional Plan* and *Annual Business Plan 2022-23*.

The Committee discussed the Cocos runway upgrade project on Cocos, and we will be focussing on how to maximise benefits for the local community, including legacy infrastructure, local training, capacity building, and employment opportunities.

The Committee also had a tour of the freshly laid walking/cycle path that the IOT RDO engaged local company Acker to construct, and it was great to see the path being used by local families and visitors. We also viewed the foundations for the new viewing platform, which will look out over the Indian Ocean from Rocky Point Road.



IOT RDO 2030 Strategic Regional Plan

The IOT RDO engaged [Centred Solutions](#) to develop our new, macro-level IOT RDO *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 *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 Strategic Regional Plan* will be published in September.

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Regional Development Organisation
Australia

IOT RDO Annual Business Plan 2022-23

The IOT RDO Committee is currently developing 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*.

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.

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E: rdo@indianoceanterritories.com.au



What is “Long Covid”?

As the data is slowly coming together, more and more researchers are looking into the incidence and effects of Long Covid.

A person is usually considered to have long COVID **if their symptoms have continued for longer than 12 weeks after their initial infection.**

This is not the same for everyone. But symptoms that are more likely to last beyond a few weeks include:

<ul style="list-style-type: none"> Fatigue - Feeling very tired (seen in 13-87% of all covid patients) 	<ul style="list-style-type: none"> Trouble thinking clearly, focusing, or remembering
<ul style="list-style-type: none"> Trouble sleeping 	<ul style="list-style-type: none"> Depression, anxiety
<ul style="list-style-type: none"> Chest discomfort (up to 44% of covid patients) 	<ul style="list-style-type: none"> Trouble breathing or cough (up to 71% of people)
<ul style="list-style-type: none"> Joint or muscle pain 	<ul style="list-style-type: none"> Poor memory and concentration symptoms

What can you do to manage Long Covid?

There is no specific treatment for Long Covid, other than to manage the symptoms themselves. The doctors and nurses can help discuss ways to manage these symptoms. We also know from data collected that people who are up to date with their Covid vaccinations, are less likely to get Long Covid.

If you find you’re suffering from fatigue:

The method that is most commonly discussed as helpful, is the ‘4-P’ approach, which aims to conserve your energy

Planning, organising daily routes to ensure you complete essential activities

Pacing, allow yourself to sustain an energy level needed until tasks are completed.

Prioritizing, conserve the energy you have for what is actually important.

Positioning, store things you use regularly at easy locations, use a chair in the shower if you need.

It’s also super important that you:

- stay hydrated
- take paracetamol if you have headaches
- rest
- get up and move about at regular intervals.

Understanding your energy levels



- Imagine you had **10 bags of beans to fuel your day.**



- When you are feeling well**, it may feel like getting up from bed uses up **half a bag** of beans.



- Whilst you are recovering**, this may now feel like it uses up **4 bags** of beans meaning you only have 6 bags left to use for the rest of the day.

It’s important to know where your information comes from. This is from:

www.uptodate.com and www.healthdirect.gov.au

Blast From The Past



The Cable Station on Direction Island 1910

Photo Source
Cocos As It Was.

Did You Know

Just like human babies suck their thumbs, baby elephants sometimes suck on their trunks. They can also stand within 20 minutes of birth (though they can't see for a while, and instead sense their mothers through sound and smell).

Cocos Malay Dictionary

WORDS

Asleep - Tidur
Beach - Tepi laut
Classroom - Kamar Sekola
Dinner - Makan Malam
Fork - Garpu
Hospital - Rumah Sakit
Kite - Layangan
Living Room - Kamar Duduk
Meat- Daging
O'clock- Pukul

Days of the Week

Monday- Hari Senin
Tuesday- Har I Selasa
Wednesday- Hari Rebu
Thursday- Hari Khamis
Friday- Hari Jumaat
Saturday- Hari Sabtu
Sunday- Hari Minggu

Thought of The Day

YOU
Are unique
Are smart
Are talented
Are worth it
Are special
Are valued
Are amazing
Are loved
MATTER!

Never Lose Hope.
You never know what
tomorrow may bring.

Smile
It will make you look
better.

Love
It will help you enjoy life
more.

Pray
It will keep you strong.

Nobody is good at
everything, but
everybody is good at
something.

Find and focus on your
strengths.

The key to change is to
let go of fear.

- Rosanne Cash

The expert in anything
was once a beginner.

- Helen Hayes

Trivia of the Week

The hashtag
symbol is
technically called
an octothorpe.

The voices of
Mickey and Minnie
Mouse got married
in real life.

Facebook has more
users than many
major populations.

Pumpkins, squash
and gourds are all
technically the
same species.

About 700 grapes
go into one bottle of
wine.

It's impossible to
hum while holding
your nose. Go
ahead, try it!

All humans have an
automatic dive
reflex. When your
face is submerged
in cold water or
when you hold your
breath, your heart
slows and your
blood vessels
narrow to conserve
oxygen.

Riddles

What breaks and never
fall, and what falls but
never break?

A - Dusk and Dawn

Two Mothers and Two
Daughters go to dinner
and everyone ate one
portion each. A total of
three portions are eaten.
How is that possible?

A—it was a
Grandmother, a Mother
and a Daughter.

I am going fast and I am
standing still I am
transferring people and
things all over the world
I have seats but I cant
fly and I make sound
that kids would like,
what am I?

A-I'm a train

What is tall, dark/grey
and invisible?

A– A smoke

When Billy's asked how
old he is, he answered "
in two years I will be
twice as old I used to be
five years ago, How old
is he?

A– Twelve years old!

I have cities but no
houses, I have
mountains but no trees,
I have coasts but no
sand, What am I?

A– A map!



Kids Craft

I Love You This Much
Card for Fathers Day!

You will need:

Paper
Pencil
Scissors
Texta
Colouring Pencil
Glue or sticky tape

What to do:

- Trace your hand, then
cut out two copies.
- On one of the hands
write 'I Love You'.
On the second hand
write 'Happy Fathers
Day'. You can also
decorate or colour the
hands if desired.



- Cut out a strip of paper
and fold it accordion
style. Write 'This Much'
on the strip of paper.



- Glue the ends of your
accordion strip on the
insides of the hands
and your card is done.

Please ask for adult
assistance if required.



Cocos Resident Profile

Name: Ashleigh Bertram

Place of Birth: Perth

Where were you living before Cocos?

Living in Perth with my mum and dad and my brother and sister

What were you doing before Cocos?

I was working at Dome as a waitress, dancing and learning to drive

What are you doing now?

Running my own business called Cocos Picnics

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

1. Camping
2. Living in a safe environment
3. Swimming with most beautiful Cocos sea animals like turtles, dolphins and lots more.

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

Me and Camron Harrison, he was my best friend, we went down to diggers shed (Old Cocos Autos) after school we would have cookie from diggers cookie jug and played on JCR old boat and play cubby house's.

Favourite sport/activity?

I love going to the gym and just keeping fit / now I go to bootcamp and hash house harriers

Favourite 3 places on Cocos?

1. Direction Island
2. South Island
3. Pulu Belan Madar

Favourite Cocos food?

Curry puff's

Mak Siti's noodles

If you could change Cocos what would you do first?

Nothing

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

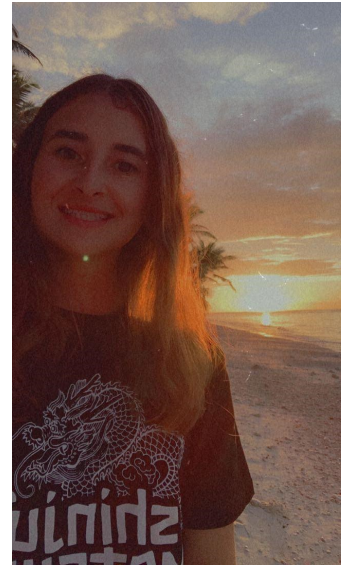
1. Tent
2. Marshmallows
3. Wood

List some of the things you are passionate about?

Photography, keeping fit and being happy

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

I'm a Zumba teacher and hoping to start teaching soon





2022 AFL Broadcast Guide Cocos Keeling Islands Time

Please refer to the AFL website for final week round.

Would you like to include your Clubs sporting updates?

We would like to invite your community group to advertise your sports updates in The Atoll. Perhaps you would like to announce your results, upcoming events or any other information. This is a great initiative for you to engage with the local community!

For further information, please contact the Cocos Keeling Islands Community Resource Centre.
Email: info@cocosislandscrc.cc Phone: 9162 7707

Gardening Tips

As a rule of thumb. Plants that are hardy or deciduous are not happy on Cocos.

Anything that requires a acid or balanced soil also not happy.

Most tropical plants will do well with a bit of TLC.

You can explore Mediterranean plants if you want a challenge.

Easiest soil fix here is lots of mulch. Well-rotted is best. Good for everything including the lawns.

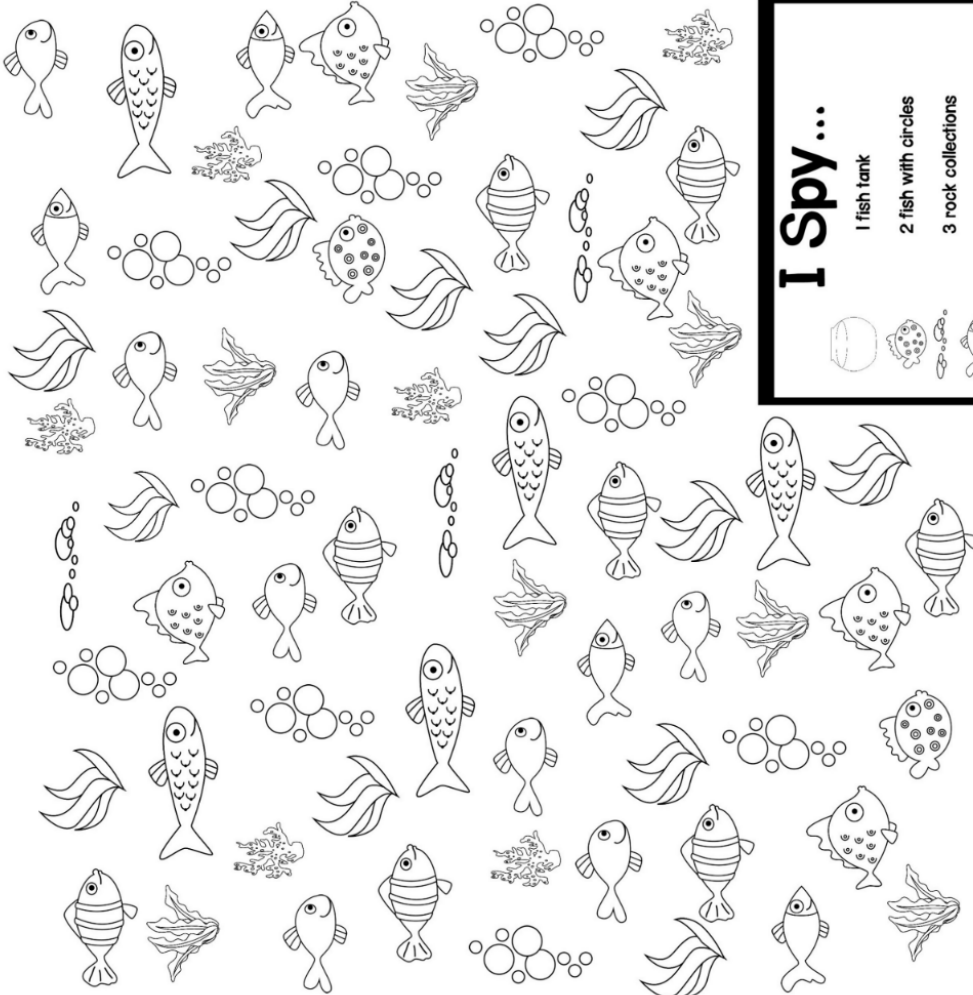
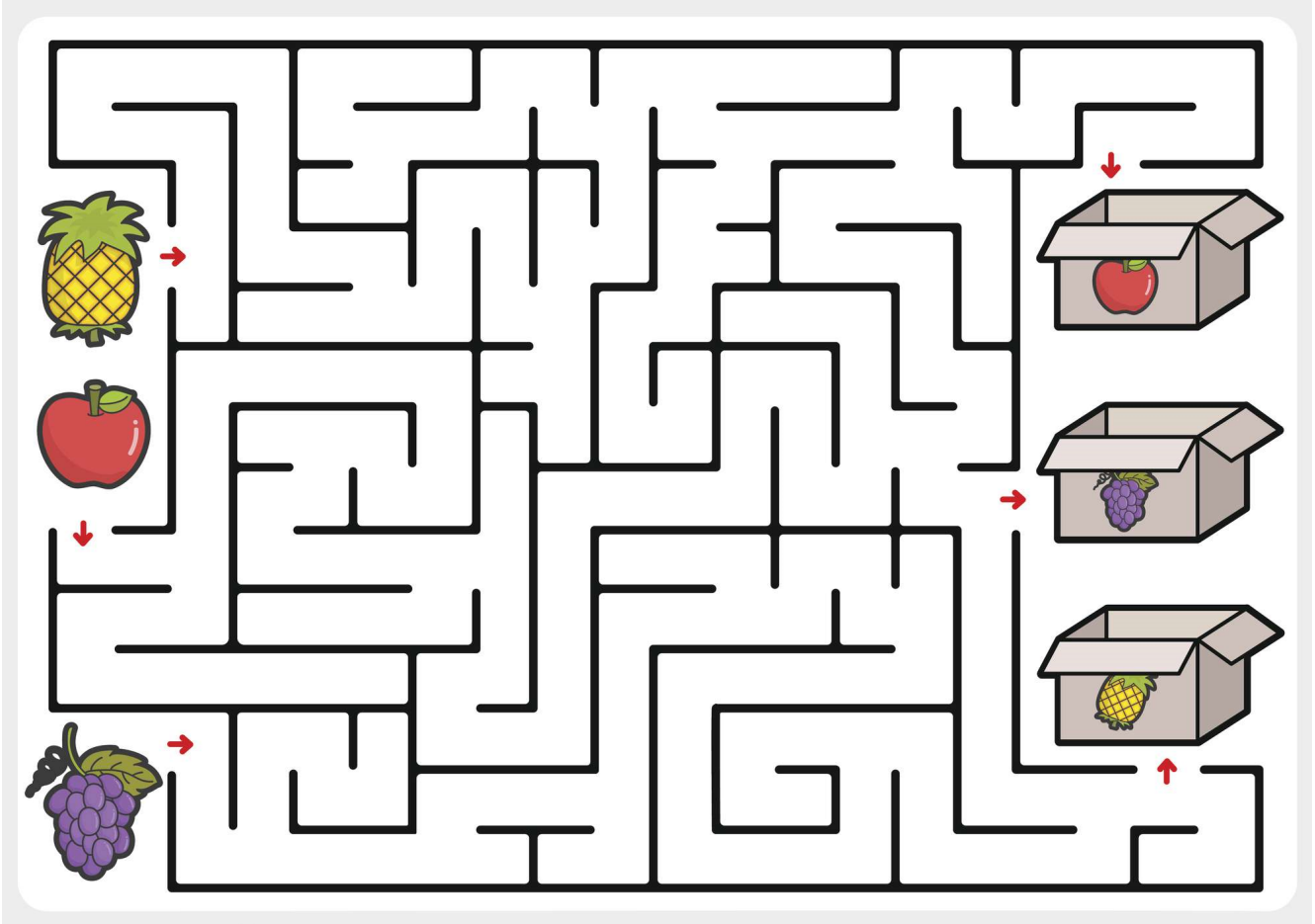
Keep the mulch away from direct contact with trunks of plants.
Fungus and insects will cause collar rot.

Thank you JCR for sharing.

"THE ATOLL" COMMUNITY NEWSLETTER

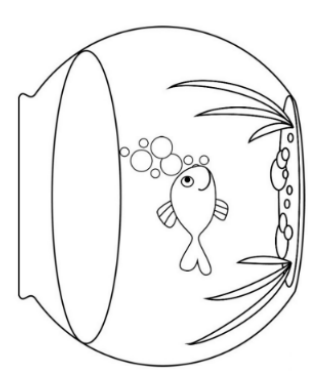
Games Page (cont'd)

Halaman Permainan (seterusnya)



I Spy...

- 1 fish tank
- 2 fish with circles
- 3 rock collections
- 4 fish with pointed noses
- 5 bumpy fish
- 6 rough corals
- 7 wavy seaweed
- 8 striped fish
- 9 plain fish
- 10 floating bubbles



A Cocos Moment



FESA Awards Night

Photo source: Azlah Mihan

Cocos “Feel Good” Stories

Its good to see that the young generations is willing to try new things and have interest in serving for the community, especially in a volunteering field. Thank you to the older generations for being a great role model for the new ones.

Your hard work and commitment are always appreciated.

Birthdays/Anniversaries/Mentions

**Congratulations to the new elected Home Island FESA Captain - Huzaifah Balmut.
Happy Birthday Ayah (Nek Fifi) - 27th August**

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

Have Your Say

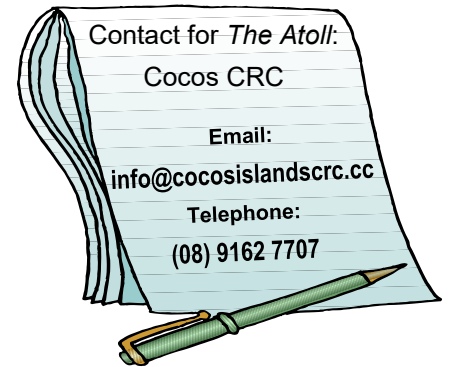
Letters to the Editor will either be accepted or rejected by the Editor. Items need to be:

- Accurate and/or factual
- Not defamatory or inflammatory

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

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

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



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

Advertisement Rates

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

Translation fees apply

Materials should be emailed to: info@cocosislandscrc.cc

Feedback and Suggestion

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

Residential “The Atoll” Newsletter

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

Cocos residents have the option to register their email.

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

2022 The Atoll Subscription

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

<https://cocosislands.snapforms.com.au/form/2022-atoll-subscription>

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



SHIRE OF
COCOS
KEELING
ISLANDS



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

Friday, 9th September 2022

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

3pm, Tuesday 6th September 2022

2022 COCOS ISLANDS COMMUNITY EVENTS

27 AUGUST
Movie Quiz Night
Cocos Club

28 SEPTEMBER
Shire Council Meeting
Council Chambers, HI

23 NOVEMBER
Shire Council Meeting
Cocos Islands CRC

31 AUGUST
2022 Photo Competition Close
Cocos Islands CRC

1 OCTOBER
Cocos Fun Run
Cocos Club

23 NOVEMBER
Year 10 Graduation
CKIDHS

3 SEPTEMBER
West Island Market Day
Cocos Islands CRC

8 OCTOBER
Barefoot Ball
Yacht Club

1 DECEMBER
School Concert
CKIDHS

10 SEPTEMBER
R U OK? DI
Shire of CKI

14 OCTOBER
CRC 20th Birthday
Home Island

10 DECEMBER
West Island Market Day
Cocos Islands CRC

17 SEPTEMBER
School Athletics Carnival
CKIDHS

16 OCTOBER
CRC 20th Birthday
West Island

14 DECEMBER
Shire Council Meeting
Council Chambers, HI

23 SEPTEMBER
Ardmona Cup
Cocos Club

26 OCTOBER
Shire Council Meeting
Council Chambers, HI

24 SEPTEMBER
AFL Grand Final
Cocos Club

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.



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

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