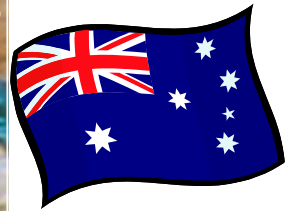




The Atoll

\$2.00

Thurs 29th Oct 2015 - Wed 11th Nov 2015



Cocos (Keeling) Islands

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

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Advertais

Translation Fees apply

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

You can subscribe to The Atoll electronically by contacting:

cocosislands@crp.net.au

Cocos Snapshots

Gambaran Cocos





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

Rainfall Stats

October Statistics
(latest up to 28 Oct):
24.40mm

Latest 2015 Statistics:
(latest up to 28 Oct)
1283.80mm

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



LATEST WEATHER

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

ANNUAL GENERAL MEETING

The Cocos (K) Islands Community Resource Centre will hold it's AGM on

Wednesday 11th November 2015

4.30pm - CRC verandah

Nibbles and refreshments provided.

We look forward to welcoming you to our AGM and showing your support.



IS COMING!

Get involved: Grow your moustache!

Start clean shaven on November 1st.

Grow and groom your moustache for 27 days.

Raise funds and awareness for men's health.

Help men live happier, healthier, longer lives.

SAVE THE DATE!

Friday 27th November 6pm @ the Cocos Club

"MOTOWN PARTY"

Witness the extraordinary Mo-Bros raise as much money as possible in one single night.

FOOD NIGHT - CHILDREN WELCOME

BRING LOTS OF CASH

WHY?

Prostate cancer is the most commonly diagnosed cancer in Australian men.

Testicular cancer is the second most common cancer affecting men aged 18-39.

48.1% of Australian men experience a mental health issue in their lifetime.

Physical inactivity is a major contributor to Australia's cancer burden.

See Kelly or Leah for more information.

Proudly supported by



Government of Western Australia
Department of Regional Development

Emergency Contact List

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

Thumbs Up



Double thumbs up to P&C Association for their massive effort for their annual fete & auction.

Feel free to email your thumbs up to:

communications@cocos.wa.gov.au



BUSINESS BUZZ

Our next Business Buzz session will be held on

Friday 20th November 2015 - 4.00pm

SERVICE DELIVERY AGREEMENTS

Join representatives from the Commonwealth and WA Governments who will provide background information on Service Delivery Arrangements and the current review and renegotiation process.

Guests:

Rebecca Kuenen, Assistant Director and Jillian McCormack, Project Officer,
Department of Infrastructure and Regional Development.
Lesley Walker, State Coordinator Indian Ocean Territories,
Department of the Premier and Cabinet.

This session is free and open to all and includes non-alcoholic drinks and nibbles. We envisage this session to go no longer than an hour, and will be held on our CRC verandah.

**Please RSVP by no later than
Wednesday 18th November for catering purposes**



Local Government Act (WA) (CKI) 1995, s 4.77

Results of the Election for the Shire of Cocos (Keeling) Islands

These are the results of the local government election held on Saturday, 17th October 2015.

Candidates	Votes Received
IKU, Seri Wati	134
YOUNG, Ayesha (Jan)	123
DEDIAN, Woren	119
ARKRIE, Charlie	91
MINKOM, Aindil	91
BAKKMAN, Dzuljaidi	64
LAKINA, Zakaria	33

Therefore the following candidates were elected as councillors for the Shire of Cocos (Keeling) Islands. Each councillor will hold office until the date set out next to his or her name.

Name	Expiry of Term
IKU, Seri Wati	18 October 2019
YOUNG, Jan (Ayesha)	18 October 2019
DEDIAN, Woren	18 October 2019

Aaron Bowman

RETURNING OFFICER





Community Funding Program Events & Festivals

The Shire of Cocos (Keeling) Islands is calling on interested applicants for our "Community Events & Festivals Grant 2016".

A maximum of \$2,000 per applicant is available to non-profit entities and / or community groups located within the Shire of Cocos (Keeling) Islands for activities which will provide benefits to this community. In exceptional circumstances a grant higher than \$2,000 may be awarded.

Funding is available for events or festivals to be held within the 2016 Calendar Year. This round of funding is the only opportunity to request and receive funds for events or festivals during 2016 as Shire will not consider any requests made outside of this funding round.

Application are now open and are required to be submitted no later than 12noon on Monday 16th of November 2015. Successful and unsuccessful applicants will be notified by 30th of November 2015.

Applications will only be accepted on standard application forms which can be obtained from our Shire Offices. For further information or if you require clarification please contact Luluk Sloan (Mak Zamani) our Community Projects Officer by telephone on 9162 6649 or alternatively via email : cpso@cocos.wa.gov.au.

Proposed Local Law Camping Amendment Local Law 2015

The Shire of Cocos (Keeling) Islands has resolved to make a local law to amend the Shire of Cocos (Keeling) Islands Camping Local Law 2009.

The purpose of the proposed local law amendment is to change the definition of tent to camp and widen the definition.

The proposed definition of camp will read: *any portable shed or hut, tent, tent fly, awning, blind, vehicles, container, capsule or other transportable mode of accommodation or other portable thing used as or capable of being used for habitation.*

The effect of the proposed local law amendment is to allow for a wider application of the camping local law to effectively deal with any item that is or could be used for habitation.

A copy of the proposed local law may be inspected at or obtained during office hours from the Shire of Cocos (Keeling) Island.

Submissions about the proposed local law may be made to the Chief Executive Officer by 12 noon Friday 18th December 2015.

Aaron Bowman
Chief Executive Officer

HOME ISLAND MARKET DAY

Sunday 15th November 2015
Starts at 4pm!

Where: Under the Home Island Cyclone Shelter

ALL STALL HOLDERS WELCOME

Food – Toys - Crafts – Produce - Raffles – Bric a Brac – Displays

Tables: \$5.00 if set up by CIYC or BYO table

Please register with us at the Shire Office.

Contact Zulaikha at the Shire Office on 9162 6649 for more information.



Cyclone Clean Up

Our aim is to be environmentally responsible wherever possible. To improve the quality of our environment, responsibility has to be shared between the Shire, its businesses and its residents. We need the community's stewardship and commitment, so team up with us to make sure this happens. Every process counts. Together, we can work to save resources, energy and water, and reduce litter and landfill.

November through to May is the Cyclone Season. Annual Bulk Verge Cyclone Clean Ups are carried out by the Shire for items that cannot be removed without the aid of machinery.

This year's Bulk Verge Cyclone Clean Up will be carried out on **Friday 6th November**. Please ensure that your bulk verge pickup is ready by Thursday 5th November.

Bulk Verge Collection

Most household junk is acceptable on the verge, however car bodies, hazardous chemicals, paint, glass windows and any asbestos is **NOT** allowed.

Household junk must only be placed on your verge **before** the respective collection dates. Any items placed on the verge after these dates will not be collected.

Please allow a 1 meter buffer between your household junk and the verge, keeping all materials clear of any footpaths, driveways, water metres, sprinklers and any fixed objects.

Note: Household junk will only be collected from residential properties.

Useful Info

If you have a container that needs to be relocated please contact the Cocos Cooperative to arrange for it to be picked up.

If you request assistance to remove potentially dangerous items from your property please contact the Shire Office on Home Island. Arrangements will be made to collect and dispose. **No asbestos and hazardous material.**

At all times during the Cyclone Season the property occupier must be aware of potential "flying hazards" should a cyclone approach. It is your duty of care to protect yourself and your neighbours from hazards emanating from your property.

Do not leave it until the last minute. Transfer Stations on both Islands are open to dispose of items.

Pembersihan Musim Seklon

Tujuan kami adalah untuk bertanggungjawab dimana boleh untuk alami kita. Untuk memperbaiki kualitas alami, tanggungjawab ini mesti dipikul bersama-sama diantara Shire, bisnis-bisnis dan penduduk-penduduknya. Kami memerlukan pengawasan dan keusahaan masyarakat, jadi mari bekerjasama untuk memastikan yang ini boleh dijalankan. Setiap proses menjadi hitungan. Bersama, kita boleh bekerja untuk menyelamatkan sumber-sumber, energy dan ayer, dan mengurangkan sampah dan sampah yang diurup.

Bulan November hingga May adalah musim Seklon. Pembersihan 'Bulk Verge' (sampah yang diletakkan di verge depan rumah untuk diangkat) yang dijalankan setiap tahun oleh Shire adalah untuk barang-barang yang memerlukan mesin untuk dibuang.

*Pembersihan 'Bulk Verge' Musim Seklon akan dijalankan pada hari **Jumaat 6hb November**. Tolong pastikan yang barang-barang untuk diangkat disiapkan sebelum hari Khamis 5hb November.*

Pengangkatan 'Bulk Verge'

*Kebanyakan sampah-sampah rumah diterima untuk diletakkan di verge, tetapi badan kereta, obat-obatan yang berbahaya, cet, jendela kaca dan asbestos **TIDAK** dibenarkan.*

*Sampah-sampah rumah mesti diletakkan di verge depan rumah hanya **sebelum** hari pengangkatan yang telah disebutkan. Sampah-sampah yang diletakkan di verge selepas tanggal-tanggal tersebut tidak akan diangkat.*

Tolong tinggalkan halaman lapang 1 meter daripada sampah-sampah dan verge pinggir jalan, pastikan yang semua alat-alat tidak menghalang bahagian orang berjalan, kereta masuk, mita ayer, sprinkler dan barang-barang yang telah diletakkan dengan pasti.

Perhatian: Sampah-sampah rumah hanya diangkat daripada rumah dikampong.

Keterangan Yang Berguna

Sesiapa ada 'container' yang perlu dipindahkan silah hubungi Kongsi Pulu Cocos untuk menguruskan untuk diangkat.

*Kalau ada yang memerlukan bantuan untuk membuang barang-barang yang berbahaya dari rumah silahkan hubungi Opis Shire di Home Island. Urusan boleh dibuat untuk diambilkan dan dibuangkan. **Bukan alat-alat asbestos dan berbahaya.***

Sepanjang Musim Seklon pemilik rumah atau tempat mesti ingat "alat-alat yang boleh angin angkat" jika ada seklon. Ini adalah tanggungjawab sendiri untuk memastikan keselamatan kepada diri sendiri dan jiran-jiran dengan mengurangkan barang-barang berbahaya yang keluar daripada kawasan sendiri.

Jangan tinggalkan hingga saat-saat terakhir. Tempat 'Transfer Stations' dikedua-dua pulu dibuka untuk membuang sampah-sampah sedemikian..

Quote of the Day

Everyone thinks of changing the world, but no one thinks of changing himself. - Leo Tolstoy

Thought for the Day

Success is perceptible ... We can touch it, smell it and taste it. - Mohammed Sekouty

Jokes of the Week

Breakfast Order

A resident in a seaside hotel breakfast room called over the head waiter one morning.

"I want two boiled eggs, one of them so undercooked it's runny, and the other so over cooked, it's tough and hard to eat. Also, grilled bacon that has been left on the plate to get cold; burnt toast that crumbles away as soon as you touch it with a knife; butter straight from the deep freeze, so that it's impossible to spread; and a pot of very weak coffee, lukewarm."

"That's a complicated order, sir," said the bewildered waiter. "It might be quite difficult."

The guest replied, "Oh, but that's what you gave me yesterday!"

The Elevated Train

A man and his wife check into a hotel. The husband wants to have a drink at the bar, but his wife is extremely tired so she decides to go on up to their room to rest.

She lies down on the bed... just then, an elevated train passes by very close to the window and shakes the room so hard she's thrown out of the bed.

Thinking this must be a freak occurrence, she lies down once more. Again a train shakes the room so violently, she's pitched to the floor.

Exasperated, she calls the front desk, asks for the manager. The manager says he'll be right up.

The manager is skeptical but the wife insists the story is true. "Look... lie here on the bed -- you'll be thrown right to the floor!" So he lies down next to the wife.

Just then the husband walks in. "What," he says, "are you doing here?!"

The manager calmly replies, "Would you believe I'm waiting for a train?"

Cocos (Keeling) Islands News (cont'd)

Berita Pulu Cocos (Keeling) (seterusnya)

Thank You

As a wrap up to another great Olympics - a big thanks to the Cocos Club, the Shire, AFP, FESA, community groups that hosted events and food nights, event volunteers, cooks, those that set up or cleaned up and every single participant (because without participants there wouldn't be an Olympics!).

Cheers,

2015 Olympic Sub-Committee



Geof's Bird's Nest

The first bird is the one you have been seeing on the runway around the golf course for the last week. It is an Oriental Pratincole and is on its way to Australia.

The stripey bird is an Oriental Cuckoo on Home Island and will stay for a few months then head North back to the Himalayans.



In August 1977, Canadian Lou-Anne Fradsham boarded a ship from Fremantle bound for Singapore. Four days into her voyage, Lou-Anne threw a message in a bottle overboard.

On the 28th October, 1977 Parson Yapat (Nek Ainul) was netting near his pondok. When he retrieved his net, it wasn't only fish that he had caught. He had also netted Lou-Anne's message in a bottle.

Nek Ainul wrote to Lou-Anne to let her know that he had found it. From here they spent the next four decades corresponding - sometimes only one or two times a year.

Two weeks ago, Lou-Anne travelled from Canada to the Cocos Keeling Islands and met Nek Ainul in person for the very first time.



Lou-Anne with Nek Ainul
Lou-Anne bersama Nek Ainul



The location where Lou-Anne's message in a bottle was found
Tempat dimana pesanan dalam bottle Lou-Anne didapat

Pada August 1977, Canadian Lou-Anne Fradsham menaiki kapal daripada Fremantle menuju ke Singapura. Empat hari dalam pelayarannya, Lou-Anne melempar 'pesanan dalam botol' kelaut.

Pada 28hb October 1977, Parson Yapat (Nek Ainul) sedang menjaring dekat pondoknya. Bila dia tarek jaringnya, bukan hanya ikan yang masuk. Dia juga telah menjaring 'pesanan dalam botol' Lou-Anne.

Nek Ainul menulis kepada Lou-Anne untuk memberitahu yang dia dapat botol ini. Dari itu mereka telah saling menyurat selama empat abad - kadangkali hanya 1 atau dua kali dalam setahun.

Dua minggu yang lewat, Lou-Anne melawati daripada Canada hingga ke Pulu Cocos Keeling dan berjumpa dengan Nek Ainul untuk pertama kali.



Do you know your workers' compensation rights and responsibilities?

WorkCover WA to visit Indian Ocean Territories

WorkCover WA compliance inspectors will be visiting the Christmas and Cocos (Keeling) Islands in November this year.

As the government agency responsible for regulating workers' compensation and injury management in Western Australia, WorkCover WA provides community education for employers, workers and other stakeholders across the State and Indian Ocean Territories.

WorkCover WA also investigates whether employers are complying with obligations under the *Workers' Compensation and Injury Management Act 1981*.

Are you meeting your obligations?

During the visit to the Islands, WorkCover WA compliance inspectors will visit businesses to inspect current workers' compensation policies and injury management systems. The inspectors will also provide information and guidance where necessary.

Employers are reminded that it is compulsory to have a current workers' compensation insurance policy covering all of their workers for work-related injury or illness.

Employers are also required to have a documented Injury Management System that outlines the steps they will take following an injury in their workplace. For more information, see <http://www.workcover.wa.gov.au/employers/understanding-your-rights-obligations/injury-management-systems/>

Need assistance or clarification?

WorkCover WA invites employers to attend a **free information session** that will explain their role and responsibilities with regards to workers' compensation and injury management.

Workers wishing to discuss particular claims are welcome to speak with the WorkCover WA inspectors at the conclusion of each session.

The session details are as follows:

Island	Date	Time	Venue
Christmas Island	6 Nov 2015	12.30 - 1.15pm	Christmas Island Recreation Centre
Christmas Island	6 Nov 2015	6.00 - 6.45pm	Christmas Island Recreation Centre
Cocos Islands (West Island)	12 Nov 2015	9.30 - 10.15am	Cocos Club

Please register your attendance by:

Email: rsvp@workcover.wa.gov.au

Phone: 1300 794 744

1300 794 744 or www.workcover.wa.gov.au





Watch the sunset from under the magic tree whilst you enjoy cocktails and finger food for up to 6 people.

Kindly donated by Wendy and Kel

PLACE YOUR BID IN A SEALED ENVELOPE AND DROP INTO THE CRC BY THE 10TH NOVEMBER.

ALL PROCEEDS TO THE P & C ASSOCIATION

Not available until 2016.

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BAD-BOY
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ELECTRIC AND PETROL GOLF CARS

HEAVY DUTY UTILITY VEHICLES

OFF-ROAD 2WD AND 4WD

Did You Know???

Using your non-dominant hand for mundane tasks (eating cereal, opening doors, etc) for two weeks can improve your self-control.

Cocos (Keeling) Islands News (cont'd)

Berita Pulu Cocos (Keeling) (seterusnya)

CANCELLED

'OPERA UNDER THE STARS'

Due to a number of unforeseen circumstances, it has become necessary to cancel the forthcoming event.
We apologise to those who were looking forward to hearing Dr Jill's beautiful singing.

Cocos Malay Words

Book - *Buku*
Eraser - *Pemadam* / 'Rubber'
Pen - *Pen* / *Pena*
Pencil - *Pensil*
Paper - *Kertas*
Box - *Bok*
Story - *Cerita*
Letter - *Surat*
Envelope - *Envelop*
Address - *Alamat*



Cocos Islands District High School Parents and Citizens Association

P.O. Box 1095
West Island
Cocos (Keeling) Islands WA 6799
Email: cidhs.pandc@gmail.com

2015 Auction & Fete

The 2015 Auction/Fete was a great success. The P&C would like to extend its sincere gratitude to our corporate sponsors, as well as Jo Bolton from Circus Suitcase, Warren Bush and Matt Radburn as MC's, school staff, students, community members and businesses that provided their support to ensure the event was a success.

Gold Sponsors (Donation of \$1,000 or greater) – Donation of Ferry



Silver Sponsorship (donation of \$500)



Bronze Sponsorship (donation of \$250)



COCOS AUTOS
Car Hire & Mechanical Repairs

Thanks to other contributors: Australian Federal Police, The Lettuce Shop, Cocos Islands Adventure Tours, Ninety Six East, Parks Australia, Cocos Islands Visitor Centre (Tourism Association), IOGTA and the Job Seekers, Cocos General Agencies, Australia Post, Water Corporation, Kelapa Gading, Charlston Family, 6CKI, Kelly Edwards and Wendy Tempest, Di and Ian Evans, and all the parents and community who contributed goods to the hampers and donations to our auction.

With one more silent auction underway and the final tallies being conducted the tally sits at approximately \$37,500 for our school!

Thank you everyone for your support and a great day!



Fisheries Fun Facts

Tropical Snapper

There are approximately 100 species in the tropical snapper family (Lutjanidae) distributed in tropical seas worldwide, but the majority inhabit reefs of the Indo-Pacific region. Twenty one tropical snapper species are known from Christmas and Cocos (Keeling) Islands and can be found in both deep and shallow water. Common deep-water snapper species include the Oblique banded snapper (*Pristipomoides zonatus*), Rosy snapper (*Pristipomoides filamentosus*) and Ruby snapper (*Etelis carbunculus*). Common shallow-water species include the Blacktail snapper (*Lutjanus fulvus*), Paddletail snapper (*Lutjanus gibbus*) and Red bass (*Lutjanus bohar*).

Tropical snappers are a relatively small to medium-sized fish species with an oval shaped body and a single dorsal fin. Tropical snappers tend to be brightly coloured, ranging from red to yellow to blue. Most are seen solitarily or in small groups.

Tropical snappers are active predators feeding mainly at night on a variety of items, but fishes dominate the diet of most species. Other common foods include crabs, prawns, various other crustaceans, marine snails, octopus and plankton. The larger snappers usually have well-developed canine teeth, adapted for seizing and holding larger prey items. Smaller snappers have less-developed canine teeth and therefore consume a significant amount of plankton.

Tropical snappers are a favourite angling fish. Although the flesh is considered good eating, some large snappers are responsible for ciguatera poisoning in Australia and the South Pacific. Tropical snappers are vulnerable to overfishing due to their long-lived (over 30 years of age) and slow-growing life history traits. Under the proposed recreational fishing rules for the Indian Ocean Territories tropical snappers are included in the demersal finfish bag limit of 16 demersal fish per day.



Tropical Snapper (Kakap)

Ada kira-kira 100 jenis dalam keluarga tropical snapper (Lutjanidae) terbagi dalam lautan tropikal dalam seluruh dunia, tetapi kebanyakan tinggal dalam reef-reef di bahagian Indo-Pacific. Duapuluh satu jenis tropical snapper yang diketahui dari Pulu Christmas dan Cocos (Keeling) dan boleh terdapat dilautan yang dalam dan juga cetek. Jenis snapperyang biasa didapati dalam ayer dalam termasuk Oblique banded snapper (*Pristipomoides zonatus*), Rosy snapper (*Pristipomoides filamentosus*) dan Ruby snapper (*Etelis carbunculus*). Jenis biasa yang didapati diayer cetek termasuk Kakap biasa (*Lutjanus fulvus*), ikan merah (*Lutjanus gibbus*) dan bambangan (*Lutjanus bohar*).

Tropical snappers biasanya jenis ikan yang saiznya dari kecil hingga saiz yang sederhana dengan badan yang berbentuk oval dan sirik dorsal single. Tropical snappers biasanya bewarna yang terang, daripada merah hingga kuning dan hingga ke biru. Banyak yang biasa dilihat tersendiri atau dalam kumpulan kecil.

Tropical snappers adalah predator yang aktif yang suka cari makan biasanya sebelah malam untuk berberapa jenis binatang, tetapi paling kebanyakan ikan kecil-kecilan. Makanan biasa yang lain termasuk kepiting, udang, binatang 'crustaceans', snail lautan, gerita dan plankton. Snapper yang besar-besar biasanya mempunyai gigi 'canine' yang kuat, sesuai untuk menangkap dan menahan binatang makanan yang besar. Snapper yang agak kecil mempunyai gigi 'canine' yang kurang sempurna dan justeru itu memakan banyak plankton.

Tropical snappers adalah ikan mancingan yang laku. Walaupun dagingnya enak dimakan, snappers yang besar-besar bertanggungjawab atas racun ciguatera di Australia dan South Pacific. Tropical snappers sangat senang untuk kebanyakan dimancing kerana umur mereka yang panjang (lebih 30 tahun) dan kehidupan yang lama membesar. Dibawah undang-undang pemancingan rekreasi untuk Indian Ocean Territories tropical snappers termasuk dalam limit bag ikan 'demersal' iaitu 16 ikan demersal dalam satu hari.



Australian Government

Department of Infrastructure and Regional Development

PUBLIC MEETINGS

REVIEW OF SERVICE DELIVERY ARRANGEMENTS

Wednesday, 18 November 2015 at 5 PM

Cyclone Shelter - Home Island

Friday, 20 November 2015 at 4 PM

Business Buzz, Cocos (Keeling) Islands, Community Resource Centre

The Australian Government is responsible for the delivery of state-type services to the Indian Ocean Territories. Many of the services are delivered through Service Delivery Arrangements (SDAs) with Western Australian (WA) Government Departments.

A review team from the WA Department of the Premier and Cabinet and this Department will hold public meetings to provide background information on SDAs. The current review and renegotiation process will also be discussed.

The SDAs which are currently being reviewed are:

- Department of Agriculture and Food
- Department of the Attorney General
- Department for Child Protection and Family Support
- Department of Lands
- Department of Culture and the Arts
- WA Land Information Authority (Landgate)
- Legal Aid Commission WA
- Department of Mines and Petroleum
- Department of Planning
- Department of Racing, Gaming and Liquor
- Department of Regional Development
- Department of Water
- Western Australian Planning Commission
- Water Corporation

ENQUIRIES

If you would like to provide comments on these SDAs, or to arrange a separate meeting with the review team, please contact:

Jillian McCormack, Project Officer on 08 9268 0791 or iotsda@infrastructure.gov.au

www.infrastructure.gov.au

Tips for Green Living

1. Get a High-Efficiency Showerhead A high-efficiency showerhead saves up to 3,000 gallons of water per person per year. You'll also save \$50 in energy costs and 1,000 pounds of carbon dioxide per person per year. The showerheads are specially designed to conserve resources while still providing like a luxurious-feeling shower. Sink-aerator attachments also save major amounts of water and are very inexpensive.

2. Recycle Water in Your Bathroom Use devices that allow you to reuse sink water for flushing your toilet. Or keep a bucket by the shower or the tub and fill it with the cold water that comes out before the hot water kicks in. Then take the bucket outside and use it to water your plants.

3. Compost Use a compost bin to turn your food and lawn wastes into rich mulch. It's a great way to reduce your trash production, and next year you'll have rich compost ready to go for spring planting.

4. Replace High-Use Indoor Lights with Compact Fluorescents or LEDs With high-quality light, sizes for almost any fixture and even versions that are dimmable, compact fluorescents have it all. They're more expensive than normal light bulbs, but between the energy savings and their much longer life spans, they pay for themselves in less than two years. And consider LED bulbs for non-dimmable circuits (especially for holiday lighting). They're true energy misers and will last for as long as you live in your house.

5. Load Up the Washing Machines Make sure you run the dishwasher and the clothes washers only when they're full. Clothes washers are huge energy and water users, so make sure you're doing full loads (or adjusting the water setting) whenever possible. And most of us use far more water (and soap) than we need to when hand-washing dishes, especially when compared with high-efficiency Energy Star dishwashers. So save your time, water and power by putting those dishes directly in the dishwasher after a meal.

More tips in next edition...

**Australian Government****Department of Infrastructure and Regional Development**

MESYUARAT AWAM

KAJIAN SEMULA ATURAN PENYAMPAIAN PERKHIDMATAN

Rabu, 18 November 2015, jam 5 petang**Perlindungan Daripada Puting Beliung - Pulau Home****Jumaat, 20 November 2015, jam 4 petang*****Business Buzz, Kepulauan Cocos (Keeling); Pusat Sumber Komuniti***

Kerajaan Australia bertanggungjawab menyampaikan perkhidmatan bertaraf kerajaan kepada Wilayah Lautan Hindi. Perkhidmatan begini banyak disampaikan melalui Aturan Penyampaian Perkhidmatan (SDA) dengan Jabatan Kerajaan Australia Barat (WA).

Sebuah pasukan kaji semula dari Jabatan Perdana Menteri Dan Kabinet WA dan dari Jabatan ini akan mengadakan beberapa mesyuarat awam untuk memberikan maklumat latar belakang mengenai SDA. Proses kaji semula dan runding semula yang diikuti sekarang juga akan dibincangkan.

SDA yang kini sedang dikaji semula ialah:

- Jabatan Pertanian Dan Makanan
- Jabatan Peguam Negara
- Jabatan Perlindungan Kanak-kanak Dan Sokongan Keluarga
- Jabatan Tanah
- Lembaga Maklumat Tanah WA (Landgate)
- Jabatan Pembangunan Regional
- Suruhanjaya Bantuan Perguaman WA
- Jabatan Perlombongan Dan Petroleum
- Jabatan Perancangan
- Jabatan Perlumbaan, Perjudian Dan Minuman Keras
- Jabatan Pembangunan Regional
- Jabatan Air
- Suruhanjaya Perancangan Australia Barat
- Perbadanan Air

PERTANYAAN

Jika anda ingin memberi komen mengenai SDA ini, ataupun untuk mengatur mesyuarat yang berasingan dengan pasukan kaji semula, sila hubungi:

Jillian McCormack, Pegawai Projek melalui talian 08 9268 0791 atau melalui alamat e-mel iotsda@infrastructure.gov.au

Hollywood Ball 2015

The Cocos Islands Youth Council hosted their first ever Hollywood Ball during the October holidays, it was definitely a night to remember. The little kids would have had so much fun and thanks to those from West Island who attended. We the Youth kids had a BLAST! It was really fun and we had an amazing time, we played games, took selfies, and of course we danced the night off. On the night, some people like Madinah and Syuhaib, Aznie and Siddiq had their nights topped off by winning the best dressed girl/boy prize, other people also won door prizes and prizes for winning the games we played.

We would like to thank Mak Nabiyyah for helping us on the night, Pak Ismah for taking photos of the kids in their beautiful outfits, Pak Zaheer and Fadulah who did an amazing job on the DJ. Also a big thank you to Mak Ella our Youth Officer. Thanks for making that night happen and we wouldn't have organised it without you!

Cocos Island Youth Council





WATCH THIS SPACE

The Shire of Cocos (Keeling) Islands is proud to announce we will be hosting a visiting soccer team from Switzerland arriving on Tuesday 24th and departing Saturday 28th of November 2015.

There will be 24 Swiss nationals, with the 16 players made up of veteran and amateur individuals whom enjoy in good spirit playing against small local teams. The group is made up of mainly friends whom travel around the world with their families to strange, isolated and interesting locations to play soccer. Their interest to visit the Islands came about late last year with confirmation and planning coming to fruition this year.

As this particular group travel the world, the Shire decided to become the on island coordinator for this event. It is seen as an important opportunity that will have positive future advantages for our small tourism industry. It is perhaps an opening to expand and advertise the Islands as a tourist destination targeted towards the international traveler market.

We require 15 players for the Cocos Islands squad so if you haven't yet registered please contact Mazlan on 9162 7681 or Ibrahim on 089162 6649.

The match will be played on Home Island on the 25th of November, save this date to come and cheer for our squad. Don't forget to bring your wallet as there will be an array of delicious food available for sale.



YOU ARE INVITED TO....
THE 2015 WEST ISLAND CHILDREN'S
PERFORMANCE CONCERT

SATURDAY NIGHT
NOVEMBER 21
6-7PM
AT THE WI SCHOOL



COME AND ENJOY THE MUSIC,
FUN AND FANCY COSTUMES.
THIS IS A NIGHT NOT TO BE
MISSED!



FOR MORE INFO PLEASE
CONTACT Trish 9162 6799

West Island Tennis - Season 4 - 2015



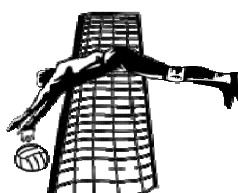

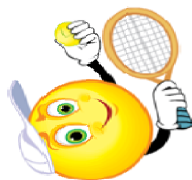


Liz, Leah, Tony, Mic	Cats	Fiona, Denise, Jack, Jamil	Rats
Sandie, Kerry, Ian E, Matt R	Dolphins	Megs, Maria, Rohan, Iffy	Roosters
Helen L, Kylie, Josh, Jason	Sharks	Male Reserves - Cam, Matt L, Kyle, Wicksy, Rik	
Jennie, Jac, Ash, Roland	Goats	Female Reserves - Di, Hayley, Jo, Wendy	











		Fixtures			Score	
Rd 1 Mon 19-Oct	5pm	Cats	v	Roosters		
	6pm	Dolphins	v	Rats		
	7pm	Sharks	v	Goats		
Rd 2 Mon 26-Oct	5pm	Rats	v	Goats		
	6pm	Roosters	v	Sharks		
	7pm	Cats	v	Dolphins		
Rd 3 Mon 2-Nov	5pm	Dolphins	v	Sharks		
	6pm	Rats	v	Cats		
	7pm	Roosters	v	Goats		
Rd 4 Mon 9-Nov	5pm	Sharks	v	Cats		
	6pm	Goats	v	Dolphins		
	7pm	Rats	v	Roosters		
Rd 5 Mon 16-Nov	5pm	Roosters	v	Dolphins		
	6pm	Cats	v	Goats		
	7pm	Rats	v	Sharks		
GF/BBQ Mon 23-Nov	5.30pm		v			

RESULTS TABLE	
TEAM	POINTS
Cats	0
Dolphins	0
Sharks	0
Goats	0
Rats	0
Roosters	0

NOVEMBER After School Activity Program



Mon	Tuesday	Wed	Thurs	Fri	Sat	Sun
02 MIXED MARTIAL ARTS West Island School 3.30pm-4.15pm (3-7 year olds) 4.15pm-5.00pm (Over 7 yr olds) 	03 GYMERCALI West Island School Ages 3 Under 3.45pm K/PP 4.00pm Boys Yr 1- Yr 6 4.30pm Girls Yr 1 - Yr 6 5.00pm	04 EXERCISE SESSION All Ages HI Oval From 4.15pm 	05 MIXED VOLLEYBALL Youth Group HI Volleyball Court From 4.15pm 	06 MIXED TEE BALL All Ages Home Island Oval From 4.30pm 	07 YOUTH CENTRE Year 7 upwards <u>ONLY</u> Open 10am-10pm Just want to hang with friends? Hang out at the Youth Centre! MOVIE NIGHT Cyclone Shelter From 7.00pm	08 MIXED TENNIS Youth Group HI Tennis Courts From 4.30pm 
09 SWIMMING LESSONS 	10 GYMERCALI West Island School Ages 3 Under 3.45pm K/PP 4.00pm Boys Yr 1- Yr 6 4.30pm Girls Yr 1 - Yr 6 5.00pm	11 SWIMMING LESSONS 	12 SWIMMING LESSONS	13 SWIMMING LESSON 	14 YOUTH CENTRE Year 7 upwards <u>ONLY</u> Open 10am-10pm Just want to hang with friends? Hang out at Youth Centre! MIXED TEE BALL All Ages HI Oval From 4.30pm	15 SWIMMING LESSONS 

16	SWIMMING LESSONS 	17	GYMBOCALI West Island School Ages 3 Under 3.45pm K/J/P 4.00pm Boys Yr 1 - Yr 6 4.30pm Girls Yr 1 - Yr 6 5.00pm	18	SWIMMING LESSONS 	19	SWIMMING LESSONS 	20	SWIMMING CARNIVAL 	21	GYMBOCALI CONCERT West Island School 6.00pm-7.00pm MOVIE NIGHT Cyclone Shelter From 4.30pm	22	Happy Sunday 
23	MIXED MARTIAL ARTS West Island School 3.30pm-4.15pm (3-7 year olds) 4.15pm-5.00pm (Over 7 yr olds) 	24	MIXED MARTIAL ARTS Home Island School 4pm-4.45pm (3-7 yr olds) 4.45pm - 5.30pm (Over 7 yr olds)	25	ZUMBA All Ages IOGTA Office From 4.15pm 	26	MIXED VOLLEYBALL Youth Group HI Volleyball Court From 4.15pm 	27	MIXED TEE BALL All Ages Home Island Oval From 4.30pm 	28	YOUTH CENTRE Year 7 upwards <u>ONLY</u> Open 10am - 10pm Just want to hang with friends? Hang out at the Youth Centre!	29	Happy Sunday 
30	MIXED MARTIAL ARTS West Island School 3.30pm-4.15pm (3-7 year olds) 4.15pm-5.00pm (Over 7 yr olds)a	Due to school's swimming lessons the after school program will not run from 9th November to 20th November 2015.											

Healthy Living Tips

Avoiding and Treating Muscle Strains

Do the warm-ups

You can't expect your body to immediately kick into action when you want to do a workout, or play a team or other sport. Bodies don't work that way, even if you have a good level of fitness.

Your sport or workout should always begin with a warm-up. You are preparing your muscles for much harder work, so warming up gets your heart rate increased gradually and loosens the muscles and joints. Simple warm-up exercises include riding an exercise bike - start slowly and then build up to where you are comfortable with the physical work -- or doing some simple jogging in place, for up to 10 minutes.

Do the cool-down

You've done the work - and we'll get to that work shortly - but then you need to cool down. Your heart rate after exercise will be accelerated so you need to bring it back to normal. Walk for a while to wind down. Try a few stretches, both before and after your main exercise.

Avoid muscle damage

It's so easy to think you can push your limits but you really need to think your exercise and sporting regime through. It's especially important to work out a good regime when you are older and perhaps need more time to develop your fitness levels.

There are now very helpful products that can assist with this. Take compression shirts for example; there have been many positive reviews of the compression shirt. These can make a significant difference in relieving muscle and joint soreness throughout the day and night, and the soft fabrics used give you maximum comfort and mobility.

Treating a strain

If you're unlucky enough to get a muscle strain then take it seriously or it could get worse.

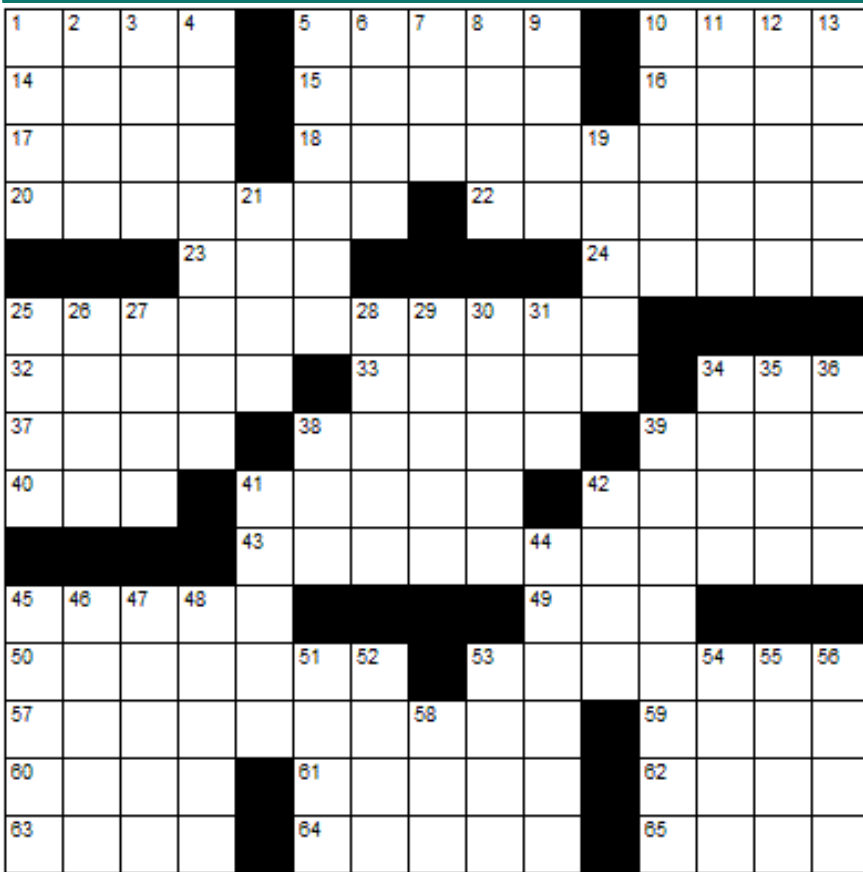
Protect the injured area. Rest the injured muscle until it feels right. There's no harm in checking with a doctor for treatment.

Listen to your body

Sometimes you think that you are invincible and that your body will fit in with what you think and do. It won't. Be realistic as to your exercise goals, take care of your body and enjoy whatever sport you want to be involved in. Just remember, you only have the one body, so look after it.

More tips in next edition...

Crossword



ACROSS

1. Killer whale
5. Performed
10. Cogs
14. Thug
15. Sword
16. Curved molding
17. Reclined
18. Car
20. Implement
22. Griever
23. Letter after sigma
24. Mentors
25. Take apart
32. Young people
33. Not urban
34. Bro or sis
37. Leg joint
38. Radiant
39. Extinct flightless bird
40. Eastern Standard Time
41. A loose coverall
42. Church council
43. In an annihilative manner
45. Marble
49. Estimated time of arrival
50. Convictions
53. Double-reed instrument
57. Jobless
59. It ebbs and flows
60. Rubber wheel
61. Mountain crest
62. Holly
63. Collections
64. More recent
65. Vesicle

DOWN

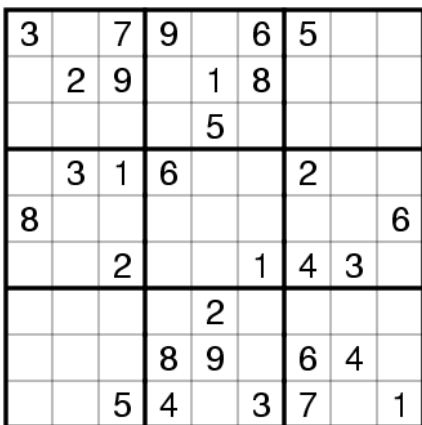
1. Leer at
2. A soft sheepskin leather
3. Hairdo
4. Footnote
5. Calculator
6. Hint
7. Make lace
8. Anagram of "Dome"
9. Audition tape
10. Deadly snake
11. Growing old
12. Donnybrook
13. Clairvoyants
19. European blackbird
21. Impetuous
25. Dam
26. Charged particles
27. Cooking fat
28. Grain disease
29. A protective covering (Gardening)
30. Penniless
31. Legislation
34. A short musical composition
35. False god
36. Corpse
38. French for "Friend"
39. Pertaining to a dynasty
41. Broom
42. Seats oneself
44. A literate person
45. Borders on
46. Wish granter
47. Siren
48. Occasions
51. Custard dessert
52. Achy
53. Mend (archaic)
54. Greasy
55. Poems
56. Following
58. A type of evergreen tree

Sudoku Station

How do I do it?

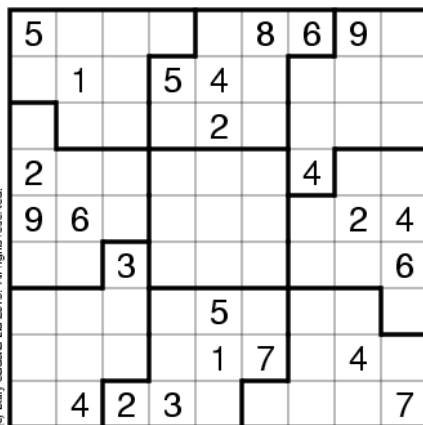
The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and group of squares enclosed by the bold lines must contain the digits 1 through 9 exactly once.

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



Daily SuDoku: Mon 26-Oct-2015

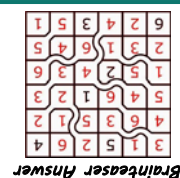
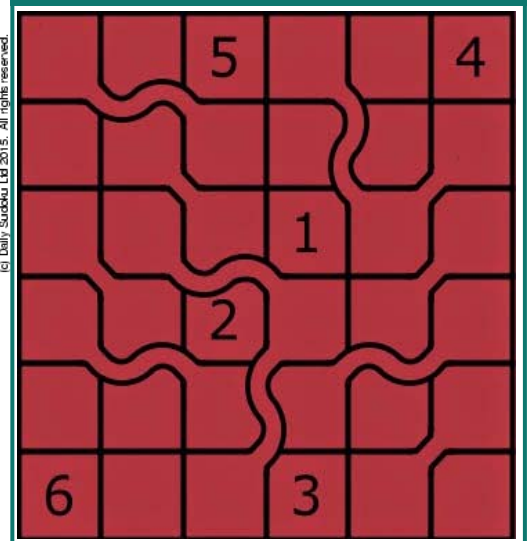
very hard



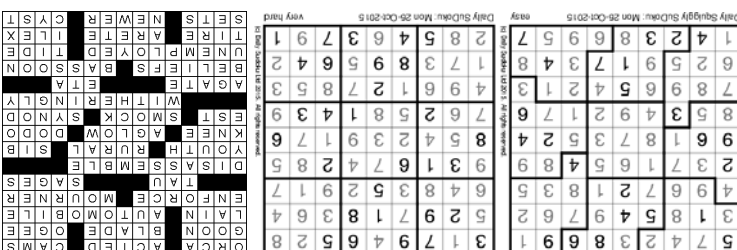
Daily Squiggly SuDoku: Mon 26-Oct-2015

easy

Brainteaser Central!



Brainteaser Answer



Crossword Solutions

Sudoku Solutions

Printed: Thursday 28th May 2015

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A COCOS MOMENT



Massive effort by P&C Association during the annual school fete & auction.

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

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

Birthdays & Anniversaries

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

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



Cocos (K) Islands

Community Resource Centre

Your local connection

Upcoming 2015 Community Events

Event Name	Event Date	Event Host
Occupational Therapist Visit	27 - 31/10/2015	Speech Therapist
Physician Visit	27 - 31/10/2015	IOTHS
Shire Council Meeting (Special Meeting)	28/10/2015	Shire of Cocos Islands
Ardmona Cup	30/10/2015	Cocos Club
International Beer Festival and Food Night	30/10/2015	Cocos Club / Seniors
Melbourne Cup Calcutta	2/11/2015	Cocos Club
Melbourne Cup	3/11/2015	Cocos Club
Lagoon Swim Brief - Food Night	13/11/2015	Cocos Islands Golf Club / CKITA
Cocos Islands Community Resource Centre AGM	11/11/2015	Cocos Islands CRC
2015 Cocos Keeling Islands Lagoon Swim	14/11/2015	CKITA
Opera Under The Stars	20/11/2015	Home Island
Gymbercali Concert	21/11/2015	West Island Community
Cocos Islands Golf Club Presentation Evening	21/11/2015	Cocos Islands Golf Club
Shire Council Meeting	25/11/2015	Shire of Cocos Islands
Movember "MoTown" Party and Fundraiser	27/11/2015	Cocos Islands Community
Kids Xmas/ Carol/ Farewell	13/12/2015	Cocos Club
Shire Council Meeting	16/12/2015	Shire of Cocos Islands
Hari Maulaud Nabi	24/12/2015	Public Holiday
Christmas Day	25/12/2015	Public Holiday
New Years Eve Party	31/12/2015	Cocos Club

The above events with further details are all advertised on the Cocos Islands CRC website. If you have a community event you would like to advertise, please contact our office with your details. This is a FREE service for our Community.

Phone: 9162 7707 Email: cocosislands@crc.net.au Website: www.cocos.crc.net.au



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

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

Thursday 12th Nov 2015

1:00pm Tuesday 10th Nov 2015

Cocos Snapshots 2...

Gambaran Cocos 2...



Have Your Say



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

- Accurate and/or factual
- Not defamatory or inflammatory
- Identified by author

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

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

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

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

Disclaimer

The views expressed in articles in this newsletter are not necessarily the views of the editors or other volunteers who work to produce The Atoll.

The editor has the right to withhold, edit or abbreviate items as considered necessary.

No responsibility is accepted for any statement of opinion, any error or omissions.