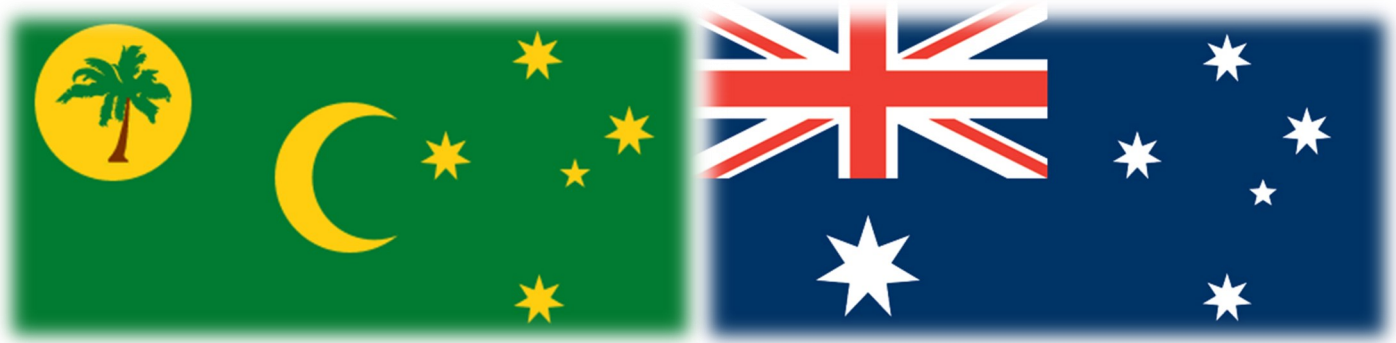


“THE ATOLL” COMMUNITY NEWSLETTER



Friday 8th April 2022 – Thursday 21st April 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.

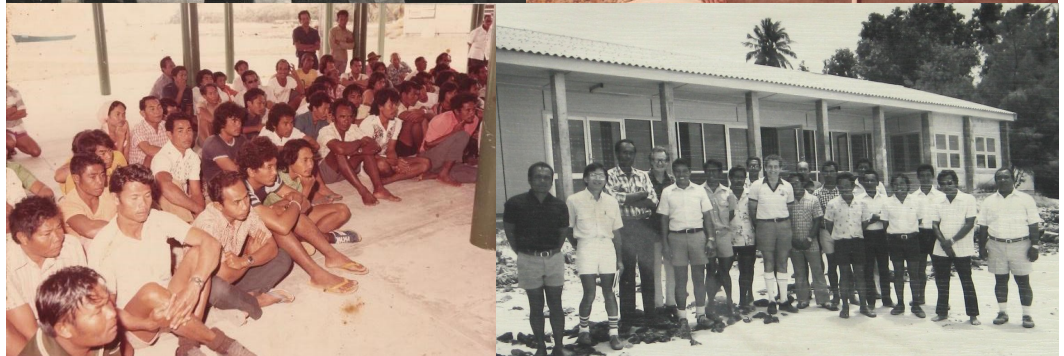
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\$2.00 per issue



Busy weekend pulling cars and boats off boat ramp!
One of the things we love about living on Cocos is the community spirit and willing to assist.



IN HONOUR OF ACT OF SELF-DETERMINATION DAY - 6TH APRIL

Cocos Malays meeting with the UN Delegations in 1980. These photos showcased the important events that took place in the lead up to the referendum.

Photo Source: Cocos As It Was



Administration Building (PO Box 1039) Cocos Keeling Islands WA 6799
 P: 08 9162 7707 E: info@cocosislandscrc.cc W: www.cocos.crc.net.au

COMING SOON!

We are eagerly awaiting new stock from Conscious Candles on the ship. These will be available just in time for Hari Raya!



There will also be a full range of essential oils, including blends such as Rosewood, Black Pepper & Patchouli or why not blend your own oils?

Almira's favourite blend is Rose Geranium and Ylang Ylang!



Proudly supported by



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



Department of
 Primary Industries and
 Regional Development

Rainfall Stats

Latest to 8 April 2022:

March Statistics
1.0mm
 (not accurate)

Latest 2022 Statistics:
206.6mm
 (not accurate)



LATEST WEATHER
www.bom.gov.au

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 everyone who helps pull cars/boats off the boat ramp on West Island.
- 👍 To the IOT Marine Park.
- 👍 To the recent Fisheries announcement.
- 👍 To Jack C from Fire Safety Services for checking the Golf Club fire extinguishers. Thanks for supporting our community groups!

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

Announcement for the Atoll from Cocos Marine Care
4 April 2022



Great news about fisheries management at Cocos

The new fishing rules that we agreed on as a community have now become law!

Cocos Marine Care has also been recognised as the first Fisheries Advisory Committee for CKI, ensuring that the community continues to have input into how our fisheries are managed.

Thank you to everyone who contributed to this process to help ensure the health of our fisheries for generations to come. We also acknowledge the leadership by Assistant Minister Marino and the Territories Department to develop these new collaborative, fit-for-purpose arrangements with our community.

Berita Gembira Mengenai Pengurusan Perikanan di Pulu Cocos

Undang-undang perikanan yang baru yang kami telah setujukan sebagai masyarakat sekarang telah menjadi undang-undang!

Cocos Marine Care telah dikenal sebagai Fisheries Advisory Committee yang pertama untuk CKI, memastikan yang masyarakat terus mendapat pandangan bagaimana perikanan kita diuruskan.

Terima kasi kepada semua yang telah bekerja sama di dalam proses ini untuk membantu memastikan kesihatan perikanan kami untuk generasi yang akan datang.

Kami juga berterima kasih atas kepemimpinan Assistant Minister Marino dan Territories Department untuk membangunkan kerja sama baru ini, tanggungan yang sesuai dengan masyarakat kami.



Looking after our Fish

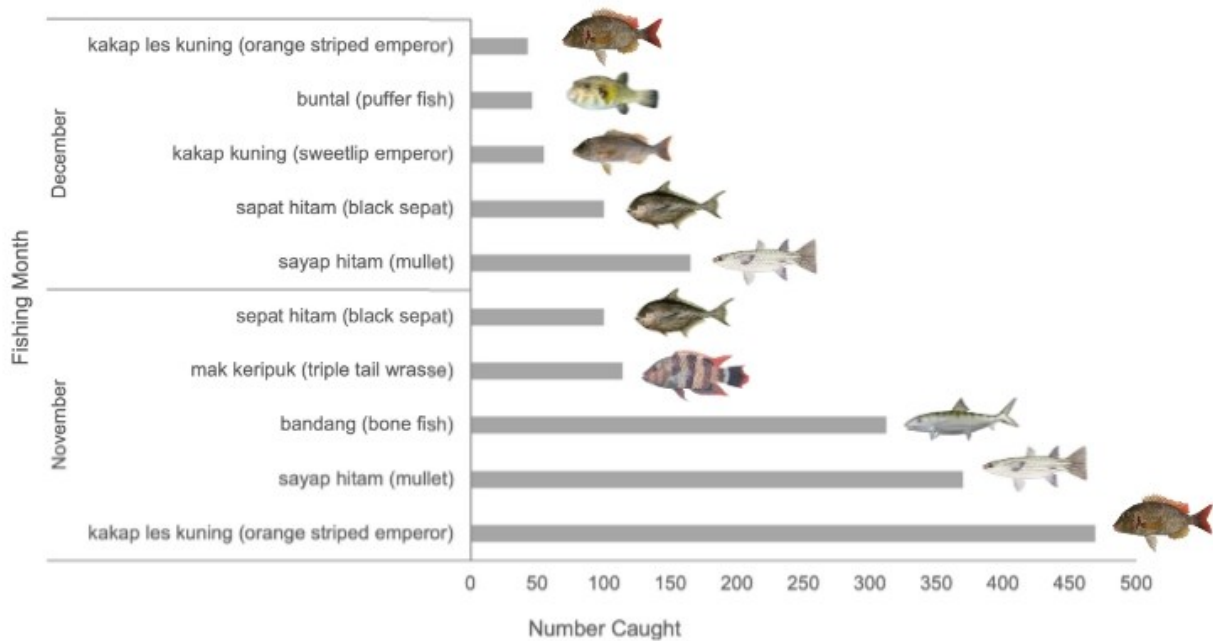
By Cocos Marine Care & Sea Country Solutions



For the past year, Sea Country Solutions (SCS) have worked closely with Cocos Marine Care (CMC) to develop a new, collaborative approach for managing fisheries at CKI.

As part of this process, SCS and CMC have started to collect information about what is being caught here at CKI. If you’ve been out fishing in the past few months, you’ve probably been stopped by our local marine ranger, Shakirin Keegan, and asked for information about where you fished, what you caught and if you had any trouble with sharks. Using this data, we can get a better understanding of fishing activities around the islands and monitor impacts to ensure that fishing remains sustainable.

The graph shows the top 5 fish caught in November and December, based on the data Shakirin has already collected. We look forward to seeing how catch changes across the seasons.



What’s the catch: the top 5 fish caught on CKI during Nov and Dec 2021.

How healthy are our fish?

In February, a team of scientists from SCS visited the islands, with a focus on fish. With the help of Dr Jeremy Prince, a fish scientist who has worked in islands across the Pacific and loves fishing, we started collecting data about the size and maturity of fish here at CKI. Jeremy uses this information to assess how healthy a fish population is, based on the amount of breeding adult fish complete before being caught.

To do this assessment, we need to know how big a fish needs to be before they can have babies.

During our visit, the team ran workshops on Home Island, showing the community how to measure fish and check whether they are adults or babies.

Looking After Our Fish continued...



Training workshops: Members of the CMC, the ladies' workshop and the seniors group learning our fish measuring method.

We ran sessions with the Cocos Marine Care team, a ladies session and the seniors group, who were all eager to learn and share their knowledge. The women showed us a new way to cut the fish to check for maturity and helped collect important data on kakap and silveries. The seniors group also shared their experiences and discussed what they have noticed about how the lagoon and fishing has changed over time.

A big thank you to everyone who participated, as well to those who took us fishing and caught the fish for these workshops! We didn't get the opportunity to run a workshop on West Island, but look forward to doing so on the next trip and receiving more community input.

Measure fish to earn a prize

While the workshops provided some initial data, we still need a lot more data to assess local fish stocks.

The household that measures the most fish by 30 June 2022 will receive a \$100 voucher for a local business of their choice.

Measuring fish 101: For those keen to get involved, the process for measuring fish is simple:

1. Catch fish.
2. Line up all the same species in a row, smallest to largest, and take a photo.
3. Measure the length of first (smallest) fish. Try to be as precise as possible – ideally to the nearest mm.
4. Record information on the data sheet.
5. Repeat for as many fish as you can be bothered to do – the more the better!

Looking After Our Fish continued...



Fish Measuring 101: Bodas lined up ready to be measured.

Want a bonus: you can also carefully open the belly and look for gonads, to see if the fish is a juvenile or an adult and whether it is male or female.

If you have any questions or want your own training session, please contact Shak.

Your help in collecting this data help us to better understand the state of fish stocks at CKI, so that we can report back to the government about how healthy the fisheries are!

Menjaga Ikan Kita

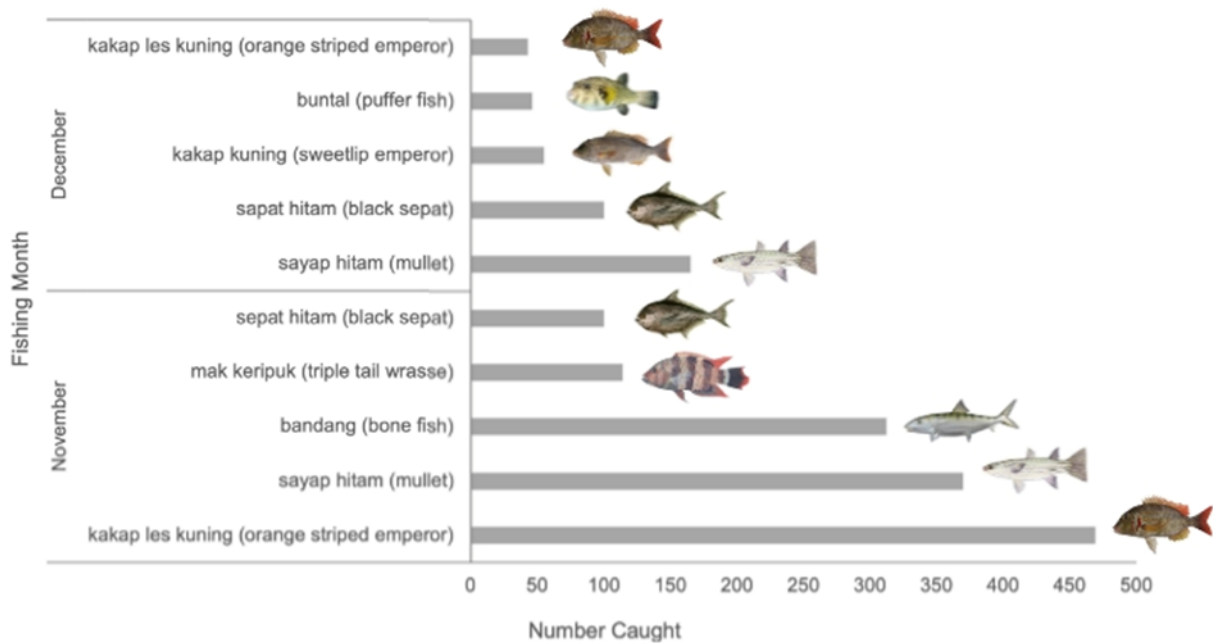
Dari Cocos Marine Care & Sea Country Solutions

Sepanjang tahun yang lalu, Sea Country Solutions (SCS) telah bekerjasama dengan Cocos Marine Care (CMC) untuk membangun kerjasama baru ini, untuk mengurus perikanan di CKI.

Sebagai bagian proses ini, SCS dan CMC telah mulai mengumpulkan informasi tentang apa yang telah didapat di CKI. Jika anda telah keluar mancing dalam beberapa bulan yang lalu, anda mungkin diberitahu oleh marine ranger tempatan kami, Pak Muslihah, dan di tanyak dimana anda mancing, apa yang anda dapat dan jika ada masalah dengan cucut. Dengan menggunakan data ini, kami boleh mendapatkan pemahaman yang lebih tentang kegiatan pemancingan disekitar pulu dan menjaga kesan untuk memastikan pemancingan berterusan.

Di bawa menunjukan 5 ikan terbanyak yang dimancing di bulan November dan December, berdasarkan data yang Pak Muslihah kumpulkan. Kami menantikan untuk melihat bagaimana tangkapan berubah sepanjang musim.

Menjaga Ikan Kita seterusnya...



Apa tangkapannya: 5 ikan terbanyak yang dimancing di CKI selama Nov dan Dec 2021.

Seberapa sihat ikan kita?

Pada bulan February, kumpulan saintis dari SCS melawati pulu, dengan fokus pada ikan. Dengan bantuan Dr Jeremy Prince, saintis ikan yang telah bekerja di pulu-pulu di Pasifik dan suka memancing, kami mulai mengumpulkan data tentang ukuran dan kedewasaan ikan CKI. Jeremy gunakan informasi ini untuk menilai seberapa sihat populasi ikan, berdasarkan jumlah ikan dewasa lengkap sebelum dimancing.

Untuk melakukan penilaian ini, kami perlu tahu berapa besar ikan harus jadi sebelum mereka boleh mempunyai anak. Semasa perlawatan kami, tim kami menjalankan workshop di Kampong, menunjukkan kepada masyarakat cara mengukur ikan dan memeriksa sama ada mereka dewasa atau masih kecil.



Latihan workshop: Memba CMC, workshop untuk perempuan dan nenek-nenek belajar cara mengukur ikan.

Menjaga Ikan Kita seterusnya...

Kami menjalankan sesi dengan Cocos Marine Care team, sesi perempuan dan nenek-nenek, yang mana semuanya berminat untuk belajar dan kongsi pengetahuan mereka. Perempuan menunjukkan kami cara baru untuk memotong ikan untuk memeriksa kedewasaan dan membantu mengumpulkan data yang penting tentang kakap dan bodas. Kumpulan nenek-nenek juga berbagi pengalaman mereka dan membincangkan apa yang mereka telah perhatikan tentang bagaimana lagun dan pemancingan telah berubah mengikut masa.

Terima kasi banyak kepada semua yang mengambil bahagian, juga pada semua yang telah membawa kami mancing dan mendapatkan ikan untuk workshop ini! Kami tidak berkesempatan untuk membuat workshop di Pulu Panjang, tetapi berharap untuk melakukannya untuk perlawatan yang selanjutnya dan menerima lebih banyak pandangan masyarakat.

Ukur ikan untuk mendapatkan hadiah

Sementara workshop ini memberi data setakat ini, kami masih memerlukan lebih banyak data untuk menilai stok ikan.

Rumah yang mengukur ikan yang banyak pada tanggal 30 June 2022 akan mendapat voucher sebanyak \$100 untuk bisnis tempatan pilihan mereka.

Mengukur ikan 101: Bagi mereka yang ingin terlibat, proses untuk mengukur ikan adalah gampang:

1. Mancing ikan.
2. Belatorkan ikan yang sama dalam barisan, dari kecil hingga besar, dan gambarkan.
3. Ukur panjang ikan yang pertama (yang kecil). Cobak untuk setepat mungkin – hingga mm terdekat.
4. Rekod informasi di data sheet.
5. Ulang untuk seberapa banyak ikan yang anda boleh buat – lebih banyak lebih bagus!



Ukur Ikan 101: Bodas di belatorkan untuk diukur.

Mahu bonus: anda juga boleh membuka perut ikan dengan berhati-hati dan mencari gonad, untuk melihat apakah ikan masih mudah atau sudah dewasa dan apakah itu lelaki atau perempuan.

Jika anda ada pertanyaan atau mahu belajar, sila hubungi Pak Muslihah.

Bantuan anda dalam mengumpul data ini membantu kami untuk lebih faham keadaan stok ikan di CKI, supaya kami boleh repot balek kepada kerajaan tentang betapa sihatnya perikanan!



Australian Government
Parks Australia



IOT Marine Parks Grants – Community Newspaper Article

New Indian Ocean Territories Marine (IOT) Parks Grants now open

Here's your chance to help protect Christmas Island's and Cocos (Keeling) Islands' unique marine environments through the \$2.2 million Indian Ocean Territories Marine Parks Grants.

Parks Australia is looking for innovative projects that will enhance the protection, promotion and understanding of the new Christmas Island and Cocos (Keeling) Islands marine parks and support local engagement, employment and economic opportunities.

The IOT Marine Parks Grants are an exciting way for communities to directly participate in the management of the new IOT Marine Parks.

Parks Australia is committed to involving IOT communities in the management and protection of the new marine parks and to help increase the appreciation and understanding of the unique marine environment of the IOTs.

The new grants program is about identifying and supporting project proposals that will help maintain and improve the health of the marine environment and create employment and other economic opportunities for IOT community members.

Projects can be between \$10,000 and \$500,000 and we encourage both small and large organisations to apply for the grants and the formation of collaborative partnerships.

If you have a great idea for a project and are not an eligible entity, seek out an organisation who is eligible and who might be interested in working with you. All eligibility requirements can be found on the *Community Grants Hub* website.

As a guide, some ideas for projects include:

- Managing threats such as marine debris and/or water quality
- Helping tourists and locals to experience the marine parks
- Research and monitoring projects
- Documenting cultural knowledge and history of the IOT marine environment by collecting oral histories, teaching local traditions
- Engaging the community in managing the marine parks
- Increasing understanding, appreciation, protection and promotion of the marine parks (for example, education programs, interpretive displays, events and festivals)
- Fishing industry programs or tools.

The Indian Ocean Territories Regional Development Organisation is offering access to an online grant writing course to assist applicants applying for this Grant. Expressions of interest close on 15 April 2022. For more details see the Grants information at <https://indianoceanterritories.com.au/news> or contact rdo@indianoceanterritories.com.au.

Applications for the Grants close at 9pm (ACT Local Time) on 2 June 2022.

For more information or to apply for an IOT Marine Parks Grant visit the [Community Grants Hub website](#).

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

Sentencing IV – what punishments can a court give you for criminal offences?

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 fourth of six articles about sentencing (where a court gives you a penalty) when you are convicted (found guilty) of a criminal offence. In this article we will continue to look at the penalties that the court can give you.

Community-based order (CBO)

This is an order that puts you under the management of Adult Community Corrections (ACC) in the Department of Justice for a period of time. The court decides the length of the order but it must be between 6 months and 2 years.

A pre-sentence report may be required by the court before it decides to give you a CBO.

The order must have one of the following requirements in it:

- a “supervision” requirement
- a “programme” requirement or
- a “community service work” requirement.

A supervision requirement is that you be supervised by ACC. This will usually involve meetings and/or phone calls with a Community Corrections Officer (CCO) appointed to work with you.

A programme requirement means ACC can tell you to take part in a particular programme/s. Examples are drug, alcohol or gambling dependency programmes to help you with an addiction problem. Another example might be an anger management counselling programme.

A community service work requirement means you have to do unpaid community work, which is organised by ACC. The court decides how many hours you must do but it must be between 10 and 120 hours.

There are some general requirements for every CBO. You must report to your Community Corrections Officer (CCO) within 72 hours of the order being made, advise your CCO if you change your address or employment and only leave the Territory with permission of your CCO. You must also comply with the terms of the order and not commit any other offences.

It is an offence if you breach (don't follow) a requirement of a CBO. If you are convicted of this offence (breach of requirement of a CBO) the court is allowed to:

- Take no action or
- Fine you up to \$1,000 and can take some other action if it wants to or
- If the order is still in force, leave the order as it is, change the order, or cancel the order and give you a new sentence for the original offence for which you were given the order or
- If the order is already finished, give you a new sentence for the original offence for which you were given the order.

Intensive Supervision order (ISO)

This is another order that puts you under the management of Adult Community Corrections for between 6 months and 2 years.

The court must get a pre-sentence report about you before it can put you on an ISO.

An ISO must have a supervision requirement in it. You will be supervised by Adult Community Corrections. This will usually involve meetings and/or phone calls with a CCO appointed to work with you.

An ISO can have a programme requirement and/or community service work requirement. A community service work requirement will require you to do between 40 and 240 hours unpaid community work. The court decides how many hours of unpaid community service you must do but it must be between 40 and 240 hours.

The general requirements for every ISO are the same as for CBOs (see above).

Sentencing IV – what punishments can a court give you for criminal offences? (Continued)

Suspended or conditional suspended imprisonment

You may be given a suspended or conditional suspended term of imprisonment (jail term) if the court decides that imprisonment (jail):

- is the proper sentence for you
- and your term of imprisonment is not greater than 5 years.

A suspended term of imprisonment (suspended jail term) is where you are given a term of imprisonment (a jail term), but it is “suspended” for a period of time so you are not sent immediately to jail. The court decides the period of suspension, which can be up to 2 years.

Note that the jail term can be partly or wholly suspended. If it is partly suspended, you actually do some jail time immediately, then the rest of your jail term is suspended.

If the jail term is wholly suspended, you only have to go to jail if you commit another offence during the suspension period, for which you could be given jail (ie the new offence has jail as a possible penalty). If you can show that it would be unjust for you to be sent to jail you may not have to serve your jail time or only have to serve part of it.

A conditional suspended term of imprisonment is the same as a suspended term, except that it has conditions attached to it. If you breach (don't follow) the conditions, or commit an offence during the suspension period, for which you could be given jail you must serve your jail time. If you can show that it would be unjust for you to be sent to jail you may not have to serve your jail time or only have to serve part of it.

Immediate imprisonment

You can only be given an immediate term of imprisonment (jail term) if the court decides that there is no other appropriate alternative. The minimum term is 6 months and 1 day except in certain circumstances.

When giving you a jail term, the court can take into account any time that you have already spent in custody for the offence and backdate or reduce your jail term.

The court can make you eligible for parole (where you may be released early and serve the balance of your jail term in the community).

Annie Gray, Legal Aid WA

“Serbis LAWA's IOTs dibiayai sepenuhnya oleh Kerajaan Australia”

Hukuman IV – hukuman apa yang boleh diberikan oleh mahkamah untuk kesalahan jenayah (kriminal)?

Ini adalah artikel pendek tentang 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 yang ke-empat dari enam artikel tentang hukuman (dimana mahkamah memberi anda hukuman) apabila anda dihukum (didapati bersalah) atas kesalahan jenayah. Dalam artikel ini kami akan terus melihat hukuman yang boleh diberikan oleh mahkamah kepada anda.

Perintah kerjaan untuk Masyarakat (CBO)

Ini adalah perintah yang meletakkan anda di bawah pengurusan Adult Community Corrections (ACC) di Department of Justice untuk waktu tertentu. Mahkamah memutuskan lamanya perintah tetapi mesti antara 6 bulan dan 2 tahun.

Repot pre-sentence mungkin diperlukan oleh mahkamah sebelum ia memutuskan untuk memberikan CBO kepada anda.

Perintah mesti mempunyai salah satu persyaran berikut di dalamnya:

- persyaran “pengawasan”
- persyaran “program” atau
- persyaran “pekerjaan community service”.

Persyaran pengawasan adalah anda diawasi oleh ACC. Ini biasanya akan melibatkan miting dan/atau panggilan telefon dengan Community Corrections Officer (CCO) yang dilantik untuk bekerja dengan anda.

Persyaran program bermaksud ACC boleh memberitahu anda untuk mengambil bagian dalam program tertentu. Contohnya adalah program ketagihan drug, alkohol atau judi untuk membantu anda mengatasi masalah ketagihan. Contoh lain mungkin program konseling pengurusan kemarahan.

Hukuman IV – hukuman apa yang boleh diberikan oleh mahkamah untuk kesalahan jenayah (kriminal)? (seterusnya)

Persyaratan pekerjaan community service bermakna anda perlu melakukan kerja masyarakat tanpa gaji, yang diuruskan oleh ACC. Mahkamah memutuskan berapa jam yang anda perlu lakukan tetapi harus antara 10 dan 120 jam.

Ada beberapa persyaratan umum untuk setiap CBO. Anda harus report kepada Community Corrections Officer anda (CCO) dalam tempoh 72 jam selepas perintah dibuat, kasitahu CCO anda jika anda tukar alamat atau pekerjaan anda dan hanya meninggalkan Territory dengan izin CCO anda. Anda juga harus mematuhi persyaratan perintah dan tidak melakukan sebarang kesalahan lain.

Adalah menjadi satu kesalahan jika anda melanggar (tidak ikut) persyaratan CBO. Jika anda dihukum karena pelanggaran ini (pelanggaran persyaratan CBO) mahkamah dibenarkan untuk:

- Tidak mengambil tindakan atau
- Denda anda sehingga \$1,000 dan boleh mengambil tindakan lain jika mahu atau
- Jika perintah itu masih berkuat kuasa, biarkan perintah itu seadanya, tukar perintahnya, atau batalkan perintahnya dan beri anda hukuman baru untuk kesalahan asal yang mana anda telah diberi perintah atau
- Jika perintah itu sudah selesai, kasi anda hukuman baru untuk kesalahan asal yang anda telah diberi perintah.

Perintah Pengawasan Intensif (ISO)

Ini adalah perintah lain yang meletakkan anda di bawah pengurusan Adult Community Corrections antara 6 bulan dan 2 tahun.

Mahkamah mesti mendapatkan report pre-sentence tentang anda sebelum ia boleh meletakkan anda pada ISO.

ISO harus memiliki persyaratan pengawasan di dalamnya. Anda akan dijaga oleh Adult Community Corrections. Ini biasanya akan melibatkan miting dan/atau panggilan telepon dengan CCO yang dilantik untuk bekerja dengan anda.

ISO boleh mempunyai persyaratan program dan/atau persyaratan kerja community service. Persyaratan kerja community service akan memerlukan anda melakukan antara 40 dan 240 jam kerja tanpa gaji. Mahkamah memutuskan berapa jam kerja tanpa gaji yang anda perlu buat tetapi mesti antara 40 dan 240 jam.

Persyaratan umum untuk setiap ISO sama dengan CBOs (lihat di atas).

Penjara yang ditunda atau ditunda bersyarat

Anda boleh diberikan hukuman penjara yang ditunda atau bersyarat (kurung) jika mahkamah memutuskan bahawa pemenjaraan (kurung):

- adalah hukuman yang sesuai untuk anda
- dan tempoh penjara anda tidak melebihi 5 tahun.

Hukuman penjara yang ditunda (tempoh penjara yang ditunda) adalah dimana anda diberikan hukuman penjara (kurung), tetapi “ditunda” untuk masa tertentu supaya anda tidak terus dikurung. Mahkamah memutuskan masa yang ditunda, yang boleh sampai 2 tahun.

Ambil perhatian bahawa hukuman penjara boleh ditunda sebagian atau sepenuhnya. Jika sebahagian yang ditunda, anda sebenarnya dikurung segera, kemudian sisa hukuman anda ditunda.

Jika hukuman penjara ditunda sepenuhnya, anda hanya perlu di kurung jika anda melakukan kesalahan dalam masa yang ditunda, dimana anda dapat diberikan penjara (yaitu kesalahan baru memiliki kemungkinan hukuman penjara). Jika anda dapat menunjukkan bahawa tidak adil bagi anda untuk di kurung anda mungkin tidak harus menjalani masa penjara atau hanya harus menjalani sebagian darinya.

Hukuman penjara yang ditunda bersyarat sama dengan masa yang ditunda, kecuali ia mempunyai syarat-syarat yang ada padanya. Jika anda melanggar (tidak ikut) syarat, atau melakukan kesalahan semasa masa yang ditunda, yang mana anda boleh dikurung anda mesti menjalani masa kurungan anda. Jika anda boleh menunjukkan bahawa tidak adil bagi anda untuk dikurung anda mungkin tidak harus dikurung atau hanya harus menjalani sebagian darinya.

Segera dikurung

Anda hanya boleh diberi hukuman dikurung segera (kurung) jika mahkamah memutuskan tiada cara lain yang sesuai. Masa yang paling sedikit adalah 6 bulan dan 1 hari kecuali dalam keadaan tertentu.

Saat memberi anda hukuman dikurung, mahkamah boleh mengambil kira bila-bila masa yang anda telah habiskan dalam kurungan atas kesalahan itu atau mengurangkan masa kurungan anda.

Mahkamah boleh membuat anda memenuhi syarat untuk pembebasan bersyarat (dimana anda dapat dibebaskan lebih awal dan menjalani sisa hukuman anda di masyarakat).

Annie Gray, Bantuan Hukum WA



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

What causes us to be anxious or to have anxiety?

To be honest, we're not 100% sure what the exact cause of anxiety. But, it's likely a combination genetic, environmental factors, as well as brain chemistry.

Anxiety produces physical symptoms that can be different for everyone, but can include;

- Headaches or stomach aches
- Sweating
- Jitteriness
- rapid breathing
- nervousness
- irrational anger or irritability
- fast heartbeat
- dizziness
- muscle tension
- panic
- difficulty concentrating
- restlessness or sleeplessness

It's important to understand that anxiety can be treated, even in the most severe cases. Although, anxiety won't usually go away 100%, you can learn to manage the damaging parts, and live a happy, healthy life without having to constantly feel uncomfortable.

What can you do if you feel you're anxious too often?

Visit one of the health staff on island, or if you have a GP on the mainland, ask them about a telehealth consult (some people might feel more comfortable that way – and that's ok with us). There are treatments available, and the health staff can work with you to figure out what plan that you think will work for you.

IOTHS provides free psychology sessions with an off island psychologist. You can do this via phone call / video call at home, or in the clinic. Whatever suits you best.

Calling Beyond Blue is a great place to start also, phone: 1300 22 4636, or use their online chat box www.beyondblue.org.au for advice, get support, and to gather information.

Everyone will respond differently to treatments and strategies, so figuring out what works for you might take some time. Keep at it until you find the right fit.

Something you can do right now (or when you're feeling anxious)

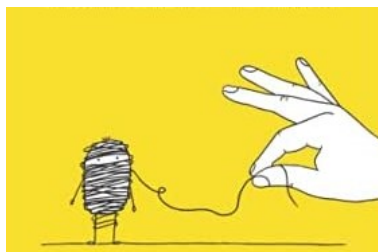
When you're anxious, without even thinking about it, you'll probably be breathing fast.

So now you're hyperventilating (hyper=fast, ventilating=breathing) and the ratio between oxygen and carbon dioxide is off. You need a certain percentage of carbon dioxide in your body to regulate your reaction to anxiety and panic (this is not helpful)

So – we know that breathing *in* is already taken care of – so focus on breathing *out*. Slooooooowly.

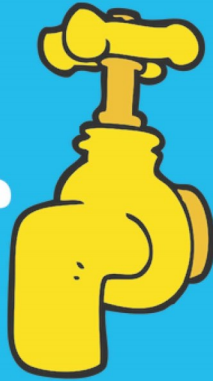
I use the **4-7-8 technique**: Breathe in for four seconds. Hold your breath for seven seconds, and exhale for eight seconds. And repeat.

Actually count your way through this in your head. Close your eyes if you like, or do it behind your face mask so no one will even know you're doing it. (Follow me for more life hacks..!)



Drink tap water

Towards Zero Waste



DID YOU KNOW?

All plastic water bottles are incinerated on Cocos (Keeling) Islands.

Tap water. Waste free.



Australian Government

Department of Infrastructure, Regional Development and Cities



GOVERNMENT OF WESTERN AUSTRALIA

Department of Water and Environmental Regulation



SHIRE OF
COCOS
KEELING ISLANDS



Administration Building (PO Box 1039) Cocos Keeling Islands WA 6799
P: 08 9162 7707 E: info@cocosislandscrc.cc W: www.cocos.crc.net.au



COME AND CHECK US OUT!

The CRC have got a wide range of gift bags and cards, in variety sizes and prints. We also have gift wraps that comes in different prints as well.

Just in time for Hari Raya present or your next loved one's birthday/anniversary.

Would you like to advertise your local business here?

We would like to invite local businesses to advertise their services in The Atoll.

Perhaps you would like to announce any specials, new stock, business information or a "get to know a staff member".

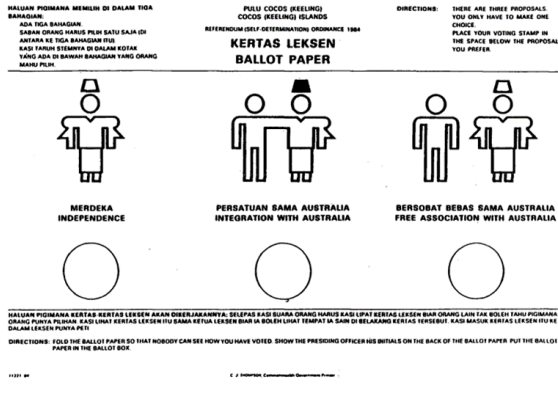
This is a great initiative for you to promote your business to the local community!

For further information, please contact the Cocos Keeling Islands Community Resource Centre.

Email: info@cocosislandscrc.cc

Phone: 9162 7707

Blast From The Past



6th April 1984, the Cocos Malay voted to integrate with Australia in a referendum.

There are three options on the ballot paper, option 1 - Independence, option 2 - Integration with Australia and option 3 - Free Association with Australia, hence why this important event was called "Tiga Pilihan" (3 Choices) by the Cocos Malays.

Photo Source: Kenneth Chan (1987)

[Cocos \(Keeling\) Islands: The political evolution of a small island territory in the Indian Ocean](#)

Fun Facts

Fasting is one of the Five Pillars of Islam. Ramadan happens during the 9th month of the Islamic calendar. It lasts for 29 to 30 days, which is roughly one month. The Islamic calendar is based on the cycle of the moon so the dates of Ramadan change every year.

During Ramadan, Muslims fast from dawn to dusk meaning no food or drink throughout the day. Ramadan teaches Muslims to practice self-discipline, self-control, sacrifice, and empathy for those who are less fortunate, thus encouraging actions of generosity and compulsory charity (zakat).

Cocos Malay Dictionary

WORDS

Puasa - Fasting
 Kurma - Dates
 Sahur - Early Breakfast
 Buka Puasa - Break of Fast
 Sembayang - Prayer
 Azan - Call to Pray
 Zakat - Alms-giving
 Eid - End of Ramadhan
 Anak Bulan/Hilal - Crescent moon

PHRASES

Apa suda/da makan? - Have you eaten?
 Makan apa tadi? - What did you eat?
 Apa tak haus? - Aren't you thirsty?
 Apa kamu puasa? - Are you fasting?
 Kamu masak apa? - What did you cook?
 Julungkan to air - Pass me the water
 Saya suda/da kenyang - I am full already

Quote

*Positive anything
is better than
negative
nothing.*

- Elbert
Hubbard

*Miracles happen
to those who
believe in them.*

- Bernhard
Berenson

*One small
positive thought
can change your
whole day.*

- Zig Ziglar

*Every day may
not be good...
but there's
something good
in every day.*

- Alice Morse Earle

Joke of the Week

**What is fast, loud and
crunchy?**
A rocket chip.

**Why did the teddy bear say
no to dessert?**
Because she was stuffed.

**What has ears but cannot
hear?**
A cornfield.

**What did the left eye say to
the right eye?**
Between us, something
smells.

**What did one plate say to
the other plate?**
Dinner is on me.

**Why did the student eat
his homework?**
Because the teacher told him
it was a piece of cake.

**When you look for
something, why is it
always in the last place
you look?**
Because when you find it,
you stop looking.

**What is brown, hairy and
wears sunglasses?**
A coconut on vacation.



D.I.Y

Mosque/Masjid Banner

Materials

- Pen or pencil
- Color Paper
- Scissors
- Metallic dimensional paint
- Tape
- Ribbon/twine

Steps:

1. Take your choice of colored paper and draw a mosque/masjid shape.
2. Cut along the lines. We usually take 3-4 papers at a time so that we can get 3-4 masjid pieces at a time.
3. Repeat until you have the desired number of masjid pieces. We used 30 pieces.
4. Use dimensional paint to decorate each piece. Kids can also use crayons, glitters, etc. to decorate.
5. Use tape to stick each masjid pieces to the ribbon. Hang the banner around your home to add a festive touch.



Cocos Resident Profile



Name: Kelli Small

Kampong Name (If you have one): Mak Bear

Place of Birth: Perth, Western Australia

Where were you living before Cocos?

Directly before Cocos we were living in a caravan travelling around Australia. But Brent and I have lived many places together including, Perth, Brisbane, and London.

What were you doing before Cocos?

I was on maternity leave from my role as Director City Business at the City of Kwinana. We utilised maternity leave to travel around Australia as a family and see some of the most remote places on the mainland.

What are you doing now?

Currently, I am the CEO at the Shire of Cocos (Keeling) Islands, and like most parents, juggling work with family life and enjoying the amazing things Cocos has to offer.

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

1. I love the freedom of how safe it is on Cocos
2. I love that everyday we get to see so much marine life, my favorite are the Turtles
3. I love just how clear the water is, especially as you head towards Direction Island. The colour of the water and crystal clear water clarity is like nothing else I have ever experienced.

Fav. sport/activity?

I love watching/following tennis. However, I used to play professional basketball when I was younger so most would say that at the time that was my favorite sport.

Fav. 3 places on Cocos?

So many places, hard to choose 3.

1. Snorkeling the Coal Barge
2. The Eastern shallows of the lagoon, where I get to see lots and lots of Turtles going about their day
3. Walking around Home Island exchanging a wave and a smile with all of the Neks and seeing them continue to carry out traditional cooking, food preparation and carpentry practices.

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

Hmm.. I am fairly practical so, I would need food, shelter and water... to get that hopefully these 3 items would save me!

1. A machete to cut down palm fronds and open coconuts
2. Matches/Lighter because I would rather eat cooked food and I am not sure I could successfully start a fire without one
3. Hmm... I am not sure if there is a fresh water lens on NK, so would have to catch rain in something... but unfortunately I can probably find a bottle on the beach to catch it in. So, my last item would be a fishing rod or spear.

List some of the things you are passionate about?

I love to travel! I feel that so much self growth and development of an open mind happens when you travel and experience in how other countries and cultures live. Plus there are so many amazing things to see!

I am also passionate about sustainable living, reducing my impact on the environment and trying to improve things for future generations.



2022 AFL Broadcast Guide Cocos Keeling Islands Time

Match	Channel	Time
ROUND 4		
<u>Friday April 8</u>		
Brisbane Lion VS Geelong Cats	7mate	4.00pm
<u>Saturday April 9</u>		
Collingwood VS West Coast Eagles	Channel 7	4.00pm
Freemantle VS GWS Giants	7mate	3.45pm
ROUND 5		
<u>Thursday April 14</u>		
Brisbane Lion VS Collingwood	7mate	4.00pm
<u>Friday April 15</u>		
West Coast Eagles VS Sydney Swans	7mate	4.00pm
<u>Sunday April 17</u>		
Essendon VS Freemantle	Channel 7	1.00pm
<u>Monday April 18</u>		
Hawthorn VS Geelong Cats	Channel 7	11.30am

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

"THE ATOLL" COMMUNITY NEWSLETTER

Games Page

Halaman Kemanan

Across

- 1 Scour
- 6 Middle of Caesar's saying
- 10 Soviet inits.
- 14 Jeweler's eyeglass
- 15 Japan's first capital
- 16 Call to a mate
- 17 Skilled
- 18 Track shape
- 19 Canaanite deity
- 20 Ardent
- 22 Showing a fancy for
- 23 Pitchers
- 24 "_ in the Rain"
- 26 Purloined
- 29 County Kerry town
- 31 Observatory observation
- 32 "__ Small World"
- 34 In any respect
- 37 Wine improver
- 38 Chinese chairman
- 39 What a kid'll eat, in song
- 41 Wax producer
- 42 Great Greta
- 44 Sandwich source
- 46 Serb, e.g.
- 47 Tap
- 49 Droopy-eyed
- 51 Unwrinkled
- 53 Animal track
- 55 Adolescent
- 56 Spiritual goal
- 61 Bridge player
- 62 Make-up artist?
- 63 Pungent bulb
- 64 Straight as ___
- 65 Creole vegetable
- 66 Bridge alternative
- 67 Shea nine
- 68 Exploit, in a way
- 69 "Band Of Gold" singer
Payne

Down

- 1 Open-handed blow
- 2 Musical postscript
- 3 Regrets
- 4 Swedish city
- 5 Happen
- 6 A hole ___
- 7 Pundits
- 8 Smell ___
- 9 Polish president Lech
- 10 Closet
- 11 Unsettled
- 12 Ring-tailed animal
- 13 Bridge tower
- 21 ___ vincit amor
- 25 "As ___ Dying" (Faulkner title)
- 26 Pulled thread
- 27 Ancient Roman garb
- 28 Is intemperate
- 30 Marsh bird
- 33 Commotion
- 35 Bound
- 36 Tax
- 38 Defensive ditch
- 40 Eye protector
- 43 Anne, Charlotte and Emily
- 45 Tangle up
- 46 Comparatively calm
- 48 Formerly, formerly
- 50 Remove by cutting
- 51 Driving force
- 52 Union general in the Civil War
- 54 Malaysian state
- 57 Motor racing's Lauda
- 58 Suffix for the well-to-do
- 59 Wood stack
- 60 Irish New Age singer

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67	A	D	E	R	E		K	I	L	M	S	T	S	E	T	S	M	
66	Y	R	R	E	F		A	K	R	A	O	E	I	E	A	D	O	A
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6	8	1	5	2	9	3	7	4
3	9	2	1	7	4	8	6	5
9	3	8	6	5	2	7	4	1
4	1	6	3	8	7	9	5	2
2	5	7	9	4	1	6	8	3

Crossword Answer

Sudoku Solutions

Ramadan Word Search



m	e	d	a	i	f	a	r	k	r	a	s	l	a	m	u	s	l	i	s	m	h
o	r	i	s	t	m	g	s	l	a	d	e	m	o	s	a	q	a	s	u	h	e
p	a	m	o	m	a	n	a	f	m	o	t	i	a	r	o	l	v				
a	r	k	r	a	s	l	a	m	u	s	l	i	s	m	h	e	s	a			
i	f	t	m	a	d	e	m	o	s	a	q	a	s	u	h	e	s	a			
t	m	a	d	e	m	o	s	a	q	a	s	u	h	e	s	a					
a	r	k	r	a	s	l	a	m	u	s	l	i	s	m	h	e	s	a			
r	e	b	a	r	l	r	g	f	r	v											

- Ramadan
- fasting
- Muslim
- suhoor
(Early breakfast)
- Islam
- iftar
(The break of fasting)
- mosque
- Eid

Colour In



RAMADAN

A Cocos Moment



SAM WITH HER MONSTER BONEFISH!

Cocos “Feel Good” Stories

Love how the community is always willing to help and provide. When one is short on ingredients the other one provides, this shows how close and connected we are as a community. Be it a can of food, fresh grown basil or garden tools, we never think twice to help and give.

The generosity is beyond exception.

Birthdays and Anniversaries

Happy Birthday Pak Liyah - 8th April

Happy Birthday Ayah - 9th April... We love you! From Niyak and Family

Happy Birthday Mak Qoid - 17th April

Happy Birthday Pak Husaini - 17th April

Happy Birthday Capitano Azy - 20 April From AKJ Crew

Happy Anniversaries Mak/Pak Fifi, Mak/Pak Tama and Mak/Pak Asif xx

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.



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, 22nd April 2022

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

3pm, Tuesday 19th April 2022

2022 COCOS ISLANDS COMMUNITY EVENTS

17 APRIL

Easter at Scout Park
Cocos Club

22 JUNE

Shire Council Meeting
Council Chambers, HI

26 OCTOBER

Shire Council Meeting
Council Chambers, HI

25 APRIL

ANZAC Day
Cocos Club

27 JULY

Shire Council Meeting
Council Chambers, HI

23 NOVEMBER

Shire Council Meeting
Cocos Islands CRC

27 APRIL

Shire Council Meeting
Council Chambers, HI

17 SEPTEMBER

West Island Market Day
Cocos Islands CRC

10 DECEMBER

West Island Market Day
Cocos Islands CRC

25 MAY

Shire Council Meeting
Cocos Islands CRC

24 AUGUST

Shire Council Meeting
Cocos Islands CRC

14 DECEMBER

Shire Council Meeting
Council Chambers, HI

18 JUNE

West Island Market Day
Cocos Islands CRC

28 SEPTEMBER

Shire Council Meeting
Council Chambers, HI

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.



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