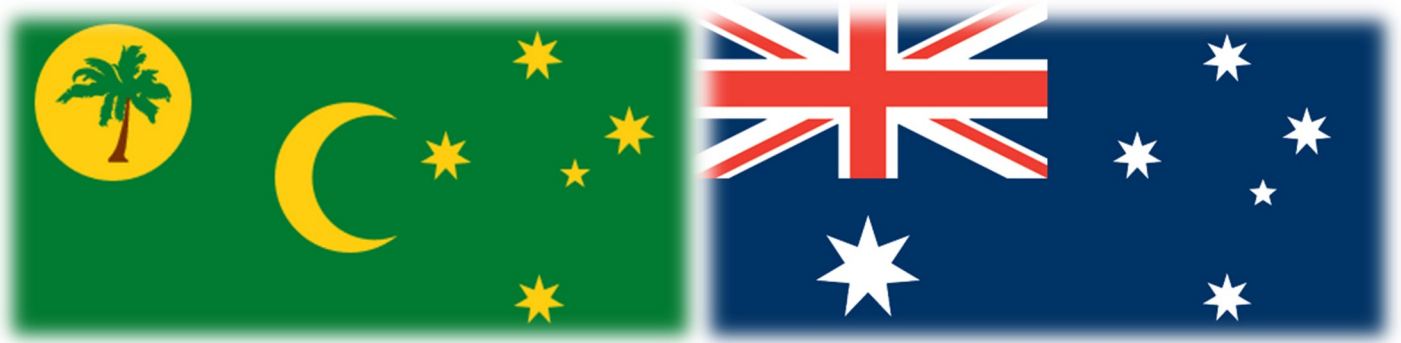


“THE ATOLL” COMMUNITY NEWSLETTER



Friday 9th September 2022 – Thursday 22nd 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.

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\$2.00 per issue

Movie Quiz Night at the Cocos Club!



Seniors spending the day at West Island!





Celebrating

HOME ISLAND FRIDAY 14 OCT

WEST ISLAND SUNDAY 16 OCT

WITH DIG THE DUST!



Stay tuned



Rainfall Stats

Latest to 9 September 2022:

September Statistics

18.6mm

(not accurate)

Latest 2022 Statistics:

1639.60mm

(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 Altitude for their hard work and to the community for their involvement with the flight disruption.
- 👍 To the Coop ferry men for waiting patiently for passengers during the flight disruption.
- 👍 To Cocos club for another successful events of quiz night and Fathers Day.
- 👍 To CRC for hosing another awesome Market Day
- 👍 To all the volunteers and volunteer organisations on Cocos. It just wouldn't be the same without you!
- 👍 Thanks to Penne for contributing fitness article

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



Cake Cuppa Connect



Join our Home Island Seniors
for a Morning Tea.

Come along to the Home Island CRC to enjoy a cuppa and try one new thing online! If you have your own phone or iPad, please bring it.

Wednesday 19th October

9.30am - Home Island CRC

Please RSVP by 12th October

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



Sip & Connect



Get Online and Get Connected!

Get help to improve your digital skills and get connected. Come along to the CRC to enjoy some light refreshments, ask your tech questions or try one new thing online. Please bring your phone or iPad.

Wednesday 19th October

4.30pm - West Island CRC

Please RSVP by 12th October

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



Shire of Cocos (Keeling) Islands

RU OK?

RU OK? Day is Thursday, 8 September 2022. This year, Shire of Cocos Keeling Islands is holding an RU OK? Day Out on Direction Island on Saturday, 10 September. Thanks to DITRDCA and the Coop buses and ferries, to Direction Island will run for free for the day.

During September, look out for the RU OK? Buy One Get One Free drink cards in your PO Box to use at participating Cocos Keeling Islands outlets. Kindly sponsored by Shire of Cocos Keeling Islands, and supported by the IOT Health Service, CIDHS, CRC and participating outlets.

RU OK? Day is our national day of action when we remind Australians that every day is the day to ask, 'RU OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.

The theme for RU OK? Day this year is Ask, RU OK? No qualifications needed.

RU OK? found that four in ten Australians feel asking someone “are you OK?” is a conversation better had with an expert.

However, RU OK? want you to know you don't need qualifications to have an RU OK? conversation.

The work of health professionals is vital, and their value cannot be underestimated however we can all play a role in support the people in our world.

You don't need to be an expert to have an RU OK? conversation. Listening and giving someone your time might be just what they need to help them through.

Ask R U OK? No qualifications needed, because a conversation could change a life.

Do you know where to get help for you or a friend on Cocos Islands?

- IOT Health Service 9162 6655 or 91627609
- IOT Health Service Social Worker 9164 8333 or lisa.dore@infrastructure.gov.au
- Telehealth Psychologist, visit your GP for a referral
- School Psychologist for young people and families, self-referral 9164 8546
- EAP – many workplaces have access to an Employee Assistance Program for employees and their families

For 24/7 counselling support, there are also telephone helplines and online chat services such as:

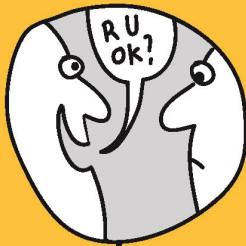
Beyond Blue 24/7 mental health support service 1300 224 636 or webchat

Lifeline 24/7 crisis support and suicide prevention service 13 11 14

really
Are they OK?

Ask them today

Have a conversation using these 4 steps



1. Ask R U OK?

How are you travelling?

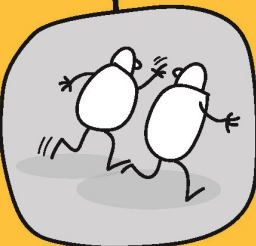
You don't seem yourself lately - want to talk about it?



2. Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



3. Encourage action

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?



4. Check in

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

Learn how to ask
at ruok.org.au

RUOK?TM
A conversation could change a life.



Shire of Cocos (Keeling) Islands

Reminder

Please ensure all bins are placed on your kerbside before 7am on collection days.

Kerbside requires the bin to be within one meter of the road edge whilst not being placed on the road.

Bins not placed kerbside will not be collected.

For any questions or queries please contact the Shire Office on 9162 6649.

Peringatan

Tolong pastikan yang bin sampah di letak di pinggir jalan anda sebelum jam 7 pagi pada hari orang angkat sampah.

Bin sampah harus di letak satu meter dari pinggir jalan bukan di atas jalan.

Bin sampah yang tak di letak di pinggir jalan tidak akan di angkat.

Jika ada pertanyaan sila hubungi Opis Shire di nomor 9162 6649.

Thomas Battcher (Pak Tama)

Environment Officer



Shire of Cocos (Keeling) Islands

Vehicle Disposal

Do you have a vehicle you would like to dispose of?

The Shire's vehicle cleanliness form is now available on our website, just fill in a copy and return it to the Shire Office.

A copy of the fees and charges can be found on our website.

https://shire.cc/images/files/ScheduleOfFeesAndCharges/2022-23_Fees_Charges.pdf

For any questions or queries please contact the Shire Office on 9162 6649.

Pembuangan Kereta

Apakah anda mempunyai kereta yang anda ingin buang?

Form untuk pembersihan kereta sebelum dibuang suda tersedia di website kami. Sila isikan form ini dan kembalikan di opis Shire.

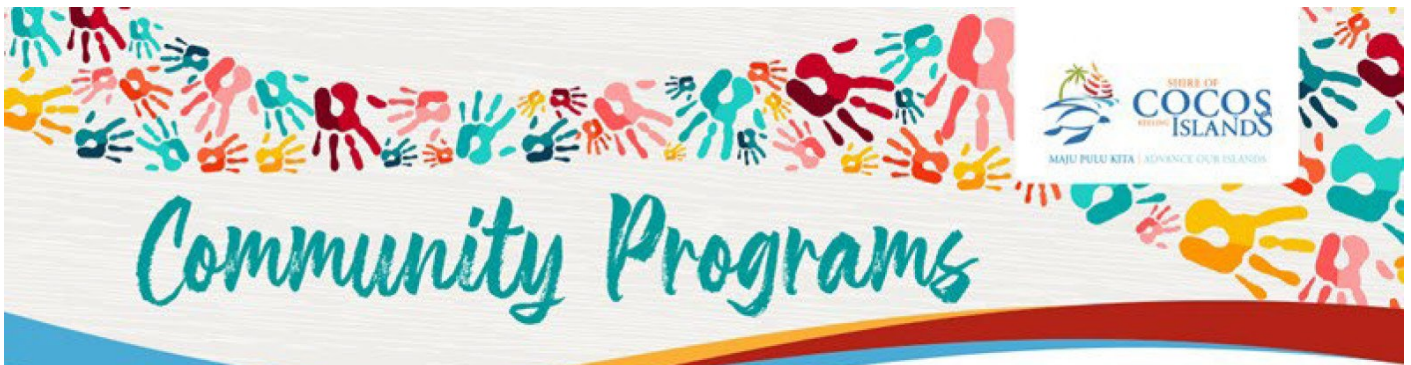
Bayaran dan charge boleh didapati di website kami.

https://shire.cc/images/files/ScheduleOfFeesAndCharges/2022-23_Fees_Charges.pdf

Jika ada pertanyaan yang lebih lanjut sila hubungi opis Shire di nomor 9162 6649.

Thomas Battcher (Pak Tama)

Environment Officer



Adopt a SPOT

Adopt-a-Spot program is a Shire initiative that engages community groups to undertake clean-ups at a site of their choice in the community whilst receiving cash rewards for every bag of rubbish collected.

The program not only provides community groups with funding assistance but also an easy way to do something simple to look after the environment and helps increase public awareness of the effects of littering and marine debris.

Sites include but are not limited to roadsides, streets, parks, trails and beaches. Participants will be provided with equipment and support.

To find out more about this great fund-raising initiative, or to register a spot for your community group, please contact the Community Development Officer at cdc@cocos.wa.gov.au or alternatively at the Home Island Shire Office on 91626649.





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

To start off September we had received 38 wonderful entries in our 2022 Photo Competition. Voting is open for locals and visitors. The photo entries can be viewed on our Facebook page or in store. Make sure to put in your vote before 30th September and remember it is one vote per person. All photo entries will be featured in our next year calendar and hoping to have it available before Christmas - an ideal Christmas present.

If you missed out on our photo competition this year, our next one is waiting for you! Follow our Facebook page for some updates and information. The photo competition will be open again around August/September so keep an eye out for it.

After so many attempts of finding dates to hold our Market Day, we eventually held it on Saturday, 3rd September. It was a busy day and a large turn out. We think the food and plants are what lured the crowd in! Mak Denzel had some delicious mouth watering dessert stall. Cheesecake, slices and smiles were on offer! Mak Iz also had a stall with delicious and delightful homemade meals. Fried Noodles, Satays, Rice with Black Pepper and the infamous Octopus Salad made an appearance at this Market Day. To top it all off, Johnny had his honey and sauces up for grabs along with beautiful plant cuttings and fresh produce.

All in all, everyone was really happy and it was a success! Thank you to all that came and supported our community and helped out before and after the Market Day. Special thanks to the Cocos Club for the trestle tables and stall holders for making it happen.



Cocos CRC





Community Update
Pulu Keeling National Park

Use of monitoring cameras on Direction Island



Wildlife monitoring cameras (with signage) will be deployed on the walking tracks on Direction Island from **Sunday 11-16 September** for feral animal monitoring.

Thank you for your cooperation

Calling all Cocos Junior Rangers!



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

Environmental games and
challenges

Thursday 29 September 8.30-2pm

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



Community Update
Pulu Keeling National Park

SAVE THE DATE

Recreational fishing permit information session

hosted by Siddiq and Trish

Saturday 29 October

1030-12pm

LOGTA training room, Home Island



Let's talk fishing permits for the upcoming Doldrums. Siddiq will show you our new **on-line fish catch return form**. Hear how your fish catch data helps track

marine health in **Pulu Keeling National Park**.

Lunch will be provided.

SIMPAN HARI BULAN NYA

Sesi penerangan permit mancing rekreasi

dijalankan oleh Siddiq dan Trish

Sabtu 29 Oktober

1030-12tengah hari

LOGTA training room, Home Island

Mari kita bicarakan permit mancing untuk cuaca teduh yang akan datang. Siddiq akan menunjukkan kepada anda **form on-line tangkapan ikan** baru kami. Dengarkan bagaimana data tangkapan ikan anda membantu mengawasi kesihatan laut di **Pulu Keeling National Park**.

Makan tengah hari akan disediakan.

Coastal planning – time to have your say!

The Australian Government has partnered with the Western Australian State Department of Planning, Lands and Heritage and the Shire of Cocos (Keeling) Islands to develop a Coastal Hazard Risk Management and Adaptation Plan (CHRMAP) to understand how the Island coastlines will be affected by ‘erosion’ and ‘inundation’ and how to manage this into the future.

The project team have just recently been on-island to start engaging – and heard so much from many people in the community already.

There is still plenty of time to get involved and help us to understand your values for how you use the coastline. Head to the project website to read more, see what the team got up to while there, look at the technical information available and do the activities.

<https://getinvolved.mysocialpinpoint.com.au/your-coastal-plan-cki>

Perancangan Pinggir Laut – saatnya untuk bersuarakan pendapat anda!

Kerajaan Australia telah bekerjasama dengan Western Australian State Department of Planning, Lands and Heritage dan Shire Pulu Cocos untuk mengembangkan Coastal Hazard Risk Management and Adaptation Plan (CHRMAP) untuk memahami bagaimana pinggir laut Pulu akan terganggu oleh ‘erosion’ dan ‘banjir’ dan bagaimana untuk menjaganya di masa hadapan.

Tim projek baru-baru ini berada di pulu untuk mulai melibatkan diri – dan sudah mendengar banyak dari orang di masyarakat.

Masih ada banyak masa untuk melibatkan diri dan membantu kami memahani nilai anda tentang cara anda menggunakan pinggir laut. Pigi di website projek untuk membaca lebih lanjut, lihat apa yang tim lakukan semasa disini, lihat maklumat teknikal yang ada dan lakukan aktiviti.

<https://getinvolved.mysocialpinpoint.com.au/your-coastal-plan-cki>



Department of
Transport

Vehicle transfer and licensing changes - Cocos (Keeling) Islands

A reminder that changes to vehicle transfer and licensing have been applied to Cocos (Keeling) Islands from September 2022.

Outstanding vehicle transfer debts or unregistered vehicles will be issued infringement notices unless the debts are paid, or the vehicle registered, or licence plates returned to the Motor Vehicle Registry (MVR).

Note: Vehicle examination fees will not be applied on Cocos (Keeling) Islands until an Authorised Examination Station (AIS) service provider has been officially appointed.

Vehicle licence transfer

If you purchase a used IOT vehicle, you will be issued a vehicle licence transfer invoice (transfer fee and vehicle licence duty).

You have 28 days to pay the invoice. Failure to pay by the due date will result in the issue of an Infringement Notice and further costs may apply.

Vehicle licence

Where payment of a Vehicle Licence and Motor Injury Insurance Policy has expired, you must either renew the licence immediately or return the number plates to the MVR within three months of the vehicle licence expiry date.

Failure to do so will result in the issue of an Infringement Notice and further costs may apply. You must not drive your vehicle if the vehicle licence is expired.

Defect notice (also known as a yellow sticker or work order)

If a Defect Notice has been placed on your vehicle you are required to either:

- fix the defects, pay for an inspection at the MVR and present the vehicle at an AIS; or
- return the number plates to the MVR.

If the number plates are not returned an Infringement Notice will be issued and further costs may apply.

How can you avoid being issued a penalty?

- Pay outstanding vehicle licence transfer fees.
- If your vehicle licence has expired less than three months and you wish to renew the licence, attend the MVR and pay the required fees.
- If the vehicle licence has expired more than three months, your vehicle will need to pass an examination before you can pay the required fees to renew the licence. You can pay for an examination at the MVR.
- If you choose not to register your expired vehicle licence, return the vehicle plates to the MVR.
- If you are unable to locate the vehicle plates, please attend the MVR and fill out a Lost/Stolen Number Plates Notification form.
- If your vehicle has been issued with a defect notice (yellow sticker), either return the vehicle plates to the MVR or have the defects fixed and arrange through the MVR to have your vehicle examined.

ANNUAL TAX RETURN



SWAN PARTNERS TAX RETURN & ACCOUNTING SERVICES

**“APPLY SWAN PARTNER’S KNOWLEDGE
and
MAXIMISE YOUR BENEFIT”**

Why Swan Partners- Tax Accountant are different to other Accountants

- We are not only your Accountant, we are also your trusted partner, who will guide and empower you in all of your financial matters.
- We will provide you with tax related advice whenever and wherever we see that there is an avenue for you to improve your financial position.
- We protect your privacy. We do not outsource your data, and we prepare and lodge your tax return at our office.
- Our lodgement service record with the ATO is above 85% on time, and as a result, we have an excellent reputation with the ATO.
- During office hours, you can contact us directly if you have any Tax or Accounting queries.
- In the previous financial year, we had a 100% success rate on our tax refunds estimated in Cocos and Christmas Island returns for all of our clients.
- We have over 20 Years of Accounting experience, so you can rest assured that you will receive professional and superior service.



19/328 Albany Highway, Victoria Park WA 6100
PO BOX 752, Victoria Park WA 6979
Phone 08 6162 9808, Mobile 0410 638 927
E-mail: Hassan@swanpartners.com.au

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, Transport, Regional Development, Communications and the Arts



GOVERNMENT OF WESTERN AUSTRALIA

Department of Water and Environmental Regulation



SHIRE OF COCOS KEELING ISLANDS



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

Blast From The Past



Direction Island in 1965 - 1967

These houses were built for the workers that worked for the Cable station on Direction Island.

Today, Direction Island plays a significant role in everyone's lives.

In 2017 the beach on Direction Island was named Cossies by Brad Farmer and won Australia's Best Beach title.

Photo Source
Cocos As It Was.

Did You Know

The Cocos CRC have been running its photo competition since 2010 and it is open to locals and visitors.

The competition is open for a month, followed up with a month of voting and the winners is announced after the votes have been counted.

Prizes for 1st, 2nd and 3rd place only but all photos will be included in next years Cocos calendar.

**Voting is now open for this years competition.
To vote, visit our Facebook page or in person.**

Cocos Malay Dictionary

WORDS

Make - Buat/Bikin
Man - orang laki-laki
Many - Banyak
Mat - Tikar
Match - Pertandingan
Meat - Daging
Milk - Susu
Minute - Minit
Mistake - Salah
Money - Duit

TO DO SOMETHING

To wipe - Menyekat
To Write - Menulis
To Draw - Melukis
To sweep - Menyapu
To throw - Menempok
To watch - menonton/menengok
To wash - mencuci
To clean - mengemas
To Cook - memasak

T

Poem

I carry your heart with me
 (I carry it in my heart) I
 am never without it
 (anywhere I go you go,
 my dear; and whatever
 is done by only me is
 your doing, my darling)

I fear no fate (for you
 are my fate, my sweet)
 I want no world
 (for beautiful you are
 my world, my true) and
 it's you are whatever a
 moon has always
 meant and whatever a
 sun will always sing to
 you

Here is the deepest
 secret nobody knows
 (Here is the root of the
 root and the bud of the
 bud and the sky of the
 sky of a tree called life;
 which grows higher
 than soul can hope or
 mind can hide) and this
 is the wonder that's
 keeping the stars apart

I carry your heart (I
 carry it in my heart)

By E. E. CUMMINGS

Fun Facts

The highest mountain of Australia is Mount Kosciuszko with 2,228 m/ 7,310 ft. This mountain is in the Great Dividing Range.

The Great Dividing Range is the longest mountain range in Australia stretching over 3,500 km/ 2,175 miles.

Uluru, previously referred to also as *Ayers Rock*, is located in the center of the country and is the largest alone standing rock in the world.

The longest river of Australia is the Murray River with 2,508 km/ 1,558 miles.

The Great Barrier Reef in Eastern Australia is the biggest coral reef system in the world. The reef consists of more than 3,000 reefs and 900 islands. The Barrier Reef is home to over 350 species of corals and over 1,500 species of fish.

Australia is the world's largest exporter of coal.

Sydney is Australia's biggest city with more than 5 million inhabitants.

Australia's largest desert is the Great Victoria Basin which covers most of Western Australia and South Australia.

New South Wales is the most populous state of Australia. 65% of the country's population live in New South Wales.

The largest state of Australia is Western Australia.



Riddles

I go all around the world, but never leave the corner. What am I?

Answer: A stamp.

You'll find me in Mercury, Earth, Mars and Jupiter, but not in Venus or Neptune. What am I?

Answer: The letter "R."

What can go up a chimney down, but can't go down a chimney up?

Answer: An umbrella. If your umbrella is "down," it can fit through a chimney, but if it's "up," it won't fit!

I make a loud sound when I'm changing. When I do change, I get bigger but weigh less. What am I?

Answer: Popcorn.

A bus driver was heading down a busy street in the city. He went past three stop signs without stopping, went the wrong way down a one-way street, and answered a message on his phone. But the bus driver didn't break any traffic laws. How?

Answer: He was walking, not driving. (This riddle adds irrelevant information to deceive the reader. You expect that since he's a bus driver, he's currently driving the bus — but it never actually says that!)



DIY

(Kids Craft)

With the athletic school carnival coming up, why not make your own cheer pom poms.

You will need:

Yellow or blue streamers or tissue paper.
 Tape
 Scissors

Tissue Paper

1. Simply make a pile of 10x A4 tissue paper or more.
2. Fold the pile in half and cut along the fold to separate them. You should have 2 piles.
3. Cut thin strips all along the length of the paper leaving a 5cm at the top uncut
4. Roll the uncut sections of tissue paper tightly to make the handles for your pom poms.
5. Cut a tape and wrap around the uncut section to secure it.

Streamers

1. Cut streamers to your desired length and remember to include 5cm for the handle (example 20cm for the pom poms and 5cm for the handle - 25cm)
2. Make 2 piles of streamers and tape one end tightly to make a handle.

Make sure to have adult supervision or assistance if finding the DIY difficult.

Make sure to bin the pom poms after use.



Cocos Resident Profile

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

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

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

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

Regards,
Cocos CRC

EXAMPLE Cocos Resident Profile Questionnaire

Name:

Kampong Name (If you have one):

Place of Birth:

Where were you living before Cocos?

What are you doing now?

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

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

Fav. sport/activity?

Fav. 3 places on Cocos?

Fav. Cocos food?

If you could change Cocos what would you do first?

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

List some of the things you are passionate about?

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

The Atoll's PULU FITNESS

Move Your Body – Move Your Mind

Exercise has so many benefits. From weight management, to decreasing blood pressure, reducing the risk of diabetes and increasing energy levels. Fitness strengthens your body, improving the quality of your island lifestyle and making everyday tasks at work and at home easier. Did you know that exercise releases feel good hormones like endorphins and serotonin that can improve your mood and your energy levels?

Being involved in regular physical activity can lead to better mental health and emotional well-being. As well as boosting your mood it can help:

- Improve concentration and alertness
- Help manage stress, depression and anxiety
- Increase your self-esteem and self confidence
- Achieve better quality sleep by getting to sleep more easily and regulating your circadian rhythm.

RU OK?

This month the Cocos Keeling Islands are promoting RU OK day throughout the month. RU OK is a harm prevention charity that encourages people to stay connected and have conversations that can help others through difficult times in their life. Just like being physically active can change your life, so too can the power of a conversation. Participating in physical activity with a friend is not only a great way to commit to fitness but you are also exercising in a supportive and encouraging environment, strengthening the connection with yourself and, also your friend. This may be a great opportunity to ask them RU OK?

How much exercise should I be doing?

Australian Guidelines recommend adults do at least 30 minutes of moderate to intensive physical activity on most or all days of the week. School aged children should aim for 60 minutes every day. If you are time poor, you can always make up the time in shorter 10–15-minute blocks throughout the day. Choose an activity that you enjoy whether it is walking, running, swimming, riding, surfing or playing a sport such as tennis, golf, rugby or volleyball. Better still, make a time and date with a friend so you can support each other in increasing your physical activity levels. Keep the commitment to your friend, your physical health and your mental health. Physical activity doesn't have to be a formal training program. It can be any activity that works your muscles and requires energy.

What activities can I do on Cocos?

For the size of our Cocos Islands there are many activities available to support your healthy lifestyle. Tennis Club, Golf Club, Yacht Club, HASH, community yoga and walking groups, group fitness, HISRA, Home Island Gym, plus the most beautiful ocean playground. It is always advisable to consult with your healthcare provider before starting any exercise program or physical activity if you have not been active, you are pregnant, older age or if you have any health conditions.

Ways to increase your weekly physical activity on Cocos:

- Join a community group
- Try a new activity
- Walk/ride into town or the ferry instead of driving
- Organise to exercise with a friend
- Beachcombing

If you are not getting the recommended amount of exercise each week but want to move your body and your mind, here is your challenge for the fortnight....

14 Day Challenge

For the people who haven't been active for an extended time:

Aim to walk/ride at least six times during the fortnight even if it is just for 10 minutes. Record your date, how long you were active for and check it off!

Week 1			Ask yourself?
Walk / Ride 1	Walk / Ride 2	Walk / Ride 3	Have I noticed any changes to my mood or diet?
Date:	Date:	Date:	
Duration:	Duration:	Duration:	
Week 2			Ask yourself?
Walk / Ride 4	Walk / Ride 5	Walk / Ride 6	Have I noticed any changes to my sleep or energy levels?
Date:	Date:	Date:	
Duration:	Duration:	Duration:	

For the people who do some exercise but would like to increase their activity levels:

Aim to engage in physical activity every day for 14 days whether it is playing sport, training with others, going for a walk or swim or even gardening. Plan and record your activity and duration and check it off!

Day 1	Completed	Day 8	Completed
Activity:		Activity:	
Duration:		Duration:	
Day 2	Completed	Day 9	Completed
Activity:		Activity:	
Duration:		Duration:	
Day 3	Completed	Day 10	Completed
Activity:		Activity:	
Duration:		Duration:	
Day 4	Completed	Day 11	Completed
Activity:		Activity:	
Duration:		Duration:	
Day 5	Completed	Day 12	Completed
Activity:		Activity:	
Duration:		Duration:	
Day 6	Completed	Day 13	Completed
Activity:		Activity:	
Duration:		Duration:	
Day 7	Completed	Day 14	Completed
Activity:		Activity:	
Duration:		Duration:	

Ask yourself?			
Was I active every day for 14 days?	Yes! CONGRATULATIONS on moving your body and your mood every day for 14 days.	OR	No – I need to increase my activity levels. No worries, stay tuned for more healthy support in the next Atoll.

"THE ATOLL" COMMUNITY NEWSLETTER

Games Page

Halaman Kemanan

Across

- 1 Shapeless mass
- 5 Close
- 9 Sound boosters
- 13 "Cry Me a ___"
- 15 Rum mixer
- 16 Tug, say
- 17 Practice piece
- 18 Reserve
- 20 Recall
- 22 Glib talk
- 23 Mouselike animal
- 24 Oriental
- 25 Rajiv's mom
- 28 ___ Domingo
- 29 Nobel-winning Danish physicist
- 31 Rivulet
- 35 "Pygmalion" playwright, for short
- 36 Miss Havisham's adoptee
- 39 Lose ___ whisker
- 40 "___ I cared!"
- 42 Perfidy
- 44 Show host
- 47 Parts of a process
- 48 More circumspect
- 51 Average
- 52 Reduced by 50 per cent
- 53 Explosive gas
- 57 Showing inventiveness and skill
- 59 Longer in the tooth
- 60 Middy
- 61 Political cartoonist Thomas
- 62 "Cool!"
- 63 Highland wear
- 64 Western writer Zane
- 65 Pair

Down

- 1 ___ Rabbit
- 2 Food label word
- 3 Egg cell
- 4 Plague
- 5 Rock accumulation
- 6 Ground breaker
- 7 Last mo.
- 8 Poisonous snake found in Australia
- 9 Accomplice
- 10 40-card gambling game
- 11 Race horse
- 12 Rear end
- 14 Self-reproach
- 19 Assign actors
- 21 Gives everything away
- 24 "Guitar Town" singer Steve
- 25 Actress Swenson
- 26 Pen points
- 27 Lucille's partner
- 28 Author Hite
- 30 Web-toed mammal
- 32 "___ your pardon?"
- 33 Orpheus's instrument
- 34 Ballads 37 Surgery tool
- 38 Artemis turned him into a stag
- 41 Passionate
- 43 Dealt with
- 45 Bearing
- 46 Yielding
- 48 Aperture
- 49 Capital of Vietnam
- 50 Star in Perseus
- 51 Blurred
- 53 Electrical overload protector
- 54 An apple ___ ...
- 55 Prefix with physical
- 56 Jab
- 58 Dory driver

1	2	3	4	5	6	7	8	9	10	11	12
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63					64				65		

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	8	2		5		7		
	5		2	4				
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		8		9		2	1	
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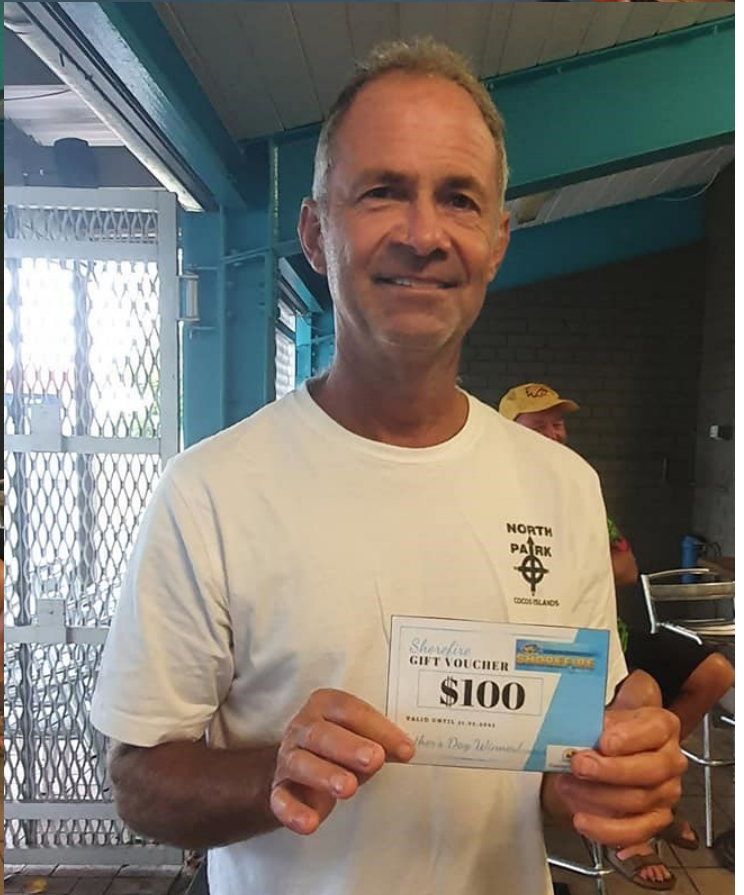
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64	63	62	61	60	59	58	57	56	55	54	53	52
65	64	63	62	61	60	59	58	57	56	55	54	53

Crossword Answer

3	4	5	6	7	8	9	10	11	12	13	14	15
6	1	3	4	2	5	9	7	8				
5	7	8	6	9	3	2	1	4	2	7		
8	9	6	5	3	1	4	2	7				
2	3	4	9	7	8	1	6	5				
7	5	1	2	4	6	3	8	9				
1	8	2	3	5	9	7	4	6				
9	6	7	8	1	4	5	3	2				
3	4	5	7	6	2	8	9	1				

Sudoku Solutions

A Cocos Moment



Fathers Day event at the Cocos Club. Congratulations to door prize winners.

Photo source: Cocos Club

Birthdays/Anniversaries/Mentions

Happy Birthday to Nanah for 16th September. Love From the Family

Happy Birthday to Iz for 17th September.

Happy Birthday to Pak Jac for 20th September. From Team Lacy

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

Cocos “Feel Good” Stories

Dear Editor,

I would like to take the time to say thanks to the community and also share my adventures and thoughts or my “very vague memories” over the last month whilst Megs and the kids have been away seeing their little Nephew Leo in Karratha, and I was living with my Dad whilst Viva were renting our house.

It started with Megs and the girls flying out, and this was the same flight that Amy’s Mum, Dad, Aunty and Uncle arrived. I am pretty sure they were just coming to meet young Jack Cassey, so I got invite to dinner to help break the ice and take the pressure of Young Jack - I am pretty good at that! Dinner was lovely. We had spaghetti bolognaise.

The next day I was at Luke’s and I must have been looking hungry and made Luke feel bad for me. Anyway, one thing led to another, and I was invited for a BBQ. I did bring some nice steaks but there was already heaps of meat, chicken satays, steak, and salads. Kelly also came as she too was also “baching” as Brad was away too.

The next night I only had cereal at home for dinner. It was Friday, so one is assuming I couldn’t work my magic, and I think everyone else had already had dinner by the time I got hungry. I think it was a full hydraulic dinner. Followed by Nutrigrain.

Now there is a bit of gap in my memory for a while. I did however go fishing so that could be partly responsible for the gap. It was where this whole thing takes a bit of turn and I have pretty much invited myself to Kelly’s for fish and chips, as I had caught a dolphin fish a little bit before. Well, when I say I, I mean Damo. I mean we all sort of helped in one or another, we all took a shot trying to get the fish in the boat. There were lots of encouraging and colour words been thrown around whilst Damo fought the fish. Anyway, enough about the fish. The picture is just there for proof that we caught it, and our gourmet fish and wedges.



Anyway, shortly after the fishing trip my face book conversation with Kell goes something like this

Me “Whats your dinner plans? Do you want to do fish and chips? I have fish and can buy spuds. Also have beer....let us know”

I mean how could someone resist the lure of some fresh Dolphin fish. So, from here it starts getting fun, well sort of and weird, funny. I was having a conversation with Kel about my previous dinner dates, adventures and I was like am going to try and have dinner/meals with as many different people as possible. So a challenge had been set. That night there were a few drinks had but luckily we had a massive hearty meal to help soak it up, and we had to work the next day. Kelly also let me watch Have You Been Paying Attention after dinner on the telly.

I was then invited to Dan and Pennies, by Dan for a roast. We had a plan to make it sound like I had just invited myself along for dinner. Comments were made at boot camp along the lines of “oh my god, Jack just popped over at 5:30 and said “I have dessert what’s for dinner.” This was not really the case as I was invited and had also offered to bring dessert. But this really got everyone at boot camp worried about me, to which I think I got an offer from Fiona, but this was a bit later and took a few more lies and tatty clothes, days with out shaving to get but it did work more on this later.

I had another dinner with Kelly and Brad, an early night with nice food. I forgot what we *had* (note from Kel, it was amazing lamb chops – Jack also forgot that we fed him for lunch too with gourmet sourdough toasties!) Brad and Kelly let me stay and watch a movie with them too.

Cocos “Feel Good” Stories

Continued....

The next day I was invited to a BBQ lunch at North Point with Jack Amy and her family. I think they just wanted to see if Jacko could cook chicken satay on a BBQ. I think he passed. There was also another lunch date provided by Amy and her family and it only cost me a boat trip across to Direction Island. Lucky the weather was pretty nice and we also managed to squeeze a fish in, although this time no fish. I guess we needed Damo. I don't remember the date but pretty sure it would have been a weekend. Big thanks to Dad for helping clean the ramp and help me launch, and Mitch to help retrieve the boat as the ramp was not so good. But let's not go there.

Another night, another invite - Amy and I were invited to Luke's for some sort lovely burrito wrappy things. Fun night.

Back to Brad and Kelly's - I was invited for a gourmet homemade pasta dinner with Jack Cassey, Amy, Mitch, Ray, Eski, and Matty Boardman. Dinner was lovely, nice chilled night.

Finally, I got a face book from Dicko saying come over for dinner. I was starting to think I had really pulled this off. I am sure this dinner date came through bootcamp, that had to be moved because we have too much fun working out and we make a bit of noise. But hey let's not go there. Anyway, I think Fiona must have been feeling sad and sorry for me one morning at boot camp. My 2-3week old beard/stubble, same old dirty boot camp clothes from previous boot camps and the fact that I probably smelt like I hadn't washed for 2 weeks had paid off. Dinner was great we had beef rendang, Paw Paw salad and a glass of red. We also had a little bit of “Crack” for dessert. You know the nurses get the good stuff. Nothing minor or major there.

Didn't have to worry about an invite this Saturday as it was the quiz night. I don't remember who won but anyway it was here that I managed finally to squeeze a few “Sour beers” out of Scotty. Not sure how, the only reason I can think of is Springy must have been away. Beers the next arvo were lovely and then this led me to dinner at Caitlin and Damos. Now, with the early beers with Scotty on the veranda in the afternoon, then a cheeky cocktail at the club with Mitch and Luke and I was in fine form for a humble Sunday roast with a cheeky glass of wine. Got a nice quiet night ready for the week ahead.

There must have been a few dinners at home between 28th until the 31st. I wasn't sure if Dad was worried about me, as I would often come home when all the lights were out after a glass of wine at another dinner. Or I wasn't sure if he had heard that I was running around town inviting myself to people's houses for dinner “scoring them” and was like “what about me?” I think I was making him tired just watching me

Anyway after a few genuinely quite nights with mostly curry, we had a Tuesday games night. Taken over by plane delays, that led to cancellation to plane been cancelled to the luck of some, and the disappointment of others. For various reasons. Dinner was finger food. With a few games and shenanigans. Again, a nice quiet early night just ask Liam.

To start off September, I had a lovely roast pork salad at Berts and Mardies. Lovely dinner with tasty homemade pie for dessert.

Father's Day, and I had a lovely Lunch at Petes house for Cats birthday, followed by the Club event with more food! Back to Pete's for Cats Birthday (more food) and it was there that I was invited to Mikes for vegie lasagne and beef curry to which I initially declined. I was SO full from a massive roast lamb and pork lunch with all the trimmings, followed up by some great finger food at the Club for Father's Day, and cheeky beer or 2. I don't think I have eaten so much in one day ever. Anyway, shortly after saying no I had changed my mind and knew I had to go to mikes for dinner. So I rocked up sort of invited but sort of not.

I guess what I had set out to do and what I found, is that despite how much fun I had (and how much food I had) is that but how lucky we all are (including me) in this small community.

People are so generous, supportive, and generally nice. I did sort of play on this a bit and did so for a reason to remind me how awesome this place is. I guess when I was at these dinners, catch ups with people you learn more about each other and its super cool. I would like to thank everyone who had me for dinner, invited me and I forgot, who didn't invite me, invited me and I/we couldn't make it due to covid etc. It opened my eyes to others who live here without their families and it's not until we stop and take the time to appreciate and listen to others and their stories, that you realise how wicked this place is.

Megs I have a few recipes for us to try when we get home and if any wants to come around when we return you are more than welcome. Thanks everyone and cheers Cocos.

Jack Clunies-Ross

Have Your Say

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

- Accurate and/or factual
- Not defamatory or inflammatory

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

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

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



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Translation fees apply

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Cocos residents have the option to register their email.

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

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<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, 23rd September 2022

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

3pm, Tuesday 20th September 2022

2022 COCOS ISLANDS COMMUNITY EVENTS

10 SEPTEMBER

R U OK? DI
Shire of CKI

8 OCTOBER

Barefoot Ball
Yacht Club

23 NOVEMBER

Shire Council Meeting
Cocos Islands CRC

16 - 17 SEPTEMBER

School Athletics Carnival
CKIDHS

14 OCTOBER

CRC 20th Birthday
Home Island

23 NOVEMBER

Year 10 Graduation
CKIDHS

21 SEPTEMBER

Volunteer Appreciation Dinner
Shire of CKI

16 OCTOBER

CRC 20th Birthday
West Island

1 DECEMBER

School Concert
CKIDHS

23 SEPTEMBER

Ardmona Cup
Cocos Club

19 OCTOBER

Get Online Morning Tea, HI
Cocos CRC

10 DECEMBER

West Island Market Day
Cocos Islands CRC

24 SEPTEMBER

AFL Grand Final
Cocos Club

19 OCTOBER

Get Online Sundowner, WI
Cocos CRC

14 DECEMBER

Shire Council Meeting
Council Chambers, HI

28 SEPTEMBER

Shire Council Meeting
Council Chambers, HI

26 OCTOBER

Shire Council Meeting
Council Chambers, HI

1 OCTOBER

Cocos Fun Run
Cocos Club

16 NOVEMBER

CRC AGM
Cocos Islands CRC

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



Cocos (K) Islands
Community Resource Centre

Your local connection

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