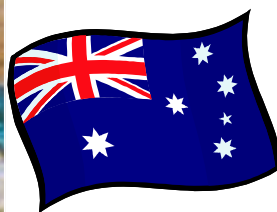




The Atoll

\$2.00

Thurs 28th May 2015 - Wed 10th Jun 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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Advertisements

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:
cocoislands@crc.net.au

Cocos Snapshots

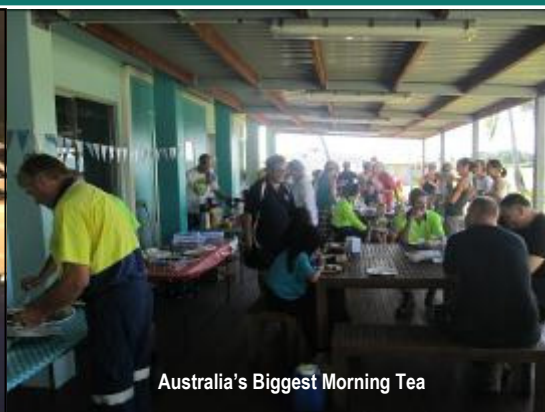


Yazid won an Award in Advantage Award for Polytechnic West Autobody Repair & Refinishing Apprentices 2015 for an Outstanding Performance.



Kaye, Di, Tully and Georgie enjoying Australia's Biggest Morning Tea!

Gambaran Cocos



Australia's Biggest Morning Tea



Minti Sedaya being carefully loaded on board, on her way to Malaysia for slippage. Photo: Shane Charlston



Photo: Roslina Zaitu



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

May Statistics
(latest up to 13 May):
51.80mm

Latest 2015 Statistics:
(latest up to 30 Apr)
844.60mm

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



LATEST WEATHER

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

AUSTRALIA'S BIGGEST MORNING TEA

What a fantastic morning, we had a terrific turn-out and the food was amazing! Again a very big thanks to the following businesses who donated food for our event:

Driftwood Café
Dory's Café
Tropica Restaurant
WICKS Café
Guri- Lah Café
Rasa Di Sayang

Also a big thanks to the Cocos Islands Golf Club who donated \$250.35 from their green fees, club hire and donations last Thursday.

We raised a massive **\$1,819.20** for the Cancer Council. The CRC will definitely be hosting this event next year!

CRC STAFF

A warm welcome to Kady Evans who has joined the CRC team, drop in on Tuesday's to say hi!

PHOTOS OF COMMUNITY EVENTS

In the past residents would drop in copies of their photos from community events and the CRC would store the photos on our server. This hasn't happened for a while, and we are really keen to get it up and running again. It's great to have a photographic history of Cocos events kept safe - so if you have any photos that you are willing to share, please drop down to the CRC.

INFO SESSIONS / MARKET DAY

June will be a busy month for the CRC, as we host a number of Info Sessions and a Market Day. Keep reading for further information on these events and please RSVP to assist with catering.

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

- 👍 To all work experience students and businesses who hosted last week.
- 👍 To everyone who supported the CRC's Australia's Biggest Morning Tea.
- 👍 To Wally and Digger for putting on a great spit on Saturday night at the Donga.
- 👍 To a Night at the Opera on Cocos!

Feel free to email your thumbs up to:
communications@cocos.wa.gov.au

Proudly supported by



Government of Western Australia
Department of Regional Development



COMMUNITY FEEDBACK ON CARETAKERS DWELLINGS

The Shire is seeking community feedback on caretakers dwellings.

There is currently two approved cater takers dwellings within the Shire, however council is seeking community submissions and comments to assist in the development of a planning policy for future caretaker dwellings.

The Cocos (Keeling) shire town planning scheme, allows council to approve caretakers dwellings on general rural zoned land subject to advertising. Changes to the R codes has allowed for an increase from 60m² to a maximum 70m² habitable space. The limitation of only 1 bedroom has also been removed.

The Shire has previously required that the *“applicant for a caretakers dwelling is to give a written undertaking that the Caretaker’s dwelling is not to be used for any other purpose than for the sole occupancy for the applicant, it shall not be sublet, or leased to any other person for any other use whatsoever. However, should the applicant intend being off island for an extended period of time, the dwelling may be occupied by another person providing approval is requested and given (in writing) by Council”* and seeks the community views on whether this restriction should be removed and / or altered and under what conditions.

The Shire also welcomes any other comments regarding caretakers dwellings that the community would like to raise for consideration in the development of the caretakers dwelling policy.

For further information, or to discuss this matter further please contact the Shire's Chief Executive Officer.

MINTA PANDANGAN MASYARAKAT BERKENAAN RUMAH JAGAAN

Masa kini ada dua rumah jagaan yang di luluskan dalam perwatasan Shire, walau bagaimanapun Konsel ingin minta pandangan dan komen dari masyarakat untuk membantu Konsel dengan developmen dan peranchangan polisi berkenaan dengan rumah jagaan.

Skim peranchangan Town Planning Shire Pulu Cocos, membenarkan Konsel untuk meluluskan rumah penjagaan di zon tanah umum luar bandar yang perlu di advertis. Perubahan dengan R code membolehkan ruang yang di huni dari 60m² sampai maximum 70m². Limit yang membataskan hanya 1 bilik tidur juga telah di dikeluarkan.

Shire sebelumnya perlukan *“pemohonan mendirikan rumah jagaan untuk menulis satu surat pengakuan janji yang rumah jagaan ini tidak di gunakan untuk tujuan lain kecuali sebagai rumah jagaan pada orang yang memohon sahaja, tidak di benarkan sewakan, atau lease kepada mana-mana pihak. Akan tetapi, sekiranya si pemohon berniat untuk tidak berada di Pulu di jangka masa yang panjang, rumah jagaan tertentu boleh di gunakan oleh pihak lain dengan meminta izin yang betulis terlebih dahulu dari Konsel”* Konsel ingin mohon pandangan dari masyarakat sama ada syarat-syarat ini perlu di dikeluarkan, ubah, atau syarat yang lain.

Shire juga bersedia terima pandangan atau komen lain yang kena mengena dengan rumah jagaan yang masyarakat ingin Konsel pertimbangkan dengan developmen dan peranchangan polisi ini.

Untuk keterangan lanjut, atau untuk membincangkan hal ini, sila hubungi Chief Executive Officer Shire.

DISPOSAL OF VEHICLES

The Shire has begun a vehicle disposal area at the West Island and Home Island Transfer Stations.

The Shire have in place an amnesty until 30 June 2015 where unwanted vehicles can be stored at either transfer stations free of charge provided that the window screens, batteries, tyres, and oils are removed and stored in their designated areas at the transfer stations.

After 30 June 2015 any vehicles stored at either transfer station will incur a fee of \$550.00.

For any assistance please contact the Shire's Manager of Works and Services, Ian Evans, on 91626649 or mobile 0406329420.

BUANGAN BEKAS KERETA

Shire sudah mulai sediakan kawasan untuk buang bekas kereta di tempat buangan sampah di West Island dan Home Island.

Shire juga mengadakan masa tempoh sampai 30hb Jun 2015 dimana kereta yang tidak lagi di perlukan boleh di simpan di tempat buangan sampah yang di sediakan tampah ada bayaran dengan syarat jendela kaca, batteri, tayar dan minyak di cabut dan letak kawasan yang di sediakan.

Selepas 30hb Jun 2015 sebarang kereta yang di simpan di tempat buangan sampah akan di kenakan bayaran sebanyak \$550.

Untuk perlu bantuan sila hubungi Manager Works & Services, Ian Evans, di 9162 6649 atau mobile 0406329420.



DIFFERENTIAL RATING 2015/2016 FINANCIAL YEAR

The Local Government Act (WA) (CKI)(s 6.36), provides that, before imposing differential general rates or a minimum payment applying to a differential rate category, a local government is to give 21 days local public notice of the intention to do so.

The Shire of Cocos (Keeling) Islands wishes to advertise its intention to adopt the following differential rates and minimum payments for each of the following rating categories in the 2015/2016 Financial year.

Undang-undang Local Government Act (WA) (CKI), (s6.36) menyatakan bahwa sebelum mengenakan general rates atau pembayaran minimum, local government harus memberi 21 hari notis memberitahu kepada masyarakat umum niat untuk melakukannya. Shire Pulu Cocos (Keeling) ingin menyiarkan tujuannya untuk menerima 'differential rates' yang berikut dan bayaran nya untuk bagian rating berikut nya pada tahun keuangan 2015/2016.

Rating Category	Rate in the Dollar	Minimum Rates
GRV General Developed	0.1012	\$980
GRV Undeveloped	0.2000	\$730
GRV Business	0.1060	\$620
GRV Holiday Accommodation	0.1485	\$1100

Written submissions, comments or queries regarding the above proposed rates should be forwarded to the Deputy Chief Executive Officer Joanne Soderlund dceo@cocos.wa.gov.au by Monday 22nd June 2015.

Memberi pandangan secara tertulis atau pertanyaan mengenai perkara tersebut diatas boleh dikemukakan kepada Deputy Chief Executive Officer Joanne Soderlund dceo@cocos.wa.gov.au sebelum Senin 22hb Jun 2015.

CAT REGISTRATION NOTICE

I, Shire Ranger (Razali Zainiel) would like to remind all local residents that anyone who owns a cat has to come to the Shire office and re-register their cats. All cats owners will be given a cat registration Form, which needs to be completed and return back to Shire office and the Shire Ranger will issue a cat registration certificate.

Cat owners will be given a cat collar and cat tags with serial number for future identification and monitoring. I would also want to remind that any cats that have not been sterilised have to report to the Shire Ranger for their cats to be sterilised.

Any concerns, please don't hesitate to email me or call me on my details provided below.

Thank you for your co-operation and understanding.

NOTIS REGISTER KUCING

Saya, Shire Ranger (Razali Zainiel) ingin ingatkan pada semua penduduk masyarakat sesiapa yang ada kucing harus datang di ofis Shire untuk register kucing-nya. Semua yang ada kucing akan di kasi form register kucing yang perlu di isi dan kembalikan di ofis Shire dan seterusnya Shire Ranger akan buat dan kasi satu sertifikat register kucing.

Tuan yang punya kucing akan di kasi rantai dan tanda kucing dengan serial number untuk pengenalan dan monitoring the masa hadapan.

Saya juga ingin ingatkan kucing yang belum lagi di steril atau sunat harus the laporkan ke Shire Ranger supaya boleh di sunat.

Sekiranya ada kekuatiran, tolong jangan segan untuk email atau talipun saya di nomor yang berikutnya.

Terima kasih atas kerja sama dan pengertian semua.



Razali Zainiel

Ranger Services

Shire of Cocos (Keeling) Islands

Po Box 1094, Cocos (Keeling) Islands, Western Australia 6799

Email: ranger@cocos.wa.gov.au

T: 08 9162 6649 F: 08 9162 6668



Office of the Administrator Indian Ocean Territories

Territory of Christmas Island

Territory of Cocos (Keeling) Islands



Barry Haase

Community Bulletin

Reference Number: A14/2015

Date: 27 May 2015

Virgin Australia – Flight Schedule Changes

As many of you may be aware from bulletins in March, the Department of Infrastructure and Regional Development has been reviewing the use and capacity of the passenger air services and the air freighter. This review has been driven by a substantial reduction in the number of passengers and volume of freight on the services since late 2014 and a corresponding increase in the underwriting costs of the air services.

I thank those community members and business representatives who took the time to provide me with their views on both the air services and specific issues, including the direction of the services, the days of operation and the times of operation.

Following consideration of these views and consultation on options with Virgin Australia, the Australian Government is reducing the frequency of air services to the Indian Ocean Territories (IOT). The Government has sought to find a balance between demand and capacity, and affordability and continuity of the air services. It has also sought to minimise any inconvenience to travellers and visitors, and importantly to maintain the budget to ensure no adverse effects on other services to the IOT.

From 1 July 2015, the following changes will take place:

- one triangulated A320 flight Perth-Christmas Island-Cocos (Keeling) Islands-Perth each week on a Tuesday;
- one triangulated A320 flight Perth-Cocos (Keeling) Islands-Christmas Island-Perth each week on a Saturday;
- a phased reduction in the weekly freight service according to the following timeline:
 - a triangulated fortnightly freight service from 1 July to 30 September 2015 (that is, two freight services per month to both islands);
 - a fortnightly freight service to Christmas Island, and this service will go to Cocos (Keeling) Islands once a month, from 1 October to 31 December 2015 (that is, two freight services per month to Christmas Island and one freight service per month to Cocos (Keeling) Islands); and
- the cost of air freight will be \$7 per kilo for goods travelling on either the passenger or freighter air services.

Office of the Administrator, PO Box 868
Christmas Island, Indian Ocean 6798
Telephone: 08 9164 7960
Facsimile: 08 9164 7961
www.infrastructure.gov.au

Page 1

The weekly freighter is being gradually reduced to minimise the impact on the community and promote the regular use of the passenger aircraft belly space for freight. The reduction in rates for freight on the passenger aircraft will ensure the timely delivery of freight on either the passenger aircraft or freighter. I am informed that the Department will consider the termination of the freight service from 1 January 2016, should the usage fall and/or underwriting costs exceed the allocated budget.

I am pleased to announce that the Government has worked with Virgin to introduce wholesale airfares for tourism packages to the IOT. I am hopeful that this will support the development of more tourism products and bring more visitors to our islands. Increased tourism will provide an economic boost and have a positive impact on the value of the underwriting costs. Under the new arrangements, Virgin will also have the capacity to initiate Code Sharing arrangements with partner airlines, potentially providing a further boost to tourism.

Medevac flights will not be affected by these changes and community members will continue to be able to access the Patient Assisted Travel Scheme where appropriate.

Virgin Australia staff will be working with any affected passengers and other stakeholders to ensure a smooth transition to the new passenger and freight schedules. For further information, please contact the Virgin Australia Customer Support Line on 13 67 89 or email iotairtravel@infrastructure.gov.au.



Barry Haase

Administrator

Indian Ocean Territories

Quote of the Day

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires. ~ William Arthur Ward

Thought for the Day

Everyone you meet is fighting a battle you know nothing about. Be kind. Always. ~ unknown

Jokes of the Week

Moving Out

A woman walked into the pet shop and told the owner she needed a rat and a couple of cockroaches.

"What do you need them for?"

"Because," said the woman, "I'm moving and my lease says that when I move out I must leave the place in the same condition as I found it!"

Lucky 4th

Two men at a racetrack were discussing their luck.

"An amazing thing happened to me last time I was here," said the first man. "It was the 4th day of the month, and it was the day of my son's 4th birthday. The address of our house is 44, and I arrived at the track at 4:44 p.m."

"I bet you put money on the 4th horse on the card," said the second man.

"Yes, I did," said the first man.

"And it won?"

"No, it came in 4th!"

A Time to Play

One evening I went to visit my elderly grandparents. When it started getting late I asked my grandfather if he had the time, as I didn't have my watch with me.

"I don't have a watch or clock around here he tells me."

"Then how do you tell the time?" I asked.

"You see that trumpet in the corner? That's how!" He picks it up, and thirty seconds later an angry neighbor shouts,

"2:30 in the morning and your playing the trumpet!"

Public Notices

Notis-notis Umum

COCOS KEELING ISLAND WOMEN'S ASSOCIATION

Many issues affecting the lives of Cocos Islanders are quite different to those on the mainland. We have needs which politicians far away in Canberra would not ever imagine, so trying to get things done in and for our unique community poses problems.

Various Administrators have had differing amounts of success, but one common comment has been, that 'they need the support of the Community behind them to add substance to their requests/suggestions' when they are put forward to the Parliament.

To get this support it was suggested by the previous Administrator that Cocos Islands form a strong 'Women's Group', similar to the one on Christmas Island. Some of our issues would be the same or similar to those on CI and when this occurs, by collaborating with the CI women, we will have a louder and stronger voice. We would like to have as many as 80% of the women on Cocos, (both islands) as members to add their support to the issues. Our first issue will focus on improving freight

By becoming a member, you have the chance to bring forward any issue that concerns you. The Committee will discuss the problem with you, see whether there is a viable solution here on island and assist you to bring the matter to the attention of the appropriate organisation. If after that process is complete and the problem still exists, the topic will be emailed to the rest of our members for their consideration, advice, ideas etc. All members will then have the choice to support you going forward, if they wish to. Members will not be forced to support issues that they do not agree with. Being a 'Member' is a free choice and supporting each issue will be the choice of each individual.

Do you have to attend meetings? Our meetings are held on Home Island once a month on the last Wednesday of each month at 4.30pm in the IOGTA Meeting Room. (Unless advised of a change) All members are welcome to attend the meetings but it is not essential. If we find, for example that an issue being raised is common to WI but not an issue for HI women, then we can move the meetings to WI while necessary. We will keep in contact with our members by email and via our Facebook Page (coming soon) Once a month you will receive a copy of the minutes of the previous meeting and we invite replies. When an issue needs further discussion or support we will send you a further notice.

Of course the issues which concern women, often affect the men on the island and we encourage all women members to discuss the issues with their male partners/friends to receive their valuable advice and comments. The reason the actual group is centred around 'women' is that some of the goals are aimed specifically at improving the life of the women on the islands.

There are 'Membership Sign-up Forms' located around the islands – WI - Cocos Islands Community Resource Centre and outside WI Supermarket; HI - on the Counter of Shamroks Supermarket. Thank you to those women who have already put their name down to become a member. Alternatively send an email including the following details to: noriw@ymail.com or avrilwhyte1@optusnet.com.au

(Name)

wish to become a member of the Cocos Keeling Islands Women's Association.

Your address _____

Email address _____ Phone Number _____ Date _____

Norian Whichello

Jan Young (Aiyasha)

Avril Whyte

Did You Know???

The Kimberley area in Western Australia produces 35% of the world's diamonds !

Cocos Malay Words

Demolish - *Rombak*
Make - *Buat / Bikin*
Fake - *Palsu*
Original - *Asli*
New - *Baru*
Old - *Lama*
Open - *Buka*
Close - *Tutup*
Promise - *Janji*
Lie - *Justak*

Public Notices

Notis-notis Umum

Legal Aid WA will be visiting Cocos Islands between the 6th and the 8th of June 2015

Annie Gray will be available for Appointments on:

Home Island on Sunday 7th of June.

West Island on Monday 8th of June.

Please contact:

Darling Elat for Home Island Appointments: 9162 6519

Annette or Jess for West Island Appointments: 9261 6277

Annie Gray while on Cocos: 0406 329 822



Australian Government
Department of Agriculture

Consultation visit to the Cocos (Keeling) Islands

Department of Agriculture representatives will be visiting the Cocos (Keeling) Islands from

Saturday 6 June 2015 until Saturday 13 June 2015

to talk to local residents and businesses about biosecurity requirements and amendments to the

Quarantine (Cocos Islands) Proclamation 2004. If you would like to arrange a meeting with the department's representatives whilst they are on the island, call the department's office on Christmas Island 08 9164 7456 or email Christmas.Island@agriculture.gov.au



Government of Western Australia
Department of Commerce

VISIT BY GREG GOAD FROM CONSUMER PROTECTION 13-20 JUNE 2015

Greg Goad from the Associations Branch would like meet any CKI residents interested in the new Associations legislation – and what it means for their club or association - or anyone that needs general consumer protection advice and assistance relating to:

- settling consumer disputes;
 - associations and charities updates;
 - retail shopping, refunds, warranties, lay-bys, advertising, internet buying etc;
 - consumer contracts for goods or services;
 - renting a home (tenant) or renting out your property (owner);
 - buying or selling a home (real estate);
 - motor vehicle and boat sales, repairs and warranties;
 - product safety for toys, nursery furniture, trampolines, cots etc; or
- scams, get-rich-quick schemes and how to avoid being tricked out of your money.

To make an appointment to meet with Greg call (08) 6552 9253, email joan.susinetti@commerce.wa.gov.au, ring him on CKI on 0406 329 825 or leave a message at the Castaway.

Did You Know???

The Kimberley area in Western Australia produces 35% of the world's diamonds!

Cocos Malay Words

Demolish - *Rombak*
 Make - *Buat / Bikin*
 Fake - *Palsu*
 Original - *Asli*
 New - *Baru*
 Old - *Lama*
 Open - *Buka*
 Close - *Tutup*
 Promise - *Janji*
 Lie - *Justak*

Public Notices

Notis-notis Umum

2015 LAGOON SWIM – INFO NIGHT



Ever wondered exactly where to put the Vaseline when preparing for an open water swim event?

This question and many more will be answered at the Cocos Club on **Friday 5th June** by Jules and Di (both seasoned lagoon stokers). We will have registration forms and lots of tips for those looking to launch their assault of Cocos' premier open water swim event.

If mouthfuls of salty water are not for you, then there are many other many ways to be a part of this exciting day! Ask us how on the night...

The Cocos Keeling Islands Tourism Association proudly hosts this iconic event, now in its 12th year!

Hang up the pots and pans; the Yacht Club are hosting a food night too – all welcome!



www.ezgowa.com.au

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Night at the Opera



Jill Sullivan

Renowned Australian Operatic Star, who recently performed in the Opera Queensland's production of La Traviata and has appeared at key venues around Australia.

Also appearing rarely seen local artist !!!

29th May at Scout Park

Starts 6pm

Tickets \$ 15.00 with canapé's and champagne/beer/soft drink - seated with programme

Or

Gold coin donation area where well behaved adults with well-behaved children can bring a chair or blanket and take in the ambiance of what promises to be an unforgettable night. Barbequed burgers available to buy.

Or

Why not bid for the Deluxe Corporate box, which will include chauffer pick up and drop off, personal valet for the duration of performance to serve you with gourmet canapé's and champagne or drinks of your choice (six person maximum) enveloped bids need to be received at the West Island Clinic(Wendy) by 12pm Thursday 28th May.

Any money raised will go to the Nepal Earthquake Disaster Fund. Tickets from Wendy/Clinic. FORMAL DRESS APPRECIATED (in line with Classy event!)



INFO SESSION

Come along to hear what the Fisheries Department has been doing on the Cocos (Keeling) Islands recently, and what they have planned for the future.

Wednesday 10th of June 2015 - 5.00pm

Pia will provide a refresher on the recreational fishing arrangements for Cocos (Keeling) Islands, and introduce Wade who will be the Indian Ocean Territories Fisheries and Marine Officer.

Pia and Wade will also be able to meet with community members for a follow up round table discussion on
Friday 12th of June at 1:00pm.

Please RSVP by no later than Wednesday 3rd June 2015.

Soft drinks and finger food will be supplied.

Plastics and the Environment

Plastics are man-made materials that come from natural resources such as oil, gas and coal (fossil fuels).

These valuable resources were formed from prehistoric plants and animals that lived hundreds of millions of years ago. These fuels won't be replaced for millions of years to come—they are called 'non-renewable' resources.

Because the resources used to make plastic take so long to form and are so valuable, it's important to think of plastic itself as a valuable resource and recycle it wherever possible. Plastic is simply too valuable to waste.

Plastic has been the most common item collected on Clean Up Australia day for almost 20 years.

When plastic becomes litter it can endanger the health of animals and sea life. We all need to take responsibility for managing plastic waste.

Plastics have only been widely used in the past 50 to 60 years so we don't know how long they will take to break down completely. What we do know, is that plastics are durable and versatile and that all plastics can be recycled. Many can be recycled again and again.

There are a number of degradable plastics including biodegradable plastics.

One common type of degradable plastic will fragment into smaller and smaller pieces when exposed to light. However, biodegradable plastics don't just fragment—they completely break down into naturally occurring compounds such as carbon and water.

More tips in next edition...



INFO SESSION

“Community Clubs – looking towards your future!”

Do you belong to an incorporated community club or association - or are you thinking about becoming incorporated?

If this sounds like your organisation there are a number of changes currently proposed to the Associations Incorporations Act that will be of interest.

Wednesday 17th June 2015 - 5.30pm

To find out more join Greg Goad from the Department of Commerce - Associations Branch of Consumer Protection and Greg McLennan from the Department of Sport and Recreation for a discussion and workshop on this, and general club administration issues.

Keep ahead of the game.

“Clubs in all their shapes and sizes are vital to the ongoing sustainability of a community”

Please RSVP by no later than Friday 5th June 2015.

Finger food and refreshments are provided.



West Island Market Day

Saturday 20th June

10.00am - 1.00pm

Community Resource Verandah

**To book your FREE table please
contact us on 9162 7707 or
email: cocosislands@crc.net.au**



Cocos (K) Islands

Community Resource Centre

your local connection

Please note: All food items must be prepared in an approved kitchen and be packed and stored appropriately. Please contact the Cocos Islands CRC or Shire of Cocos Keeling Islands for further information.

**ONLINE TRAFFIC INFRINGEMENT SCAM**

The Australian Federal Police (AFP) are warning the Cocos (Keeling) Islands community of an email scam currently circulating throughout Australia and internationally. The email purports to be from the AFP and requests payment for a bogus AFP Traffic Infringement Notice.

The AFP wishes to remind CKI residents that traffic infringement notices are issued in-person by a Police Officer, and not by email.

Members of the public who believe they have been a recipient of the fraudulent email should delete the email immediately and report it to the Australian Cyber Crime Online Reporting Network (ACORN) via <http://www.acorn.gov.au/> or to ScamWatch <http://www.scamwatch.gov.au>. For further information, please contact the Police Station on 08 9162 6600.

ELECTRICAL WORK ON COCOS

Indian Ocean Territories Power Services Electrical Inspector Phillip Shanhun visited Cocos (Keeling) Islands in February this year, in conjunction with an inspection visit by EnergySafety's Chief Electrical Inspector Harry Hills. The two Inspectors come to Cocos at least twice each year, checking on newly completed electrical work and looking out for anything electrical that is unsafe.

During their electrical safety inspections on Home Island in February, Phillip and Harry found that a local home owner, who did not have an electrician's license, had been carrying out his own electrical work. The home owner had been wiring up some lights and power points in his house. It is against West Australian laws for a person who does not have an electrician's license to do any electrical work. All electrical work on-Island must be carried out by a licensed electrician who is employed by an electrical contractor. EnergySafety will be taking some action against the home owner which could result in him being fined several thousands of dollars. Residents of Cocos are reminded that, if you need any electrical work done, it must be carried out by a licensed Electrical Contractor. There are licensed electrical contractors living on Cocos who can do this work for you.

KERJAAN LETRIK DI COCOS

Inspector Letrik Phillip Shanhun dari Indian Ocean Territories Power Services datang melawat Pulu Cocos pada bulan Februari tahun ini sekali bersama dengan Chief Inspector Letrik dari EnergySafety. Kedua Inspector ini datang melawat Pulu Cocos sekurang-kurangnya dua kali setiap tahun, untuk preksa kerjaan bahagian letrik yang di buat dan untuk preksa di mana sekiranya ada kerjaan letrik yang tak safety atau selamat. Di masa menjalankan pemeriksaannya letrik ini di Home Island pada bulan Februari, Phillip dan Harry mendapati ada seorang penduduk rumah tempatan, di mana penduduk rumah tersebut tidak mempunyai lesen letrik, telah membuat kerjaan memasang letrik di rumah nya. Penduduk rumah tersebut memasang lampu and power point di rumah nya sendiri. Sesiapa yang buat kerjaan letrik tanpa ada lesen tukang letrik adalah bertentangan dengan undang-undang West Australia. Semua kerjaan letrik di Pulu Cocos mesti di buat oleh tukang yang ada lesen letrik yang berkerja dengan contractor letrik. EnergySafety akan mengambil tindakan terhadap penduduk rumah tersebut dan ada kemungkinan penduduk tersebut boleh di denda berjumlah ribuan. Penduduk masyarakat Pulu Cocos di peringatkan, sekiranya perlu buat kerjaan letrik, mesti di buat oleh contractor letrik yang ada lesen. Di Pulu Cocos ada seorang contractor letrik yang ada lesen yang boleh buat kerjaan ini.

UPCOMING COURSES

These 1 day courses will be held at IOGTA training room on the following days. If interested please book your place by 1.00pm Friday 30th May by contacting the IOGTA office on 91626776.

Monday 1st June – WORD Basics (\$299pp)

Tuesday 2nd June – WORD Intermediate (\$299pp)

Wednesday 3rd June – EXCEL Basics (\$299pp)

Thursday 4th June – OUTLOOK Time Management (\$299pp)

Friday 5th June – OUTLOOK Essentials (\$299pp)

Further information on these courses have been included in this edition of The Atoll.



WORD NEW USERS (BASICS)

VERSIONS 2007 / 2010 / 2013

COURSE OVERVIEW



Mobile MOUSE

This course will teach attendees how to create simple but professional looking documents using the fundamental elements of Microsoft Word's text and graphic formatting features and tools. Attendees will obtain and develop skills that will facilitate quicker and simpler techniques for completing typical, simple tasks in Microsoft Word.

WHO SHOULD ATTEND THIS COURSE

Users who are new to Microsoft Word or users who want to improve their existing basic skills in Word. This course may also suit users who only require fundamental skills in Word. Emphasis is placed on the quickest and easiest ways to accomplish common simple activities in Word.

COURSE DURATION AND VENUE

- DURATION: 1 full day (9am to 4pm)
- VENUE: Onsite (your premises) or Inhouse (our premises)

MINIMUM ATTENDANCE REQUIREMENTS

- Attendees should already have fundamental keyboard skills
- Attendees should already have fundamental mouse skills
- Attendees should already have a fundamental understanding of working in a Windows environment

COURSE CONTENT AND OUTLINE

PART 1 - CREATING SIMPLE DOCUMENTS

- The Microsoft Word Interface
- Create, Open, Save and Close Documents
- Inserting and modifying text and symbols
- Cut, Copy, Paste
- Spelling and Grammar
- Using Font and Text Effects to Enhance Text
- Inserting Dates and Times
- Inserting Symbols
- Quick Ways to Highlight Text
- Creating and Modifying Paragraphs
 - Aligning paragraphs
 - Indenting paragraphs
 - Spacing between paragraphs
 - Adjusting line spacing
- Creating basic bulleted and numbered lists
- Find and Replace

PART 2 - ENTIRE DOCUMENTS

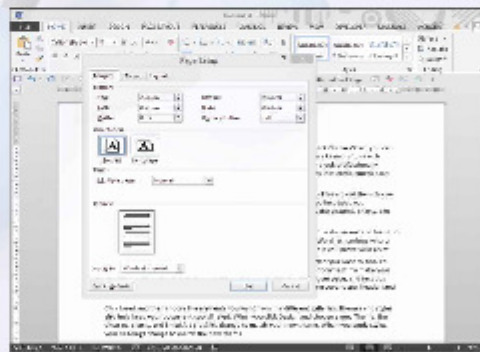
- Basic Headers and Footers
- Preparing for Print with Page Setup Options
- Using, Creating, Modifying Basic Tables
- Preview & Print Documents

PART 3 - GRAPHICS AND CHART ELEMENTS

- Inserting Pictures into Documents
- Searching for & Inserting Pictures and Clipart
- Picture wrapping and other effects
- Microsoft Drawing Tools
 - The Drawing Canvas
 - Drawing Shapes and Flowcharts
- Diagrams & Organizational Charts
- Conceptual diagrams e.g. Organizational Charts
- Creating simple charts with Microsoft graph

PART 4 - ENVELOPES AND LABELS

- Creating Envelopes
- Creating Labels
- Preview & Print Envelopes and Labels



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CONTACT US

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officeadmin@mobilemouse.com.au
(08) 9404 7041

Unit 1 - 41 Action Rd
Malaga, WA 6090
Tel : 9404 7041
mobilemouse.com.au



WORD NEW USERS (BASICS)





WORD ESSENTIALS (INTERMEDIATE)

VERSIONS 2007 / 2010 / 2013

COURSE OVERVIEW



Mobile MOUSE

This course will teach attendees how to create neat professional looking documents using this applications powerful formatting features and tools. Not only does the course focus on the correct techniques for effective and efficient document creation and formatting, attendees will also learn and develop quicker and easier ways of completing their daily tasks. Course attendees will also discover how to use Microsoft Words' Mail Merge feature effectively as well as develop an understanding of using and creating styles in Microsoft Word.

WHO SHOULD ATTEND THIS COURSE

Users who want to improve or sharpen their existing basic or intermediate skills in Word. Much emphasis is also placed on the quickest and easiest ways to accomplish activities in Word.

COURSE DURATION AND VENUE

- DURATION: 1 full day (9am to 4pm)
- VENUE: Onsite (your premises) or in house (our premises)

MINIMUM ATTENDANCE REQUIREMENTS

- Attendees should already have strong keyboard skills.
- Attendees should already have strong mouse skills.
- Attendees should already have a complete understanding of working in a Windows environment.

CERTIPORT

AUTHORIZED TESTING CENTER

COURSE CONTENT AND OUTLINE

PART 1 - CREATING DOCUMENTS

- Inserting Dates and Times
- Creating and Modifying Paragraphs
 - Aligning paragraphs
 - Indenting paragraphs
 - Spacing between paragraphs
 - Adjusting the line spacing
- Creating and Editing tabs
- Creating standard bulleted and numbered lists
- Creating multi-level bulleted and numbered lists
- Use, Create, Edit and Delete Bookmarks

PART 2 - WORKING WITH DOCUMENTS

- Headers and Footers
 - Configuring Headers and Footers
 - Managing Headers and Footers
- Creating and Modifying Columns
- Using, Creating, Modifying Tables
- Text Watermarks
- Picture Watermarks

PART 3 - GRAPHIC ELEMENTS

- Inserting Pictures into Documents
- Searching for & inserting Pictures and Clipart
- Graphic wrapping and alignment options
- Graphic effects and formatting
- Graphics within Tables

PART 4 - DOCUMENTS AND STYLE SETS

- Saving & Converting Documents
- Creating Quick Styles
- Editing Quick Styles
- Formatting a document using Styles
- Creating and Importing Style Sets

PART 5 - MAIL MERGE

- Envelopes and Labels
- Setup the Mail Merge Data Source
- Mail Merging to Letters
- Mail Merging to Labels / Envelopes
- Mail Merging to Email

ADDITIONAL SELF STUDY (MOS SPECIALIST CERTIFICATION)

- Apply different views to a document*
- Apply protection to a document**
- Manage document versions*
- Share documents**
- Microsoft Drawing Tools*
- The Drawing Canvas*
- Shapes and Flowcharts*
- SmartArt*
- Conceptual diagrams e.g. Organizational Charts*
- Charts with Microsoft Graph*
- Save a Document*
- Apply a template to a document*
- Apply and manipulate page setup settings*
- Apply themes*
- Spelling and grammar options*
- Create Endnotes and Footnotes in a document**
- Create a Table of Contents in a document**

* Covered in our Word Basics course - but self study content is provided in the student workbook.

** Covered in our Word Expert course - but self study content is provided in the student workbook.



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Malaga, WA 6090
Tel : 9404 7041
mobilmouse.com.au



WORD ESSENTIALS (INTERMEDIATE)





EXCEL BASICS (NEW USERS)

VERSIONS 2007 / 2010 / 2013

COURSE OVERVIEW



Mobile MOUSE

This course will introduce attendees that are new (or relatively new) to Excel, all of the fundamentals of the program. Users will also learn how to build a spreadsheet from scratch including the creation and alteration of formulas. Users will then learn how to format a spreadsheet using the applications various formatting features. Finally, attendees will be shown how to setup and manage Excel's various printing and page setup options.

WHO SHOULD ATTEND THIS COURSE

Users who are relatively new to Microsoft Excel and also have limited or no experience in building a spreadsheet from scratch.

COURSE DURATION AND VENUE

- DURATION: 1 full day (9am to 4pm)
- VENUE: Onsite (your premises) or Inhouse (our premises)

MINIMUM ATTENDANCE REQUIREMENTS

- Please note that this course is not intended for users new to computers.
- Attendees should already have fundamental keyboard and mouse skills.

COURSE CONTENT AND OUTLINE

PART 1 - WORKSHEET AND WORKBOOK BASICS

- The Excel Interface
- Workbook and Worksheet Views
- Building a spreadsheet from scratch
- Inserting / Deleting / Renaming Sheets
- Cells & Data
 - Highlight cells, rows, columns
 - Insert / Delete / Hide columns and rows
 - Cut, Copy & Paste
- Entering & Editing Cell Data
- Using the AutoFiller
- Formula Fundamentals
 - Multiplication, Division, Addition, Subtraction
 - AutoSUM
- Checking Spelling and other Proofing options
- Find & Replace (Data and Formatting)
- Comments

PART 2 - FORMATTING

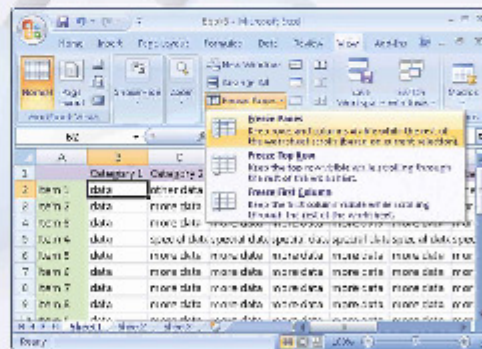
- Formatting Worksheets (Row, Cell & Column formats)
 - Numeric formats
 - Aligning, Rotating, Merging, Indents, Text Wrapping
 - Borders & Colours
 - Column Widths and Row Heights and AutoFit

PART 3 - MANAGE WORKSHEETS & WORKBOOKS

- Freeze Panes, Split Panes, Workbook Views
- Previewing, Printing & Altering Page Setups
 - Page Setup Configuration
 - Headers & Footers
 - Sheet and Print settings
 - Page Breaks
- Export workbooks (e.g. PDF, CSV, Other Formats)
- Sharing & Converting workbooks (with backstage)
- Filtering
- Sorting
- File Management

PART 4 - GRAPHICS

- Inserting, Manipulating and Formatting Graphics



WE PROVIDE (AT YOUR VENUE)

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- Perth's Best Trainers
- FRFF online support

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EXCEL BASICS (NEW USERS)







TIME MANAGEMENT WITH OUTLOOK

OUTLOOK VERSIONS 2010 / 2013

Unit 1 - 41 Action Rd
Malaga, WA 6090
Tel : 9404 7041
mobilermouse.com.au

COURSE OVERVIEW

Many of us feel that we have a fairly good grasp on our time, yet studies show that most of us feel stressed and work longer hours than we get paid. This course is designed to gain control over your daily tasks and focuses on combining highly effective and contemporary Time Management techniques with Microsoft Outlook which will assist in increasing your productivity and workday control. Think about it for a second... what typically consumes your day? It's the things you do... in other words... your Tasks!!!! This course will help you manage and organise your tasks in a highly effective fashion and is totally unlike other "old fashioned", "run of the mill" and "wishy-washy" time management courses.

WHO SHOULD ATTEND THIS COURSE
This course is designed for anyone using Microsoft Outlook on a regular basis that desires to get control over their Inbox, Task and Time Management.

COURSE DURATION AND VENUE

- DURATION: 1 full day (9am to 4pm)
- VENUE: Onsite (your premises) or Inhouse (our premises)

MINIMUM ATTENDANCE REQUIREMENTS

- Students have solid keyboard and mouse skills particularly in relation to Microsoft Outlook.
- Students have a personal desire to improve their individual management skills relating to time.



Mobile MOUSE

COURSE CONTENT AND OUTLINE

PART 1 - INTRODUCTION

- Benefits of using Outlook with an effective Time management technique
- The Power of Change
- Outlook Views and the To-Do Bar
- Making proficient use of the Message Options
- Visual Management Using Conditional formatting
- Reducing your Folder creation and filing by using Categories
- Automate repetitive steps by introducing Quick Steps
- Effective use of Signatures

PART 2 - THE TIME MANAGEMENT TECHNIQUE

- Introduction to the Time Management Technique
- Working with a prioritised To-Do List (Task List)
- Tasks vs Flagging
- Time saving using Rules
- Configuring the To-Do Bar
- Testing the To-Do Bar Configuration and Formatting

PART 3 - TASK MANAGEMENT

- Task consolidation and out of office accessibility
- Clearing the Inbox using The Four D's
- Task entry using the Task Dialog box
- Creating Tasks from Emails
- Completing, Reinstating and Deleting Tasks
- Setting Recurring Tasks
- Delegating and Tracking Tasks
- Reviewing and rescheduling the Task list
- Printing out your Task list
- Locating emails using the Filter and Search options

PART 4 - MANAGING CALENDARS & CONTACTS

- Calendar Views and Entries
- Entering and rescheduling appointments
- Appointment duplication and recurrence
- Meeting requests, scheduling and tracking
- Calendar sharing options and permissions
- Contact creation and sharing made easy
- Printing the Calendar and Contacts

OTHER OBJECTIVES OF THIS COURSE INCLUDE

- Understand the power of effective Time Management techniques using with Outlook.
- Taking control of your Tasks and place them in one area
- At a glance identify which Tasks are required and when.
- Learn to read an email once and take action
- Reduce the anxiety and stress associated with a full Inbox

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TIME MANAGEMENT WITH OUTLOOK



MICROSOFT OUTLOOK ESSENTIALS

VERSIONS 2007 / 2010 / 2013

Unit 1 - 41 Action Rd
Malaga, WA 6090
Tel : 9404 7041
mobilemouse.com.au

COURSE OVERVIEW



Mobile MOUSE

THIS COURSE IS TAILORED TOWARDS STUDENTS OBTAINING THE MICROSOFT OFFICE SPECIALIST CERTIFICATION (MOS). Students will learn how to use Outlook for managing messages, the calendar, contacts, tasks and notes. This course teaches participants how to work more efficiently in Outlook. Attendees will learn how to customise Outlook, how to use Quick Steps (2010 and 2013 only), create shortcuts, work with the calendar, contacts and tasks as well as customise messages and signatures, in addition to setting up automatic replies. Attendees will learn how to search folders, apply categories, create custom views, and create rules for organising / managing Outlook content.

WHO SHOULD ATTEND THIS COURSE

This course is designed for anyone who wants to be able to use most aspects of Microsoft Outlook proficiently. Anyone who uses Outlook on a regular basis is an ideal candidate to attend this course.

COURSE DURATION AND VENUE

- DURATION: 1 full day (9am to 4pm)
- VENUE: Onsite (your premises) or inhouse (our premises)



MINIMUM ATTENDANCE REQUIREMENTS

- Please note that this course is not intended for users who are new to computers.
- Students have fundamental keyboard and mouse skills particularly in relation to Microsoft Outlook.

COURSE CONTENT AND OUTLINE

PART 1 - EMAIL

- The Outlook Layout
- Opening and Printing Emails
- Navigating to folders
- Opening and Printing mail messages
- Creating and Sending Messages
- Message Options
 - Message importance & sensitivity
 - Requesting delivery & read receipts
 - Setting delivery options like Have replies sent to
- Forwarding and replying to messages
- Using address books
- Signatures and Attachments
- Managing and Modifying Outlook Views
- Managing Messages
 - Creating new folders
 - Moving messages between folders
 - Organizing Messages with Categories
 - Creating and Editing Message Rules
 - Colour Coding Emails based on Conditions
 - Quick Steps (Outlook 2010 / 2013 only)
 - Creating and Editing Search and Favourite Folders
- Locating Mail Messages
 - Find Feature
 - Advanced Find
 - Instant Search
- Saving Messages
- Flagging & Reminders to Incoming & Outgoing Emails

PART 2 - CONTACTS

- Creating & Managing Contacts
- Update contacts from an incoming mail
- Outlook distribution lists
- Organizing Contacts
 - Folders, categories & views
 - Sorting and locating contacts in table views
- Tracking Activities Related to Contacts

PART 3 - TASKS AND NOTES

- Creating, editing and deleting tasks
- Organizing & Viewing Tasks
- Delegating tasks to others
- Accepting / declining tasks
- Notes
- Categorizing Tasks & Notes

PART 4 - THE CALENDAR

- Managing Appointments & Events
 - Reminders
 - Creating and Accepting Meeting Invitations
 - Tracking
 - Scheduling
- Managing Automatic Formatting of the Calendar
- Categorizing Outlook Appointments
- Printing Calendars

PART 5 - OUTLOOK WITH EXCHANGE

- Out of Office Assistant
- Sharing & Accessing other users folders (e.g. Calendars)
- Shared folder user permissions
- Managing Public Folders

CERTIPORT

AUTHORIZED TESTING CENTER

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MICROSOFT OUTLOOK ESSENTIALS





Government of **Western Australia**
Department of **Fisheries**

Fish for the future

Fisheries fun facts

Under a Service Delivery Agreement with the Department of Infrastructure and Regional Development, The Department of Fisheries WA (DoF) manages commercial fishing, recreational fishing and aquaculture activities at the Indian Ocean Territories (IOTs).

Since 2006, DoF has conducted research on commercial, recreational and iconic fish species, as well as fish habitats and invertebrates. Results of this research can be found at www.fish.wa.gov.au/IOTs

DoF would like to share the research results and some *Fun Facts* on species found at the IOTs with the community. Watch this space!

Humphead maori wrasse (*Cheilinus undulatus*)

Humphead maori wrasse are known as 'Green fish' on the Cocos (Keeling) Islands. They are a large and long-lived species of wrasse that can be found on Indo-Pacific coral reefs in water ranging from 1-100m. They are very opportunistic predators, preying primarily on crustaceans, mollusks, fish and echinoderms. Humphead maori wrasse are one of the few predators of toxic animals such as the sea hare, boxfish and even crown-of-thorns starfish. They are

While the males can grow up to 2m and the females rarely exceed 1m, it is the females that can live up to 32 years old! (males live a slightly shorter 25 years). Even though the humphead maori wrasse is long-lived, it has a very slow breeding rate. Individuals become sexually mature at four to six years. Some Humphead maori wrasse change from a female to a male at about nine years old! The factors for this change are not yet known.

Humphead maori wrasse numbers have declined due to a number of threats and it is now a completely protected species in Australia.



Photo by: Frank Wasserfuehrer

Fakta Fisheries Yang Menyenangkan

Dibawa Service Delivery Agreement dengan Department of Infrastructure and Regional Development, The Department of Fisheries WA (DoF) menguruskan pemancingan 'commercial', pemancingan rekreasi dan aktiviti aquaculture di Indian Ocean Territories (IOTs).

Semenjak 2006, DoF telah menjalankan penyelidikan dalam commercial, rekreasi dan jenis ikan-ikan ikonik, termasuk tempat tinggal ikan dan invertebrates. Hasil daripada penyelidikan ini boleh didapati di www.fish.wa.gov.au/IOTs

DoF ingin berkongsi hasil penyelidikan dan beberapa "Fun Facts" berkenaan jenis-jenis yang didapati di IOTs dengan masyarakat. Jaga halaman ini!

Humphead maori wrasse (*Cheilinus undulatus*)

Humphead maori wrasse atau dikenali dengan nama 'Ikan Iju' di Pulu Cocos adalah satu spesis ikan wrasse yang besar dan boleh hidup lama boleh di dapati di perbatasan karang Indo-Pacific in perairan antara 1-100m. Ikan ini sangat berpeluang dan akan memakan jenis-jenis kepiting, siput, tiram-tiram dan sebagainya. Ikan Iju juga adalah salah satu jenis yang toksik seperti sea hare dan ikan boxfish dan jenis tiram-tiram.

Ikan Iju lelaki boleh membesar sampai 2m dan yang perempuan jarang melebihi 1m dan boleh hidup sampai 32 tahun! (Lelaki kurang lebih 25 tahun). Walaupun Ikan Iju boleh hidup sampai lama, ikan ini membuat keturunan yang sangat lama. Ikan ini memasuki dewasa pada umur empat hingga enam tahun. Separuh ikan Iju bertukar jantina dari perempuan ke lelaki pada umur Sembilan tahun! Sebab nya petukaran ini belum lagi di ketahui.

Jumlah Ikan Iju telah berkurangan di disebabkan beberapa ancaman dan di Australia adalah satu jenis yang di jaga.

Silahkan hubungi Kim Hands, Community Education Officer untuk IOTs, bila-bila masa saja di Kim.Boothman@fish.wa.gov.au atau Kerjaan: 9203 0345/Mobile: 0418 915 281.



Government of Western Australia
Department of Commerce

Associations
Incorporation Act 1987
S. 6(1)

(This form is prescribed)

Form 2

Advertisement of intended application for Incorporation

The information in this form is to be published in a newspaper that circulates in an area where the association is situated or conducts its affairs. There is no requirement to return this form to the Department. However, a copy of this published advertisement will need to accompany your application to incorporate (Form 1).

Please complete the white areas only and forward this form to the selected newspaper.

Advertisement of Intended application for Incorporation of

COCOS ISLANDS DISTRICT HIGH SCHOOL P+C

(Insert name of the association)

Notice is hereby given that:

AMBER WATERS, HSE 57, WEST ISLAND,
COCOS (KEELING) ISLANDS; SECRETARY OF
THE COCOS ISLANDS DISTRICT HIGH SCHOOL
P+C ASSOCIATION

(Insert full name, address and occupation of applicant)

being duly authorised by the above named association intends to apply to the Commissioner for Consumer Protection on or after

15/06/2015

(Insert date being at least one month but no more than three months after the publication of this notice)

for incorporation of

COCOS ISLANDS DISTRICT HIGH SCHOOL PARENTS
AND CITIZENS ASSOCIATION

(Insert name of the association)

The association is formed for the purpose of:

PROVIDING FUNDRAISING AND OTHER SUPPORT TO
ADD VALUE TO OUR STUDENTS EDUCATION, LEARNING
AND LIFE EXPERIENCES INCLUDING BUT NOT
LIMITED TO FUNDING/PART FUNDING CAMPS, SWIMMING
LESSONS, BOOKS/RESOURCES AND UNIFORM SHOP SERVICE.

(Insert main purpose)

Signed

[Signature]

Full Name:

AMBER WATERS

Associations and Charities
Registrations Section
Level 5 Westcentre,
1260 Hay Street
West Perth WA 6005

Locked Bag 14
Cloisters Square
Perth WA 6850

Tel: 1300 30 40 74
associations@commerce.wa.gov.au
www.commerce.wa.gov.au/associations



2015 AFL Broadcast Guide - Cocos Keeling Islands Time

Friday 29th May

Sydney V Carlton 7 mate 3.30pm

Saturday 30th May

Hawthorn V Gold Coast GWN 7 12.00pm

Saturday 30th May

Adelaide V Fremantle 7 mate 4.00pm

Friday 5th June

Fremantle v Richmond 7 mate 4.30 pm

Saturday 6th June

Essendon v Geelong 7 mate 3.30pm

Sunday 7th June

North Melbourne v West Coast Eagles GWN 7 11.30 am

Monday 8th June

Melbourne v Collingwood GWN 7 11.30 am

Geelong Cats v Carlton - ES 7 mate 4.00 pm

Friday 12th June

Port Adelaide v Geelong 7 mate 4.00 pm

Saturday 13th June

Gold Coast Suns v Fremantle GWN 7 10.00 am

Positive Thinking

Positive thinking is just a mind set that you must nurture like growing flowers. Water it with good thoughts, feed it some positive food and a bit of positive fertilizer and we can grow our minds to do exceptional things. When we do that anything becomes possible.

Positive people are most times happy and great to be around because they know that there is so much good in this world and they have decided to get their fair share of it.

Positive people make things happen. They don't sit around drowning in their beer and bemoaning about why they haven't got any money to go on vacation. They do positive things to make that vacation possible.

Positive people smile a lot, their relationships are stronger, they actually like themselves more because they know that they are onto something that most people miss all their lives. Life is good but you only get one chance at it.

The Health Benefits of Positive Thinking

Researchers continue to explore the effects of positive thinking and optimism on health.

Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body. It's also thought that positive and optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.

More tips in next edition...

West Island Tennis - Season 2 - 2015

Golden Orbs - Sam, Iffy, Maria, Di
 Rats - Kyle, Jason, Kylie, Hayley
 Goats - Aaron, Ash, Megs, Jo S
 Fire Ants - Jack, Ray, Jo C, Leah
 Roosters - Wicksy, Rik, Kerry, Wendy
 Land Crabs - Josh, Rohan, Denise, Ashleigh
 Booby Birds - Ian E, Mick, Jennie, Liz
 Frigates - Jamil, Matt L, Fiona, Emma

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Round 1 - 19 May	4.30pm	Goats		v	Frigates	
	5.30pm	Golden Orbs		v	Rats	
	6.30pm	Roosters		v	Land Crabs	
	7.30pm	Fire Ants		v	Booby Birds	
Round 2 - 26 May	4.30pm	Roosters		v	Golden Orbs	
	5.30pm	Land Crabs		v	Fire Ants	
	6.30pm	Goats		v	Booby Birds	
	7.30pm	Frigates			Rats	
Round 3 - 2 June	4.30pm	Fire Ants		v	Roosters	
	5.30pm	Rats		v	Booby Birds	
	6.30pm	Golden Orbs		v	Frigates	
	7.30pm	Land Crabs		v	Goats	
Round 4 - 9 June	4.30pm	Golden Orbs		v	Land Crabs	
	5.30pm	Booby Birds		v	Frigates	
	6.30pm	Rats		v	Roosters	
	7.30pm	Goats			Fire Ants	
Round 5 - 16 June	4.30pm	Rats		v	Goats	
	5.30pm	Fire Ants		v	Golden Orbs	
	6.30pm	Land Crabs		v	Frigates	
	7.30pm	Roosters		v	Booby Birds	
Round 6 - 23 June	4.30pm	Frigates		v	Fire Ants	
	5.30pm	Roosters		v	Goats	
	6.30pm	Golden Orbs		v	Booby Birds	
	7.30pm	Rats		v	Land Crabs	
Round 7 - 30 June	4.30pm	Land Crabs		v	Booby Birds	
	5.30pm	Frigates		v	Roosters	
	6.30pm	Rats		v	Fire Ants	
	7.30pm	Golden Orbs		v	Goats	

Final

7 July	5.30pm			v		
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Reserves

(M) Matt Radburn - 9162 7693
 (M) Jimmy Watters - 9162 6770
 (M) Cam Harrison
 (F) Kady Evans - 9162 6587

Notes

1. If you can't play you must get a reserve from the list due to insurance.
2. Short Deuce all games.
3. Women's and Men's are first to 6. Mixed doubles must finish on the hour.
4. If after 10 minutes from start time a team is short a forfeit will result 6-2.

Welcome to our new members. Due to increased membership this season we have 8 teams which means we have an additional time slot. This also means that we have to run through the school holidays this time.

Please make sure that at the conclusion of the last match the nets are wound down, equipment is packed away and lights are switched off. The key will need to be returned to Jimmy & Amber - they will ask someone to do this each week. Thank you - we hope you enjoy your tennis - Amber.



June 20, 2015 marks the 11th annual International Surfing Day (ISD). Each year celebrations take place across the globe in more than 30 countries featuring surf contests, barbecues, film screenings and other surf-related activities. In addition to celebrating the sport and lifestyle of surfing, participants also give back to our ocean, waves and beaches by organizing beach cleanups, habitat restoration and other acts promoting coastal protection.

Celebrate International Surfing Day
Kids surfing session 8-9.30am
Saturday 20 June at The Spot, West Island

Special guest surfers will be giving tips on technique and safety from 8am.

BYO surfboard, boogie board or simply have a body surf or swim.



For more info see
www.surfrider.org/isd
or contact Trish 9162 6799

FORTNIGHTLY OM

inspirational thoughts for a happy,
healthy and fulfilling day

WRISTS



The wrist itself is made up of 8 small carpal bones which collectively make up the carpus. These are firmly bound and provide stability and a little bit of movement. The underside (the palm side) of the carpus is slightly concave creating a channel through which tendons, nerves and ligaments pass from the forearm through to the hand - this is the Carpal Tunnel.

The carpus bones link to the ends of the forearm bones: the radius and the ulna, and the five metacarpal bones of the hand. Because of the complex range of movements the wrist and hand can perform, the joint has a crosshatching web of ligaments connecting all these bones so that there can be mobility without losing stability.

Joints stay healthy by the action of articulation - being kept mobile. This movement keeps the gel-like substance in the joint fluid. If we stop moving the joints, that gel stuff will start to harden and become more bone-like, limiting their range of motion.

The computer era means we need to make sure to keep our wrists and arms healthy. Since they are integrally linked to the rest of the body, particularly the shoulders and neck, it is good to use them, waking up those muscles, stretching and building strength. During most of our day our wrists are only in a slight angle of extension or flexion - perhaps pushing a door open is the most extreme angle we'll get into. But others have jobs which involves heavy lifting, or others practise strong wrists exercises such as tennis, yoga, surfing, among others. Demanding the wrist to bend in 90 degrees or sometimes holding all the weight of the body. This is good! It stops us losing that range of motion but it's also where we are vulnerable to injury.

So what can we do to make sure our wrists have a long and happy life?

3 tips for happy wrists: warm up, look after the alignment and build strength.

Below you will find 2 postures for achy wrists:

GORILLA POSE (PADAHASTASANA)

Come standing with your feet hips width distance apart. Bend your knees as you fold forward, bending as much as you need to firmly touch the ground with your hands. Lift your toes, and slide your hands under the soles of your feet, palms facing up, and fingers pointing toward the heels. Slide your hands all the way under until your toes can massage your wrist creases. Hold here, wiggling your toes if it feels good, for up to twenty breaths.



If you have any questions do not hesitate to ask me - Remember that there is a yoga class on West Island every Saturday at 7am at the school. Cost: by donation.

— love, peace, joy & light — olivia—

Source: www.ekhartyoga.com

WRISTS RELEASES

This can be done standing or seated. Reach your right hand out in front of you, parallel to the ground. Flex your wrists back, fingers pointing the ground, palm facing forward. Spreading your fingers wide, gently pull back on your thumb. Hold for a few breaths, continually softening your shoulders down your back and spreading the fingers of your right hand. Move on to the pointer finger, the middle finger, and so on, holding each finger for a few breaths. Your hands will want to scrunch up; don't let them! Repeat on the second side. Roll out the wrists a few times in each direction to complete the stretch.



"Do stuff. Be clenched, curious. Not waiting for inspiration's shove or society's kiss on your forehead. Pay attention. Attention is vitality. It connects you with others. It makes you eager. Stay eager"

Susan Sontag



RELICS THEFT CLAIM HITS MUSEUM

March 20, 2015 · by [Your Herald](#) · in [News](#) ·

THE WA Maritime Museum in Fremantle has been hit by claims that relics in its showcase World War I centenary exhibition are stolen property.

The once-powerful Clunies-Ross family, which owned the Cocos Islands from 1886 to 1978, has asked the museum to hand over the artefacts, which were loaned to the museum by the von Mücke family in Germany.

The Clunies-Ross family has reported the items as stolen to the Australian Federal Police—which has jurisdiction over the Cocos Islands—and is considering taking legal action.

The family contacted the German high commission but say the claim was not taken seriously.

The contested artefacts form part of the exhibition *The Last Gentlemen of War*, which commemorates the centenary of the Battle of Cocos. The Australian navy's first sea battle saw HMAS *Sydney* defeat the German light cruiser *Emden*.

Included in the display are a ship's wheel, book, sextant, light and ruler from the Clunies-Ross' schooner *Ayesha*, which the museum's display notes acknowledge had been "stolen" by German sailors fleeing the aftermath of the battle.

John Clunies-Ross, who still lives on the islands where he's a local councillor, told the *Herald* he'd only recently become aware any relics had survived.

"When the German high commission visited Cocos Islands in November 2014 and presented a lifebuoy from the *Ayesha* to the Cocos community, I was intrigued," he said.

He contacted relatives of the *Emden*'s crew and discovered that after the war, a crate of material from the *Ayesha* had been anonymously delivered to Hellmuth von Mücke, the lieutenant who'd led a landing party onto the islands: Leutnant von Mücke and 54 sailors had been sent ashore to destroy a wireless station but were marooned when the *Sydney* sailed over the horizon and blasted the *Emden* onto a reef.

von Mücke repaired the leaky *Ayesha* and the crew's six-month voyage home, including a desert march and attacks by hostile Bedouin tribes, became the stuff of German legend. Along the way they scuttled the boat and a crate of material was confiscated by authorities in Constantinople (Istanbul) until its mysterious arrival in Germany.

Mr Clunies-Ross says after discovering this information, he called his father (John Snr), who lives in Perth. Clunies-Ross senior, the last of the clan to hold the self-proclaimed title "King of the Cocos Islands" visited the Fremantle exhibition.

"He instructed me to 'do what was necessary' to regain ownership of our family's historic articles," Mr Clunies-Ross Jr says.

He reported the matter to the AFP and was advised he would have to launch civil proceedings.

The family has legal advice the commandeering of the *Ayesha* was an act of war and therefore beyond the courts' jurisdiction, but the taking of personal items was looting.

Des Griffin, the Gerard Krefft Memorial Fellow at the Australian Museum and one of the nation's foremost experts in repatriating cultural material, agrees.

"If there's an acknowledgement that it was stolen, and that it was the Clunies-Ross' boat, it seems to be likely that the claim would stand," Dr Griffin said.

He says there are similarities with the return of Nazi loot, where claimants merely have to show they have "good title" for the material to be returned. Dr Griffin says it could end up a lawyers' picnic and the WA Maritime Museum will have to think carefully about how it responds to the claim, particularly in light of the National Gallery of Australia's humiliating return of an 11th century Indian idol last year, which was found to have been plundered by a thief.



Above: Keryn and Kath Dawes check out the contested Ayesha relics at the WA Maritime Museum. A board member of the Edithburgh Museum in South Australia, Mr Dawes grimaced in anticipation of the lawyers' paradise the Clunies-Ross claim may create. *Photo by Steve Grant.*

WA Museum CEO Alec Coles says the organisation has received a call from Michael Hender, a Perth businessman representing the Clunies-Ross family, but it would need a formal request to progress the matter.

"[Mr Hender] neither specified the items to which they were referring, nor did [he] provide detailed information about the circumstances under which those items might have been obtained," Mr Coles told the *Herald*.

"Should the museum receive a formal request detailing those items which may be disputed and the basis of that disputation, it would of course consider it with due respect to the interests of all the parties concerned."

by STEVE GRANT

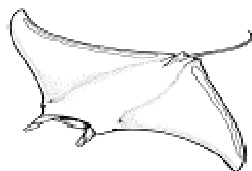


XLIX 2015 COCOS OLYMPICS ARE COMING!

We are on Facebook, search for "Cocos Olympics"

Keep your eye out for team lists and shirt orders soon.

MANTAS



MORAYS



Crossword



ACROSS

1. Secret agent (slang)
6. Incline
10. Not under
14. Stage between egg and pupa
15. A long way off
16. Sheltered spot
17. Canker sore
18. French cheese
19. Dash
20. Emissions
22. Litter's littlest
23. Child
24. Cut wood
26. Half-diameter
30. Alcoholic
32. Coral island
33. Assessed
37. Gangster's gal
38. Wash out with a solvent
39. Bloody
40. Utters with a spitting sound
42. Meat cut
43. Gloss
44. Main course
45. Nymph chaser
47. Consumed food
48. Prod
49. Pronounced
56. Greek letter
57. Angers
58. Unwind
59. Part of a plant
60. Blue-green
61. Wear away
62. If not
63. Oxen's harness
64. Showers with love

DOWN

1. Swing around
2. Inside of your hand
3. Killer whale
4. Baking appliance
5. A breed of sheep
6. Fanatical
7. Hairdo
8. Principal
9. Coerce
10. Obese
11. Worth
12. African antelope
13. Lease
21. "___ the season to be jolly"
25. An Old Testament king
26. Adult male sheep
27. At the peak of
28. A girl's toy
29. Depict
30. Reject
31. Chooses
33. Away from the wind
34. Fly high
35. Sea eagle
36. Dam
38. Forever
41. Your (archaic)
42. Smiled contemptuously
44. And so forth
45. Thread holder
46. Cars
47. Passageway
48. "Your majesty"
50. Chocolate cookie
51. Heavy, durable furniture wood
52. Relating to aircraft
53. Smudge
54. Stow, as cargo
55. X X X X

Brainteaser Central!

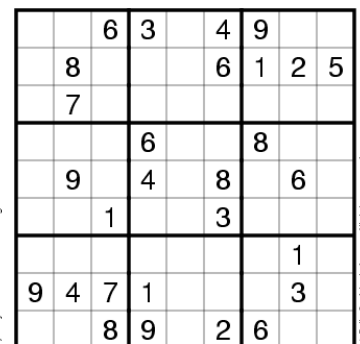
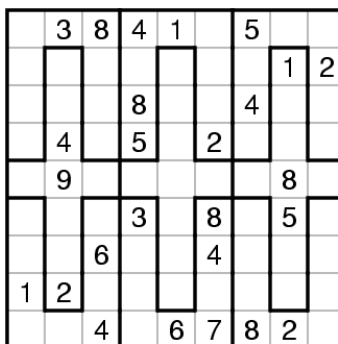
I am a three digit number.
My tens digit is five more than
my ones digit.
My hundreds digit is eight less
than my tens digit.
What number am I?

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.



Crossword Solutions

Sudoku Solutions

Printed: Thursday 28th May 2015

Brainteaser Answer

Page 28



The Cocos Islands Community came together on Thursday 21st May to raise money at the CRC's "Australia's Biggest Morning Tea".. A total of \$1,819.20 was raised!

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

Happy Birthday to "Softy" (Matt R) for Friday 29th May

Happy Birthday to Judy Nelson for Tuesday 2nd June

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
A Night at the Opera	29/05/2015	Contact Wendy
Legal Aid Visit	06/06/2015—08/06/2015	
Picnic in the Park	07/06/2015	Cocos Club
Information Session - Fisheries Department	10/06/2015	Cocos Islands Community Resource Centre
Round Table Discussion - Fisheries Department	12/06/2015	Cocos Islands Community Resource Centre
Information Session - the Incorporations Act and Strength and Conditioning Workshops	17/06/2015	Cocos Islands Community Resource Centre
West Island Market Day	20/06/2015	Cocos Islands Community Resource Centre
Shire Council Meeting	24/06/2015	Shire of Cocos Islands
Eyecare Team arrives on Cocos	13/07/2015	Indian Ocean Territories Health Service
Members BBQ	15/07/2015	Cocos Club
Hari Raya Puasa	17/07/2015	Public Holiday
Scroungers—Coconut Theme fancy dress	23/07/2015	Cocos Islands Golf Club
Kids Movie Night	24/07/2015	Cocos Club
Shire Council Meeting	29/07/2015	Shire of Cocos Islands
Night Golf	14/08/2015	Cocos Islands Golf Club
Shire Council Meeting	26/08/2015	Shire of Cocos Islands
Pink Scroungers, Cancer Council Fundraiser	27/08/2015	Cocos Islands Golf Club
West Island Market Day	12/09/2015	Cocos Islands Community Resource Centre
Shire Council Meeting	23/09/2015	Shire of Cocos Islands
Hari Raya Haji	24/09/2015	Public Holiday
AFL Grand Final	26/09/2015	To be confirmed
West Fest	26/09/2015	Cocos Club
Scroungers - Footy Colours	1/10/2015	Cocos Islands Golf Club
Cocos Olympics	09/10/2015 - 17/10/2015	Cocos Club
Corporate Golf Day	07/10/2015	Cocos Islands Golf Club



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 11th Jun 2015

1:00pm Tuesday 9th Jun 2015

Cocos Snapshots 2...

Gambaran Cocos 2...



"The Atoll"

August Edition 2

"Keep Cocos Clean" Poster Competition

Congratulations to the following winners of the Keep Cocos Clean Poster Competition and many thanks to the school for assisting with the entries.

Judging at both West Island and Home Island Campus was carried out by one of the teachers and Melinda Lyman from the Shire. Winners were awarded a small prize for their efforts and were handed out at the school assemblies.

There were some exceptionally good entries with a couple that are very colourful and should aid in the campaign to "Keep Cocos Clean".

Home Island Campus

Kindergarten / Pre-Primary	1 st	Azka Osman, Shaniyah Zakaria, Siddiq Juljail
	2 nd	Daud Hj Radzi, Shari Grant, Safinah Azah
Year 1 / 2	Whole Class Prize	
Year 3 / 4	1 st	Wini-Jemima Allan
	2 nd	Saifia HJ Zaitol
Year 5 / 6	1 st	Fadulah Belmut
	2 nd	Ainul Hakim

West Island Campus

Pre-Primary / Year 1 / 2	Whole Class Prize	
Year 3 / 4 / 5 / 6	1 st	Emmimah Noor
	2 nd	Kaitlin Howitt
Year 7	1 st	Nurulizzati Woren
	2 nd	Nakia Dolman
Year 8	1 st	Justica Vermeeren
	2 nd	Azmia Amnoor
Year 9 / 10	1 st	Jasmin Jasem
	2 nd	Nur-Arshah Karlsen

The winning posters will be made into signs and placed around the community to encourage everyone to "Keep Cocos Clean".

Community Newsletter

As advised previously, Shire Council, IOGTA and Telecentre are working together towards expanding "The Atoll" newsletter.

It is proposed that the newsletter be distributed on a fortnightly basis and that it comprise community, shire, government and other agency news.

All notices, news articles and advertisements are to be forwarded to the Telecentre and have to be submitted by COB on Tuesday 13th September 2005 and every 2nd Tuesday thereafter. It is imperative that all news articles be received on time to meet a timely distribution to the community.

Cost rates for A4 paper articles are as follows:

\$10 - quarter page
\$25 - half page
\$50 - full page


The above costs includes the formatting, translations, and postage of articles once incorporated into The Atoll which equates to pretty good value.

The project is in its initial stage with the first edition of the Community Newsletter to be disseminated on 15th September.

Should there be any queries in relation to this matter, please do not hesitate to contact Isa at the Shire office on 91626649, Laurie Vermeeren at the Telecentre on 91627707 and Aindil at the IOGTA on 91626776.

A snapshot of one of our first editions of The Atoll, from August 2005.

We've come a long way and our advertising rates haven't changed in 10 years!



Contact for The Atoll:
Mohammed Isa Minkom

Email:
communications@cocos.wa.gov.au

Telephone:
(08) 9162 6649

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.