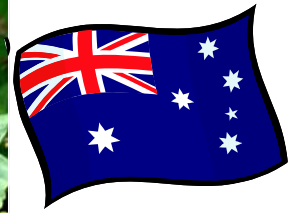




\$2.00

The Atoll

Thurs 4th Aug 2016 - Wed 17th Aug 2016



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:
cocosislands@crc.net.au

Cocos Snapshots

Gambaran Cocos



The Shire sandbaggers prepping for their next project on WI...



Look out pro circuit....here comes Kimmy Soderlund!



The Shire farewelled Bat Bynie (Nek Emma) during its EOFY function.
Nek Emma have retired after 22yrs of employment.





Position Vacant
Casual Youth Officer
(12 months position)

The Shire of Cocos (Keeling) Islands is seeking applications for the position of a Casual Youth Officer.

We are seeking a reliable person who has an interest in organising and running the Shire's after school, and school holiday activities for 5 – 15 year olds. The Casual Youth Officer will need to be available most days after school, and for school holiday periods. Approximately 15 hours per week is being offered.

To obtain any further information regarding this position please contact the Chief Executive Officer, Aaron Bowman, on 9162 6649 or email ceo@cocos.wa.gov.au.

Applications to be received by 12noon on Monday 8th August 2016 should be addressed to:

Chief Executive Officer
 Shire of Cocos (Keeling) Islands
 PO Box 1094
 COCOS (KEELING) ISLANDS WA 6799

Applications may be posted, faxed, emailed or submitted by hand to the Home Island Shire Administration Office.



Towards Zero Waste is a Shire initiative which encourages and assists residents and businesses in Cocos Islands to recycle, reduce their rubbish and buy more recycled products.

The 3 R's – Reduce, Reuse and Recycle – are a simple way to rethink the things that you no longer need and make a difference today!

The Shire of Cocos (Keeling) Islands will putting a lot of emphasis on this initiative in future editions of the Atoll to improve education and awareness on how you, as an individual, or business, can do your part in making a positive change in the community for the benefit of the islands.

Towards Zero Waste adalah usaha Shire yang menggalakkan dan membantu penduduk dan bisnis-bisnis di Pulu Cocos untuk recycle, mengurangkan sampah mereka dan membeli lebih barang-barang yang telah di recycle.

3 R's – Reduce, Reuse and Recycle – adalah cara yang senang untuk mimikir kembali barang-barang yang kamu tidak lagi memerlukan dan membuat pembezaan hari ini!

Shire of Cocos (Keeling) Islands akan meletakkan ketegasan dalam usaha ini dalam edisi Atoll dimasa hadapan untuk memperbaiki pengetahuan dan pengawasan tentang bagaimana kamu, sebagai individu, atau bisnis, boleh bertindak dalam cara petukaran positif dalam masyarakat untuk manfaat pulu.

Rainfall Stats

July Statistics
 (latest up to 31 Jul):
46.40 mm

Latest 2016 Statistics:
 (latest up to 3 Aug)
1834.00 mm



LATEST WEATHER

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

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 the volunteers who turned up to plan a tree on National Tree Day.

Feel free to email your thumbs up to:

communications@cocos.wa.gov.au



National Disability Scheme rollout – don't forget your consumer rights

People with a disability can sometimes feel they lack a voice, but that's certainly not the case when it comes to consumer protection. Don't be afraid to speak up loud and clear if you think you have a problem with a product or service that helps you manage things more easily on Cocos.

Remember items purchased under the new National Disability Insurance Scheme (NDIS) are covered. This includes internet plans, physical therapy and any changes required to your home. It doesn't matter if you pay for the good or service yourself, through the NDIS or through a disability support service generally – your consumer rights remain the same.

Want more information? Contact us at Consumer Protection on 1300 304054 or email consumer@commerce.wa.gov.au. We have information booklets that might help too.

- Your consumer rights – a guide for consumers with a disability;
- Easy English Guide – designed for people who have difficulty reading and understanding written information; and a
- Factsheet which includes a snapshot of legal rights.

For a copy of any of these visit www.acc.gov.au/disabilityresources or take a look at a short video found at commerce.wa.gov/consumer.

For regular updates on consumer protection issues that might be of interest why not visit the IOT Facebook page at <https://www.facebook.com/consumerIOT>. Don't forget to send me an email at joan.susinetti@commerce.wa.gov.au if you'd like me to look into any issue you, your friends or family are concerned about.

Persediaan National Disability Scheme – jangan lupa hak kamu sebagai pengguna

Orang-orang dengan kecacatan mungkin boleh kadang-kadang merasa mereka kekurangan suara, tetapi ia bukan sedemikian bila berkenaan dengan consumer protection. Jangan takut untuk bersuara dengan jelas jika kamu ada masalah dengan produk atau servis yang membantukan kamu mengurus sesuatu dengan lebih senang di Cocos.

Ingat, barang-barang yang dibeli dibawa National Disability Insurance Scheme (NDIS) yang baru akan ditutupi. Ini termasuk plan internet, therapy fizikal dan petukaran lain yang diperlukan dirumah kamu. Ia tidak kesah kalau kamu membayar barang atau servis sendiri, melalui NDIS atau servis sokongan kecacatan - hak pengguna kamu tetap sama.

Mahukan keterangan lagi? Hubungi kami di Consumer Protection di 1300 304054 atau email consumer@commerce.wa.gov.au. Kita ada buku-buku keterangan yang mungkin boleh membantu juga.

- Hak pengguna kamu – sebuah panduan untuk pengguna dengan kecacatan;
- Easy English Guide - dibuat khas untuk orang-orang yang berkesusahan membaca dan memahami keterangan tertulis; dan
- Surat fakta yang termasuk ringkasan hak menurut undang-undang.

Untuk salinan semua ini silah lawati www.acc.gov.au/disabilityresources atau lihat video pendek kamu di commerce.wa.gov/consumer.

Untuk berita terkini berkenaan consumer protection yang mungkin jadi keminatan kamu silahkan melawati halaman Facebook IOT di <https://www.facebook.com/consumerIOT>. Jangan lupa untuk mengantar saya email di joan.susinetti@commerce.wa.gov.au kalau kamu mau saya memeriksakan perkara-perkara yang kamu, kawan kamu atau keluarga kamu mau yang menjadi kekuatan.

General Tips

Every little bit is a step to help save the earth. Can also save you money too.

Change to Fluorescent Bulbs - If every house in the US changed all of the light bulbs in their house, that would be equivalent to taking one million cars off the streets.

Don't Rinse - Skip rinsing your plates before putting them into the dishwasher. In average you will save 15 gallons of water per load. Plus, you will save time.

Hang Outside to Dry - Get a cloths line or rack to dry your clothes.

Turn off computers at night - you will save an average of 4cents/day = \$14.60 a year.

Use Both Sides of Paper - You will save half of the amount of paper.

Get rid of baths - You will in average save about half the amount of water that you would if you were taking a bath.

Don't get bottled water - Instead of bottled water get a reusable container to carry water.

Turn the water off when you brush - You will save 4 gallons of water doing this alone.

Shorten your shower - Every minute you cut from your shower is roughly 5 gallons of water.

Recycle Glass - If you do not recycle this, it will take a million years to decompose.

Don't Pre-Heat the Oven - unless needed, just turn the oven on after you put the dish in it.

Use Warm or Cold Setting on Washer - instead of the hot cycle use the warm or cold setting. This will save a lot of energy a year.

Turn Down your Thermostat - Every degree lower in the winter or higher in the summer you put it is a 10% decrease on your energy bill.

Turn off your lights - The benefits are obvious.

Get rid of junk mail - It will lead to a lot less trees being cut down to take up room in your mailbox.

Use Matches instead of lighters - You can use the cardboard matches which are much more eco-friendly because they are made of recycled material.

Don't get a paper phone book - Use a online directory instead.

Give things away - Take things that you are not going to wear or use and give it to a charity or someone who will use it.

Go to a car wash - Going to a car wash is a lot more water efficient then washing your car at home.

More tips in next edition...

Quote of the Day

"The whole purpose of education is to turn mirrors into windows." - Sydney J Harris

Thought for the Day

"There is no such thing as a failed experiment, only experiments with unexpected outcomes." - Richard Buckminster Fuller

Jokes of the Week

Diamonds

After she woke up, a woman told her husband,

"I just had a dream that you gave me the most beautiful diamond necklace. What do you think it means?"

"You'll know tonight." he said with a smile.

The woman could hardly think of anything else all day and she couldn't wait for her husband to return home.

That evening, the man finally came home with a small package and gave it to his wife.

Delighted, she opened it excitedly to find a book entitled...

"The Meaning of Dreams"

Stolen Car

A drunk phoned the police to report that thieves had broken in to his car.

"They've stolen the dashboard, steering wheel, break pedal, even the accelerator," he cried out.

However, before the police investigation could get under way the phone rang a second time, with the same voice came over the line. "Never mind," said the drunk with a hiccup, "I got in the backseat by mistake."

Abbott Solutions



Income Tax Return Time !

Cedric Ngadze will be visiting Cocos (Keeling) Islands from 6th August 2016 to 20th August 2016

Cedric will be on Island to prepare 2016 and earlier Tax Returns and attend to business clients at Cocos Beach Motel on West Island, and at House number 61 on Home Island.

Cedric's itinerary is as follows:

Saturday 6th August 2016 to Monday 15th August 2016

Tuesday 16th August 2016 to Saturday 20th August 2016

Cedric can be contacted while on Islands on **0406 329 368**. If you wish to make an appointment prior to Cedric's visit, please call Darling on 9162 6519.

Discounts apply for pensioners and the unemployed. A checklist of the information we require to prepare your Income Tax Return is available at our website www.abbottsolutions.com.au under "Tools & Resources".

I look forward to seeing you
CEDRIC NGADZE

ACCOUNTANT, ABBOTT SOLUTIONS

Perth p. 08 6165 4000 | e. info@abbottsolutions.com.au | w. www.abbottsolutions.com.au

Did You Know???

Australia is moving 7cm north every year! It is the fastest moving continental landmass in the world.

Cocos Malay Words

Land - *Tanah*
Ocean / Sea - *Lautan*
Sky - *Awan-awanan*
Wind - *Angin*
Rain - *Hujan*
Cyclone - *Ribut*
Flood - *Becek*
Cloud - *Megah*
Rainbow - *Pelanggi*
Sun - *Matahari*
Moon - *Bulan*

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BAD BOY
OFF ROAD

OFF-ROAD 2WD AND 4WD

Cocos Keeling Islands Tourism Association

2016

Annual General Meeting



Notice is hereby given that the Annual General Meeting of the Cocos Keeling Islands Tourism Association will be held on **Wednesday, 10th August 2016 at 5.00pm** in the Conference Room, Administration Building, West Island, Cocos Keeling Islands.

Meeting format as below:

- Meeting Open
- Present/Apologies
- Minutes of last AGM
- Business arising from previous AGM Minutes
- Presentation and adoption of reports by Chairperson and staff
- Adoption of annual financial report
- Election of Committee -
 - Chairperson
 - Vice Chairperson
 - Committee members (maximum of five)
- General Business
- Meeting Closed

All committee positions will be declared vacant and nominations for these positions must be received in writing by **Monday 8th August 2016**. A nomination form is available from the Cocos Keeling Islands Tourism Association.

If you are unable to attend the AGM in person, you may nominate another member of the association to vote on your behalf by completing a proxy nomination form. This form is also available from the Cocos Keeling Islands Tourism Association. Your nominated proxy will need to be a financial member of the Cocos Keeling Islands Tourism Association.

For further information, please contact the Cocos Keeling Islands Tourism Association, info@cocoskeelingislands.com.au or by telephone on 08 9162 6790.

Make it yours.



Christmas Island Office
Old Tech School Murray Road Poon Saan
PO Box 457
Christmas Island WA 6798
Tel: (08) 9164 7220 Fax: (08) 9164 7129

Cocos (Keeling) Islands
Office 6, 225 Jalan Bunga Mawar
PO Box 105 Home Island
Cocos (Keeling) Island WA 6799
Tel: (08) 9162 6776 Fax: (08) 9162 6775

DO YOU HAVE ANY UNUSED CLOTHING, SCRAPS OF MATERIAL, CURTAINS THAT YOU NO LONGER USE?



**DON'T THROW THEM AWAY!!!
THESE ITEMS ARE URGENTLY
NEEDED!**

Be kinder to the environment.

Donate them to IOGTA on Home Island and we will upcycle them into more fabulous things!



For further enquiries please contact Asma at IOGTA on 08 91626776 or at:

asma@training.edu.cc

Siapa-siapa yang ada baju-baju, kain, kepingan cita, atau kain jendela yang tidak lagi digunakan atau yang hendak dibuang, tulung jangan disia-siakan. Bawak kepada IOGTA supaya kami dapat menggunakannya dalam projek-projek kami.

Terima Kasih, Mak Indra.

Reptile Survey on Cocos



Above: The blue-tailed skink.

Between the 6th and 13th of August, three representatives from the Taronga Conservation Society Australia and a representative from Christmas Island National Park will be on Cocos surveying and collecting samples from the six introduced reptiles species found on Cocos. The purpose of their work will be to assess the prevalence, diversity and severity of reptile disease on Cocos, but don't worry none of these pose any risk to humans or any other animals on Cocos! The results of this work will help build on work already done in 2014 to assess island suitability and for impacts caused by translocation of the blue-tailed skink from Christmas Island to one or more of the islands on the southern atoll.

The blue-tailed skink is one of three reptile species endemic to Christmas Island that are likely to have become extinct in the wild since 2010. Fortunately we have been able to save this species and the Lister's gecko from extinction by starting a captive breeding program. Now the only place you will see the blue-tailed skink is in captivity on Christmas Island and at Taronga Zoo (in Sydney) who have been helping us with the management of this program. It has been highly successful - we started with 66 blue-tailed skinks in 2010 and now we have over 1000!



Our long term goal is to have the reptiles back in the wild on Christmas Island again. In 2017 a PhD project will begin looking into the reintroduction and assisted migration of Christmas Island reptiles. Combined with other studies this PhD will look into how we can mitigate the things that caused their extinction in the wild and re-release them into Christmas Island National Park. If this fails the best chance for their long term survival is translocation and Cocos is probably the best location! The recent reintroduction of the Cocos buff-banded rail to the southern atoll is the perfect example of translocation success.



Above : The enclosures for reptile captive breeding.

Our work over the week will mostly be at night and take us to the outlying islands, but we will also be visible around settled areas wearing head torches and leaping at geckos that are stuck to building walls. Please feel free to say hi if you see us!

For more information please contact Parks Australia on Christmas Island on 91648700 or the Cocos Keeling Islands on 9162 6678.





LEGAL AID
WESTERN AUSTRALIA

Family law property settlement II – how does the Family Court approach a property settlement if it is asked to make a decision?

These are short articles about legal issues that may interest you. They are not legal advice. You should always get individual legal advice for your situation.

This article will deal with how the Family Court approaches property settlement (the law it applies) if it is asked to make a decision because you and your ex-partner cannot reach an agreement. You need to remember from the first article that the Family Court can deal with de facto marriage property settlements too, provided that they fit certain criteria.

The Court approaches property settlement in a 4 step manner. This is the law about property settlement. If you are able to reach an agreement with your ex-partner about your property settlement, your agreement should reflect the law and principles applied by the Family Court.

The first step is to identify the net property of the relationship. The property is called “the pool of assets”.

The property can be real estate, money in the bank, furniture, shares, interests in companies or businesses, a compensation pay-out which has already been paid, vehicles, boats, caravans, household chattels, tools of trade and other things. It does not matter if the property is only registered in one person’s name. The relevant value of the property is when you agree on your property settlement, or at the trial if you cannot agree.

The pool of assets is the assets minus the debts. The debts can be things such as mortgage/s, credit card debts, loans, personal debts and hire purchase agreements. It does not matter if the debt is only in one person’s name.

In formal marriage relationships, the superannuation of you and your spouse is treated as an asset of the marriage. In de facto relationships, the superannuation of each party is treated as a financial resource of that party – so is taken into account in the third step.

The next step is to consider the contributions of each party to the marriage. These are both financial and non-financial contributions. Examples of financial contributions are wages and inheritances and property previously owned and brought into the relationship.

Examples of non-financial contributions include improving (eg renovations) or maintaining the property, or helping in a business (eg book-keeping for the family business). Another example is the contribution to the welfare of the family such as by being a home-maker or parent.

The third step is for the Court to consider the future needs of each person before it makes a determination as to the division of property. These are called the s75 (2) factors.

The future needs are matters such as:

- the future earning capacity of each of you
- each party’s future financial resources (eg the superannuation of each of you in the case of a de facto marriage, inheritances)
- the eligibility for pensions or benefits
- the health and ages of each of you
- whether you or the other person have children in your care, or are responsible for supporting someone else
- the length of the relationship
- if either of you is living with another person, the financial circumstances of that (eg a new partner who is financially supporting you)
- what is a reasonable standard of living for each of you
- if one of you has contributed to the earning capacity of the other person (an example might be where a husband has financially supported a wife through a medical degree and she is now able to earn a considerable amount)
- any other matter thought to be relevant by the Court

So for example, if one of you has greater future needs, or less financial security, the Court may decide that that person should receive a greater share of the property because of this.

The final step that the Court must take is to decide whether overall, the property settlement it proposes to make, when it has considered the other three steps, is “just and equitable”.

There are various ways in a practical sense to deal with superannuation in formal marriages. One of the most common is for other assets to “offset” one or both of you keeping your own superannuation entitlements.

There is also the ability for Court orders to “split” superannuation, or to have a “flagging order”. A flagging order lets the Court or the parties know when superannuation is due to be paid, so that it can be dealt with at that time. It will not be paid until it has been dealt with.

Annie Gray, Legal Aid WA



Undang-undang pembahagian harta keluarga II - bagaimana Family Court menemui pembahagian harta jika dimintai untuk membuat keputusan?

Ini adalah majalah-majalah pendek tentang perkara hukum yang mungkin menarik keminatan kamu. Mereka bukan nasihat menurut hukum. Kamu mesti selalu mendapatkan nasihat hukum untuk keadaan kamu.

Majalah ini akan menerangkan bagaimana Family Court menemui pembahagian harta (undang-undang yang berkenaan) kalau dia dimintai untuk membuat keputusan kerana kamu dan bekas pasangan kamu tidak boleh dapat persetujuan. Kamu perlu untuk ingat dari majalah kami yang pertama yang Family Court boleh mengurus pembahagian harta perkahwinan de facto juga, kecuali mereka memuaskan syarat-syarat tertentu.

Mahkamah menemui pembahagian harta dalam 4 cara. Ini adalah undang-undang tentang pembahagian harta. Kalau kamu boleh mendapatkan persetujuan dengan bekas pasangan kamu untuk pembahagian harta, persetujuan kamu mesti meliputi undang-undang dan prinsip yang sama digunakan oleh Family Court.

Langkah pertama ialah untuk menerangkan 'net property' perhubungan itu. Harta ini dipanggil "the pool of assets".

Harta ini boleh real estate, duit dalam bank, hartabenda, shares, interests dalam kompi atau bisnis-bisnis, pembayaran ganti-rugi yang telah terbayar, kereta-kereta, sekoci, caravans, harta rumahtangga, pekakas, dan lain-lain lagi. Ia tidak kesah kalau harta itu hanya direjista dibawa satu nama. Nilai berkaitan dengan harta ini ialah bila kamu bersetuju dalam pembahagian harta, atau di trial kalau kamu tidak dapat bersetujukan.

"The pool of assets" adalah asset-asset ditolak hutangnya. Hutangnya boleh barang-barang seperti mortgage/s, hutang credit card, loans, hutang peribadi dan sewaan. Ia tidak kesah kalau hutang itu dibawa satu nama.

Dalam perhubungan perkahwinan yang resmi, superannuation kamu dengan pasangan kamu dianggap sebagai asset perkahwinan itu. Dalam perhubungan de facto, superannuation pihak masing-masing dianggap sebagai resource kewangan pihak berkenaan - jadi diambil dalam pertimbangan langkah ketiga.

Langkah seterusnya untuk dipertimbangkan ialah sumbangan setiap pihak terhadap perkahwinan. Ini termasuk kedua-dua sumbangan yang berupa kewangan dan yg tidak.

Contoh-contoh sumbangan kewangan ialah gajian dan warisan dan hartabenda yang dimiliki dan dibeli sebelum perhubungan itu.

Contoh-contoh sumbangan yang bukan kewangan termasuk kerjaan pembaikan (seperti renovation) atau menjaga harta, atau membantu bisnis (seperti book-keeping untuk bisnis keluarga). Satu contoh lagi ialah sumbangan untuk kebajikan keluarga seperti jadi pekerja-rumah atau ibubapak.

Langkah ketiga ialah untuk Mahkamah untuk pertimbangkan keperluan masa hadapan seorang sebelum ia membuat keputusan dalam pembahagian hartabenda. Ini dinamakan fakta s75 (2) factors.

Keperluan masa hadapan adalah perkara-perkara seperti:

- *pendapatan masa hadapan satu persatu*
- *sumber kewangan setiap pihak (seperti superannuation tersendiri dalam kes perkahwinan de facto, warisan)*
- *kelayakan pension atau 'benefit' lain*
- *kesihatan dan umur kamu berdua*
- *jika kamu atau pihak sebelah mempunyai anak dalam tanggungan, atau bertanggungjawab terhadap membesarkan orang lain*
- *berapa lama perhubungan ini*
- *kalau diantara kedua kamu tinggal dengan orang lain, keadaan kewangan (contohnya pasangan yang baru yang menyokong kewangan kamu)*
- *apakah taraf kehidupan yang sesuai untuk kamu berdua*
- *kalau salahsatu kamu telah menyumbangkan gajian untuk pihak sebelah (contohnya seorang suami telah menyumbangkan sokongan kewangan isterinya dimasa rawatan dalam kesakitannya dan sekarang diboleh mendapat jumpah yang cukup)*
- *perkara lain yang dipertimbangkan berkaitan oleh Mahkamah*

Jadi contohnya, kalau salahsatu kamu mempunyai masa hadapan yang berlebihan, atau kurang security kewangan, Mahkamah boleh memutuskan yang orang itu seharusnya menerima pembahagian yang lebih besar oleh kerananya.

Langkah terakhir yang Mahkamah mesti buat ialah untuk memutuskan jika keseluruhnya, pembahagian harta yang dicadangkan ini, bila telah dipertimbangkan ketiga langkah ini, adil dan saksama.

Ada beberapa cara dalam rasa praktikal untuk mengurus superannuation dalam perkahwinan resmi. Satu yang paling sering dibuat ialah untuk asset-asset di "offset" satu atau kedua-dua kamu menetapkan hak superannuation kamu sendiri.

Ada juga kebolehan untuk Mahkamah untuk "bagi dua" superannuation, atau untuk "flagging order". Flagging order mengizinkan Mahkamah atau pihak berkenaan mengetahui bila superannuation harus dibayar, supaya ia boleh diurus dalam masa itu. Ia tidak akan dibayar sebelum dapat diurus.



2016 AFL Broadcast Guide Cocos Keeling Islands Time

ROUND 20

Friday, August 5th

Richmond v Collingwood	7mate	4.00pm LIVE
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Saturday, August 6th

Sydney Swans v Port Adelaide	Channel 7	12.00pm (2hrs Time Delay)
Western Bulldogs v North Melbourne	7mate	3.30pm LIVE

Sunday, August 7th

Fremantle v West Coast Eagles	Channel 7	1.00pm LIVE
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ROUND 21

Friday, August 12th

Western Bulldogs v Collingwood	7mate	4.00pm LIVE
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Saturday, August 13th

GWS Giants v West Coast Eagles	7mate	1.00pm LIVE
St Kilda v Sydney Swan	7mate	3.50pm LIVE

Sunday, August 14th

Fremantle v Adelaide Crows	7mate	1.30pm (30 min Time Delay)
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Healthy Living Tips

5 Simple Hacks to a Happier & Healthier Lifestyle

Living a healthy and happy life should be top of everybody's agenda. Pay attention to the five elements below, and you'll soon feel better than ever. What are you waiting for?

Nutrition

When it comes to healthy living, diet is the first thing we tend to think of and there's good reason, as it is not as simple as cutting down on junk food.

The right nutrients can actively help you fight various health issues. Fish oil and other supplements can make a world of difference to your overall long-term health. And a healthier you is a happy you too.

Sleep

Fuelling the body with the necessary items is crucial, but you must also give it time to recuperate when necessary. Sleep is clearly the most important element here and learning to employ better sleeping habits could be vital.

Let's face it; the whole world feels brighter after a good rest. The physical and emotional benefits are far too vast to ignore.

Health Check-Ups

We will all encounter a few health issues during our lives. However, it is possible to avoid many issues through better prevention and early detection.

Oral health is particularly important, so a regular dental visit is vital. Keeping your mouth in great condition will make life a lot easier. Likewise, you should pay close attention to your sight and hearing.

Fitness

Regular exercise is a vital element for anyone wanting to gain an increased level of fitness. However, it can also be the key to unlocking increased levels of happiness too. For starters, the release of endorphins will make you feel better about yourself. Meanwhile, seeing results in the mirror can only work wonders too.












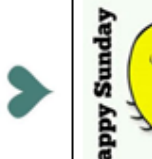









Career

A great career might not have a huge impact on your physical health, however, the mental rewards of a satisfying job can work wonders for your emotional health. Besides, being active and working for goals can teach various skills that will rub off on your personal life.

More tips in next edition...

August After School Activity Program



Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 After Hours Library Home Island Library 3.30pm - 5.30pm 	2 	3 Mixed Footy All Ages Rohan Dyall West Island Oval 4.30pm	4 	5 Konga All Ages Home Island IOGTA Room 4.30pm	6 Kids Surf Club Trish Flores & Co "Mini Groms" Session The Spot Time: 7.30	<i>Happy Sunday to you all!</i> 
8 After Hours Library Home Island Library 3.30pm - 5.30pm 	9 	10 Mixed Footy All Ages Rohan Dyall West Island Oval 4.30pm	11 	12 Konga All Ages Home Island IOGTA Room 4.30pm	13 Youth Centre Year 6 upwards <u>ONLY</u> Open 10am-10pm Just want to hang with friends? Hang out at the youth centre!	Happy Sunday 
15 After Hours Library Home Island Library 3.30pm - 5.30pm 	16 	17 Mixed Footy All Ages Rohan Dyall West Island Oval 4.30pm	18 	19 Konga All Ages Home Island IOGTA Room 4.30pm	20 Youth Centre Year 6 upwards <u>ONLY</u> Open 10am-10pm Just want to hang with friends? Hang out at the youth centre!	<i>Happy Sunday to you all!</i> 
22 After Hours Library Home Island Library 3.30pm - 5.30pm 	23 	24 Mixed Footy All Ages Rohan Dyall West Island Oval 4.30pm	25 	26 Konga All Ages Home Island IOGTA Room 4.30pm	27 Youth Centre Year 6 upwards <u>ONLY</u> Open 10am-10pm Just want to hang with friends? Hang out at the youth centre!	Happy Sunday 
29 After Hours Library Home Island Library 3.30pm - 5.30pm 	30 	31 Mixed Footy All Ages Rohan Dyall West Island Oval 4.30pm				



HISRA

Home Island Sport & Recreation
Association Incorporated



Membership Drive/Volleyball Comp Fundraiser

Corporate/Clubs/Group/Family

HISRA is inviting you to come down and compete against other teams at our upcoming Volleyball Competition.

The game will be held on Sunday 14th August so sign up now!

Please register your team with your cash payment to Mak Ella
(House 81 Home Island)

Teams consists of 6 players - \$60.00 per team - Limit of 12 teams.

Venue: Home Island Volleyball Court

Start Time: 9.30am

Come and cheer for your favourite team...

Registration closes on Wednesday 10th of August
Remember "NO PAY, NO PLAY"

All proceeds will go towards hosting various sporting events
throughout the year! Great prizes to win!

Register your TEAM now!

Also an opportunity for you to become a member with HISRA and enjoy various seasonal sporting events, use of sporting facilities and equipment's, member's discounts & end of year function.

*A free incentive for all members who join

HISRA will also be selling Satays, Burgers, Sausage Sizzle, Fish & Chips, Wraps make sure you bring some cash on the day. Hope to see you all there!

Kid's Surf Club Carnival at The Spot- July school holidays

Demos from the pros, loud shirts, new skills, kids on boards, sunshine, great waves. Thanks to Russ, Cara, Gavin and Dave who judged the comp and well done to all the groms who participated.



Can you spot Kelly Slater and Taj Burrow?



Cocos Island Meteorological Office (Western Australia)

July Weather Summary

July was truly 'Dry July' with our lowest monthly total this year at just 49.8mm. Over half of this fell over the weekend of 23rd-24th with 26.2mm read on Monday 25th from the gauge.

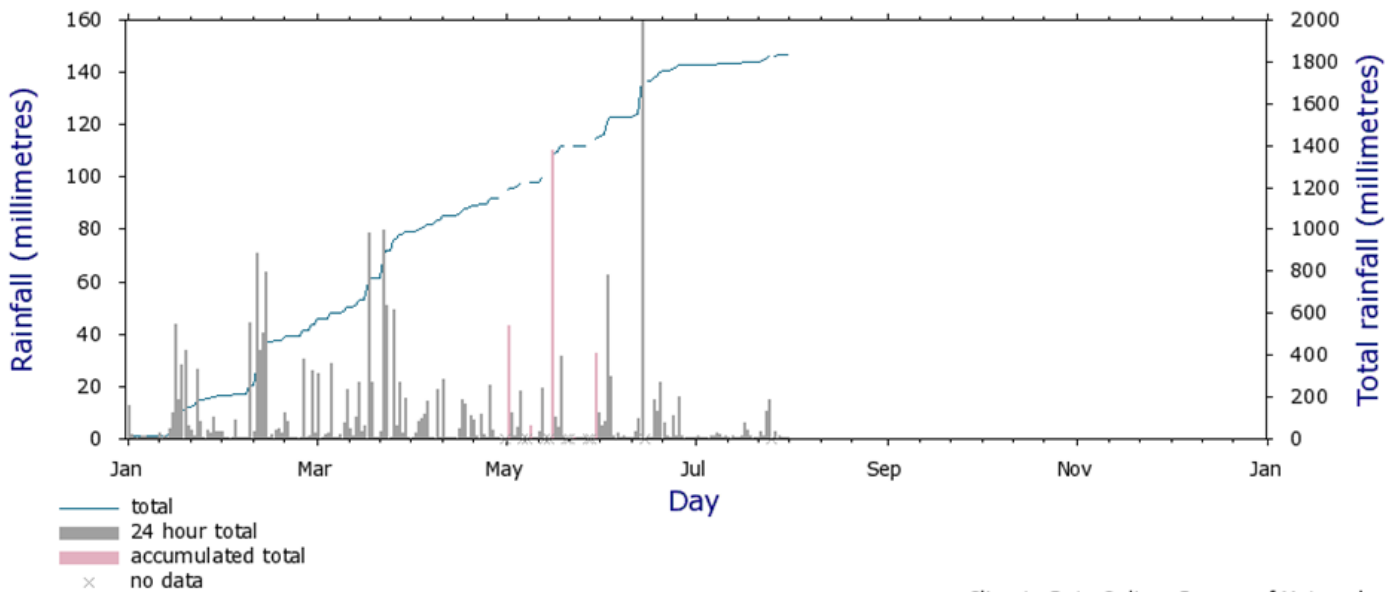
The trade winds have well and truly set in – with the exception of a few calmer days during the week of the 25th – with fresh east to south easterly winds most days. Our highest wind gust was 65 km/hr from the SE on the 18th closely followed by a 63km/hr gust on the 16th.

Our highest daily temperature was 30.3 °C on the 27th, coinciding with calmer winds, made it the perfect day for boating! Our coolest maximum was on a cloudy, showery day on the 17th at 26.8 °C. With the brisk breezes we've had some fairly cool evenings allowing long sleeves to appear. Our coolest evening dropped to 23.3 °C in the early hours of Monday 18th.

With news that the Indian Ocean Dipole (changes in the difference between the sea surface temperatures of the tropical western and eastern Indian Ocean) is in a strong negative phase, the westerly winds are expected to intensify along the equator which allows warmer waters to concentrate in the eastern Indian Ocean around us. This may result in a slight decrease in winds (not enough to stop the kites, we hope!) & increases in rainfall over the next few months.



Cocos Island Airport (200284) 2016 rainfall



Note: Data may not have completed quality control.

Climate Data Online, Bureau of Meteorology
Copyright Commonwealth of Australia, 2016



COCOS ISLANDS WEATHER FACT

The wettest month on record was February 2013 with over 1000 mm recorded. Most of this rainfall fell in just a few days causing flooding across the island & the runway to close.

From your lovely lady weather team,
Alana & Dee.

Kid's Games

Can you solve the cryptogram below and complete the short phrase? We've given you a few hints to get you started.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
		6						23				19			1		22		2					11	

Answer:

23	1	22	14	19	23	17	16	2	14	22	16	6	11	6	4	16	22	23	5	25	2
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Which words come to mind when you think about recycling? Well, some of those words are hidden in the game below. Can you find the twenty words listed at the bottom? The words are hidden up, down, backwards, forwards and diagonally. Circle all the words you find.

N	N	A	C	I	E	O	X	J	Q	F	X	X	H	M
R	J	M	A	W	Z	C	E	P	J	M	E	T	A	L
L	S	H	R	A	D	W	C	R	U	B	B	I	S	H
M	S	P	D	S	S	X	U	M	R	F	R	R	V	M
I	A	M	B	T	V	W	D	U	Y	D	V	Y	X	O
L	L	X	O	E	B	W	E	E	L	C	Y	C	E	R
D	G	T	A	J	Y	I	R	D	A	T	H	I	N	K
O	B	L	R	H	U	L	N	Q	N	E	P	C	N	G
E	O	M	D	C	V	V	N	S	D	S	D	O	H	F
A	T	D	S	C	Q	H	D	A	F	U	R	M	A	X
R	T	C	C	M	E	C	S	J	I	E	E	P	L	U
T	L	R	L	U	R	P	P	U	L	R	P	O	P	M
H	E	M	W	J	O	O	C	L	L	N	A	S	E	N
E	D	S	F	D	L	C	W	V	S	V	P	T	C	B
Z	I	E	C	I	T	S	A	L	P	I	N	W	C	Z

- | | | | |
|-----------|----------|---------|---------|
| BINS | EARTH | PAPER | RUBBISH |
| BOTTLE | GLASS | PLASTIC | SMRC |
| CAN | LANDFILL | RECYCLE | THINK |
| CARDBOARD | METAL | REDUCE | WASTE |
| COMPOST | MRF | REUSE | WORMS |

Sudoku Solutions

7	4	2	9	5	6	1	3	8
3	1	6	2	7	8	4	5	9
5	8	5	8	4	3	1	6	7
2	8	9	3	1	4	5	6	7
1	3	5	8	6	7	2	9	4
4	6	7	5	9	2	8	1	3
8	7	3	6	4	5	9	2	1
5	9	4	1	2	3	7	8	6
8	7	2	9	1	4	3	5	6

Brainteaser Central

Replace the # symbols with mathematical operations (add, less, multiply or divide) such that the following becomes correct:

$$9 \# 8 \# 7 \# 6 \# 5 \# 4 = 91.$$

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.

6			7	8				
	9				3			8
			6	4				1
4	6	7						
	3							9
						5	6	7
9				3	1			
	1		2					5
				5	6			8

Daily SuDoku: Wed 3-Aug-2016 hard

		7				1		
5								7
2			3	5				
					6	5		
		1	7				5	8
					8	9		
					6	7		4
9								8
				2			1	

Daily Squiggly SuDoku: Wed 3-Aug-2016 medium

$$9 \times 8 - 7 + 6 \times 5 - 4 = 91.$$



For those that aren't aware the golf club did an extension that everyone stated looks like a petrol station. Sometime last night 2 petrol bowsers mysteriously appeared there.

*Do you have a Cocos Moment you would like to share?
Email your favourite photo to cocosislands@crc-net.au or drop into the Community Resource Centre.*

Birthdays & Anniversaries

*Wish to send love ones special messages on their birthdays and anniversaries?
Drop in at the Cocos Islands Community Resource Centre or email communications@cocos.wa.gov.au*



Upcoming 2016 Community Events

Event Name	Event Date	Event Host
Census Night	9/08/2016	Australia Bureau of Statistics
Barefoot Ball	19/08/2016	Yacht Club
Cocos Club Members BBQ	23/08/2016	Cocos Club
Council Meeting - Home Island (Council Chamber)	31/08/2016	Cocos Islands Shire Council
West Island Market Day	17/09/2016	Cocos Islands CRC
Club Championships—Round 1	18/09/2016	Cocos Island Golf Club
West Fest	24/09/2016	Cocos Club
Club Championships—Round 2	25/09/2016	Cocos Islands Golf Club
Council Meeting - Home Island (Council Chamber)	28/09/2016	Cocos Islands Shire Council
Corporate Day—Ambrose	05/10/2016	Cocos Islands Golf Club
Melbourne Cup	03/11/2016	Cocos Club
Cocos Lagoon Swim Compulsory Safety Briefing	18/11/2016	Cocos Club
Cocos Lagoon Swim—Home Island Jetty	19/11/2016	Cocos Islands Tourism Association
Presentation Dinner	26/11/2016	Cocos Islands Golf Club
Movember	TBA	Cocos Club
West Island Market Day	10/12/2016	Cocos Islands CRC
Kids Xmas / Farewell	17/12/2016	Cocos Club
Council Meeting - Home Island (Council Chamber)	21/12/2016	Cocos Islands Shire Council
New Years Eve	31/12/2016	Cocos Club

The above events with further details are all advertised on the Cocos Islands CRC website.

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

This is a FREE service for our Community.

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



Would you like to receive State Government information relating to service delivery agreements, community bulletins, shipping updates, or any general information relating to Cocos Keeling Islands?

The Cocos CRC has developed an email distribution list for those who are interested in receiving this information and it is free!

Your email address remains hidden and you can unsubscribe from the list at any time.

Simply email our office cocosislands@crc.net.au to be added to the list. Please note that this distribution list will not be used to promote business.



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 18th Aug 2016

1:00pm Tuesday 16th Aug 2016

Cocos Snapshots 2...

Gambaran Cocos 2...



National Tree Day
 West Island



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.