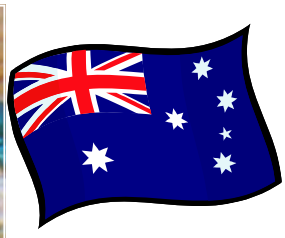
The Atoll

$2.00

Thurs 16th Apr 2015 – Wed 29th Apr 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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Half Page *Setengah Kertas*	$25.00
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You can subscribe to The Atoll electronically by contacting:
cocosislands@crc.net.au

Making Headlines This Edition...
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Cocos Snapshots *Gambaran Cocos*

School Holiday Program Action

Cocos (K) Islands Community Resource Centre
Your local connection

Administration Building
PO Box 1039
Cocos (Keeling) Islands, 6799
Phone (08) 9162 7707 Fax (08) 9162 7708
Email: cocosislands@crc.net.au
Web: cocos@crc.net.au
Like us on Facebook! Search for:
Cocos (K) Islands Community Resource Centre
or follow us on Twitter @CocosCRC

ELECTRONIC DISTRIBUTION LIST

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.

MELAMINE PICTURE PLATE

It was great to see the kids enjoying themselves and creating amazing picture plates on Thursday 9th April. A big thanks to Helen Bennett for arranging - we're sure families will enjoy using the plates for many years!

AUSTRALIA'S BIGGEST MORNING TEA

We are pleased to be hosting this event on Thursday 21st May at 9.30am. Come along and support this worthy cause. Please see our flyer in this edition of The Atoll.

FAREWELL AND GOOD LUCK

Staff and Committee wish Nakia all the very best as she heads to the mainland to wait for the birth of her first baby. We have loved having Nakia at the CRC and her last day will be Friday 24th April, so why not drop in and wish her well!

Rainfall Stats

Apr Statistics
(latest up to 14 Apr):
114.80mm

Latest 2015 Statistics:
(latest up to 14 Apr)
690.60mm

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

LATEST WEATHER
http://www.bom.gov.au/climate/dwo/IDCJDW6027.latest.shtml

Emergency Contact List

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

Thumbs Up

To the School Holiday Program Coordinator, Azia, and sports volunteers for the time and effort for a wonderful program. Keep up the great work!

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

Proudly supported by Government of Western Australia Department of Regional Development

HOST Cocos Islands Community Resource Centre

DATE Thursday 21st May 2015

WHERE Cocos Islands CRC Verandah

DETAILS Please RSVP by Thursday 14th May 2015

$20 PER PERSON DONATION

biggestmorningtea.com.au

Cancer Council | Australia's Biggest Morning Tea

ABMT0024

Quote of the Day

It is not for him to pride himself who loveth his own country, but rather for him who loveth the whole world. The earth is but one country and mankind its citizens. ~ Baha'u'llah

Thought for the Day

You are what you say and think daily, if only you keep at it. Great men always have a starting point, from their heart via their lips to their lives. ~ Author unknown

Jokes of the Week

Moving Out Joke

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!"

Catching The Ferry Joke

Mr. Kipper knew he was late when he spotted the ferry just a few feet from the dock. Running as fast as he could, he leaped across the water, barely landing on the boat's deck. "That was sure a close one," said Mr. Kipper as a nearby stranger helped him to his feet. "What's the hurry?" said the stranger. "This ferry's just arriving."

Lucky 4th Joke

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!"

Right And Wrong Joke

I caught my son yet again at a prank, "don't you know the difference between right and wrong?" I asked. He replied "of course I do, dad!" "Yet you always do wrong." I said. He smiles and says slyly, "That shows it's not guesswork!"

SHIRE OF COCOS KEELING ISLANDS

EXPRESSION OF INTEREST

More Haste 4 Less Waste Working Group

The Shire is seeking interested community members to be part of a waste working group to work with the Shire and other stakeholders to tackle the Atoll's growing waste issues.

I encourage anyone that is concerned with our waste to be a part of this working group.

Please make your interest known to Ibrahim Macrae by emailing support@cocos.wa.gov.au or by telephone 91626649 before Friday 1st May 2015.

Shire sedang mencari penduduk masyarakat yang berminat untuk mengambil bahgian dalam kumpulan yang bekerja dalam pengurusan sampah dan bekerja dengan Shire and pehak-pehak lain yang berkenaan untuk mengambil tindakkan terhadap perkara sampah yang semakin besar.

Saya menyokong sesiapa saja yang berkuatiran dalam pengurusan sampah kita untuk mengambil bahgian dalam kumpulan kerja ini.

Silahkan beritahu keminatan saudara/saudari kepada Pak Yusri dengan email support@cocos.wa.gov.au atau secara telefon 91626649 sebelom hari Jumaat 1hb May 2015.

Sandbags currently being relocated ready for use at the HI Foreshore

REQUEST FOR PUBLIC FEEDBACK

Policy Review – Resident Further Education

At the March 2015 Ordinary Meeting Council considered the replacement of the Resident Further Education policy with a new policy, Graduate Financial Contribution. The Resident Further Education policy is being reviewed as the current wording of the policy is out-dated and ambiguous in nature. Council has requested public feedback on the proposed change. The current and proposed policies are set out below:

Policy Subject: Funding Contributions – Resident Further Education

Policy Statement: Council has resolved to allocate the interest earned on the Perth House Proceeds Community Reserve to contributions for residents who study a Tertiary of TAFE course on the mainland.

Objectives: To provide a token contribution to cover some costs involved with further study on the mainland. A "Funding Contribution Further Education" Application Form has been prepared for use by those applying for these funds and the following guidelines aim to ensure a fair process for allocation of funds.

Guidelines:

- *Students must be a permanent resident of the Cocos (Keeling) Islands, being that they must have lived on Cocos for a minimum of three years.*
- *Must be studying for an approved Tertiary of TAFE qualification in the current year.*
- *Funds will be paid on the receipt of formal endorsement of completed term of study ½ year/year.*
- *There is a limit of $1,000.00 per student per annum.*
- *Application is to be made on the form supplied by Council and be submitted to Council prior to approval.*

Review Responsibility: Deputy Chief Executive Officer

Policy Subject: Graduate Financial Contribution

Policy Statement: To assist students who graduate from the Cocos (Keeling) Islands District High School with the cost of further education or workforce preparedness.

Objectives: To provide a token contribution to cover some costs involved with either further education or preparing to enter the workforce.

Guidelines:

- *Students must have completed all of their high schooling, year 7 to year 10, at the Cocos (Keeling) Islands District High School.*
- *A one off payment of $1,000 is made to students on successful graduation of year 10.*

Review Responsibility: Deputy Chief Executive Officer

Council invites written submissions from residents regarding the proposed policy change with submissions closing Wednesday the 29th of April 2015 marked confidential and addressed to the undersigned.

Joanne Soderlund

Deputy Chief Executive Officer

PEMINTAAN UNTUK PANDANGAN UMUM

Pemeriksaan Policy – Persekolahan Menengah Penduduk

Dimitingan bulan March 2015 Council pertimbangkan petukaran policy Penduduk Bersekolah Dinegeri dengan policy baru, Sumbangan Duit Bantuan Graduate. Policy Penduduk Bersekolah Dinegeri sedang dalam pemeriksaan olehkerana perkataan terkandung dalam policy ini sudah kelamaan dan bersikap berlebihan makna. Council telah meminta pandangan daripada umum dalam petukaran yang dicadangkan ini. Policy yang sekarang dan yang telah dicadangkan seperti berikutnya:

Tajuk Policy: Sumbangan Duit Bantuan – Penduduk Bersekolah Dinegeri

Statement Policy: Council telah bersetujuan untuk menyimpan interest yang didapati daripada penjualan Rumah Council Di Perth untuk disumbangkan kepada penduduk-penduduk yang bersekolah Tertiary di TAFE ditanah besar.

Tujuan: Untuk memberikan sumbangan untuk membantu dengan ongkos-ongkos yang berkenaan dengan persekolahan mereka ditanah besar. Form "Sumbangan Duit Bantuan Untuk Bersekolah Dinegeri" telah disediakan untuk digunakan untuk duit bantuan ini dan peraturan berikutnya bertujuan untuk memastikan proses yang adil untuk bahgian duit bantuan ini.

Peraturan:

- Murid-murid mesti penduduk tetap Pulu Cocos (Keeling), iaitu mereka mesti telah tinggal di Cocos sekurang-kurangnya tiga tahun.
- Mesti belajar qualifikasi Tertiary of TAFE yang disahkan dalam tahun berkenaan.
- Duit bantuan akan dibayar setelah surat penyelesaian term pelajaran ½ tahun/setahun yang resmi diterima.
- Ada batas $1,000.00 untuk setiap murid setiap dalam setahun.
- Lamaran mesti dibuat daripada form yang diberikan oleh Council dan dimasukkan kepada Council sebelum diluluskan.

Tanggunjawab Pemeriksaan Ini: Deputy Chief Executive Officer

Tajuk Policy: Sumbangan Keuwangan Graduate

Statement Policy: Untuk membantu murid-murid yang graduate dari Cocos (Keeling) Islands District High School dengan ongkos bersekolah seterusnya ditanah besar atau dalam persiapan pekerjaan.

Tujuan: Untuk memberikan sumbangan untuk ongkos-ongkos yang berkenaan dengan persekolahan seterusnya atau persiapan untuk memasuki pekerjaan mereka.

Peraturan:

- Murid-murid mesti menyeselesaikan semua high school mereka, kelas 7 hingga 10, di Cocos (Keeling) Islands District High School.
- Bayaran sekali jalan berjumlah $1,000 dibuat kepada murid-murid yang berhasil graduate kelas 10.

Tanggunjawab Pemeriksaan Ini: Deputy Chief Executive Officer

Council menjumput untuk penduduk memasukkan surat yang memberi pandangan berkenaan cadangan petukaran policy tersebut dengan penutupan surat dimasukkan Rebo 29hb April 2015 dan ditandakan 'confidential' dan dialamatkan kepada yang menyain dibawa.

Joanne Soderlund

Deputy Chief Executive Officer

Did You Know???

Almost all countries' flag have the colour red or blue in them.

Cocos Malay Words

To Sail - *Belayar*
Main Sail - *Layar*
Jib - *Jib*
Spinnaker - *Spinika*
Rudder - *Kemudi*
Captain - *Kapten*
Crew - *Krew*
Wind - *Angin*
Capsize - *Tebalek*
Fast - *Deras*
Slow - *Pelahan*

WANTED

Diesel 4 door ute or tray back with tow ball in good condition

Replies to Chris

email: cwd022@gmail.com, Ph: 9162 6683 or drop by to 6 Buffett Close

Naturaliste Realty Christmas Island

Trish O'Donnell - Area Manager

0439698776

Thinking of buying or selling or advise on rentals available?

Hi, I am Trish, I have 10 years of selling experience on CI and might add, our company is quiet successful.

If you would like a market opinion of your home, unit, land or business, please phone me or send me an email trish@natreal.com

HOUSES FOR SALE ON CI

I have 4 houses starting from $250,000 in Tarman Sweetland

I have 3 large family homes—one in settlement has ABSOLUTE water frontage.

Prices Available on application

RECENT SALES

3 units and 2 houses all settled with no issues.

CAN I HELP YOU? I hope so as I love people, really like selling and operate with trust and ethics

Exotic Pest found on Direction Island

This Wasp photographed at Direction Island last week by Greg Cahill was sent to the Department of Agriculture

Identified as "Macao Paper Wasp" which is Exotic to Australia & therefore an Actionable Pest

If anybody see's any more of these wasps or their nest, please notify myself (9162 6660) or Ron Hays at Department of Agriculture, Post Quarantine Detection on (9334 1639)

If safe to do so, Ron Hays would like some more specimens if still intact.

This Exotic Pest need's to be Eradicated from the Cocos Islands

RAJA DI JALAN
FOR SALE

The 2005 Eliminator is Kawasaki's entry level, learner legal street rod. With all the looks and size of the bigger boys, its hard to believe that it is only a 250.

Drag bike styling and size

The Eliminator oozes presence, its long wheelbase, unusually wide rear tyre, polished cast alloy spoked wheels and chromed engine all add to it's character. The megaphone style exhaust and dragger style bars give the Eliminator a sportier appearance than most cruisers.

Liquid-cooled, 249cc V-Twin Engine

Specially tunes for low-end and mid-range torque, with high compression for smooth low and mid range power. Power and performance is further enhanced by the Eliminator's straight-flow, 2– into-1 exhaust system, while a gear driven, counter rotating balancer in the crankcase minimise engine vibration and maximise the rider comfort.

Bought in 2008
Less than 2000kms
Place your tender
Inspections by appointment —9162 7770
Tender to be placed in a sealed envelope & delivered to Cocos Castaway

Close off date Monday 1 June.

Green Living Tips

8 Chemicals to Avoid While Doing the Dishes

Phosphates are often used as a water-softening mineral and act as a fertilizer in water and are hazardous to consume for both ourselves and marine life. If concentrations are too high in water, they can deplete oxygen levels and promote the growth of certain algae which are toxic to consume.

Triclosan is type of synthetic chemical often added to dish detergents due to its antibacterial, anti-fungal and antiviral properties. It often qualifies a cleaner as "antibacterial" but is hazardous to our hormones and disrupts our body's natural thyroid and endocrin systems. This chemical is also often attributed to the growth of "superbugs" since it bioaccumulates in the human body.

SLS (sodium lauryl sulfate)/SLES (sodium laureth sulfate) is what gives your dish detergent its foamy property and allows it to cut through grease. While the bubbles are nice to see, they aren't nice to absorb through your skin and can lead to 1, 4-dioxane contamination and known to cause rashes and allergic reactions.

Fragrance mixture can contain up to 3,000 chemicals. Which, over time can coat themselves onto plates, forks, cups etc. and eventually be ingested.

DEA (diethanolamine), MEA (monoethanolamine), TEA (triethanolamine) have been found to disrupt hormones in the human body and are known for creating nitrates and nitrosamines. There is also a risk of developing 1, 4-dioxane contamination if you're regularly exposed.

Chlorine also known as sodium dichloroisocyanurate has been listed on both the EPA's Community Right-To-Know list and the 1990 Clean Air Act. It is extremely toxic to fish and releases chlorine into the air when it's being used to clean your dishes.

Formaldehyde is a known carcinogen and might appear on your detergent label as methanol, methyl aldehyde and methylene oxide. It's added to detergents along with preservatives so that overtime it is slowly released as a preventative to bacterial contamination but concentrations of it are toxic within the human body.

Ammonia is extremely toxic and should be avoided. Many people aren't aware that ammonia, even if in "trace" amounts, is present in their dish detergents. If combined with bleach to create a cleaning solution, the two will release fumes that can cause damage to your eyes, respiratory tract and skin.

More tips in next edition…

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!

Cods and Groupers

Cods or rock cods and their relatives in the grouper family are a dominant element of the fish community on the coral reefs surrounding the IOTs. They range from the brightly coloured coral rock cod (*Cephalopholis miniata*) to the camouflaged brown and cream coloured comet grouper (*Epinephelus morrhua*). A preferred food for this group of fish appears to be small, schooling Anthias (small, brightly coloured fish often seen on coral reefs) which are skillfully captured with a quick head-on rush.

Groupers are noted for their ability to change sex. Individuals can function as an egg-producing female for one or more years, then change sex and function as a male. Adult fish are generally solitary, but they have been observed to aggregate at spawning times and migrate kilometres to specific spawning sites. Unfortunately, they are highly vulnerable to overfishing at this time.

Red-tipped grouper (*Epinephelus retouti*) is the most popular grouper to be targeted by fishers at Christmas Island. It is less popular on Cocos (Keeling) Islands, but is still commonly caught. The cream coloured comet grouper is now extremely rare at Christmas Island, where it was previously common.

Photo: Ian V Shaw

Feel free to contact Kim Boothman, Community Education Officer for the IOTs, at any time on Kim.Boothman@fish.wa.gov.au or Work: 9203 0345/Mobile: 0418 915 281.

Fakta Fisheries Yang Menyenangkan

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

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

DoF ingin berkongsikan hasil penyelidikkan dan berberapa "Fun Facts" berkenaan jenis-jenis yang didapati di IOTs dengan masyarakat. Jaga halaman ini!

Ikan Gelek

Ikan gelek dan saudara-saudaranya dalam keluarga ikan gelek adalah jenis besar dalam masyarakat ikan dibatu-batu karang yang menyeluruhi IOTs. Mereka berbagai jenis dari caya-caya yang terang gelek berekor (Cephalopholis miniata) ke gelek biasa yang coklat dan putih pucat (Epinephelus morrhua). Makanan yang disukai oleh gelek adalah ikan karang kecil yang biasa berkumpul iaitu Anthias (ikan yang kecil, terang dan biasa tinggal dikarang-karang) dan dimakan secara menyambar.

Gelek dikenali atas kebolehannya untuk betukar jamin. Individu boleh berfungsi sebagai perempuan yang boleh membuat telor untuk setahun atau lebih, lepas itu bertukar menjadi lelaki. Ikan yang dewasa biasa bersendirian, tetapi telah diperhatikan untuk berkumpul bila masa bertelor dan meminta kilometer-kilometer ketempat khas bertelornya. Sayangnya mereka sangat senang didapat secara mancing pada masa ini.

Gelek 'Red-tipped' (Epinephelus retouti) adalah jenis yang laku dimancing di Pulu Christmas. Di Cocos kurang dimancing tetapi biasa didapat. Gelek 'comet berwarna kream' sekarang sangat jarang di Pulu Christmas, yang dahulunya biasa didapat.

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.

Between 2014 and 2018 Australia will commemorate the Anzac Centenary, marking 100 years since our nation's involvement in the First World War.

The Anzac Centenary is a milestone of special significance to all Australians. The First World War helped define us as people and as a nation.

During the Anzac Centenary we will remember not only the original ANZACs who served at Gallipoli and the Western Front, but commemorate more than a century of service by Australian servicemen and women.

The Anzac Centenary Program encompasses all wars, conflicts and peacekeeping operations in which Australians have been involved.

The Program aims to give all Australians the opportunity to honour the service and sacrifice of all those who have worn our nation's uniform, including the more than 102,000 who have made the supreme sacrifice.

It also aims to encourage all Australians to reflect upon and learn more about Australia's military history, its costs and its impacts on our nation.

For more information about the program, please visit www.anzaccentenary.gov.au

SHIRE OF COCOS KEELING ISLANDS

COCOS ISLANDS DISTRICT HIGH SCHOOL

ANZAC DAY Service Home Island

Home Island Community: 100th Anniversary ANZAC Service

Presented by Cocos Islands District High School

Supported by Shire of Cocos (Keeling) Islands

- Friday 24th April
- Home Island Foreshore Park
- Be seated for a 1pm start

You are invited to bring along and lay a wreath during the wreath laying ceremony.

Cocos (Keeling) Islands

100th Anniversary of ANZAC Day Service
WEST ISLAND

—— LEST WE FORGET ——

DATE: SATURDAY 25TH OF APRIL 2015

TIME: 5.30am FOR A 5.40am START – DAWN SERVICE

VENUE: WEST SIDE LAGOON BEHIND METEROROLOGY OFFICE

To be followed by Gunfire Breakfast at:

- *Tropika from 7:00am - 9:00am. All Dawn Service attendees invited.*
- ***Sergeant Mess (G & T's)***

9.00am onwards

- ***BBQ Lunch at:***

Cocos Club 12:00pm - Lamb on Spit

2UP at:

Cocos Club 1:30pm

Please note:

Please cross the runway safely by walking in between the marked green cones. Alternatively vehicles will be required to take the access road around the gable markers.

ANZAC DAY WEEKEND

Cocos Islands v Christmas Island

Saturday 25th April 2014

3.30pm	Christmas Islanders arrive
6.30pm	Pool and Dart Competition – all welcome. Cocos Club

Sunday 26th April 2014

1.00pm	ANZAC Day Cricket Challenge – all welcome. Club Oval
2.00pm	Cocos Club - Bar Open
5.00pm	Volley Ball – all welcome. Cocos Club
6.00pm	Pizzas available for sale – Cocos Club. Orders preferred.

Monday 27th April 2014

9.30am	ANZAC Day Golf Challenge (Ambrose) – all welcome. Cocos Islands Golf Club
12.00pm	Lunch – Malay Cuisine. **RSVP to Kelly by 20/04/14**. Cocos Islands Golf Club
2.00pm	Check-in at airport

2015 AFL Broadcast Guide Cocos Keeling Islands Time

Friday 17th April		
Collingwood vs St Kilda – MCG	7mate	3.00pm (live)
Saturday 18th April		
Carlton vs Essendon – MCG	Channel 7	11.30am (90min delay)
North Melbourne vs Port Adelaide – ES	7mate	3.30pm (live)
Sunday 19th April		
West Coast Eagles vs Fremantle – DS	Channel 7	1.00pm (live)
Friday 24th April		
Richmond vs Melbourne – MCG	7mate	4.00pm (live)
Saturday 25th April		
Essendon vs Collingwood – MCG	Channel 7	11.00am (live)
Fremantle vs Sydney Swans – DS	7mate	5.00pm (live)
Sunday 26th April		
Brisbane Lions vs West Coast Eagles – G	Channel 7	9.30am (live)
Geelong Cats vs North Melbourne – SS	Channel 7	12.30pm (1hour Delay)
Friday 1st May		
Carlton vs Collingwood – MCG	7mate	4.00pm (live)

Healthy Living Tips

Stay Alert, Even When Tired: How To Do It.

The key to a happy and productive life is to stay busy and active. However, when it comes to juggling the responsibilities of both your personal and professional life, things can quickly become hectic. Although proper sleep is necessary for optimal health, you will find yourself in situations where actually getting the right amount of sleep is impossible.

When this happens, consider Modafinil, a wakefulness promoting nootropic which has been proven to improve memory recall by 10% while being safe. Other than this, here are other ways to stay alert, even when tired.

1. Proper Stimulation

If you have the ability to control your environment, there are steps you can take to keep your senses stimulated, thus helping you remain alert. For starters, keep the lights bright or open windows. A report from 2013 suggested that exposure to more direct sunlight can double your alertness.

Play upbeat music to keep you going. Chewing mint gum or taking advantage of the aroma therapeutic properties of peppermint oil simply by sniffing it periodically throughout your day has also proven to help.

2. Tricking Your Body

There are also things you can do to trick your body into remaining alert. Take a break to the restroom and splash cold water in your face for a quick pick-me-up. Other caffeine-free ways people use to stay alert include:

- Pulling on the earlobes
- Pinching the forearms
- Rolling the shoulders
- Tapping the foot on the ground
- Taking a moment to stretch

3. Encourage Circulation through Physical Activity

You don't have to do an intensive workout to get the blood flowing. Take advantage of opportunities to move whenever they present themselves. For example, if you are just getting to work, park at the far end of the parking lot. If you are on your way to class, take the long way around campus to get to your destination. You can also opt for taking the stairs instead of the elevator.

A More Productive You

You likely have an full schedule, and you have to get as much done as possible to succeed. Next time you have to work on little sleep, employ these tips to stay awake and alert.

More tips in next edition...

It has been a hectic but enjoyable one full week of sports for the Cocos Islands Kids who attended the school Holiday programme 'Kidz and sports'. The daily scheduled activities were well attended at both islands with pleasing numbers. Despite the wet weather on some days and evenings, there were never disappointments in participant numbers.

A sincere thankyou to all volunteers and parents who helped out during the programme. It wouldn't have happened if it wasn't for the enthusiastic volunteers who put up their hands and gave numerous volunteering hours. Thank you to the Cocos Co-op for donating the free ferry rides during the programme. Thankyou also to the school, HISRA and the Shire for lending their sporting equipment. Your continued support is very much appreciated. The recently visiting Joint Standing Committee was also kind enough to bring apples from the mainland for this programme.

A special thank you goes to the following volunteers:

ASHLEY JAMES, AMBER WATTERS - Football
HISHAM MACRAE, NORIAN WHICHELLO & OZZY MACRAE - Twilight Mixed Soccer
RYAN BREADSELL - Volleyball
RIK SODERLUND - Tee Ball
OZZY MACRAE - Tee Ball
AMBER WATTERS, MARIA CONWAY - Tennis
OLIVIA DOCKENDORFF - Yoga
HISHAM MACRAE - Crossfit Training
TANJA HITCHMAN - Boxercise
ALAN THOMPSON - Walking
CHARLIE ARKRIE - Fishing
TONY LACY - Cycling
NOOR JADA - Volleyball
AZIA BULKA - Table Tennis
ZABIDI ABEDIN - Rubgy
AMBER WATTERS - Touch Footy
ZEKO EKU & ARDI KERBA - Takraw
OZZY MACRAE - Cricket
JOANNE SODERLUND - Beach Games

To the kids of the Cocos (Keeling) Islands, you can go back to school and proudly tell your stories to your teachers. It has been wonderful working with such great group of people.

Hoping to see more volunteers putting their hands up for the next School Holiday Programme. It is never too early to start thinking about the next School Holiday Programme. So if anybody has any ideas for activities they would like to run please let me know!

ANAK-ANAK & KEMAINAN

Minggu yang lewat adalah minggu yang sibok tapi menyeronokkan untuk anak-anak yang sudah datang di rancangan cuti sekolah 'Kidz n Sports'. Activiti harian di hadiri oleh anak anak di Pulu Panjang dan Home Island dengan kehadiran yang sangat menyenangkan. Walaupun cuaca hujan anak anak yang datang tidak mengecewakan.

Terima kasih dengan ikhlas kepada semua voluntir dan jugak ibu bapak yang sudah membantu di masa program ini. Ini tidak akan berlaku tanpa semangat kalian yang sudah menyumbangkan masa kalian. Terima kasih kepada Kongsi yang sudah menyumbangkan perjalanan ferri free di masa program ini. Terima kasih untuk sekolaan, HISRA dan Shire yang sudah kasi pinjam bekakas. Sonkongan kalian sangat di hargai. Joint Standing Komiti yang melawat jugak begitu baik membawak kan apel untuk program ini.

Terima kasih yang istimewa untuk voluntir yang berikut:

ASHLEY JAMES, AMBER WATTERS - Bola Lonjong
PAK IMANNIA, MAK DENZEL & PAK AZIE - Olah Raga Malam
RYAN BREADSELL - Bola Tampar
RIK SODERLUND - Tee Ball
PAK AZIE - Tee Ball
AMBER WATTERS, MARIA CONWAY - Tennis
OLIVIA DOCKENDORFF - Yoga
PAK IMANNIA - Crossfit Training
TANJA HITCHMAN - Boxercise
ALAN THOMPSON - Jalan
PAK ZAMANI - Mancing
TONY LACY - Basikal
PAK NABIYA - Bola Tampar
MAK NABIYA - Table Tenis
ZABIDI ABEDIN - Ragbi
AMBER WATTERS - Touch Footy
PAK ZUHAILI - Takraw
PAK AZIE - Kriket
JOANNE SODERLUND - Kemainan Pantai

Untuk anak anak sekolaan kalian boleh ceritakan cerita kalian semua dengan guru-guru. Begitu menyenangkan berkerja dengan kumpulan yang sangat bagus.

Berharap dapat melihat lebih voluntir angkat tangan untuk program cuti sekolah yang akan datang. Tidak pernah terlambat untuk melai memikirkan tentang program cuti sekolah yang akan datang. Jadi sesiapa yang ada cadangan untuk activiti yang mau di buat, tolong bagitau saya.

FORTNIGHTLY OM

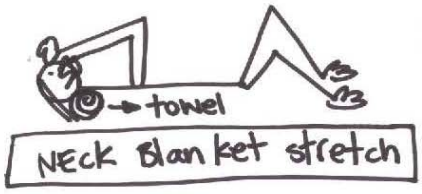
inspirational thoughts for a happy, healthy and fulfilling day

NECK & SHOULDER STRETCHES

For pain relief at any time, here are some yoga poses that will free up all of the areas surrounding your neck and shoulders and let you feel more open and less tense.

NECK BLANKET STRETCH

Roll a blanket into a firm, even cylinder large enough to wedge between the base of your skull and the tops of your shoulder blades. Lie back over the roll so it gently stretches your neck; the roll should wedge just under the occipital ridge at the back of your skull and support your neck and your first few upper back vertebrae. Keeping your knees bent, place both palms on your forehead, fingers pointing toward the crown of your head, and bring your elbows close to each other. Close your eyes and tune in to your breath, feeling how its rhythm creates subtle movement. Notice areas in your neck, shoulders, and upper back that seem dense, dull, and resistant to the breath's wavelike action, and invite them to relax against the blanket roll. As your muscles begin to release, slide your shoulder blades away from your skull; you may want to repeat this movement several times as your muscles continue to relax. Remain on the roll for up to five minutes, then remove it and continue to lie on your back for a few breaths, tuning in to the sensations in your neck, shoulders, and upper back.



STANDING FORWARD FOLD WITH SHOULDER OPENER

Stand and clasp hands behind back. Take a big inhale to open chest and on exhale, soften knees and fold forward, letting head fall toward the ground and gently releasing neck. If you feel comfortable, bend one knee and then the other, getting more into your shoulders. Breathe here for five to ten deep breaths.

COW FACE ARMS

While kneeling or sitting in a comfortable sitting position, reach your right arm to the ceiling; bend your right elbow, and allow your right hand to fall between your shoulder blades. Take your left hand to your right elbow and allow the weight of the hand to deepen the shoulder opening (no pushing!). You can stay here for five deep breaths, leaning back slightly, or, if the clasp is easy for you, take your left arm down, bend the elbow, and reach your left hand up the centre of your back, taking hold of the right hand. Stay here for five deep breaths before you change to the other side, leaning back slightly into your arms and taking care that the right arm isn't putting any pressure on your neck.

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—

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

Nelson Mandela

ASDD Celebration Highlights

Cocos Island Meteorological Office

Tel: (08) 9162 6625 • Fax: (08) 9162 6626 •
Postal Address: PO Box 1009, Cocos Islands WA 6799

To : WA Climate Services Centre
Attn: Michelle Dal Pozzo
Fax. (08) 9263 2233

From : Duty Officer

Date : 01 April 2015

Monthly Weather Summary for March 2015

Element	Values for Mar	date	Month's extremes and averages	Annual extremes
Highest temperature	31.7 °C	20-Mar	32.7 21/03/1998	32.8 11/04/1998
Lowest daily maximum	28.8 °C	21-Mar	26.4 19/03/1957	23.9 23/07/1956
Average maximum	30.7 °C		30.0	
Highest daily minimum	27.8 °C	20-Mar	28.4 4/03/1983	28.6 27/04/1998
Lowest temperature	23.8 °C	1-Mar	19.8 11/03/1984	18.3 6/08/1979
Average minimum	25.6 °C		25.2	
Highest terrestrial minimum	25.8 °C	26-Mar		
Lowest terrestrial temperature	21.6 °C	3-Mar	17.5 21/03/2000	15.9 22/12/2003
Average terrestrial minimum	24.1 °C		23.4	
Total monthly rainfall (mm)	228.2 mm		231.1	
Total yearly rainfall since 1 Jan	580.2 mm		580.5	
Highest monthly rainfall (mm)			714.1 1913	1000.4 Feb-13
Lowest monthly rainfall (mm)			10.9 1904	0.0 July, 1945
Highest daily rainfall	50.2 mm	22-Mar	216.4 6th 1985	416 25/02/2013
Number of raindays	21 days		17 days	
Total monthly evaporation	176.4 mm		191.2 mm	
Highest daily evaporation	8.2 mm	22-Mar		
Maximum wind gust	E at 59 kph - 1638 hrs 26-Mar		NNW at 102 kph 10th 1964	W at 176 kph 21/01/1968

* *new or equalled record.*

Remarks

Temperatures	Daily maximum temperatures averaged 30.7°C – 0.7°C above average.
	Overnight minimum temperatures averaged 25.6°C – 0.4°C above average.
Rainfall	Month's total rainfall was 228.2 mm – 3 mm (1%) below average.
	Year's total rainfall so far is 580.2 mm – 0 mm (0%) average.
Evaporation	Month's total evaporation was 176 mm – 15 mm (8%) below average.

Cocos Island Meteorological Office (Western Australia)

Daily Summary for March 2015

203mm rainfall totals

Mar	Max Temp	Min Temp	Terr Min	24 hr Rain	24 hr Evap	Wind Run (kms) blw 3m	abv 3m	Dir'n	Max Wind Gust kts	Time	Phenom
1/03/2015	29.9	23.8	23.0	4.8	04.4	0146	0313	S	015	0752	Early shower, fine.
2/03/2015	29.7	25.3	22.2	0.0	06.8	0218	0347	S	013	0557	Fine and clear
3/03/2015	30.1	24.5	21.6	0.0	06.8	0149	0259	SSW	017	0527	Fine
4/03/2015	30.4	24.7	23.3	1.0	05.8	0192	0349	NE	020	1744	Showers in area
5/03/2015	30.9	25.5	24.2	0.2	07.0	0243	0458	E	019	1357	Morning shower, Fine.
6/03/2015	30.7	25.2	24.0	1.6	06.6	0193	0356	ENE	015	0303	Showers in area
7/03/2015	31.1	26.5	23.7	0.0	05.4	0237	0363	SSE	016	1701	Fine
8/03/2015	31.3	26.6	24.4	trace	06.2	0227	0353	SSE	015	1436	Fine
9/03/2015	31.3	25.8	23.7	0.0	07.2	0192	0321	SE	019	1752	Fine
10/03/2015	31.2	26.1	23.6	0.2	04.2	0204	0363	SE	016	0105	Afternoon showers
11/03/2015	30.6	25.6	23.3	0.6	04.4	0146	0289	SE	013	0809	Morning showers in area
12/03/2015	31.2	24.8	22.1	0.0	05.4	0104	0224	SE	013	2029	Fine
13/03/2015	31.1	26.4	23.3	0.8	05.6	0139	0269	SE	013	1425	Morning shower
14/03/2015	30.1	24.8	24.2	15.6	07.4	0200	0342	ENE	024	0851	Heavy AM Showers
15/03/2015	30.5	24.8	24.9	18.2	03.0	0230	0387	ESE	017	0029	Showers
16/03/2015	31.4	26.4	24.6	6.4	04.8	0138	0269	ESE	011	1229	Showers in area
17/03/2015	31.6	25.9	24.2	trace	05.4	0090	0203	NE	019	1642	Late showers
18/03/2015	30.5	25.0	24.7	20.2	06.4	0159	0322	NE	017	0738	Thunderstorm, showers
19/03/2015	31.3	24.8	24.7	4.2	01.6	0067	0267	NE	014	0247	Distant showers, Fine.
20/03/2015	31.7	27.8	25.5	0.0	05.6	0176	0358	E	026	2230	Showers in area
21/03/2015	28.8	25.1	24.5	34.4	07.4	0284	0498	ENE	031	1232	Thunderstorm, showers
22/03/2015	31.1	24.8	23.8	50.2	08.2	0196	0556	ENE	031	0508	Thunderstorm, showers
23/03/2015	30.8	25.0	24.2	6.2	05.0	0313	0494	ESE	026	0611	showers
24/03/2015	30.1	27.0	25.4	4.2	06.4	0279	0534	E	025	0406	Showers, light rain
25/03/2015	31.0	27.0	25.5	1.6	04.6	0273	0536	ENE	025	0100	Fine, haze.
26/03/2015	30.2	27.8	25.8	0.0	06.2	0251	0550	E	032	1638	Heavy Showers
27/03/2015	29.7	24.1	23.2	39.4	07.0	0256	0506	NE	025	0559	Showers
28/03/2015	30.6	25.3	24.1	14.4	04.6	0191	0399	ENE	016	0047	Showers about, fine.
29/03/2015	30.9	26.3	24.3	0.2	06.0	0141	0300	N	025	1634	Late shower, fine day.
30/03/2015	31.2	24.8	24.7	3.8	04.8	0147	0303	E	015	1922	Early rain
31/03/2015	31.0	26.7	25.5	0.0	06.2	0159	0332	ESE	025	2339	Fine
Totals				228.2	176.4						
Highest	31.7	27.8	25.8	50.2	08.2	0313	0556	E	032	1638	
Lowest	28.8	23.8	21.6		01.6	0067	0203		26-Mar		
Average	30.7	25.6	24.1		05.7	0192	0368				
Raindays				21							

** Dew or fog (not counted as a rainday)*

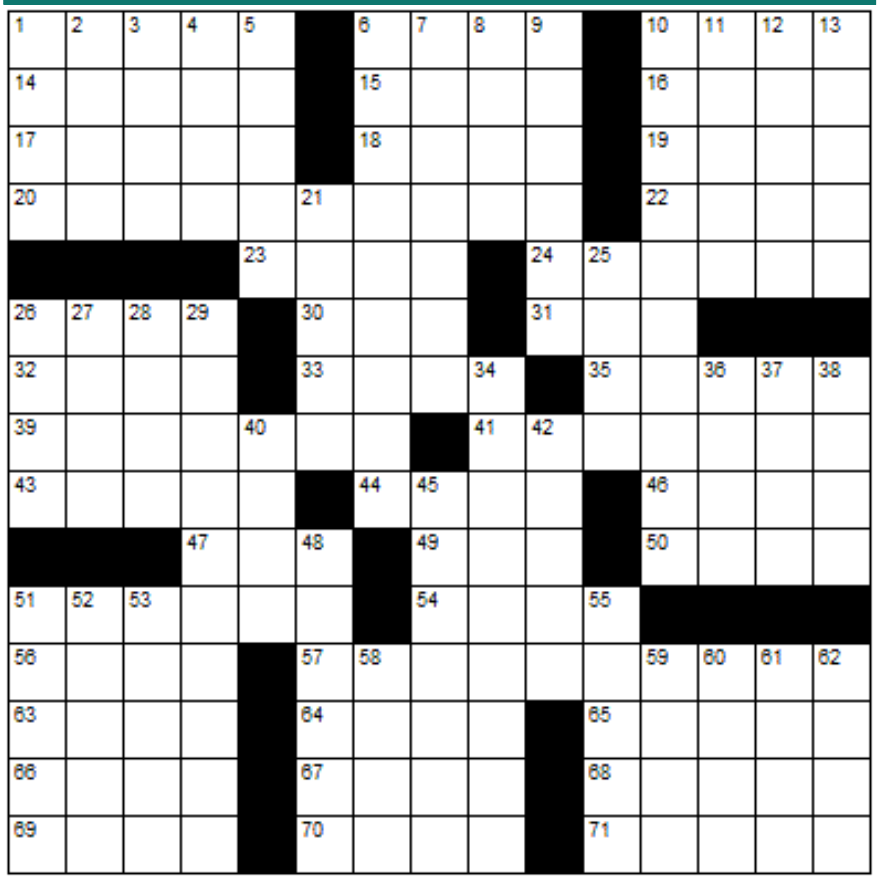
#MX WIND FROM AWS PRINTOUT

Cocos Island Meteorological Office (Western Australia)

12° 19' 03" South 96° 83' 33" East WMO Station Number : 96996

Barometer ht above MSL : 3 metres Cup anemometer ht AGL : 10 metres

Crossword



ACROSS

1. Prevaricators
6. Church alcove
10. Rapscallions
14. Shot from a bow
15. Kaolin
16. Not less
17. "There you have it!"
18. An enclosure
19. Trudge
20. Deductive
22. Telephoned
23. Fizzy drink
24. Come forth
26. Winglike
30. Mesh
31. Pull
32. Fail to win
33. Again
35. Escargot
39. Paving material
41. Sideways
43. S S S S
44. Cummerbund
46. Foot digits
47. Be unwell
49. Utilize
50. Where the sun rises
51. Not singular
54. Young cow
56. Permits
57. Not natural
63. Dogfish
64. Drudgery
65. Eccentric
66. Fee
67. Maguey
68. Not upper
69. 1 1 1 1
70. Transmit
71. Garden tool

DOWN

1. Magma
2. Press
3. Operatic solo
4. Somersault
5. Swings
6. Unfortunate mishaps
7. Mollify
8. Epic
9. Shoelace hole
10. Make pregnant
11. Back tooth
12. Tine
13. Marsh plant
21. Anagram of "Talon"
25. Scent
26. Wings
27. Not a win
28. Vipers
29. Practices
34. Celebrated noisily (archaic)
36. Dwarf buffalo
37. Frosts
38. "___ we forget"
40. Largest continent
42. Mantelpiece
45. Sell to the highest bidder
48. Andean animals
51. Ancient Athenian philosopher
52. A tart fruit
53. Practical
55. Satiates
58. Part in a play
59. Henhouse
60. Hawkeye State
61. Copied
62. Stringed instrument

Brainteaser Central!

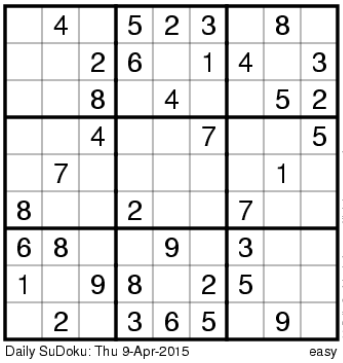
1. Emily loves cats and she keeps some as pets. All but two of them are completely black. All but two of them are completely white. All but two of them are completely ginger. How many cats does she have in total?
2. A family of five people drove in a car for 300 miles at an average speed of 50 miles per hour. For the whole journey nobody noticed that the car had a flat tyre. How come nobody noticed?
3. Try to re-arrange the letters of NEW DOOR to make one word.
4. A school orchestra with six musicians can play the first section of Beethoven's 5th Symphony in 7 minutes and 23 seconds. How long would it take to play if they doubled the number of musicians?
5. Tom own an antique grandfather clock made in the year 1877. How long is it designed to go without winding?
6. Emma was running a 5 mile marathon. With the end in sight she sprinted past Chloe who was in second place and triumphantly crossed the finish line. Why didn't Emma win the marathon?

Sudoku Station

How do I do it?

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

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



Daily SuDoku: Thu 9-Apr-2015 easy

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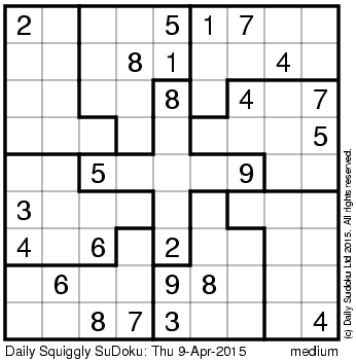

Daily Squiggly SuDoku: Thu 9-Apr-2015 medium

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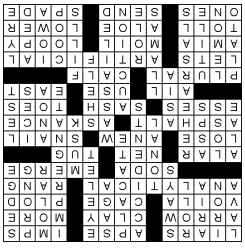
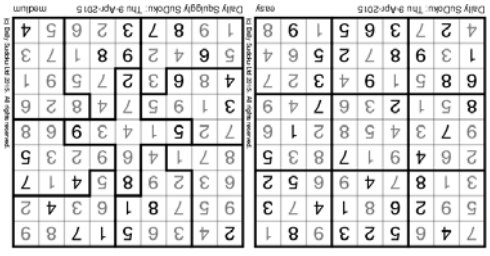
Brainteaser Answer

1. She has three cats.
2. It was the spare tyre
3. NEW DOOR re-arranges to make ONE WORD.
4. The same amount of time. The number of musicians will not change the length of the piece of music!
5. It is not designed to go without winding.
6. She was still in second place.

Crossword Solutions



Sudoku Solutions



Dates to Remember… *Tanggal Untuk Diingat…*

Date	Time	Particulars	Venue	Contact
24/04	1pm	ANZAC Day Service	CIDHS HI Campus	CIDHS 91627592
25/04	5.30am	ANZAC Day Dawn Service	Refer Ad Pg11	Munirah 91626649
25-27/04		ANZAC Day Weekend	Refer Ad Pg12	Kelly 91626649
29/04	COB	Request for Public Feedback—Policy Review	Shire HI	Jo 91626649
29/04	4pm	Shire Council Ordinary Meeting	Shire Chambers HI	Ibrahim 91626649
28/05	9.30am	Australia's Biggest Morning Tea	CRC	Kel 91627707

Birthdays & Anniversaries

Wish to send love ones special messages on their birthdays and anniversaries? Drop in at the Telecentre or email communications@cocos.wa.gov.au

"A Cocos Moment"

Local kids pose with the Administrator, Barry Haase, and dance instructor, Nek Suhanie, after their traditional dance performance on Act of Self Determination Day celebrations

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·

Cocos (K) Islands
Community Resource Centre
Your local connection

Upcoming 2015 Community Events

Event Name	Event Date	Event Host
Kids Movie Night	17/04/2015	Cocos Club
Shire Council Meeting	22/04/2015	Cocos Islands Shire Council
ANZAC Day	25/04/2015	Cocos Islands Shire Council
ANZAC Day Challenge - Pool/Darts Competition	26/04/2015	Cocos Club
ANZAC Day Challenge - Cricket	26/04/2015	Cocos Islands Cricket Club
ANZAC Day Challenge - Volleyball	26/04/2015	Cocos Club
ANZAC Day Challenge - Ambrose Golf	27/04/2015	Cocos Islands Golf Club
ANZAC Day Challenge - Malay Lunch	27/04/2015	Cocos Islands Golf Club
IOTHS - Podiatrist Visit	11/05/2015	IOTHS
Golf - Single Stableford	19/05/2015	Cocos Islands Golf Club
Indoor Sports Competition	25/05/2015	Cocos Club
Shire Council Meeting	27/05/2015	Cocos Islands Shire Council
Australia's Biggest Morning Tea	21/05/2015	Cocos CRC
Picnic in the Park	07/06/2015	Cocos Club
West Island Market Day	13/06/2015	Cocos CRC
Shire Council Meeting	24/06/2015	Cocos Islands Shire Council

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

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

This is a FREE service for our Community.

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

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

Thursday 30th Apr 2015

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

1:00pm Tuesday 28th Apr 2015

Cocos Snapshots 2... *Gambaran Cocos 2...*

Have Your Say

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

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

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

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

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

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

Disclaimer

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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.