



Photo by : Aaron Smith

The Atoll

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\$2.00 per issue

Thursday 26th April – Wednesday 9th May 2018



RFDS clothing sale fundraiser organised by Mak Denzel and Di

Cocos Keeling Islands

The Cocos (Keeling) Islands comprises of 27 coral islands forming two atolls—situated 2768km north-west of Perth and 3685km due west of Darwin—and is an isolated speck in the Indian Ocean.



Ladies introduction golf day for 2018



ANZAC Day Memorial

You can subscribe to The Atoll electronically by contacting:
cocosislands@crc.net.au

We would love to receive your feedback or suggestions on what you would like to read in
The Atoll - please contact the Shire at communications@cocos.wa.gov.au



Administration Building (PO Box 1039) Cocos Keeling Islands WA 6799
 P | 9162 7707 E | cocosislands@crc.net.au W | cocos@crc.net.au

Rainfall Stats

April Statistics
 (latest to 27th April)
116mm

Latest 2018 Statistics:
 (latest up to 27th April)
1004.4mm



LATEST WEATHER
www.bom.gov.au

Changes to *The Atoll*

The Cocos (K) Islands Community Resource Centre and the Shire of Cocos Keeling Islands would like to advise that the Shire will once again take over the compilation of *The Atoll* from May 2018.

The Cocos (K) Islands CRC will continue to receive and format advertisements, along with the printing and distribution of editions.

Please feel free to send your birthday notices, thumbs-up or Cocos snapshots to the Shire at communications@cocos.wa.gov.au

We look forward to continuing our strong partnership with the Shire to bring you a great community newsletter.



Emergency Contact List

AFP 9162 6600
 VHF Ch20

IOTHS WI Clinic 9162 6655
 IOTHS HI Clinic 9162 7609
 VHF Ch24

DFES HI 9162 7788
 DFES WI 9162 7777

VMRS 0406 329 056
 VHF Ch20

Shire HI 9162 6649
 Shire WI 9162 6740

Thumbs Up

👍 Well done to Mak Denzel and Di (you ladies are awesome!) for organising the clothing sale and afternoon tea RFDS fundraiser last week. And thank you to everyone who attended—a total of \$700 was raised for this great cause!

👍 A thumbs up to the Golf Club members who have been working hard on the course and around The Donga.

👍 A big thank you goes out to the Shire, RAAF and community volunteers for organising the ANZAC Day ceremony and breakfast.

👍 To WISRA for a great ANZAC Day lunch.

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

COMING SOON...
 Lotterywest Live Broadcast
SUMMER OF THE SEVENTEENTH DOLL
 by Ray Lawler
FRIDAY 18 MAY, 2018

lotterywest supported
 BLACK SWAN STATE THEATRE COMPANY

Proudly supported by Government of Western Australia
 Department of Regional Development



COFFEE WITH A COP

**Building relationships.
One cup at a time.**

Coffee with a Cop brings police officers and the community members they serve together, over coffee, to discuss issues and learn more about each other.

Building a positive relationship with the community is crucial in preventing crime and keeping the community safe.

Join Sergeant Anna Swain and her team for a **FREE** morning tea.

Tuesday 29th May 2018 - 9.30am

Please RSVP by Tuesday 22nd May for catering purposes.

Eco-friendly parties!

Hosting a greener party or event is actually quite easy with just a few tips and tricks; here are some ideas to get you started.

Choose an eco theme

Dinner parties are a great opportunity to stretch those creative legs and come up with a theme that will keep all your friends talking. So, why not choose an eco theme for your next soiree?

Decorate with nature

Planning a fancy tablescape for your next party? Ditch the pricey flower shops and craft a conversation-starting centrepiece from backyard foliage to cut back on waste.

- Cut bare branches from a tree and place in a vase for a rustic look.
- Scatter pinecones and needles across the table for an outdoor feel.
- Display freshly-picked herbs in a glass container.
- Make an arrangement with holly branches and place in a glass bowl.

Rethink the favours

Party favours can get pricey, and buying them only adds to the footprint of your dinner party. So, rethink your parting gifts by opting for something homemade or reused instead.

Have a leftover plan

Running out of food is any party host's worst nightmare. So, most of us tend to prepare more than we need. But don't let all those leftovers go to waste! Fight back against food waste by making a leftover plan ahead of time.



FUNDING CONTRIBUTIONS – RESIDENT FURTHER EDUCATION CALL FOR APPLICATIONS

Applications are being called for the Shire of Cocos (Keeling) Islands Funding Contributions Resident Further Education program.

A copy of the Shires policy along with the application form can be obtained from the Shire office or alternatively downloaded from the Shires website www.shire.cc. Applications are to be received by **3pm Monday 28 May 2018**. Submissions can be handed in at the Shire office, posted or emailed to:

Deputy Chief Executive Officer
Shire of Cocos (Keeling) Islands
PO Box 1094
COCOS (KEELING) ISLANDS WA 6799
dceo@cocos.wa.gov.au

SUMBANGAN DUIT BANTUAN – PELAJARAN LANJUT UNTUK PENDUDUK PANGGILAN UNTUK MEMOHON

Surat permohonan dipanggil untuk program Sumbangan Duit Bantuan Shire Pulu Cocos (Keeling) - Pelajaran Lanjut untuk Penduduk.

Salinan policy Shire bersama form permohonan boleh didapati dari opis Shire atau boleh di download dari website Shire www.shire.cc. Surat permohonan mesti diterima sebelum jam **3pm hari Senin 28 bulan May 2018**. Surat mesti dimasukkan ke opis Shire, dikirim atau di email alamat tersebut diatas.

Keterangan selanjutnya boleh didapati dengan menghubungi Mak Siti dimasa kerjaan dinomor 9162 6649.

Joanne Soderlund

CAT REGISTRATION

The Shire Ranger would like to advise all owners of a cat, which has reached 6 months of age, that under the **Cat Act 2011** owners must ensure the cat is registered, sterilised, micro-chipped and tagged with your local government district.

Cat registration forms are available from the Home Island Shire office (front desk), Monday to Thursday from 7am—4pm and Friday from 7am—12pm, or at West Island Shire office on Tuesday's and Thursday's between 11am—3pm.

If you have any concerns regarding this matter, please contact the Shire Ranger on 9162 6649 or email ranger@cocos.wa.gov.au

Thank you for your co-operation.

REJISTRESEN KUCING

Ranger Shire ingin menasihati semua pemilik kucing piaraan berumur yang suda melebihi 6 bulan yang dibawa undang-undang **Cat Act 2011**, pemiliknya harus pastikan yang kucing itu di rejista, di sunat, dimasukkan microchip dan di tag dengan daerah local government kamu.

Form rejistresen kucing disediakan dimeja reseption di opis Home Island yang terbuka dari hari Senin—Khamis dari 7am—4pm, Jumaat dari 7am—12 tengahhari dan opis Pulu Panjang pada setiap Selasa dan Khamis dari 11am—3pm.

Jika ada pertanyaan berkenaan perkara tersebut, silah hubungi saya di nomor 9162 6649 atau email ranger@cocos.wa.gov.au

Terima kasih atas kerjasama sekalian.

Razalie Zainiel (Pak Rani)

West Island Administration Office

Phone: (618) 9162 6740
Fax: (618) 9162 6589

Office Hours

Tues 7.30am - 3.30pm
Thu 7.30am - 3.30pm

Home Island Administration Office

Phone: (618) 9162 6649
Fax: (618) 9162 6668

Office Hours

Mon - Thu 7.00am - 4.00pm
Fri 7.00am - 12.00pm

HOME ISLAND BACK LANEWAY FENCING

Our ranger has noticed that some residents have been using the newly installed PVC fence to hang and dry heavy items over the fence.

The fencing is designed to identify the boundaries. It is not designed to withhold heavy items such as carpets, fishing nets, Ezygo curtains, mortar, etc. It would be appreciated if this practice does not continue.

For more information please do not hesitate to contact the undersigned at the shire office on 91626649 or email ranger@cocos.wa.gov.au

PAGAR JALAN BELAKANG KEBON HOME ISLAND

Ranger kita telah perhatikan yang ada penduduk yang telah menggunakan pagar PVC baru untuk menggantung dan menjemur barang-barang yang berat atasnya.

Pagar ini di desain untuk menandakan boundary-boundary. Ia bukan di desain untuk mempertahankan barang-barang berat seperti karpet, jaring, tutupan Ezygo, motor, dan sebagainya. Kami berharap yang kebiasaan ini diberentikan.

Untuk keterangan selanjutnya silah hubungi Pak Rani diopis Shire dinomor 91626649 atau email ranger@cocos.wa.gov.au

Razali Zainiel

C(K)I Ranger Services

Proposed Amendment No 3 to the Shire of Cocos (Keeling) Islands Town Planning Scheme No 1

Due to a procedural error on the Shire's behalf, this scheme amendment is required to be readvertised.

Notice is hereby given to the abovementioned scheme amendment for the purpose of Rezoning lot 163 Beacon Heights, West Island from Residential R15 to Commercial.

Documents setting out and explaining the scheme amendment can be inspected at the Shire of Cocos (Keeling) Islands, Shire office, or at the Shire's website www.shire.cc

Submission should be addressed to:

Chief Executive Officer, Shire of Cocos (Keeling) Islands, PO Box 1094, Home Island,
Cocos (Keeling) Islands, WA 6799 or emailed to eso@cocos.wa.gov.au

Submissions close Monday 11th June 2018

Next council meeting:

Wednesday 23 May 2018, 1pm
Council Chambers Home Island

www.shire.cc



SHIRE OF
COCOS
KEELING
ISLANDS



29 April - 4 May 2018



Join off-island volunteers and partners to collect and audit marine debris at sites across Cocos Keeling Islands.

Times and locations are subject to change depending on weather. Please keep up to date on 'Cocos Islands Buy, Swap, Sell and Community Blackboard'.

Sunday 29 April

8-11am Scout Park
11am Volunteer barbecue
2-5pm Auditing Hub at The Club

Monday 30 April

8.30-11.30am Twiss Memorial
12.30-3.30pm Twiss Memorial

Wednesday 2 May

Home Island
From 8.30am

Thursday 3 May

Direction Island



Australian Government
Department of Infrastructure,
Regional Development and Cities



Government of Western Australia
Department of Water and Environmental Regulation



SHIRE OF
COCOS ISLANDS

**2018 AFL Broadcast Guide
Cocos Keeling Islands Time
ROUND 6**

Friday 27 April

Western Bulldogs VS Carlton 7mate 4.00pm (live)

Saturday 28 April

Hawthorn VS St Kilda 7mate 3.30pm (live)

Sunday 29 April

Fremantle VS West Coast Eagles GWN7 1.30pm (30mins time delay)



AUSTRALIA'S
**Biggest
Morning
Tea**

**COME ALONG & SUPPORT
AUSTRALIA'S BIGGEST MORNING TEA**

Bring people together to help raise funds and
make a difference to those impacted by cancer.

HOST Cocos Islands Community Resource Centre

DATE Wednesday 2nd May 2018

TIME 09.30am

WHERE Cocos Islands CRC Verandah

DETAILS Please RSVP by Wednesday 18th April 2018.
\$20.00 PER PERSON DONATION (or more!)

biggestmorningtea.com.au

**NOT TOO LATE TO RSVP!
PLEASE COME ALONG TO
SUPPORT THIS GREAT CAUSE
AND ENJOY A FUN MORNING
TEA!**



PULU KELAPA

COCOS KEELING ISLANDS

Festival

28 April - 5 May

Cocos Keeling Islands



DATE	EVENT	TIME	LOCATION
Sat 28 April	PULU KELAPA FESTIVAL OPEN Join us at the Club for some photo-booth fun, meet the Keep Australia Beautiful team, and enjoy some local vibes and food.	5pm – 8pm	COCOS CLUB
Sun 29 April	FAMILY FUN DAY Pack a picnic, relax or participate in beachcombing activities, live touch pools, fishing games, origami making, coconut bowling and the chance to explore the Cocos Fire Truck! Try Saltmakers famous fresh coffee and coconut ice-cream. FREE BBQ for beachcombing volunteers. FREE return bus shuttle from Cocos Club to Scout Park.	8am – 11pm	SCOUT PARK
	TANGAROA BLUE BEACH AUDIT Join the Department of Water and Environmental Regulation and Tangaroa Blue in an IOT Marine Debris Project beach audit.	From 12pm	COCOS CLUB
Mon 30 April	COCONUT TASTE TESTING Treat your taste buds to the ultimate coconut experience. Learn more about the different coconut types and products.	5.00pm – 6pm	AIRPORT OVAL
	YOUTH SHORT FILM COMPETITION SCREENING Sit back, relax and enjoy a screening of short films produced by local talented film makers!	6pm	AIRPORT OVAL
	OPEN DAY @ COCOS FARM Join an entertaining tour of the Cocos Farm and learn more about locally grown products. Meet some of the local ducks whilst strolling around the farm. Learn about coconut husking, the coconut oil making process and coconut body butter.	9am - 11am	COCOS FARM
Tue 1 May	RASA COCOS COOKING CLASSES (Bookings required) Learn and experience cooking Cocos Malay cuisines with the wonderful local Malays and students of the school.	12.30pm – 2pm	COCOS ISLANDS DISTRICT HIGH SCHOOL
	FISHING FROM WEST ISLAND JETTY Find out how to care for your catch with Fisheries Officer Wade. Bring the kids, drop in for a short while, or stay for longer and enjoy a relaxed evening of fishing whilst taking in the beautiful sunset.	5.30pm – 7.30pm	RUMAH BARU
Wed 2 May	AUSTRALIA'S BIGGEST MORNING TEA Enjoy fresh coconut water, tea or coffee and delicious locally made food while supporting the Cancer Council (\$20).	9.30 am – 11am	VISITOR CENTRE VERAN DAH
	THE BIG BARGE ART CENTRE Visit the art centre and learn more about how flotsam and jetsam can be transformed into beautiful pieces of art.	10am – 12pm	THE BIG BARGE
	FAMILY FUN DAY @ HOME ISLAND JETTY Beachcombing activities, live touch pools, fishing games, origami making and coconut bowling. Fishing from Home Island Jetty Learn to care for your catch with Fisheries Officer Wade or learn all about bone fishing with our local guides from 'Chasing Island Tails'	2.30pm – 4.30pm	HOME ISLAND
	INDIAN OCEAN TERRITORIES MARINE DEBRIS PROJECT Enjoy traditional Cocos Malay cuisine and enjoy watching the youth film competition screening. Learn about the marine debris project and join in some photo-booth fun. Dinner bookings essential (\$20) by Monday 30 April @ the Visitor Centre.	5pm – 7.30pm	HOME ISLAND CYCLONE SHELTER
Thu 3 May	BEACHCOMBING TOUR Explore the marine environment at DI. Join Kylie and Wade from Fisheries on a beachcombing and snorkelling tour to observe local marine species and learn interesting facts about the local environment (don't forget to pack your snorkelling gear).	From 8.30am	DIRECTION ISLAND
	SOCIAL GOLF (SCROUNGERS) Get together with the locals, and take part in a game of Scroungers on their unusual course across the runway. Dress up theme for this event is 'fancy Coconut' and 'Flotsam & Jetsam'. Enjoy a delicious fish burger at the Donga after an afternoon on the golf course.	3.30pm – 6pm	GOLF DONGA
Fri 4 May	OCEAN FILM FESTIVAL SCREENING Cocos Keeling Islands has been selected to be part of the festival bringing you the world's best ocean films, from both above and below the surface. Come along and enjoy the Australian tour on this mega world event! FREE admission.	6pm – 9.30pm	COCOS CLUB

What's the difference?

COLD

VS

FLU

The bugs

Cold viruses are around us all the time and we regularly come into contact with them. We are constantly producing antibodies against them.

Symptoms

- Symptoms appear gradually
- More likely to have a runny or stuffy nose
- Rarely produces fever in adults, slightly elevated fever in children
- Rarely leads to complications in healthy adults.



Flu is seasonal and caused by a different virus every year. They travel the globe in a predicted path every year. We rarely come into contact with them and have few natural antibodies against them.

- Comes on quickly (4-6 hours)
- Symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense
- Cough is usually dry
- High fever in adults and children
- May lead to serious health problems such as pneumonia or bacterial infections
- **Flu makes you sicker!**

What can you do?

- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Wash your hands** often with soap and water or alcohol-based hand cleaners
- **Avoid close contact with sick people.**
- **Avoid touching your eyes, nose or mouth.** Germs spread this way.
- **Get a flu vaccination every year.**

If you are sick

➤ **Avoid contact with other people :**

To prevent the spread of the virus

- adults usually spread the disease from 1 to 2 days before they feel sick until about 5 days after the start of illness.
- children can spread infection even longer—from 6 days before the start of symptoms until at least 10 days after.

To prevent serious health complications for yourself

- when you are already sick you are more vulnerable to other diseases.

➤ **Treat the symptoms:**

With over the counter medication

- rest
- fluids

➤ **Seek EMERGENCY MEDICAL CARE if you or someone you know is having any of following warning signs below.**

In children:

- Fast breathing or trouble breathing/ bluish skin colour
- Not drinking enough fluids
- Not waking up or not interacting / being so irritable that the child does not want to be held
- Symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



**If you have any concerns please don't hesitate to contact the clinic.
The clinic is open from 8am – 4pm Monday to Friday.**

Apa pembezaannya?

PILAK

VS

FLU

Kumannya

Kuman pilak berada disekitar kita disetiap masa dan kita sering bersentuhan dengannya. Kita senantiasa menghasilkan antibodies untuk melawannya.

Flu ikut musim dan disebabkan oleh lain-lain kuman setiap tahun. Mereka berkeliling dunia dalam perjalanan yang diramalkan setiap tahun. Kita jarang bersentuhan dengannya dan ada beberapa antibodies untuk melawannya.

Tanda-tanda

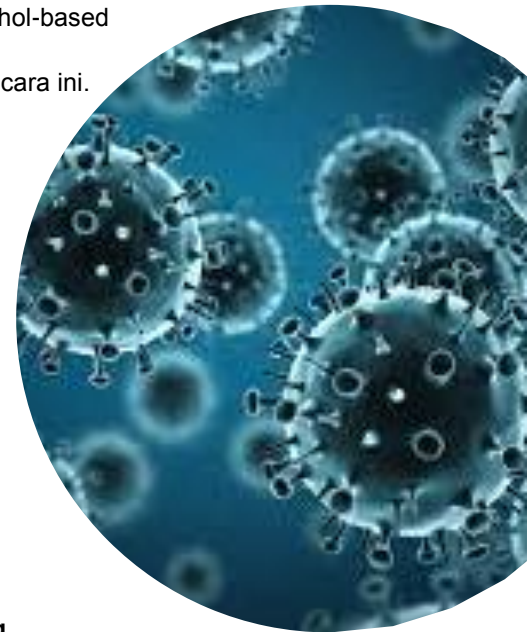
- Tanda-tandanya datang berturutan
- Lebih mungkin mendapat pilak atau sesak hidung
- Jarang menghasilkan demam kepada orang dewaa, demam sedikit meningkat pada anak-anak
- Jarang menyebabkan komplikasi pada orang dewasa yang sehat.
- Datangnya dengan sekejap (4-6 jam)
- Tanda-tandanya seperti demam, badan mengentak, sangat letih, dan batok-batok kering lebih biasa dan kadang teruk
- Batok-batoknya biasanya kering
- Demam tinggi pada orang dewasa dan anak-anak
- Boleh menyebabkan masalah kesihatan yang berat seperti 'pneumonia' penjangkitan kuman
- **Flu membuat kamu lebih sakit!**

Apa kamu boleh buat?

- **Tutup hidung dan mulut kamu** dengan tissue bila kamu batok-batok atau beresem. Buang tissue itu kedalam bin selepas digunakan.
- Sering **Cuci tangan kamu** dengan sabun dan ayer atau pencuci tangan yang alcohol-based
- **Hindarkan diri dari berhubung dengan orang yang sakit.**
- **Hindarkan dari memegang mata, hidung atau mulut.** Germs menyebarkan dengan cara ini.
- **Dapatkan flu vaccination setiap tahun.**

Kalau kamu sakit

- **Hindarkan diri dari berhubung dengan orang lain :**
Untuk mengelakkan penyebaran kuman
 - Orang dewasa biasa menyebarkan penyakit ini dari 1 hingga 2 hari sebelum mereka rasa sakit hingga kira-kira 5 hari setelah penyakit itu mula.
 - Anak-anak boleh menyebarkan penyakit lebih lama – dari 6 hari sebelum tanda-tandanya bermula hingga sekurang-kurangnya 10 hari setelahnya.
 - Untuk menghindarkan komplikasi kesihatan teruk kepada diri kamu
 - Bila kamu sedang sakit kamu lebih mudah untuk menjangkit penyakit lain
- **Merawat tanda-tanda:**
Dengan obat-obat dari kaunter
 - rehat
 - ayer
- **DAPATKAN RAWATAN EMERGENCY MEDICAL kalau kamu atau orang yang kamu kenal sedang mengalami tanda-tanda yang menguatkirkan seperti berikut.**
Pada anak-anak:
 - Deras penafasan atau sesak bernafas/belauh kulitnya
 - Tidak meminum ayer yang secukupnya
 - Tidak boleh bangun atau tidak berinteraksi / bermalah-marahan hingga anak itu tidak mau digenong atau dipegang
 - Tanda-tanda sakit itu nampak baik tetapi kembali lagi dengan demam dan batok-batok yang lebih teruk.
 - Demam dengan bintul-bintul**Pada orang-orang dewasa:**
 - Sesak bernafas atau capek nafas
 - Kesakitan atau pengentak dada atau perut (abdomen)
 - Pusing kaget
 - Awor
 - Muntah-muntah yang teruk dan yang berterusan



Kalau kamu ada kekuatiran apapun, dipersilahkan untuk hubungi pusat kesihatan. Pusat kesihatan dibuka dari 8 pagi – 4 soreh Senin hingga Jumaat.

Thanks to Muslihah Shakirin – Cocos Islands District High School Student who helped with this presentation.

Ramadan Ramadan Fasting: What to Eat During Sahur and Iftar

Puasa Ramadan: Makan apa untuk Sahur and Iftar

What foods should you have during sahur (pre-dawn meal)?

Carbohydrates (Fruits and Vegetables)

Apple
Banana
Lettuce
Broccoli

Protein (Meat and fish)

Skinless chicken
Fish
Dairy products (milk, yoghurt and cheese)

Dairy

Milk
Yoghurt
Cheese

Carbs (Rice and wheat)

Brown rice
Wholemeal bread
Wit-bix
Porridge
Pasta
Nuts (almond)

Makanan apa kamu harus makan untuk sahur?

Carbohydrates (Buah-buahan dan sayuran)

Apel
Pisang
Lettuce
Broccoli

Protein (Daging dan ikan)

Ayam tanpa kulitnya
Ikan
Produk Dairy (susu, yoghurt dan keju)

Dairy

Susu
Yoghurt
Keju

Carbs (Nasi dan wheat)

Brown rice
Roti wholemeal
Wit-bix
Porridge
Pasta
Kacang (almond)



What foods should you have for Iftar (dinner)

Makanan apa kamu harus makan untuk?

carbohydrates (Fruits and vegetables)

Apple
Banana
Lettuce
Broccoli

Protein (Meat and fish)

Skinless chicken
Fish
Meat
Eggs

Dairy

Milk
Yoghurt
cheese

Carbs (Rice and wheat)

Brown rice
Wholegrain breads
Wholegrain cereals
Brown pasta
Porridge
Nuts

Healthy fats

olive/canola oil
Avocado
Fatty fish

carbohydrates (Fruits and vegetables)

Apel
Pisang
Lettuce
Broccoli

Protein (Daging dan ikan)

Ayam tanpa kulitnya
Ikan
Daging
Telor

Dairy

Susu
Yoghurt
Keju

Carbs (Nasi dan wheat)

Brown rice
Roti wholegrain
Cereal wholegrain
Brown pasta
Porridge
Kacang

Gemuk yang sehat

Minyak olive/canola
Avocado
Ikan yang gemuk

If you have any concerns please don't hesitate to contact the clinic. The clinic will be open from 8am – 4pm Monday to Friday.

West Island clinic

Phone number: 91626655

Home Island clinic

Phone number: 91627609

Kalau ada kekuatiran silah hubungi pusat masyarakat. Pusat kesihatan akan dibuka dari jam 8 pagi – 4 soreh Senin hingga Jumaat.

Klinik Pulu Panjang

Nomor talipun: 9162 6655

Klinik Home Island

Nomor talipun: 9162 7609

Of the seven species of boobies world-wide, three are found in Pulu Keeling National Park.

Red-footed booby (Sula-Sula)
Masked booby (Sula dactylastra)
Brown booby (Sula leucogaster)

Cocos Malay Words

Bird– Burung
Wings– Sayap
Feet– Kaki
Beak—Patuk
Feather– Bulu
Tails– Buntut

Healthy Living Tip

For a healthy, balanced diet, cut down on foods and drinks containing added sugars.

These tips can help you cut it down:

- Instead of sugary soft drinks and juice drinks, go for water or unsweetened fruit juice (remember to dilute these for children, to further reduce the sugar).
- Swap cakes or biscuits for a piece of fruit.
- If you take sugar in hot drinks, or add sugar to your breakfast cereal, gradually reduce the amount until you can cut it out altogether, or try using a natural honey.
- Rather than spreading jam or honey on your toast, try a low-fat spread, sliced banana or low-fat cream cheese instead.
- Check nutrition labels to help you pick the foods with less added sugar, or go for the low-sugar version.
- Try halving the sugar you use in your recipes. It works for most things except jam, meringues and ice-cream.
- Choose tins of fruit in juice or water rather than syrup.
- Choose wholegrain breakfast cereals, but not those coated with sugar or honey.

2018 Cocos Keeling Island Audit of PATS recent travel

Ten people on CKI who had recently used the PATS service were interviewed about their experience of the local system, by an independent Health Worker. Phone interviews were undertaken and anonymity was assured.

1. Was your travel arranged in a timely manner? *100% of patient stated that it was.*
2. Did you have all of the referral paperwork and results required by your specialist?
100% of patients stated they did.
3. Were you given enough information on the PATS system and referral processes?
100% of patients stated that they did.
4. Were any refundable expenses refunded in a timely manner? *30% of patients stated yes. 70% of patients (ranging from 9 days to 20 days post travel) were yet to receive their refund.*
5. Comments and suggestions for improving the PATS service:
 - Currently on the island only one administration staff is familiar with the PATS procedure? Other staff member was off island? More training to extend to relief Admin staff.
 - Currently happy and always require interpreting.
 - Currently Ok.

Actions to be undertaken:

1. NM CKI is investigating methods to speed up the refund of expenses e.g. Accommodation costs.
2. NM CKI will review the options for training more Admin staff in PATS processes
3. Results to be circulated to the Health Consultative Committee for information and the opportunity to offer further comment.



Make your day brighter than yesterday.

Thought for the day

"Nothing ever goes away until it teaches us what we need to know."

-Pema Chodron

Joke of the week

6am Alarm Call

A husband and wife at a hotel asked for a 6am alarm call. On the stroke of 6, the phone rang and a voice said:

"This is your wake-up call."

The guest said thanks and put the phone down. A minute later the phone rang again and the voice said:

"This is your wake-up call."

Annoyed, the husband said: "You phoned only a minute ago."

"I know," replied the receptionist, "but there are two of you."

I'm Not Bitter

Ever since we got married, my wife has tried to change me. She got me to stop drinking, smoking and running around until all hours of the night. She taught me how to dress well, enjoy the fine arts, gourmet cooking, classical music, even how to invest in the stock market."

"Sounds like you may be bitter because she changed you so drastically," remarked his friend.

"I'm not bitter. Now that I'm so improved, she just isn't good enough for me."

Puns

What kind of shorts do clouds wear?

THUNDERWEAR

Drug offences and you X – Commonwealth drug offences – commercial manufacture of illegal drugs

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

This is the tenth article about drug offences under state-based legislation that is applied to Christmas and Cocos (Keeling) Islands and under Commonwealth legislation.

This is the sixth article about Commonwealth drug offences – that is, offences under Commonwealth legislation. It is about the commercial manufacture of illegal drugs (these are called "controlled drugs").

Commonwealth drug offences are dealt with by the *Criminal Code Act 1995* (Cth) (we will call it the *Criminal Code* (Cth)) and the *Criminal Code Regulations 2002* (Cth) (we will call them the *Regulations*).

What is a controlled drug?

The *Criminal Code* (Cth) defines a "controlled drug" as one listed as such by a regulation, or an analogue (which means another similar form) of the drug or one that is urgently determined by the Minister to be a controlled drug. The *Regulations* contain a schedule listing them. Examples include heroin, cocaine, ecstasy, amphetamine and metamphetamine, among others. The definition does not include growing plants.

What is manufacturing?

Manufacturing is any process by which you produce (make) a substance and includes transforming one substance into a different substance, or extracting a substance from another substance, or refining a substance from another substance.

What is "manufacturing a substance"?

You manufacture a substance if you:

engage in its manufacture, or
control or direct its manufacture, or
provide finance for its manufacture.

What is manufacturing a substance for "commercial purposes"?

You manufacture for commercial purposes if you intend to sell any of the substance or you believe that another person intends to do so.

When you can be presumed to be manufacturing for commercial purposes

If you manufacture a certain amount or more of any controlled drug (called a trafficable quantity), you can be presumed to be manufacturing it for commercial purposes, just because of the amount of drug that you have.

The presumption does not apply if you can prove that you did not have that intention to sell or belief that another person intends to. The standard of proof is just on the balance of probabilities, which means just greater than 50 percent, or more likely than not.

The trafficable quantity for each drug is set out in the schedule in the *Regulations* that lists controlled drugs. It is measured in grams. Examples are 2 or more grams of amphetamine, 1.5 or more grams of morphine and 0.002 or more grams of lysergide (LSD).

"Marketable" and "commercial" amounts of controlled drugs

In general terms, you can be charged with manufacturing the controlled drug (the least serious charge), or manufacturing a "marketable" quantity of the controlled drug (a more serious charge) or manufacturing a "commercial" quantity of the controlled drug (the most serious charge).

The schedule in the *Regulations* that lists controlled drugs also set out the amounts that constitute marketable and commercial quantities of each drug. A "marketable" quantity is usually measured in grams for drugs. Some examples are if you manufacture 250 grams or more of amphetamine, cocaine or heroin or 500 or more grams of ketamine.

A "commercial" quantity is usually measured in kilograms for drugs. Some examples are if you manufacture 1.5 kgs or more of heroin, or 0.75 kgs or more of amphetamine or 2 kgs or more of cocaine.

Manufacturing controlled drugs – the offences

If you manufacture, for commercial purposes, a controlled drug, you commit an offence. The maximum penalty is imprisonment for 10 years and/or 2,000 PUs (A penalty unit (PU) is currently \$210). This offence can be dealt with by a Magistrates Court if both the accused person and the prosecution agree. If in committing the offence you expose a child under 14 years old to the manufacture of the drug, the offence is aggravated, and the maximum penalty is 12 years imprisonment and/or 2,400 PUs.

If you manufacture, for commercial purposes, a marketable amount of a controlled drug, the maximum penalty is imprisonment for 25 years and/or 5,000 PUs. This offence is indictable only. This means that it can only be dealt with by the District Court and not by the Magistrates Court. If in committing the offence you expose a child under 14 years old to the manufacture of the drug, the offence is aggravated, and the maximum penalty is 28 years imprisonment and/or 5,600 PUs.

If you manufacture, for commercial purposes, a commercial amount of a controlled drug, the maximum penalty is imprisonment for life and/or 7,500 PUs. This offence is indictable only and can only be dealt with by the Supreme Court, and not by the District Court, because the maximum penalty is life imprisonment.

In the next articles we will talk about pre-trafficking illegal precursors, which are substances necessary to make drugs.
Annie Gray, Legal Aid WA

Pelanggaran drug dan kamu X – Pelanggaran menurut Commonwealth – pembuatan commercial drug-drug terlarang

Ini adalah majalah pendek tentang perkara-perkaraperundangan yang mungkin menarik perhatian kamu. Ia bukan nasihat legal. Kamu harus selalu mengambil nasihat legal tersendiri untuk keadaan kamu.

Ini majalah yang ke sepuluh tentang pelanggaran drug menurut perundangan berdasarkan state yang digunakan di Pulu Christmas dan Cocos (Keeling) dan dibawa perundangan Commonwealth.

Ini majalah yang ke enam tentang pelanggaran drug menurut Commonwealth – iatu pelanggaran dibawa perundangan Commonwealth. Ia tentang pembuatan commercial drug-drug terlarang (ini dipanggil “drug-drug yang dijaga”).

Pelanggaran drug dibawa Commonwealth diurus oleh Criminal Code Act 1995 (Cth) (kita panggil Criminal Code (Cth)) dan Criminal Code Regulations 2002 (Cth) (kita akan panggil Regulations).

Apa itu drug yang dijaga?

Criminal Code (Cth) menerangkan “drug terjaga” sebagai salahsatu yang didaftarkan oleh sebuah undang-undang, atau satu yang dinyatakan oleh Menteri untuk menjadi drug yang dijaga. Daftar dalam Perundangan menerangkannya semua. Contoh-contohnya termasuk heroin, cocaine, ecstasy, amphetamine dan metamphetamine, diantaranya. Keterangan ini tidak termasuk penanaman tumbuhan.

Apa itu “pembuatan”?

Pembuatan adalah proses yang kamu menghasilkan (membuat) sesuatu dan termasuk menjadikan sesuatu bahan untuk menjadi sesuatu bahan yang lain, atau menarik sesuatu bahan dari sesuatu yang lain, atau menghalusi sebuah bahan dari sesuatu yang lain.

Apa itu “mengedarkan sebuah bahan”?

Kamu mengedarkan sesuatu kalau kamu:
mengambil bahagian dalam pengedaran, atau
mengurusi atau memberi arahan pengedaran, atau
memberi sokongan uang untuk pengedarannya.

Apa itu pengedaran sesuatu untuk “tujuan jualan commercial”?

Kamu mengedarkan untuk tujuan commercial kalau kamu berniat untuk menjual sesuatu bahan atau kamu percaya yang orang lain berniat untuk berbuat demikian.

Bila kamu boleh dianggap untuk mengedarkan untuk tujuan commercial

Kalau kamu mengedarkan jumlah tertentu atau lebih drug yang dijaga (dipanggil jumlah trafficable), kamu boleh dianggap untuk mengedarkannya untuk tujuan jualan commercial, hanya bersebabkan jumlah drug yang kamu mempunyai.

Penganggapan ini tidak digunakan jika kamu boleh buktikan yang kamu tidak mempunyai tujuan untuk menjual atau percaya yang lain bertujuan sama.

Taraf bukti hanya tergantung dalam balance berkemungkinan, yang bermaksud lebih dari 50 percent, atau lebih kemungkinan dari tidak.

Jumlah trafficable untuk setiap drug dijelaskan dalam daftar Perundangan yang mendaftarkan drug-drug terjaga. Ia diukur dalam grams. Contohnya ialah 2 grams atau lebih amphetamine, 1.5 gram atau lebih morphine dan 0.002 grams atau lebih lysergide (LSD).

Jumlah “Marketable” dan “commercial” drug-drug yang dijaga

Secara umum, kamu boleh didakwa dengan pengedaran drug terjaga (dakwaan yang kurang ringan), atau mengedarkan jumlah “marketable” drug terjaga (dakwaan yang lebih berat) atau mengedarkan jumlah “commercial” drug yang dijaga (dakwaan yang paling berat).

Daftar dalam Perundangan yang menyatakan drug terjaga juga menerangkan jumlah yang digelar jumlah marketable dan commercial setiap drug.

Jumlah “marketable” biasanya diukur dalam grams untuk drugs. Contohnya ialah kalau kau mengedarkan 250 grams atau lebih amphetamine, cocaine atau heroin atau 500 grams atau lebih ketamine.

Jumlah “commercial” biasanya diukur dalam kilograms untuk drug. Contohnya adalah kalau kamu mengedarkan 1.5 kgs atau lebih heroin, atau 0.75 kgs atau lebih amphetamine atau 2 kgs atau lebih cocaine.

Mengedarkan drug terjaga - pelanggarannya

Kalau kamu mengedarkan, drug terjaga, kamu berbuat pelanggaran. Hukuman maksimum ialah penjara 10 tahun dan/atau 2,000 PUs (Sebuah penalty unit (PU) pada masa ini ialah \$210). Pelanggaran ini boleh diurus oleh Magistrates Court kalau kedua-dua orang yang didakwa dan orang yang mendakwa bersetujuan. Kalau dalam perbuatan pelanggaran kamu menyatakan anak-anak yang dibawa umur 14 tahun dalam pengedaran drug, pelanggaran ini lebih berat, dan hukuman maksimum ialah 12 tahun dipenjarakan dan/atau 2,400 PUs.

Kalau kamu mengedar, untuk tujuan commercial, jumlah yang marketable drug yang dijaga, hukuman maksimum ialah dipenjarakan 25 tahun dan/atau 5,000 PUs. Pelanggaran ini dakwaan saja. Ini bermaksud yang ia hanya boleh diurus oleh District Court dan bukan oleh Magistrates Court. Kalau dalam perbuatan pelanggaran ini kamu menyatakan anak-anak yang berumur dibawa 14 tahun dalam peredaran drug, pelanggaran ini lebih berat, dan hukuman maksimum ialah 28 tahun dan/atau 5,600 PUs.

Kalau kamu mengedarkan, untuk tujuan commercial, jumlah commercial drug terjaga, hukuman maksimum ialah dipenjarakan untuk seumur hidup dan/atau 7,500 PUs. Pelanggaran ini ialah dakwaan saja dan hanya boleh diurus oleh Supreme Court, dan bukan oleh District Court, bersebabkan hukuman maksimum ialah penjara seumur hidup.

Dalam majalah seterusnya kita akan bincangkan tentang ‘pre-trafficking’ bahan pemuka haram, iaitu sesuatu bahan yang diperlukan untuk membuat drug.

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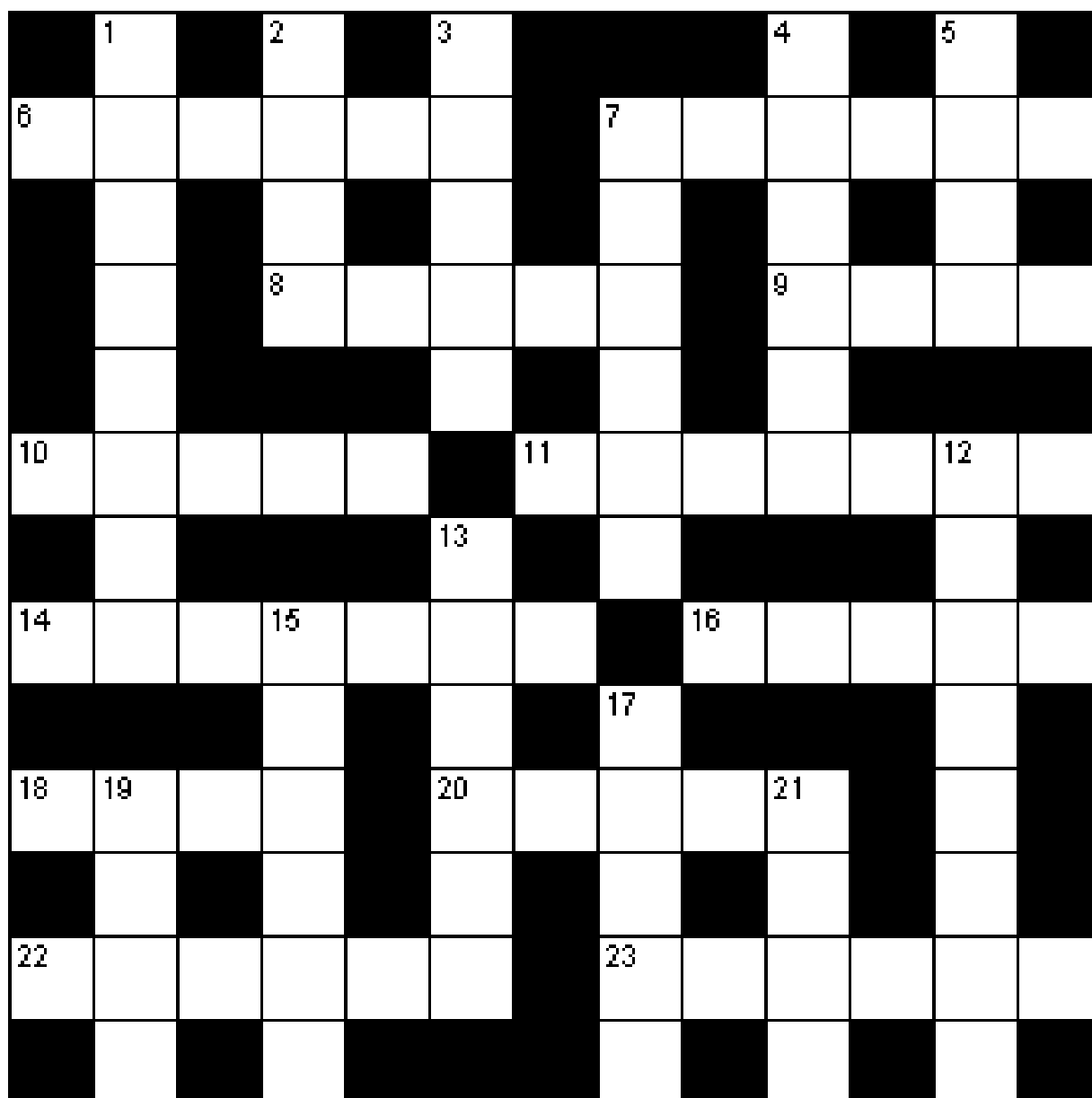
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CUSHMAN
LET'S WORK.

HEAVY DUTY UTILITY VEHICLES

Crossword

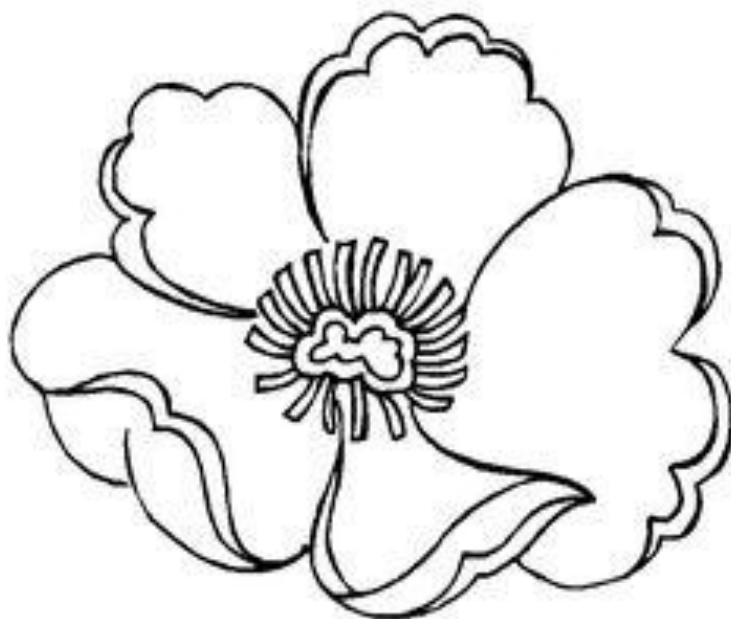


Across

- 6. Type of goat, cat or rabbit (6)
- 7. Shorebird, related to the sandpiper (6)
- 8. Ophidian (5)
- 9. Female chickens (4)
- 10. Terrestrial gastropod mollusk (5)
- 11. Mongoose-like viverrine (7)
- 14. Arctic whale with long spiral tusk (7)
- 16. Slow-moving arboreal mammal (5)
- 18. Gull-like jaeger (4)
- 20. Raptors (5)
- 22. Small arthropod (6)
- 23. Large sautéed shrimp (6)

Down

- 1. South American arboreal boa (8)
- 2. Canines (4)
- 3. Long-tailed parrot of Central and South America (5)
- 4. Terrestrial burrowing rodent (6)
- 5. Small slender gull with forked tail (4)
- 7. Woodland flycatcher (6)
- 12. Graceful ruminant (8)
- 13. Leporid mammal (6)
- 15. Sea mammals (6)
- 17. Showy growth of head feathers (5)
- 19. Type of penguin, sounds regal (4)
- 21. Male deer (4)



Lest We
Forget

SUDOKO STATION

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

A Cocos moment



Congratulations to Denzel Whichello and Saadiah Rabuhu who were presented with the *Youth Recognition Award* during National Youth Week on 14 April 2018. The awards were held on the Home Island Foreshore.

The School Holiday Program is a Shire initiative, organised and run by the Shire's Youth Officer, Osman Macrae. During this April school holidays, the children got to take part in ice-cream making, sailing, cricket, slime making and touch rugby.



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 emailed to: cocosislands@crc.net.au

To ensure a timely distribution of the newsletter, we request that all items/materials be forwarded before 3pm, 2 days prior to its distribution date. Please contact the Cocos CRC for deadlines and advertising rates.

Disclaimer

The views expressed in articles in this newsletter are not necessarily the views of the editors or other volunteers who work to produce The Atoll. The editor has the right to withhold, edit or abbreviate items as considered necessary. No responsibility is accepted for any statement of opinion, any error or omissions.

ANZAC Day 2018

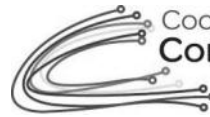
This week's ANZAC Day Memorial Service brought together the community, friends and visitors to Cocos Keeling Islands to remember the sacrifice of Australians and New Zealanders who served and died in wars, conflict and peacekeeping operations.

The service was followed by a number of events on West Island, including a cooked breakfast organised by RAAF personnel and community volunteers, gin and tonics served at Government House, two-up and AFL at the Cocos Club, and a delicious spit roast lunch organised by WISRA.



2018 Community Events

Contact the CRC to add your event



Cocos (K) Islands
Community Resource Centre

Your local connection

EVENT	DATE	EVENT HOST
Pulu Kelapa Festival	28/04 - 05/05	CKITA
Marine Debris Project	29/04 - 04/05	Keep Australia Beautiful Council
Australia's Biggest Morning Tea	02/05/2018	Cocos Islands CRC
Scroungers "Coconut Theme"	03/05/2018	Cocos Islands Golf Club
Administrator's Inaugural Ball	11/05/2018	Administrator's Office
Live Screening "Summer of the 17th Doll"	18/05/2018	Cocos Islands CRC
Council Meeting - Home Island	23/05/2018	Cocos Islands Shire Council
Info Session - Legal Aid	06/06/2018	Cocos Islands CRC
West Island Market Day	23/06/2018	Cocos Islands CRC
Council Meeting - West Island	27/06/2018	Cocos Islands Shire Council
Council Meeting - Home Island	25/07/2018	Cocos Islands Shire Council
Cocos Barefoot Ball	25/08/2018	Yacht Club
Council Meeting - Home Island	29/08/2018	Cocos Islands Shire Council
Corporate Golf Day	05/09/2018	Cocos Islands Golf Club
West Island Market Day	15/09/2018	Cocos Islands CRC
ECM Cocos Golf Open	18 - 23/09/2018	Cocos Islands Golf Club
Council Meeting - Home Island	26/09/2018	Cocos Islands Shire Council
Club Championships Rd 1	14/10/2018	Cocos Islands Golf Club
Club Championships Rd 2	21/10/2018	Cocos Islands Golf Club
Council Meeting - West Islands	07/11/2018	Cocos Islands Shire Council
Cocos Lagoon Swim	17/11/2018	CKITA
Council Meeting - Home Island	06/12/2018	Cocos Islands Shire Council
West Island Market Day	08/12/2018	Cocos Islands CRC
Golf Club Presentation Dinner	08/12/2018	Cocos Islands Golf Club

Birthdays and Anniversaries

Advertisement Rates
Harga Advertaismen

Please contact the Cocos Keeling Islands Community Resource Centre for a full rate schedule.

Translation fees apply

Wish to send loved ones special messages on their birthdays and anniversaries? Drop an email to Isa Minkom communications@cocos.wa.gov.au

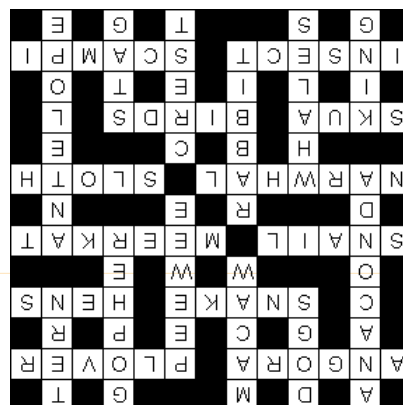
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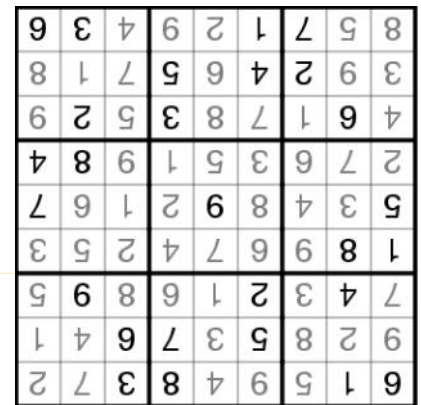
Thursday 10th May

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

3pm, Tuesday 8th May



Crossword Answer



Sudoku Solutions