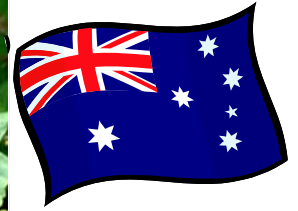




\$2.00

The Atoll

Thurs 28th Apr 2016 - Wed 11th May 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.

Contents Page Isi Kandungan

Cocos (K) Islands News <i>Berita Pulu Cocos (K)</i>	2
Public Notices <i>Notis-notis Umum</i>	
Sports & Rec Review <i>Berita Olahraga & Rekreasi</i>	11
Cocos Snippets <i>Keping-kepingan Cocos</i>	12
Games <i>Kemainan</i>	13
Cocos Moment <i>Saat Cocos</i>	14
Birthdays <i>Ulang Tahun</i>	
Community Events <i>Acara Masyarakat</i>	15
Cocos Snapshots 2 <i>Gambaran Cocos 2</i>	16

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





Administration Building (PO Box 1039)
Cocos Keeling Islands WA 6799
P: 08 9162 7707 F: 08 9162 7708
E: cocosislands@crc.net.au
W: www.cocos@crc.net.au
Like us on Facebook
Follow us on Twitter

Rainfall Stats

April Statistics
(latest up to 27 Apr):
155.00 mm

Latest 2016 Statistics:
(latest up to 14 Apr)
1144.40 mm



LATEST WEATHER

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

BUSINESS BUZZ

Our next Business Buzz session will be held on

Wednesday 11th May 2016 - 5.00pm

Is all well in paradise?

Do you work or volunteer in an organisation which is involved with adults and children? Then this Business Buzz is for you! It will challenge whether 'all's well in paradise' and provide key information about quality service delivery.

The Equal Opportunity Commission, the Department of Sport and Recreation and the Working with Children Screening Unit will work together to demonstrate the common threads of good practice and model the advantages of working together to build stronger communities.

Light refreshments will be provided.

Please RSVP by Wednesday 4th May

Proudly supported by



Government of Western Australia
Department of Regional Development

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



Feel free to email your
thumbs up to:

communications@cocos.wa.gov.au



Positions Vacant

The Shire currently has the following full-time fixed term positions available.

1 x Apprentice Mechanic – The Shire is currently looking for someone who wants to commence and complete their Mechanic Apprenticeship.

1 x Nursery / Beautification Worksperson – 3 year contract – The Shire is seeking someone who has an interest in horticulture and a passion for the presentation of our islands. The successful applicant will be responsible for the Shire's nursery as well as for carrying out a number of varied beautification projects.

As part of the Retail Precinct Project on Home Island which the Shire received funding towards from the 'National Stronger Regions Fund', the Shire is looking to employ the following:

1 x Senior Building Worksperson – 3 year contract – The Shire is seeking one Senior Building Worksperson to oversee the running of the Shires Building Team. Experience with building / construction projects required with trade or other qualifications highly desirable.

2 x General Building Workspersons – 3 year contract - The Shire is seeking two General Building Workspersons to become part of the Shires Building Team. Experience in building / construction work highly desirable.

5 x Sandbagging Workspersons – 1 year contract – The Shire recently received funding from the Department of Infrastructure to Sandbag the portion of William Keeling Crescent between the medical centre and the existing seawall & now requires 5 x Sandbagging Workspersons for this project. No experience is necessary as full training can be provided on the job but experience in sandbagging would be well regarded.

1 x General Road Maintenance Worksperson – 1 year contract – The Shire will require a general road maintenance worksperson to relieve in the road maintenance crew to replace a permanent staff member who will be working on the Sandbagging project. The successful applicant will be required to operate Shires plant & equipment therefore requiring a number of machinery tickets & licenses.

The Shire has committed to paving all the Back Laneways in the Kampong on Home Island and as part of this project are looking to employ:

1 x Senior Brick Making – Back Laneway Worksperson – 2 year contract – As part of this project the Shire requires a Senior Brick Making / Back Laneway worksperson to oversee and coordinate this project. Experience in managing a team would be highly regarded.

5 x Brick Making / Back Laneway Workspersons – 1 year contract - As part of this project the Shire requires 5 Brick Making / Back Laneway workspersons. No experience is necessary as full training can be provided on the job but experience in brick making &/or road paving would be well regarded.

To apply for any of the above positions please contact the Shire Administration Office to receive an application form. This together with your current resume will need to be submitted via email, post or hand delivered to the Home Island Office attention to:

Manager of Works & Services
 PO Box 1094
 Home Island WA 6799
mws@cocos.wa.gov.au

Applications will close **COB Wednesday the 11th of May 2016**. For specific enquires about the positions please contact the Manager of Works & Services, Ian Evans at the Home Island Shire Office.

Interviews for the above positions are scheduled to take place on Wednesday the 18th & Thursday the 19th of May 2016 with interviewees to be advised if successful or not early June. All positions will commence Monday the 18th of July 2016.



Lobang Kerja

Shire sedang ada lobang kerja 'full-time fixed term' seperti berikut.

1 x Apprentice Mechanic – Shire sedang mencari seorang yang ingin mulai dan menyelesaikan Mechanic Apprenticeship mereka

1 x Pekerja Nursery / Beautification – kontrak 3 tahun – Shire sedang mencari seorang yang berminat dalam perkebunan dan samangat untuk persembahan pulu kita. Pelamar yang berhasil akan bertanggungjawab terhadap nursery Shire termasuk menjalankan berbagai projek-projek percantikkan.

Sebahagian daripada Projek Retail Precinct di Home Island, yang Shire menerima duit bantuan dari 'National Stronger Regions Fund', Shire memandangkan untuk mengambil pekerja-pekerja berikut:

1 x Pekerja Senior Building – kontrak 3 tahun – Shire sedang mencari satu Pekerja Senior Building untuk mengawasi perjalanan Kumpulan Pembangunan Shire. Pengalaman dalam projek-projek pembangunan / pembinaan diperlukan dengan trade atau kualifikasi lain Experience with building / construction projects required with trade or other qualifications sangat diinginkan.

2 x Pekerja Building Biasa – kontrak 3 tahun - Shire sedang mencari dua Pekerja Building Biasa untuk menjadi sebahagian Kumpulan Pembangunan Shire. Pengalaman dalam pembangunan / pembinaan sangat diinginkan.

5 x Pekerja Sandbagging – kontrak 1 tahun – Shire kebelakangan ini menerima duit bantuan daripada Department of Infrastructure untuk Sandbag sebahagian William Keeling Crescent diantara pusat kesihatan dan seawall & sekarang memerlukan 5 x Pekerja Sandbagging untuk projek ini. Pengalaman tidak perlu sebab trainingan penuh akan diberikan dalam kerjaan tetapi pengalaman dalam sandbagging akan dipandangkan.

1 x Pekerja General Road Maintenance – kontrak 1 tahun – Shire akan memerlukan pekerja general road maintenance untuk meringankan krew road maintenance untuk menggantikan pekerja permanent yang akan bekerja di projek Sandbagging. Pelamar yang berhasil akan diperlukan untuk menggunakan mesin-mesin dan pekakas Shire olehkerana itu memerlukan berberapa tiket-tiket dan lesen-lesen mesin.

Shire telah bersungguh untuk menjalankan paving terhadap semua Jalan Dibelakang Kebon di Home Island dan sebahagian projek ini ialah untuk mengambil pekerja-pekerja berikut:

1 x Senior Brick Making – Pekerja Jalan Belakang Kebon – kontrak 2 tahun – Sebahagian dalam projek ini Shire memerlukan seorang pekerja Senior Brick Making / Jalan Belakang Kebon untuk mengawasi dan mengurus projek ini. Pengalaman dalam mengurus kumpulan akan dipandangkan.

5 x Pekerja Membuat Batubatak / Jalan Belakang Kebon – kontrak 1 tahun - Sebahagian dalam projek ini Shire memerlukan 5 pekerja Membuat Batubatak / Jalan Belakang Kebon. Pengalaman tidak perlu sebab trainingan penuh akan diberikan dalam kerjaan tetapi pengalaman dalam membuat batu batak dan/atau paving jalan akan dipandangkan.

Untuk melamar lobang-lobang kerja tersebut silahkan hubungi Opis Administresen Shire untuk menerima form lamaran. Form lamaran bersama dengan resume akan perlu dimasukkan secara email, kirim atau dihantar ke Opis Home Island, ditujukan kepada:

Manager of Works & Services
PO Box 1094
Home Island WA 6799
mws@cocos.wa.gov.au

Lamaran akan ditutup pada masa opis tertutup hari Rebo 11th May 2016. Untuk pertanyaan tertentu tentang lobang-lodang kerja tersebut silahkan hubungi Manager of Works & Services, Ian Evans di Opis Shire Home Island.

Quote of the Day

"The more we sweat in peace the less we bleed in war." - Vijaya Lakshmi Pandit

Thought for the Day

"Pressure can lead to focus, leading to fantastic results. Comfort and Growth are bitter enemies. Learning from mistakes is a champion's way. There is a sense of adventure when under pressure. Always give in a way which will create impact. Channelize your stress to rewarding activities." - Narendra Goidani

Jokes of the Week

Holmes & Watson goes Camping

Sherlock Holmes and Dr Watson were going camping. They pitched their tent under the stars and went to sleep.

Sometime in the middle of the night Holmes woke Watson up and said: "Watson, look up at the stars, and tell me what you see."

Watson replied: "I see millions and millions of stars."

Holmes said: "And what do you deduce from that?"

Watson replied: "Well, if there are millions of stars, and if even a few of those have planets, it's quite likely there are some planets like Earth out there. And if there are a few planets like Earth out there, there might also be life."

And Holmes said: "Watson, you idiot, it means that somebody stole our tent."

Rest Room Chatter

I was coming back from visiting my son and I stopped at a rest stop to use the bathroom. I just sat down on the toilet when I heard a voice coming from the stall next to mine, "Hey! How's it going?"

Although I was quite surprised, and I wasn't in the habit of conversing to the people next to me in the stall, I nevertheless answered him, "I'm fine" I said "thanks for asking."

"What are you doing?" Asked the same voice.

To be honest I was a bit taken aback by the brazenness of this fellow, but I would never ignore anyone so I calmly answered, "I'm relieving myself."

Then I heard the same voice again, "I'm going to have to call you back, some smart-aleck is answering all of my questions."



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 Shire website <http://www.shire.cc/en/>. Applications are to be received by 4:00pm Friday the 27th of May 2016. 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

Further information can be obtained by contacting Joanne Soderlund (Mak Kimberley) during office hours on 9162 6649.

SUMBANGAN DUIT BANTUAN – PELAJARAN LANJUT UNTUK PENDUDUK

PANGGILAN UNTUK MEMOHON

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

Salinan policy Shire bersama form pemohonan boleh didapati dari opis Shire atau boleh di download dari website Shire <http://www.shire.cc/en/>. Surat pemohonan mesti diterima sebelum jam 4:00pm Jumaat 27hb May 2016. Surat mesti dimasukkan ke opis Shire, dikirim atau di email kepada:

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

Keterangan selanjutnya boleh didapati dengan menghubungi Joanne Soderlund (Mak Kimberley) dimasa kerjaan dinomor 9162 6649.



Toll Group
Level 7, 380 St Kilda Road
Melbourne VIC 3004 Australia

T +61 3 9694 2888
F +61 3 9694 2880
www.tollgroup.com

Toll Holdings Limited
ABN 25 006 592 089

Media release

26 April 2016

Unattended Baggage at Cocos (Keeling) Islands International Airport

This statement is supported by, and adheres to the policies of, the Australian Federal Police and Australian Border Force:

Maintaining the security of Australian airports is critical to ensuring the safety of everyone that uses them. Cocos (Keeling) Islands International Airport is no exception and it is important that all users adhere to the security regulations that relate to international airports.

As such we wish to advise that under NO circumstances should any personal items or baggage be left unattended in or around the airport terminal. This includes the kerbside, the check-in line and the waiting areas.

Leaving unattended baggage is a federal offence.

Any items found unattended may be isolated and searched by authorities to identify the owner. If the owner can't be determined, the baggage may in certain circumstances, be destroyed.

We ask the community of the Cocos (Keeling) Islands to assist us in keeping our airport safe and ensuring all baggage and belongings are secure and attended at all times.

Beg Tidak Terjaga di International Airport Pulu Cocos (Keeling)

Statment ini disokong oleh, dan menurut undang-undang, the Australian Federal Police dan Australian Border Force:

Pengurusan keamanan semua airport Australia sangat penting untuk memastikan keselamatan semua yang menggunakannya. International Airport Pulu Cocos (Keeling) tidak berbeza dan ia penting yang semua pengguna menurut dengan peraturan-peraturan keamanan yang berkenaan dengan semua airport international.

Oleh itu, kami ingin menasihati yang dalam keadaan apapun, tidak boleh meninggalkan barang-barang peribadi atau beg tersendiri atau dikawasan terminal airport. Ini termasuk dikomeng jalan, kawasan check-in dan penunggu.

Meninggalkan beg tersendiri adalah kesalahan federal.

Segala barang-barang yang didapati ditinggalkan sendiri boleh di asingkan dan di periksa oleh pihak berkuasa untuk mendapatkan pemiliknya. Kalau pemiliknya tidak boleh didapati, beg itu dalam syarat-syarat tertentu, boleh di musnahkan.

Kami menyuruh masyarakat Pulu Cocos (Keeling) untuk membantu kami menjaga keselamatan dan memastikan beg dan semua kepunyaan dalam keadaan kepastian dan ditemankan.

Statement by Toll Group as Operations and Security Managers at the Cocos Islands International Airport



Toll Group media contact

Shannon Gill
Group Manager, Media and Communications
+61 466 402 760
shannon.gill@tollgroup.com



Australia's Indian Ocean Islands



Tourism Awards 2016

Are you in the tourism industry? Do you offer great customer service? Do you know a tourism legend?

Nominate for Australia's Indian Ocean Tourism Awards.

What are Australia's Indian Ocean Islands Tourism Awards?

Jointly developed and managed by the Cocos Keeling Islands Tourism Association Inc and the Christmas Island Tourism Association Inc, the inaugural Australia's Indian Ocean Islands Tourism Awards were held in 2014. Following on from the success of these awards it was decided that the event should continue on a two yearly basis.

The Awards are open to all in the tourism industry in our region. The Awards demonstrate the **value of tourism** to Australia's Indian Ocean Islands being Christmas Island and the Cocos Keeling Islands. Award winners will be celebrated at the presentations held concurrently on both Christmas Island and Cocos Keeling Islands on the 1st July 2016. Everyone involved in the tourism industry is encouraged to enter the awards.

Why Enter Australia's Indian Ocean Islands Tourism Awards?

Australia's Indian Ocean Islands Tourism Awards have been designed and developed to recognise *excellence* in our local tourism industry. A win in these awards will enhance the appeal and reputation of your tourism business and may be used as a powerful marketing tool.

Entry into the Tourism Awards may offer the following benefits to your business:

- Awards success can be your **marketing edge**.
- The application process provides **are view of your marketing and business objectives** on a two yearly basis.
- The Awards showcase your **business**, your **efforts**, and your **ingenuity** and will allow you to **be recognised by your customers and industry peers**.
- The entry process is a **great tool** to address some of the needs and challenges that we continually face from year to year.
- Entry into the Awards allows you to **recognise and be proud of your achievements**.
- **Attract new customers** – Customers are drawn to award winning businesses.
- **Increase awareness of your business**. By entering the awards you are reaching potential customers you may not necessarily be in contact with.

CITA – PO Box 63 Christmas Island WA 6798 T +61 8 9164 8382
cita@christmas.net.au - www.christmas.net.au

CKITA - PO Box 1030 Cocos Keeling Islands WA 6799 - T +61 8 9162 6790
info@cocoskeelingislands.com.au - www.cocoskeelingislands.com.au



Australia's Indian Ocean Islands



- **Great publicity opportunities.** Winning an award provides great opportunities for publicity, networking and promotions to increase the profile of your business.
- **Set yourself apart from your competition.**
- **Motivate your employees.** Recognise your employee's efforts and encourage them to continue to deliver exceptional service.
- **You have to Be In It To Win It!** Not only does it feel great to win an award, but just going through the process may provide huge benefits for your business. Begin the journey which gives your business new opportunities for **growth** and **recognition** throughout Australia's Indian Ocean Islands, **and potentially throughout the tourism industry at a State and National Level.**

How to Enter Australia's Indian Ocean Islands Tourism Awards?

The Australia's Indian Ocean Islands Tourism Awards are an online submission. There are seven categories which provide an opportunity for all involved in tourism to enter:

1. **Tour Operator and Attractions**
2. **Food and hospitality**
3. **Accommodation – less than five rooms**
4. **Accommodation – five rooms or more**
5. **Service Excellence Award**
6. **Tourism Achiever Award – Open**
7. **Tourism Achiever Award – Youth**

Further information is available by the following methods:

Visit www.christmas.net.au,

Phone 08 9164 8382

Visit www.cocoskeelingislands.com.au,

Email manager@cocoskeelingislands.com.au or

Phone 089162 6790

Need some help? Just ask at the Visitor Information Centres or call 089162 6790.

Entries Close: 5:00PM (Cocos Keeling Islands time) Friday 20th May2016.

Winners will be announced at the Awards Presentation to be held concurrently on Christmas Island and the Cocos Keeling Islands on **Friday 1st July 2016.**

CITA – PO Box 63 Christmas Island WA 6798 T +61 8 9164 8382
cita@christmas.net.au - www.christmas.net.au

CKITA - PO Box 1030 Cocos Keeling Islands WA 6799 - T +61 8 9162 6790
info@cocoskeelingislands.com.au - www.cocoskeelingislands.com.au

Did You Know???

A good morning kiss can help protect you against stress-related illnesses

Cocos (Keeling) Islands News (cont'd)

Berita Pulu Cocos (Keeling) (seterusnya)



Cocos Malay Words

House - *Rumah*
Kitchen - *Dapor*
Room - *Kamar*
Toilet - *Jamban/Tandas*
Living Room - *Kamar Duduk*
Veranda - *Emper*
Stairs - *Tangga*
Door - *Pintu*
Windows - *Jendela*
Fan - *Kipas*

FREEZER SPACE ON JUNE 2016 SHIP

The Cocos Islands Co-operative would like to offer every household the opportunity to utilize freezer space on the next ship due to arrive on 10th June 2016, which currently has a close off date of 30th May for freezer goods & 31st May for chiller goods.

This close off date may change and it is the responsibility of the customer to liaise direct with Zentner to ensure the goods are delivered on the appropriate day.

TO MAKE IT FAIR to all families on Island there will be a limit of **4 BOXES EACH** for freezer and chiller goods per family.

It is the responsibility of each customer to organize their own delivery to Zentner Shipping. Please contact the Co-op office on West Island with the number of boxes you will be having so we can utilize the space to its' maximum. **IF YOU DO NOT REGISTER THE AMOUNT OF BOXES WITH THE CO-OP OFFICE, ZENTNER SHIPPING WILL NOT ACCEPT THEM.**

Should you have any queries, please do not hesitate to contact the Cocos Islands Co-operative Society on 9162 6702.

Thank you,
14th April 2016

FREEZA DI KAPAL LAUT JUN 2016

Kongsi Pulu Cocos ingin menawarkan setiap rumah, kesempatan untuk menggunakan freeza di kapal laut yang akan datang pada 10hb Jun 2016, dan hari penutupannya adalah 30hb MAY untuk barang freeza & 31hb MAY untuk barang chilla.

Hari penutupan ini boleh berubah dan adalah tanggung jawab masing-masing untuk berhubung dengan Zentner untuk memastikan barang yang di hantar di hari yang sesuai.

SUPAYA ADIL kepada semua keluarga di Pulu, hanya boleh **4 KOTAK SAHAJA** untuk barang freeza dan barang chilla untuk setiap keluarga.

*Ini adalah tanggung jawab masing-masing untuk menguruskan hantaran barangnya ke Zentner. Sila hubungi Opis Kongsi di Pulu Panjang dengan berapa kotak yang anda perlukan supaya kita boleh menggunakan tempat freeza dengan baik. **KALAU ANDA TIDAK BOOKING TEMPAT DENGAN OPIS KONGSI PULU PANJANG, ZENTNER TIDAK AKAN TERIMA NYA.***

Sekiranya ada pertanyaan, sila hubungi Kongsi Pulu Cocos di 9162 6702.

Terima Kasih
14hb April 2016



Buying Recycled Paper

There's a couple of different variations of recycled content.

Post-consumer content uses material that has previously been consumed as a product, whether it's a newspaper or cardboard box.

Pre-consumer content is from waste generated by the manufacturing process. Eg, printed copies of a local Yellow Pages. The amount of waste used to generate was horrific - dumpster loads of telephone books that weren't up to scratch were binned each day.

Of the two types, the postconsumer content could be considered the "greener" of the two as it has completed an entire consumption cycle.

However, that doesn't mean you should necessarily turn your nose up at pre-consumer content as its better the waste is reused than goes to landfill.

Some brands of recycled paper also may be a mix of postconsumer content and preconsumer content; the amount of each should also be noted on the package as a percentage.

Recycled paper scams in the past have instances where companies have been touting their paper is 100% recycled and it's simply not the case. This hasn't confined to small operators either.

Eg, in Japan in 2008, a major scandal involving Nippon Paper admitting copy paper it claimed to be 100% recycled contained only 59% recycled paper. Other Nippon Paper products were also found to have lower than stated recycled content. Some of the virgin fiber used in these "recycled" products was coming from the forests of Australia!

The Nippon Paper scandal put all the major manufacturers on notice though, so this type of blatant greenwashing shouldn't be a problem these days. Still, it doesn't hurt to do a search around the web on brand names to see what you can uncover.

Recycled vs. recyclable paper. Another trick to watch out for is the term "recyclable". This just means the paper can be recycled and has no bearing on whether it contains recycled content.

Chemicals, sometimes nasty ones, may be used during the process of making recycled paper. Try to avoid products that use chlorine in their production - chlorine bleaching creates highly toxic chemicals called dioxins.

As with all things green living related, remember it's not just what you use that makes a difference, but how much - as recycling takes energy and resources too.






More tips in next edition...

**Thursday 26th May 2016
9.30am**



May After School Activity Program



Mon	Tue	Wed	Thu	Fri	Sat	Sun
2	3 Mixed Soccer Luke Coen All Ages West Island Oval 4.30pm	4 Volleyball Skills Mak Zamani All Ages Home Island Court 5.00pm	5 After Hours Library Home Island Library 3.30pm—5.30pm 	6 Mixed Tee Ball Zulaikha Jadah All Ages Home Island Oval 4.30pm	7 Kids Surf Club All Ages W.I Yacht Club 11.30am	8
9	10 Mixed Soccer Luke Coen All Ages West Island Oval 4.30pm	11 Volleyball Skills Mak Zamani All Ages Home Island Court 5.00pm	12 Mixed Cricket Maz Hamiril All Ages H.I Cricket Pitch 4.30pm	13 Mixed Tee Ball Zulaikha Jadah All Ages Home Island Oval 4.30pm	14 YOUTH CENTRE Year 6 upwards <u>ONLY</u> Open 10am—10pm Just want to hang with friends? Hang out at the Youth Centre	15
16	17 Mixed Soccer Luke Coen All Ages West Island Oval 4.30pm	18 Volleyball Skills Mak Zamani All Ages Home Island Court 5.00pm	19 Mixed Cricket Maz Hamiril All Ages Home Island Oval 4.30pm	20 Mixed Tee Ball Zulaikha Jadah All Ages Home Island Oval 4.30pm	21 YOUTH CENTRE Year 6 upwards <u>ONLY</u> Open 10am—10pm Just want to hang with friends? Hang out at the Youth Centre	22
23	24 Mixed Soccer Luke Coen All Ages West Island Oval 4.30pm	25 Volleyball Skills Mak Zamani All Ages Home Island Court 5.00pm	26 Mixed Cricket Maz Hamiril All Ages H.I Cricket Pitch 4.30pm	27 Mixed Tee Ball Zulaikha Jadah All Ages Home Island Oval 4.30pm	28 YOUTH CENTRE Year 6 upwards <u>ONLY</u> Open 10am—10pm Just want to hang with friends? Hang out at the Youth Centre	29
30	31 Mixed Soccer Luke Coen All Ages West Island Oval 4.30pm					

Healthy Living Tips

A little about Diabetes...

Following are the symptoms of Diabetes:

- It is usually recognize after Adolescence
- Urinary Tract Infection
- Stress
- Nausea and Vomiting
- Dehydration
- Abnormal potassium flow in Blood
- Fatigue
- Weight Loss
- Excessive thirst
- Excessive Urination
- Excessive eating
- Bad wound handling
- Infections
- Changed mental status
- Blurry vision

Care at Home: Changes in diet, exercise and other lifestyle habits can minimize the complications of Diabetes.

Diet: A healthy life style is an important fact to control the Blood Sugar level. Go for a well balanced diet including Fibers, Low fats and less sweet.

Exercise: Regular exercise also helps to decrease the risk of Diabetes. Exercise can reduce the risk of developing Heart diseases, Stroke, Kidney failure, Blindness and Leg Ulcers. 20 Minutes walk, 3 times in a week is good for the better health.

Use of Alcohol: Try to reduce the consumption of Alcohol as it has bad effects on the patient of Diabetes. Alcohol consumption can cause low or high Blood Sugar levels.

Smoking: If the patients of Diabetes smoke, they raise the complications of their disease. It damages the Blood Vessels, Heart and Blood circulation in different parts of body.

Complications of Diabetes: Diabete s lead to the Hyperglycemia, it damages the Retina of an Eye, Kidneys and Nerves. It contributes to many serious medical problems.

Many infections are caused due to Diabetes. The infections are more dangerous for the people with Diabetes because their ability to fight with the infections is badly damaged.

At present time, Diabetes is the problem of every 3rd person. More and more are the sufferers of this disease. Lot of care is required for the patients of this disease. They should make some changes in their life style, which would reduce the complications of their disease and life ultimately.

More tips in next edition...



2016 AFL Broadcast Guide Cocos Keeling Islands Time

ROUND 6

Friday, Apr 29

North Melbourne v Western Bulldogs 4.00pm 7Mate (live)

Saturday, Apr 30

Adelaide Crows v Fremantle 10.30am 7 (live)

Geelong Cats v Gold Coast Suns 3.30pm 7Mate (2hr time delay)

Sunday, May 1

West Coast Eagles v Collingwood 1.30pm 7 (live)

ROUND 7

Apologies, No broadcast times were found on any website for this round

Cocos Snippets

Keping-kepingan Cocos



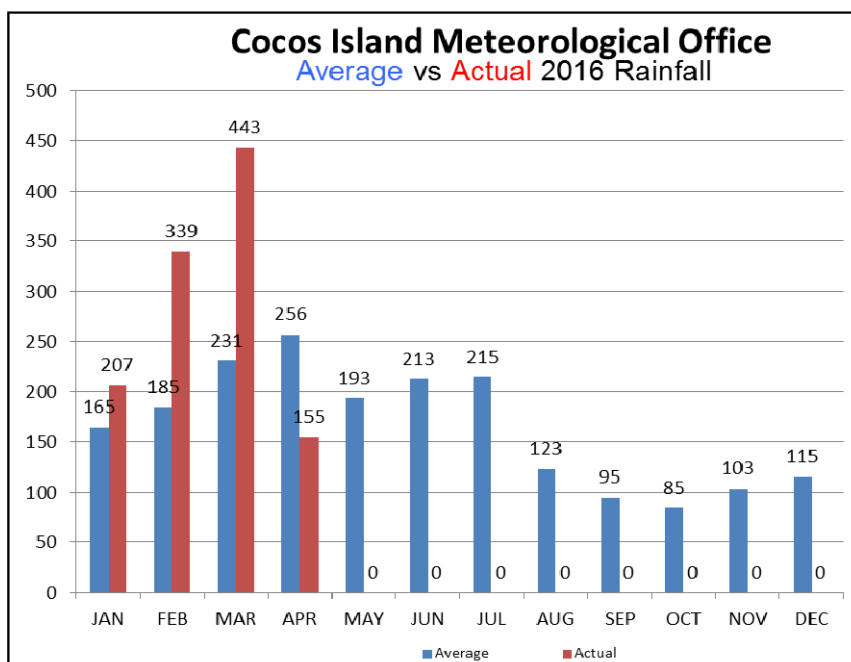
Cocos Island Meteorological Office (Western Australia)

Compared with the first 3 months of the year, April has not been quite as rainy at 154.8mm as of the 26th which is 39% or 98mm below average. The heaviest falls we have received so far are 18.2mm (9th), 22.2mm (11th) & 19.8mm (26th). April is the wettest month of the year with an average of 256mm, but unless we receive some heavy downpours between now and the end of the month it will end up being our driest month so far this year.

Storm wise, we had 5 days of noted lighting and/or thunder which brings our tally to 17 days compared to the average of 11.3 per year. Quite a humid & stormy few months!

Both Maximum & Minimum temperatures have remained above average by 1 & 1.2 deg C respectively. The highest Maximum (as at the 26th) was reached on the 15th April, topping 32.1 deg C. This doesn't quite beat the record of 32.8 deg C – set on 7th April, 2015. Our highest wind gust was at 12.18AM on 6th April, gusting to 72kmph (39 knots).

Regards,
Cocos Met team:
Alana & Matthew.



Crossword

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23					24	25				
26	27	28	29				30	31						
32						33					34	35	36	
37						38					39			
40					41						42			
			43								44			
	45	46							47					
48						49	50	51			52	53	54	55
56						57					58			
59						60					61			
62						63					64			

ACROSS

1. An unwholesome atmosphere
6. Alone
10. 500 sheets
14. Courtyards
15. You (archaic)
16. Cocoyam
17. Stoop
18. Violent disturbance
19. Quick note
20. Emissions
22. Among
23. Defraud
24. Coney
26. Acts
30. Inuit boat
32. Not drunk
33. Potable
37. French for "Black"
38. American symbol
39. Actor Pitt
40. Captivated
42. A loud resonant noise
43. Church recesses
44. Charisma
45. Master of ceremonies
47. Mayday
48. Chocolate cookie
49. Saleable
56. Herbaceous plant
57. Colour of the sky
58. Double-reed instruments
59. Modify
60. Tardy
61. Lists of dishes available
62. Bristle
63. At one time (archaic)
64. Ancient Greek unit of length

DOWN

1. Fabricated
2. Bit of gossip
3. Operatic solo
4. Anagram of "Sing"
5. Coach
6. Thin piece of wood
7. Buckeye State
8. Diving bird
9. Outperform
10. Noteworthy
11. Swelling under the skin
12. Blend
13. State of mind
21. It is (poetic)
25. Long-haired wild ox
26. Feudal worker
27. Natural satellite
28. Death notice
29. Unglazed earthenware
30. Prods
31. Gentle
33. Small freshwater fish
34. Fiber source
35. Territory
36. Border
38. Corps de ballet
41. Baboon
42. Traditions
44. Female deer
45. Wear away
46. Excellence
47. Shooting sport
48. Is indebted to
50. Winglike
51. Tracks
52. Foment
53. ___ fide
54. A feudal vassal
55. Being

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.

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

© Daily Sudoku Ltd 2016. All rights reserved.

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

© Daily Sudoku Ltd 2016. All rights reserved.

Daily SuDoku: Tue 26-Apr-2016

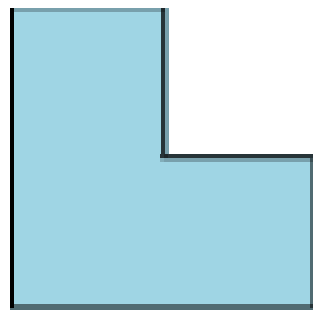
hard

Daily Squiggly SuDoku: Tue 26-Apr-2016

very hard

Brain teaser Central!

How will you divide the give figure into four identical parts?



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

Crossword Solutions

Sudoku Solutions

Brain teaser Answer



Congratulations to Shani (Head Girl 2015) for participating in the Premier's ANZAC Student Tour. She commemorated ANZAC Day in Sandakan

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
Cricket Match	29/04/2016	Cocos Club
Mothers Day - Cocktails	08/05/2016	Cocos Club
Business Buzz—Working with Children Checks	11/05/2016	Cocos Islands CRC
Kids Blue Light Disco	13/05/2015	Cocos Club
Indoor Sports Competition	15/05/2016	Cocos Club
Karaoke Night	20/05/2016	Cocos Club
Council Meeting - Home Island (Council Chamber)	25/05/2016	Cocos Islands Shire Council
Australia's Biggest Morning Tea	26/05/2016	Cocos Islands CRC
Cocos Lagoon Swim—Registration Opens	01/06/2016	Cocos Islands Tourism Association
Cocos Lagoon Swim—Food Night	03/06/2016	Cocos Club
Cocos Mid Year Ball (Casino Royal)	10/06/2016	Cocos Club
West Island Market Day	18/06/2016	Cocos Islands CRC
Cocos Lagoon Swim—Registration Closes	24/06/2016	Cocos Islands Tourism Association
Council Meeting - Home Island (Council Chamber)	29/06/2016	Cocos Islands Shire Council
Kids Movie Night	24/07/2016	Cocos Club
Cocos Golf Open	24/07/2016	Cocos Islands Golf Club
Council Meeting - West Island (Admin Conference Room)	27/07/2016	Cocos Islands Shire Council
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 Champions—Round 1	18/09/2016	Cocos Island Golf Club
West Fest	24/09/2016	Cocos Club
Club Champions—Round 2	25/09/2016	Cocos Islands Golf Club
Council Meeting - Home Island (Council Chamber)	28/09/2016	Cocos Islands Shire Council
Calcutta	02/11/2016	Cocos Club
Melbourne Cup	03/11/2016	Cocos Club
Cocos Lagoon Swim Compulsory Safety Briefing	18/11/2016	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



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 28th Apr 2016

1:00pm Tuesday 26th Apr 2016

Cocos Snapshots 2...

Gambaran Cocos 2...



Pics courtesy of CIDHS

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.