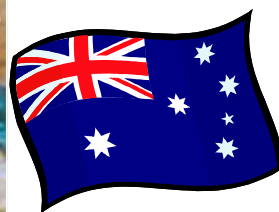




# The Atoll

\$2.00

Thursday 1st October – Wednesday 14th October



## 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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### Advertais

Translation Fees apply

Quarter Page \$10.00

Suku Kertas

Half Page \$25.00

Setengah Kertas

Full Page \$50.00

Penuh Kertas

You can subscribe to The Atoll electronically by contacting:

[cocosislands@crc.net.au](mailto: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](mailto:cocosislands@crc.net.au)  
W: [www.cocos@crc.net.au](http://www.cocos@crc.net.au)  
Like us on Facebook  
Follow us on Twitter

## Rainfall Stats

August Statistics  
(latest up to 31 Aug):  
**163.60mm**

Latest 2015 Statistics:  
(latest up to 19 Aug)  
**1238.60mm**

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



## LATEST WEATHER

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

**2015 PHOTO COMPETITION**

We have received to date, 40 fantastic Cocos images. These will be on display for voting throughout the month of October. Drop in and vote for your favourite!

**CRC STAFF**

We farewell Kady this week, who is off on an adventure of a lifetime. All the best Kades, we look forward to following your news and photos. A big welcome to Sandie O'Neill our newest Support Officer, and Jannah Jason who has commenced a traineeship with us.

**ANNUAL GENERAL MEETING**

Our annual general meeting will be held on Wednesday 11th November 2015. All members are encouraged to attend and consider nominating for a position on our Committee. Refreshments and finger food will be supplied.

**FISH DECORATING WORKSHOP**

It was terrific to see so many children attend our fish decorating workshop on Wednesday 30th September. Thanks for coming along and we hope you are all happy with your great fish!

**Emergency Contact List**

AFP	91626600
VHF	Ch20
IOTHS WI Clinic	91626655
IOTHS HI Clinic	91627609
	VHF Ch24
DFES HI	91627788
DFES WI	91627777
VMRS	0406329056
	VHF Ch20
Shire HI	91626649
Shire WI	91626740
Watercorp	91626722

**Thumbs Up**

- 👍 To a terrific Sports Carnival on Home Island
- 👍 To everyone who turned up for the busy bee at the Gun Club
- 👍 For a fantastic Westfest and to the band Hustler
- 👍 To all volunteers in the School Holiday Programme
- 👍 To Nathan Fyfe on his record breaking Brownlow Medal win!

Proudly supported by



Government of Western Australia  
Department of Regional Development

Feel free to email your thumbs up to:  
[communications@cocos.wa.gov.au](mailto:communications@cocos.wa.gov.au)



### RANGER SERVICES

#### Home Island & West Island – Transfer Station/Green waste Section Stesen Pemindahan / Seksyen Sampah Iju di West Island dan Home Island

Shire Ranger (Razali Zainiel) would like to advise all local residents that all rubbish should be dumped at the Transfer Station at all times.

As Shire Ranger, it is my duties to make sure any rubbish should always be placed at the appropriate rubbish section provided by the Shire.

I remind all residents that, whoever is responsible for this action should take these issues more seriously.

**Please note:** Below is a picture of building materials been taken by the Shire Ranger (Razali Zainiel) at Home Island Green Waste Transfer Station.

Shire Ranger ( Razali Zainiel ) ingin menasihatkan semua penduduk tempatan bahawa semua sampah hendaklah dibuang di Stesen Pemindahan pada setiap masa.

Sebagai Shire Ranger, ia adalah tugas saya untuk memastikan mana-mana sampah sentiasa perlu diletakkan di bahagian sampah yang sesuai yang disediakan oleh Shire.

Saya mengingatkan semua penduduk, sesiapa yang bertanggungjawab untuk tindakan ini perlu mengambil perkara ini dengan lebih serius.

**Sila ambil perhatian:** Di bawah adalah gambar perkakas binaan telah diambil oleh Shire Ranger ( Razali Zainiel ) di Stesen Pemindahan / Seksyen Sampah Iju di Home Island.



If you have any concerns, please do not hesitate to email or call me on the details provided below.

Thank you for your co-operation.

Jika mempunyai sebarang keraguan, sila jangan segan untuk e-mel atau hubungi saya di nomor yang diberikan di bawah.

Terima kasih atas berkerjasama.

*Razali Zainiel*

**C (K) I Ranger Services**

**Shire of Cocos (Keeling) Islands**

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

**Email:** [ranger@cocos.wa.gov.au](mailto:ranger@cocos.wa.gov.au)

**T:** 08 9162 6649 **F:** 08 9162 6668



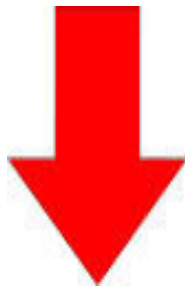
PO Box 94, Home Island, Cocos (Keeling) Islands  
INDIAN OCEAN 6799  
Telephone: (08) 9162 6649  
Facsimile: (08) 9162 6668  
Email: [info@cocos.wa.gov.au](mailto:info@cocos.wa.gov.au)

Are you aware  
that there is a  
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Charges?

To apply call 1300 659 951 or  
apply online at the address

below:



[watercorporation.com.au](http://watercorporation.com.au)



## Concession Card Samples





## WEST ISLAND COMMUNITY LIBRARY

Please note that  
the library will be  
closed on  
Wednesday the 7th  
October and will  
instead be open on  
Tuesday the 6th  
October from  
3:30pm – 5:30pm

## HOME ISLAND MARKET DAY

**Sunday 11th October 2015**  
**Starts at 4pm!**

Where: Under the Home Island Cyclone Shelter

\*\*\*\*\*

ALL STALL HOLDERS WELCOME

\*\*\*\*\*

Food – Toys – Crafts – Produce – Raffles – Bric a Brac – Displays

Tables: \$5.00 if set up by CIYC or BYO table

Please register with us at the Shire Office, contact Zulaikha at the  
Shire Office on  
08 9162 6649 for more information.







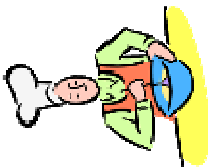




Casual bar work available Cocos Club.. RSA required. Training can be provided if mutually agreed.

Contact Johnny [cocosclams@kampong.cc](mailto:cocosclams@kampong.cc) Immediate start available.





# SEPT/OCT SCHOOL HOLIDAY FUN

MON	TUE	WED	THUR	FRI	SAT	SUN
28	29	30	01	02	03	04
<b>YOGA</b> HI Cyclone Shelter Over 12 year olds 8.00am - 9.00am	<b>SAILING</b> HI Kampong Atas ALL AGES 8.00am Boys 9.30am Girls	<b>FISH DESIGN WORKSHOP</b> ALL AGES West Island CRC 8.30am-10am	<b>SAILING</b> HI Kampong Atas YOUTH GROUP BOYS From 8.00am	<b>LEARN FROM THE MASTERS— TRADITIONAL BASKET WEAVING</b> ALL AGES Nek Neng & Job Seekers Learn how to master old style basket weaving with the local experts.	<b>CANOEING</b> Year 5 upwards HI Pondok Nek Jamil Join in a fun day out on the canoes. Please wear a hat & remember to slip, slop, slap! From 9.00am	<b>SAILING</b> WI Yacht Club ALL AGES From 8.30am
<b>CUSHION MAKING</b> Year 5 upwards HI Playgroup 12.00pm - 2.15pm Bring along any loose material you may have laying around in the house to create into your very own cushion.	<b>TRADITIONAL COOKING</b> HI Cyclone Shelter ALL AGES 8.00am - 10.00am Learn how to cook mouth watering chicken curry and roti pratha.	 <b>SAILING</b> HI Kampong Atas ALL AGES Boys 8.00am Girls 9.30am	<b>MAKE YOUR OWN BALLOON BOWL</b> ALL AGES HI Youth Centre 8.00am-10.00am	 HI Pondok Indah 8.00am - 9.00am		
 <b>MIXED MARTIAL ARTS</b> West Island School 3.30pm-4.15pm (3-7 year olds) 4.15pm - 5.00pm (Over 7 year olds)	 <b>MIXED MARTIAL ARTS</b> Home Island School 1.00pm-3.00pm Mega Session ALL WELCOME	<b>FOOTBALL</b> ALL AGES Ash James West Island Oval 4.00pm-5.00pm	<b>MIXED TEE BALL</b> Home Island Oval ALL AGES From 1.00pm	<b>ORGANIC COOKING</b> ALL AGES Learn how easy it is to cook with raw ingredients! 9.00am - 10.30am	<b>VOLLEYBALL</b> Ozzie Macrae YOUTH GROUP HI Volleyball Court Game will start at 4.00pm sharp!	
						



# SEPT/OCT SCHOOL HOLIDAY FUN

MON	TUE	WED	THUR	FRI	SAT	SUN
05	06	07	08	09	10	11
<b>MAKE A DREAM CATCHER</b> ALL AGES HI Youth Centre 8.00am - 10.00am	<b>SAILING</b> HI Kampong Atas ALL AGES Boys 8.00am Girls 9.30am	<b>SAILING</b> HI Kampong Atas ALL AGES Boys 8.00am Girls 9.30am	<b>SAILING</b> HI Kampong Atas YOUTH GROUP BOYS Boys 11.00am	<b>CREATE YOUR OWN SUNCATCHER</b> ALL AGES HI Playgroup 8.00am - 10.00am	<b>SAILING</b> WI Yacht Club ALL AGES From 8.30am	<b>TANGAROA BLUE BEACH CLEAN UP</b> <b>EVERYONE WELCOME</b> Pasir Nek Ayak From 9.00am Bring a hat and drink bottle. Sausage sizzle will be provided.
		<b>HOLLYWOOD BALL</b> <i>Hosted by the Cocos Island Youth Council. Rock up in your most stunning gown and let the night be all yours.</i> Event starts at 6.30pm Tickets can be purchased at the Shire Office \$5 per person. For more info refer to flyer.				
<b>ZUMBA</b> HI Cyclone Shelter Come along to a fun dance workout! From 4.00pm	<b>MIXED MARTIAL ARTS</b> Home Island School 4.00pm - 4.45pm (3-7 year olds) 4.45pm - 5.30pm (Over 7 year olds)		<b>FISHING COMPETITION</b> ALL AGES HI Foreshore 8.00am - 10.00am Lets see who can catch the first biggest fish from the foreshore. Please bring your own line and bait.	<b>TRADITIONAL DANCE LESSON</b> Nek Su ALL AGES HI Cyclone Shelter Learn how to master the art of Scottish dancing with one of the islands best known teacher. From 2.00pm	<b>FUN BEACH GAMES</b> ALL AGES HI Turtle Beach Bring along your sandy feet and have some fun games at the beach. From 4.00pm	
<b>MIXED MARTIAL ARTS</b> West Island School 3.30pm-4.15pm (3-7 year olds) 4.15pm - 5.00pm (Over 7 year olds)						

**Note:** Bring along a hat, sunscreen and water to all activities. Please arrive 10 minutes before the start of each activity so that activity can commence on time and I encourage everyone to participate in the school holiday programme activities.

### Did You Know???

Did you know most lipsticks contain fish scales

Did you know rabbits like licorice

Did you know an ostrich's eye is bigger than it's brain

Did you know 85% of plant life is found in the ocean

### Cocos Malay Words

Afraid	<i>Tajut</i>
Milk	<i>Susu</i>
Expensive	<i>Mahal</i>
Near	<i>Dekat</i>
Octopus	<i>Gerita</i>

### Cocos (Keeling) Islands News (cont'd)

### Berita Pulu Cocos (Keeling) (seterusnya)



Government of Western Australia  
Department of the Attorney General

### Victim Support and Child Witness Service

The Victim Support Service provides counselling and support to victims of crime.

We can also help with writing a Victim Impact Statement and provide information about police charges and the court case.

Please phone Deborah Miller on 0407 421 482 or freecall 1800 818 988 for further information.

A translating and interpreting service is available free of charge by telephoning 13 14 50.



Government of Western Australia  
Department of the Attorney General

### Sokongan Mangsa dan Layanan Kanak-kanak Saksi

Layanan Sokongan Mangsa menyediakan kaunseling dan sokongan kepada mangsa jenayah atau kejahatan.

Kami juga boleh membantu dengan menulis Statemen Kesan pada Mangsa dan memberikan keterangan mengenai caj polis dan kes mahkamah.

Sila hubungi Deborah Miller pada 0407 421 482 atau Freecall 1800 818 988 untuk keterangan lanjut.

Layanan Juru Bahasa boleh didapati secara percuma dengan menelefon 13 14 50.

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**BAD-BOY**  
BUGGIES

OFF-ROAD 2WD AND 4WD



**AUSTRALIAN**  
MARINE DEBRIS INITIATIVE



**WEST ISLAND**

Sunday 11<sup>th</sup> October - Rumah Baru

9.30am-11am

Followed by BBQ breakfast

**HOME ISLAND**

Sunday 11th October - Pasir Nek Ayak

9.00am - 11am

Followed by Sausage Sizzle



[www.tangaroablue.org](http://www.tangaroablue.org)



# SUN 25 OCT

## ANNUAL FETE & AUCTION

The annual Fete/Auction is the primary fundraising event that the P&C conducts. The P&C use the funds raised to support a range of activities including but not limited to:

- Year 10 Perth Camp,
- Year 5/6 Perth Camp,
- Subsidized book lists,
- Freight for book lists,
- School leavers shirts, and
- Swimming lessons.

\*\*\*Please bring along cash or cheque as payment is required on the day. For items won at auction of significant price, electronic transfer can be accepted the following day. Please note goods can't be taken prior to payment.

\*\* Anyone with outstanding debts to the P&C will not be allowed to bid at the auction.



**Cocos Islands  
District High  
School P&C**

**Annual  
Fete/Auction**

Featuring our special  
guest the  
'Mad Scientist'  
Mr. Radburnd

**Food stalls, goods  
to buy, face  
painting, activities  
for the children**

Email queries to:  
[cidhs.pandc@gmail.com](mailto:cidhs.pandc@gmail.com)

Ferry Service:

9am Depart WI

3pm Depart HI



## Cocos Islands District High School Parents and Citizens Association

### ANNUAL SCHOOL FETE/AUCTION

Every year, the Cocos Islands District High School hosts its Fete/Auction. This year, the school's Fete/Auction will be held on the **25<sup>th</sup> October 2015**. The Auction will commence at 10.30am with the following Ferry Services very generously donated by the Cocos Co-op:

The support of the broader Cocos (Keeling) Islands community is vital in ensuring a successful day, both in terms of our fund-raising efforts and in terms of an exciting and rewarding day for the families and community members that attend. In this challenging economic climate, it is more important than ever to focus on a sense of community.

The school Fete/Auction is the single most important fundraiser that the P&C undertakes. The P&C deliver very real benefits to the children in our school. Examples of P&C funded activities include but are not limited to:

- The year 10's experiential school camp to Perth;
- The year 9's educational camp to Christmas Island;
- The year 5& 6 educational camp to Perth;
- Swimming Program;
- Subsidized school uniforms; and

Other school programs and projects throughout the year.

The P&C would greatly appreciate any kind of support you can provide including donation of items for auction or monetary donation.

#### 2015 Fete/Auction Payment Policy

The payment policy introduced in 2014 was a great success and will continue. Payment will be required prior to collection of items won at the auction. To facilitate this, the P&C requests that you bring cash or cheque to pay on the day. Where you are unable to do this payment can be arranged through the school office on each of Home or West Islands or a bank transfer can be done for large amounts. No individual or group will be permitted to take their item until full payment is received. Unfortunately there remains a small number of people who have outstanding debts from the 2013 auction. Anyone with an outstanding debt from the 2013 Auction will not be eligible to bid unless their debt is cleared in full prior to the auction. Please remember when you commit to buy you are entering into a contract to purchase and the school community is relying on monies raised to support core activities.

#### Donations

Donations of goods, in date food stuffs and other items for auction are welcome now! Donations will be accepted as per previous years to the school office on either Home or West Island in advance of the Fete/Auction.

#### Fete Stalls

All the usual food stalls and a range of activities will be available on the day so get ready to come on down and support your school community. We look forward to seeing you there!

*The P&C Committee*





## Geof's Bird's Nest



Two mega birds at the lake on West Island. A Common Kingfisher has now moved to Trannies and catching fish from the rock pools. It has flown down from Sumatra and the only time it has ever been seen in Australia before, was on Christmas island.

The swampy bird is a Common Moorhen and has migrated from Thailand . The only other time this bird has been seen in Australia was at the West Island lake in 2009. These Moorhens are found all over the world from Africa to China to South America but never Australia.

### Top 5 Household Chemicals to Avoid



**1. Chlorine bleach** is commonly used to treat drinking water, sanitize swimming pools and to whiten laundry, and is a strong eye, skin, and respiratory irritant. Mixing chlorine bleach with other cleaners like ammonia can release dangerous chlorine gas. Exposure to chlorine gas can cause coughing, shortness of breath, chest pain, nausea, or other symptoms.

**2. Ammonia** is often included in glass cleaners and other hard-surface cleaners, and can be irritating to the skin, eyes, throat, and lungs. Ammonia can burn your skin, and can damage your eyes (including blindness) upon contact.

**3. Triclosan and Triclocarban** are commonly added to household cleaning products such as hand soap and dish soap as well as a broad range of other products from toothpaste to socks. These chemicals are persistent in the environment, and are linked to hormone imbalance, and potential increased risk of breast cancer.

**4. Ammonium quaternary compounds** ("quats") are found in household cleaning products like disinfectant sprays and toilet cleaners, and some have been identified as a known inducer of occupational asthma. Certain quats have also been linked to decreased fertility and birth defects in mice.

**5. Nano-silver** can be incorporated into textiles, plastics, soaps, packaging, and other materials, giving each the natural antibacterial property of silver metal. Nano-silver particles can penetrate deep into your body and have been shown to be toxic to the liver and brain.

More tips in next edition...



*More than just training...*

## FAREWELL BOBBI ROBERTSON

After four years at IOGTA we are sadly farewelling our friend and colleague Bobbi Robertson as she and her partner Hugh prepare to leave Christmas Island later this year.

When Bobbi first started at IOGTA as the Special Projects Officer in 2011, little did she know she would later become the Group Training Coordinator (GTO) responsible for the Apprentices and Trainees on Christmas and Cocos (Keeling) Islands. More recently, Bobbi also took on the challenging Training Coordinator role whilst also completing a degree and caring for her family. Truly a powerhouse - Bobbi has left very large boots to fill!

We asked Bobbi a few questions about her time at IOGTA:

**Where did you work before IOGTA?**

I was teaching English to the Asylum Seekers on-island.

**What is your proudest moment at IOGTA?**

It's not so much what I think I've done, but every time an apprentice or trainee completes their training I feel proud - particularly those who have had to work hard to achieve their qualification. Another special moment was when John Ford led the IOTPS to win the Regional Host Employer of the Year at the 2013 Group Training Australia WA Awards - this demonstrated not only their commitment to training apprentices but also the excellent relationship between IOGTA and its host employer.



**What have you enjoyed the most from working at IOGTA?**

IOGTAs 'family friendly' workplace has proven authentic, their support through my personal studies has been beyond expectations, and I should say working with my colleagues as they're organising my farewell dinner. Working on Cocos was also very satisfying and building strong networks with the employers there.

**What aspect of your role have you enjoyed the most?**

Working with the apprentices and trainees, in particular seeing an increase in the types of training being undertaken in the

IOT - last year we had 67 apprentices and trainees completing 34 different qualifications with an age group ranging from 15-60 year olds. I really enjoy seeing mature age people take up study.

**What have been the biggest changes you've seen at IOGTA?**

The coffee machines.

**Where do you see yourself in a year's time?**

Tess said I could say 'on a beach in Thailand with a cocktail' but that probably fits more into our two-year plan ☺

**If anyone sees you out and about before you leave the island, what drink should they buy you?**

A beer would be just fine thanks!

Bobbi will be handing over the Group Training role to Tess Martin who can be contacted on

[tess@iogta.wa.edu.au](mailto:tess@iogta.wa.edu.au) or 9164 7220 ext: 209.

### UPCOMING COURSES

<u>Course and Trainer</u>	<u>Duration</u>	<u>Costings</u>
<b>IOGTA – Jan Young</b>		
Provide First Aid	12 <sup>th</sup> October	\$ 199 per person
<b>Unity Training Services – Elaine Gunn</b>		
Commonwealth Health & Safety Representatives	19 <sup>th</sup> – 23 <sup>rd</sup> October	\$2, 040 per person

*(Costs can be reduced down to \$1,360 per person if 9 or more students enrol.)*

### SEEKING EXPRESSIONS OF INTEREST

<u>Course and Trainer</u>	<u>Proposed Date</u>	<u>Costings</u>
<b>Mobile Mouse</b>		
Microsoft Excel &, Word (Basic, Intermediate or Advanced)		\$299 per person
Microsoft Outlook, Outlook Time Management or Publisher		\$299 per person
Register by 2 <sup>nd</sup> October 2015	November	
<b>IOGTA – Jan Young</b>		
Provide First Aid	November/December	From \$99 per person

CPR only, 1 day refresher or 2 day full courses can be scheduled.

Is there a course you are interested in that isn't listed here?

Contact Daniel Becker on 9164 7220 or email [info@iogta.wa.edu.au](mailto:info@iogta.wa.edu.au) to discuss your training needs.

PO Box 105 Office 6, 225 Jalan Bunga Mawar Cocos (Keeling) Islands Indian Ocean 6799

T: 08 9162 6776 | F: 08 9162 6775 | W: [www.iogta.wa.edu.au](http://www.iogta.wa.edu.au) | E: [info@iogta.wa.edu.au](mailto:info@iogta.wa.edu.au)



Australian Government

Director of National Parks



## Red footed boobies continue to be killed illegally

Last Thursday, on September 24 we sadly saw an Illegal harvest of more than 50 protected juvenile red-footed booby birds.

Park staff came across a large pile of juvenile red-footed booby bird remains that had been dumped at the Home Island Transfer station.

It is very disappointing to see this clearly illegal activity continue to happen, considering the long term efforts of the whole community and Parks Australia to protect these birds.

Residents and visitors should note that it is an offence under the *Environment Protection & Biodiversity Conservation Act 1999* to take, trade, kill, injure, move or keep any listed species from Pulu Keeling National Park **OR** anywhere in the southern atoll unless in accordance with a permit under the Act.

Parks Australia will continue to work with the community in educational programs and compliance activities to assist in the prevention and detection of wildlife compliance issues.



Juvenile red-footed booby bird  
Credit: Parks Australia

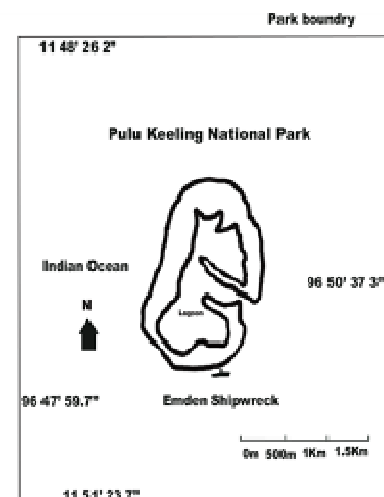
**HARVESTING RED FOOTED BOOBY BIRDS IS ILLEGAL AND HEAVY FINES CAN APPLY.**

## translation

### ENTRY PROHIBITED | DILARANG MASUK

Entry to Pulu Keeling National Park, including the waters shown on the map, is **PROHIBITED** at all times other than in accordance with a permit under Regulation 12.23 of the *Environment Protection and Biodiversity Conservation Regulations 2000* to protect public safety and conserve biodiversity. Thank you for your co-operation.

Masuk di Taman Negara Pulu Keeling, termasuk di kawasan air yang ditunjukkan dalam map diatas, adalah **DILARANG** disetiap masa, kecuali mengikut permit, dibawah Peraturan 12.23 *Peraturan-Peraturan Penjagaan Alam Sekitar and Pemeliharaan Biodiversiti 2000*, untuk menjaga keselamatan umum dan memelihara biodiversiti. Terima kasih diatas kerjasama anda.



Map of Pulu Keeling and marine park boundary.





## JOIN US FOR A BALL TO REMEMBER!

We, the Cocos Islands Youth Council are hosting our **FIRST** ever 'HOLLYWOOD' Ball and we would love you to be there! There will be food, prizes for best dressed, lots of dancing and a **MEGA LOT OF FUN!**  
We will be looking forward to seeing you party people on  
**Wednesday, 7<sup>th</sup> October!**

### Kids

**AGE:** 5-11 years old  
**TIME:** 6:30 pm– 8.00 pm  
**VENUE:** Home Island Cyclone Shelter  
**TICKETS:** \$5 per person  
**DRESS CODE:** Formal

### Teens

**AGE:** 12-19 years old  
**TIME:** 8.00pm till late  
**VENUE:** Home Island Cyclone Shelter  
**TICKETS:** \$5 per person  
**DRESS CODE:** Formal

**FOOD & DRINKS AVAILABLE**

**Purchase tickets from Zulaikha at the Shire Office before Monday 5<sup>th</sup> September 2015**  
**For more Information contact the Shire Office on 9162 6649 or email [youth@cocos.wa.gov.au](mailto:youth@cocos.wa.gov.au)**  
**For more information.**

## FLUORIDE IN OUR TAP WATER



### Did you know?

CI and CKI tap water contain fluoride.

#### Benefits of fluoride in our tap water are:

- Reduces the risk of tooth decay
- Reduces pain associated with tooth decay
- Decreases need for fillings and extractions
- Inexpensive
- Keeps the body healthy

Whether you are at home, work or school both Adults and Children can benefit from drinking fluoridated tap water every day. It is safe and effective.

Keep smiling from our Oral Health Team!

---

### Adakah anda tahu?

CI dan air paip CKI mengandungi fluoride.

#### Faedah fluorida dalam air paip kita adalah:

- Mengurangkan risiko kerosakan gigi
- Mengurangkan kesakitan yang dikaitkan dengan kerosakan gigi
- Penurunan keperluan untuk tampalan dan didapati dari hasil sampingan
- Murah
- Mengekalkan badan yang sihat

Sama ada anda di rumah, kerja atau sekolah kedua-dua orang dewasa dan kanak-kanak boleh mendapat manfaat daripada minum fluoridated air paip setiap hari. Ianya selamat dan berkesan.

Sentiasa senyum!



# ANOTHER 'NIGHT AT THE OPERA' HOME ISLAND PRESENTS

Dr Jill Sullivan

## 'OPERA UNDER THE STARS'

When 20<sup>th</sup> November (Friday)

6.00pm	Ferry leaves WI
6.30pm	Food & Drinks
7.30pm	Cocos Island Dancers
8.00pm	Jill Sullivan
9.00pm	Ferry Depart HI
(Late Ferry courtesy of Cocos Co-op)	

Where: Gazebo (next to Council Office)

Food Satay Box and Dessert \$15 (buy with ticket)

Tickets available from Hospitals (WI & HI)

**\$35** with meal

**\$20** self catering

Children (8 & over)

\$10 Concert Ticket

Child's meal \$10

All profits from the concert will be used to purchase a 'Defibulator' for the Cocos Ferry. Any Profit from Food Sales, shared between Cocos Youth Group and Cocos Seniors' Group.



LAGI 'NIGHT AT THE OPERA'  
HOME ISLAND MEMPERSEMBAHKAN  
Dr Jill Sullivan

**'OPERA BAWAH BINTANG'**

Bila 20<sup>hb</sup> Novemba (Jumaat)

6.00 soreh – Feri lepas WI  
6.30 soreh Makanan & Minuman  
7.30 Penari Pulu Cocos  
8 malam Jill Sullivan  
9 malam Feri Berangkat HI  
(Feri lewat jam sumbangan dari Cocos Co-op )

Di mana: Gazebo (sebelah ofis Konsel)  
Makanan Kotak Satay dan Bilasan \$15  
(beli dengan tiket)

Tiket boleh di dapati di Hospital (WI & HI)

**\$35** dengan makanan **\$20** penyediaan makanan sendiri

Anak-Anak (8 & keatas) \$10 Tiket Konsert Makanan Anak-Anak  
\$10

Semua keuntungan daripada konsert itu akan digunakan untuk membeli ' Defibulator ' untuk Feri Cocos. Mana-mana Keuntungan dari Jualan Makanan, dikongsi antara Cocos Kumpulan Muda Mudi dan Kumpulan Senior Cocos .



## 2015 Trade Winds Sailing Program # 2 [Sept—Nov]

Day	Date	Island	Time	Age	Vessel	Notes
Saturday	19 Sept	Home	TBC	Youth	T2	DI Return
Tuesday	29 Sept	Home	0800	Boys	Bravo & T2	Training
		Home	0930	Girls	Bravo & T2	Training
Wednesday	30 Sept	Home	0800	Boys	Bravo & T2	Training
		Home	0930	Girls	Bravo & T2	Training
Thursday	1 Oct	Home	0800	Youth	T2	Boys
Sunday	4 Oct	West	0830	Mixed	Bravo & T2	Training
Tuesday	6 Oct	Home	0800	Boys	Bravo & T2	Training
		Home	0930	Girls	Bravo & T2	Training
Wednesday	7 Oct	Home	0800	Boys	Bravo & T2	Training
		Home	0930	Girls	Bravo & T2	Training
Thursday	8 Oct	Home	1100	Youth	T2	Boys
Saturday	10 Oct	DI	TBC	Open	T2	Racing
Saturday	24 Oct	Home	1100	Open	T2	Boys & Girls
Sunday	25 Oct	Home	1100	Youth	T2	Boys Racing
Saturday	7 Nov	Home	TBC	Open	T2	Boys & Girls
Sunday	8 Nov	Home	TBC	Youth	T2	Boys Racing
Saturday	21 Nov	Home	TBC	Open	T2	Boys & Girls
Sunday	22 Nov	Home	TBC	Youth	T2	Boys Racing

### Notes

1. For insurance purposes, all participants must be paid members BEFORE the event. Please pay membership fees to Nek Sofiya at the Post Office on West Island or Home Island. Annual members fees are only \$50 per family or \$10 per child.
2. The program is subject to weather conditions, keep track of updates on the Jukong and Sailing Club facebook page or the Cocos Water Sports webpage
3. This event is organised by the Jukong and Sailing Club sub committee consisting of the following volunteers: Pak Azie (HI Coordinator), Tony Lacy (WI Coordinator & Instructor), Zabidi Abedin (Assistant Instructor) and Fikerie Balmut.
4. Please note as per standard Training Centre safety requirements ALL participants will be required to wear a PFD and there will be a maximum of 6 vessels in the water for each session in addition to a minimum of 1 instructor and 2 safety power boats.

**Thank you to the following sponsors and organisations for their support and financial contribution for 2015.**

### Sponsors

Australia Post, Cocos Islands Visitor Centre, Cocos Tropical Foods, Freightshop, Golf Club World, Home Island Trading, Kelapa Gading, Territory Courier Services, Oceania House, Winchello Electrical Contractors

### Corporate Race Day (ASDD)

IOGTA, Shire of Cocos Islands, Cocos Cooperative, IOT Health

**Also a huge thankyou for all the members on Home Island and West Island. Memberships are critical for ongoing insurance and operating expenses. For any information on training, vessel hire or sailing trips around the islands, please contact Tony on [cocoswatersports@gmail.com](mailto:cocoswatersports@gmail.com) or call 9162 6799. Home Islanders please contact Pak Azie, Zabidi Abedin or a committee member.**

## Healthy Living Tips

### Tips on Maintaining a Healthy Body

You need to make sure you look after your body these days. Health and fitness are such an essential part of life. You've got to come up with ways to maintain health and fitness and develop an awesome body.

#### Eat Well

Healthy eating is a vital part of remaining fit and healthy. You need to make sure you have a balanced diet covering all the food groups. Eat plenty of fruit and vegetables, and avoid the junk food. Eating well will help you to stay in shape as well as giving your body valuable nutrients.

#### Work Out

Of course, when it comes to health and fitness you need to work out regularly. This means taking the time to get a gym regime going. Alternatively you could take up running or swimming. Ideally you need to have a combination of everything if you want a body to die for. Make sure you have discipline and commitment. It might be quite difficult to keep motivated to work out all the time. But you need to be disciplined. Think about the end results, and use those as incentives.

#### Get Plenty of Rest

You might not think it, but getting rest is imperative for health and fitness. You see, your body needs to rest and rejuvenate in order to heal and improve. So you have to make sure you get plenty of rest each night. Aim for six to eight hours of uninterrupted sleep each time. This will leave you feeling refreshed, rejuvenated and full of energy. It will allow your body and metabolism to work better. You'll also find your brain functions are greatly improved too.

#### Makeover

Another step you could take would be to get yourself a makeover and is a fantastic way of making yourself look and feel awesome. You need to take pride in your looks and your body, and a makeover is a fine way to do this. Try changing your hair, wearing different makeup and getting your nails done. You should also choose a new wardrobe, one that complements your new body.

It's vital these days to look after your body and mind. People place a lot of emphasis these days on looking good and staying healthy. And it's important that you join in with this as much as you can. Take steps to become more fit and healthy and develop an awesome body.

*More tips in next edition...*



## 2015 Trade Winds Sailing Program # 2 [Sept—Nov]

TRAINING CENTRE



### The Sailing Pathway – 10 Steps

Like many sports, sailing offers a pathway for new participants to use as their guide to building experience, skills and confidence.

The Sailing Pathway has 10 steps and is applicable to participants of all backgrounds, ages and abilities, in different types of boats.

The first few levels introduce new participants to the sport, the intermediate levels are for people who want to race at their club and achieve results locally, and beyond that there are a range of further options including high performance and international competition.

#### The Introductory Levels

##### Step 0 – Discover Sailing Day or Discover Sailing Experience

Discover Sailing Days and Discover Sailing Experiences offer participants the chance to visit a club and get out on the water to see if they like the sport. Discover Sailing Days can be offered by any affiliated sailing club.

Discover Sailing Experiences are delivered by a Yachting Australia Qualified Instructor at an accredited Discover Sailing Centre. Cocos Islands Jukong and Sailing Club Inc is now an accredited Discover Sailing Centre.

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## 2015 Trade Winds Sailing Program # 2 [Sept—Nov]

### Step 1 – Start Sailing

Step 1 of The Sailing Pathway is the Yachting Australia Learn to Sail programs available in dinghies (Start Sailing) or keelboats (Start Crewing and Start Helming). These courses involve a syllabus and set number of hours, and are run by Yachting Australia Qualified Instructors at accredited Discover Sailing Centres.

### Step 2 – Better Sailing

The courses at Step 2 of The Sailing Pathway are Better Sailing in dinghies or Start Skippering in keelboats.

### Step 3 – Start Racing

For participants who want to progress to racing, the Learn to Race course in dinghies and the Start Racing and Spinnaker courses in keelboats are the next step. Skills learnt in these courses provide enhanced boat handling and management skills.

### Clubs & Racing

#### Step 4 – Introductory Racing

Step 4 provides a modified form of competition that gives participants a chance to experience racing using the International Introductory Rules. The emphasis is on practising skills with a group of people of a similar level. In keelboats, social racing provides a type of introductory racing. For kids, introductory racing is usually called *Green Fleet*.

### Step 5 – Club Racing

Club racing is one of the core activities available at most yacht clubs. Races are conducted under the International Rules of Racing. Participants with this level of skill can also be more confident about their ability to go cruising from their club, undertake the specialised disciplines of Teams and Match Racing, or progress to higher levels of fleet racing. At this level, many participants investigate buying a boat, however many continue to participate as a crew or charter a boat.

### Step 6 – Club Coaching & Interclub Racing

Sailors wanting to progress to the front of their club fleet will normally participate in their club coaching program, run by Yachting Australia qualified Club Coaches. They will enter class championships and large regattas away from their club, including state and national class championships. Coaching programs tailored to the needs of individual sailors are applicable to both dinghies and keelboats.

### Advanced Options

Beyond Step 6, there are a variety of options to continue to develop interest, experience and skills in the sport, including international competition, offshore racing in keelboats, officiating as either an Instructor or Race Official, or vocational training and employment on one of these pathways.

For Youth (secondary school age) and adults Development and High Performance Pathway beyond Step 6 is:

### Step 7 – State Development (or Emerging Talent) Squads.

This step is for youth sailors wanting to progress to the highest level of competition in the international classes. Some States have development programs that develop competitive sailors who perform at major regattas.

### Step 8 – State High Performance Squad

Youth sailors who have ongoing results at major regattas may be eligible for selection to a State High-Performance program (available in some states).

**Step 9 – The Australian Sailing Squad** and Australian Youth Team are for sailors identified with potential to attain the performance requirements for the Australian Sailing Team.

**Step 10 – The Australian Sailing Team** is the highest level of The Sailing Pathway and consists of sailors who meet national selection criteria.

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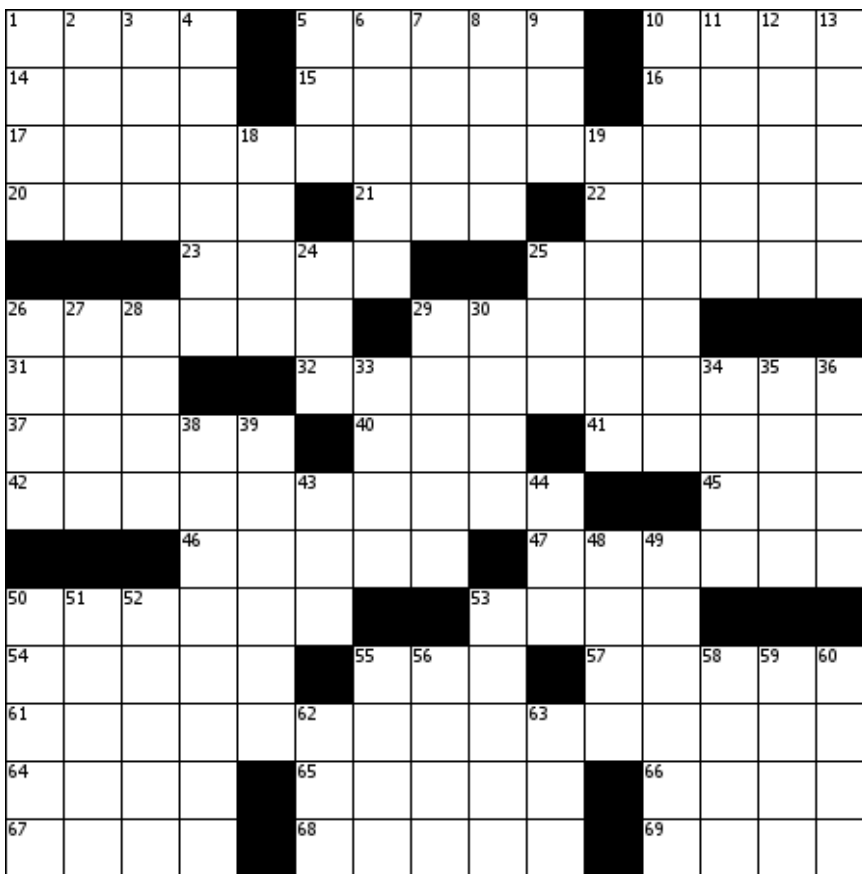
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## Crossword



## ACROSS

1. Simple form of payment
5. Come to light
10. Certain protest
14. As soon as
15. Philanthropist
16. Mayberry resident
17. Silenced
20. It takes a licking and keeps on ticking
21. Period of many years
22. Canted
23. Paper contents
25. Baseball's Steve
26. Sophisticated
29. Fusillade
31. Surfacing gunk
32. Silenced
37. Turkish dignitaries
40. "Is that so!"
41. Hold another hearing
42. Silenced
45. Fabulize
46. Buttinsky
47. They don't compare with oranges
50. Kostof and Agnew
53. Prepare the paint
54. Yuletide song
55. Conciliatory offering
57. Tropical lizard
61. Silenced
64. Take the bait
65. Lollygags
66. Natural emollient
67. Served up a winner
68. Elbow counterparts
69. Deflects from a course

## DOWN

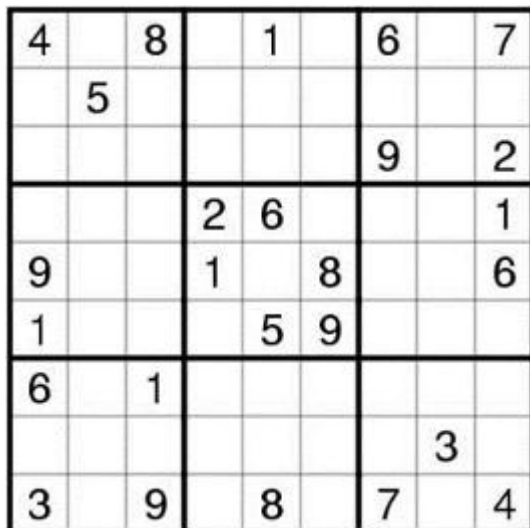
1. It can be checked
2. Not in favor of
3. Cozenage
4. Capital of Montana
5. Radio plugs
6. Valentine favorite
7. Insider dirt
8. Before long
9. Slip or trip, e.g.
10. Print below the text
11. Month of showers
12. Walk like a crab
13. Easily irritated
18. The yoke's on them
19. Written exemption
24. Allowing alcohol
25. Kind of shot
26. Colorado natives
27. Incline
28. Camembert relative
29. Dirty look
30. Grows wiser, e.g.
33. Eye cheesecake, e.g.
34. "\_\_\_ have to do"
35. Canal of song
36. Isn't a natural blonde
38. Looked into again, as a criminal case
39. Move down a Web site page
43. How-do-you-dos
44. Took a load off
48. Some intelligent animals
49. Square-up ahead of time
50. Diving gear
51. Hysterical mood
52. At pique's peak?
53. Shopping frenzy
55. Oliver's Laurel
56. Sludge
58. Popular soft drink
59. Have no doubts
60. Keats feats
62. It's game
63. Man of Steel monogram

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

Crossword Solutions

## Brainteaser Central!

### SHE-GOAT, WOLF AND CABBAGE

A farmer returns from the market, where he bought a she-goat, a cabbage and a wolf (what a crazy market :-).

On the way home he must cross a river. His boat is small and won't fit more than one of his purchases. He cannot leave the she-goat alone with the cabbage (because the she-goat would eat it), nor he can leave the she-goat alone with the wolf (because the she-goat would be eaten).

How can the farmer get everything on the other side in this river crossing puzzle?

Take the she-goat to the other side. Go back, take cabbage, unload it on the other side where you load the she-goat, go back and unload it. Take the wolf to the other side where you unload it. Go back for the she-goat. That's it.

Brainteaser Answer



Children enjoying the band Hustler at this year's Westfest

*Do you have a Cocos Moment you would like to share?*

### Birthdays, Anniversaries & Announcements

Happiest birthday to our loving Dad and Hubby, Chucky for 22 September. Love from your two beautiful princesses.

Congratulations to Ashleigh, Kyle, Tilly and Indi on the arrival of Theodore Marco Saltmarsh on Friday 18th September weighing 7lb 10oz / 51cm.

Happy Birthday to:

Dakota for the 2nd October!

Josh Hofman for 1st October!

Bridget Watters for 10th October!

Isaac Bowman for 12th October!

Sarah Hofman for 18th October!

*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](mailto:communications@cocos.wa.gov.au)*





# Cocos (K) Islands Community Resource Centre

*your local connection*

## Upcoming 2015 Community Events

Event Name	Event Date	Event Host
AFL Grand Final	03/10/2015	Cocos Club
Corporate Golf Day	07/10/2015	Cocos Islands Golf Club
Youth Council Ball	07/10/2015	Shire of Cocos Islands
Cocos Olympics	09 - 17/10/2015	Cocos Club
Islamic New Year	14/10/2015	Public Holiday
Toga Party	17/10/2015	Cocos Club
Shire Council Meeting	21/10/2015	Shire of Cocos Islands
School Auction and Fete	25/10/2015	P & C Association
Shire Council Meeting (Special Meeting)	28/10/2015	Shire of Cocos Islands
International Beer Festival	30/10/2015	Cocos Club
Melbourne Cup Calcutta	2/11/2015	Cocos Club
Melbourne Cup	3/11/2015	Cocos Club
Lagoon Swim Brief - Food Night	13/11/2015	Cocos Islands Golf Club / CKITA
2015 Cocos Keeling Islands Lagoon Swim	14/11/2015	CKITA
Opera Under The Stars	20/11/2015	Home Island
Shire Council Meeting	25/11/2015	Shire of Cocos Islands
Gymbercali Concert	28/11/2015	Gymbercali
Kids Xmas/ Carol/ Farewell	13/12/2015	Cocos Club
Shire Council Meeting	16/12/2015	Shire of Cocos Islands
Hari Maulaud Nabi	24/12/2015	Public Holiday
Christmas Day	25/12/2015	Public Holiday
New Years Eve Party	31/12/2015	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](mailto:cocosislands@crc.net.au) Website: [www.cocos.crc.net.au](http://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 15th October**

**3:00pm Tuesday 13th October**

### 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](mailto: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.