

2020

MURA KOSKER CALENDAR

Keeping our families safe & strong

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ABOUT MURA KOSKER SORORITY INC.

Mura Kosker was founded over 30 years ago in 1988 as a direct result of identified needs for specific education and health issues that affect the lives of women and also their families.

Mura Kosker provides a range of programs and services to meet the social, emotional, educational, economic, health, cultural, spiritual and welfare needs of women, children and families. These programs have always been premised on respecting human rights, self-determination, cultural respect and safety.

Mura Kosker has worked to reverse the levels of disadvantage for women, children and their families living in the Torres Strait region, by empowering families and strengthening communities.

ACKNOWLEDGEMENTS

Mura Kosker SorORITY Inc. would like to acknowledge and thank the following organisations and schools who have contributed to the development of this calendar and continually support and promote Child Protection Week.

Mura Kosker SorORITY Inc. is proudly funded by the Queensland Family and Child Commission - More Than Safe Regional Activity Grants in conjunction with Queensland Child Protection Week.





VISION

Women & men working together
to keep our families and
communities safe & strong

PURPOSE

Mura Kosker advocates for
human rights in the Torres
Strait and provides services &
programs to benefit women,
men and their families

VALUES

We are community driven,
outcomes focussed and
determined to ensure safety
across families & communities in
the Torres Strait

*Image: Thursday Island 2019.
Photographer Kantasha Takai*



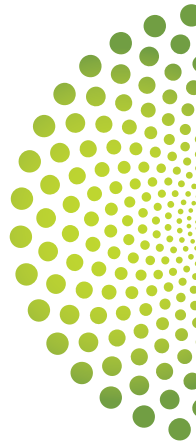
BURN FIRST AID

Remove clothing & jewellery.

Cool the burnt area with running water for 20 minutes. Do not apply an ice pack or use ice.

Cover the burnt area by applying a damp cloth. Do not use ice, oils or creams.

Seek medical attention for all burns larger than a 50 cent coin.



December 2019

S	M	T	W	T	F	S
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				

February 2020

S	M	T	W	T	F	S
						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

JANUARY

SUN	MON	TUE	WED	THURS	FRI	SAT
			New Year's Day			
			1	2	3	4
	5	6	7	8	9	10
	12	13	14	15	16	17
						18
						Special Holiday St Pauls, Mua
	19	20	21	22	23	24
Australia Day	Australia Day Public Holiday	School term 1 starts (QLD)				25
	26	27	28	29	30	31



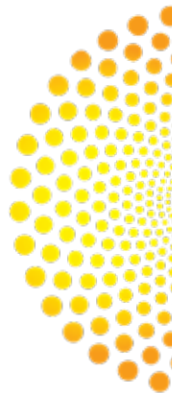
Water Safety

Spot the dangers.
Always check for
hazards such as
tides or currents.

Always look
before seimming.
Remember to check
for Crocs.

Take advice and
always read the
warning signs.

Never go swimming
alone. Swim with
family or friends.



January 2020

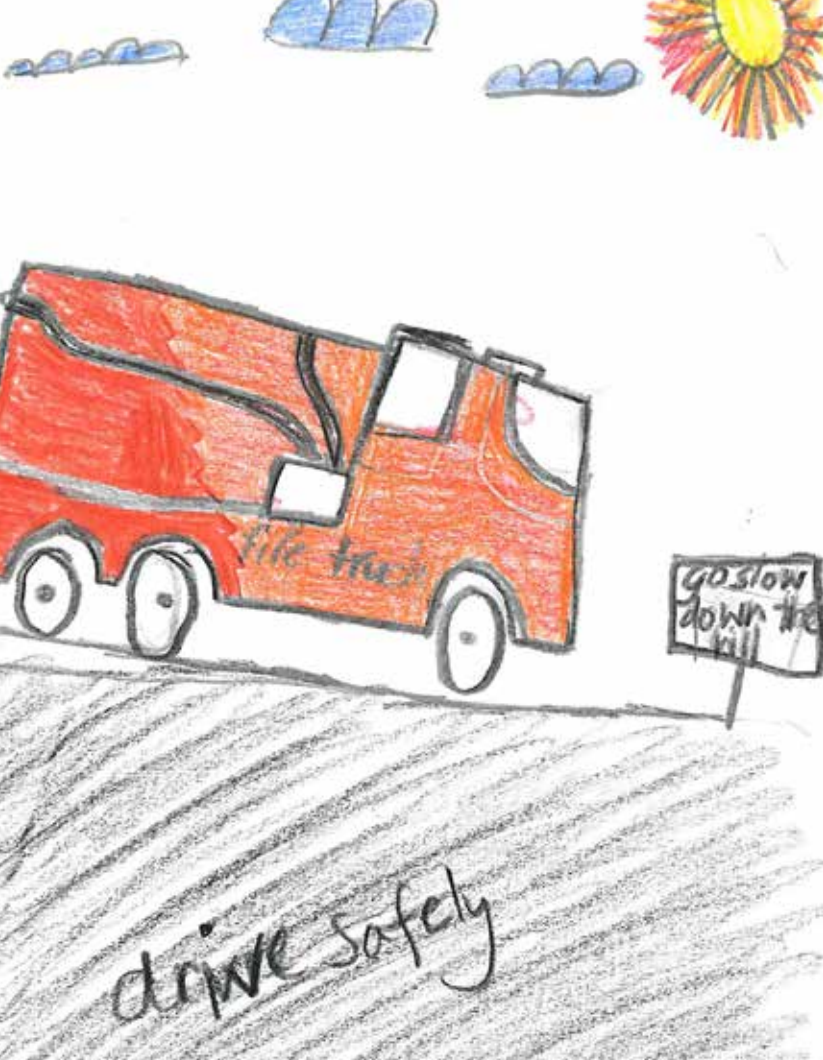
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

March 2020

S	M	T	W	T	F	S
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				

FEBRUARY

SUN	MON	TUE	WED	THURS	FRI	SAT
						Special Holiday Badhu
						1
	2	3	4	5	6	7
				Special Holiday Mua & Saibai	Valentine's Day	8
	9	10	11	12	13	14
						15
	16	17	18	19	20	21
					Special Holiday Boigu	22
	23	24	25	26	27	28
						29



Fire Safety

If your house is filled with smoke from a fire, you will find it hard to see and breathe. Smoke will rise to the ceiling so GET DOWN LOW & GO, GO, Go!

Crawl along the ground to the nearest exist.

Wait outside for firefighters to arrive - never go back into a burning house.

February 2020

S	M	T	W	T	F	S
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						

April 2020

S	M	T	W	T	F	S
			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		

MARCH

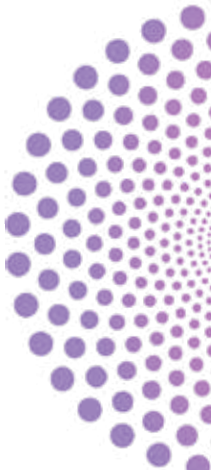
SUN	MON	TUE	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
International Women's Day						Torres Strait Amalgamation Day
8	9	10	11	12	13	14
National Close the Gap Day		St Patricks Day				Harmony Day
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Child Protection

My Body Rules:

1. I am the **BOSS** of my own body.
2. Nobody will **TOUCH** my body.
3. I will tell someone I **TRUST**, for example my Parents or close Friends.
4. They will **BELIEVE** me and protect me.



March 2020

S	M	T	W	T	F	S
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				

APRIL

May 2020

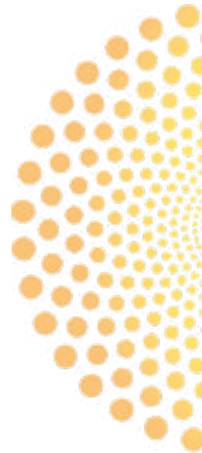
S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SUN	MON	TUE	WED	THURS	FRI	SAT
					School term 1 ends (QLD)	
			1	2	3	4
					Good Friday	
5	6	7	8	9	10	11
Easter Sunday	Easter Monday					Special Holiday St Pauls, Mua
12	13	14	15	16	17	18
						ANZAC Day
19	20	21	22	23	24	25
	ANZAC Day Public Holiday					
26	27	28	29	30		



Positive Parenting

1. Create a safe and interesting environment.
2. Provide a positive learning environment.
3. Use assertive discipline.
4. Have realistic expectations.
5. Take care of yourself as a parent.



April 2020

S	M	T	W	T	F	S
			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		

June 2020

S	M	T	W	T	F	S
	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				

MAY

SUN	MON	TUE	WED	THURS	FRI	SAT
						Special Holiday Kiriri
31					1	2
	Labour Day				Special Holiday Dauan	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
				Special Holiday St Pauls, Mua		
17	18	19	20	21	22	23
			Reconciliation Week (until 3 June)			
24	25	26	27	28	29	30



Sun Safety

Cover Up

Wear a hat when going outdoors.

Stay in the Shade

Sit under a tree or a shaded area.

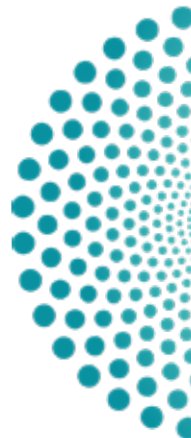
Sunscreen

Always wear sunscreen outdoors.

Sunglasses

Always wear sunglasses to protect your eyes

Stay Hydrated



May 2020

S	M	T	W	T	F	S
31					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

July 2020

S	M	T	W	T	F	S
			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	

JUNE

SUN	MON	TUE	WED	THURS	FRI	SAT
			Mabo Day		World Environment Day	
	1	2	3	4	5	6
	Labour Day					
7	8	9	10	11	12	13
Special Holiday Mer					Special Holiday Boigu, Iama, Poruma & Saibai	
14	15	16	17	18	19	20
			Special Holiday St Pauls, Mua		School term 2 ends (QLD)	
21	22	23	24	25	26	27
28	29	30				



Artist: Rosanna Solomon

Domestic Violence

There are many support and referral agencies available to provide assistance.

DV Connect
(Women's Line) 1800
811 811 (Toll Free 24
hours).

DV Connect (men's
line) 1800 600 636
(Toll Free 9am - 12
midnight, 7 days).

Relationships
Australia 1300 364
277

Crisis Care 07 3235
9999

Legal Aid
Queensland 1300
651 188

Lifeline (Counselling
Service) 131 114



June 2020

S	M	T	W	T	F	S
	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				

August 2020

S	M	T	W	T	F	S
30	31					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

JULY

SUN	MON	TUE	WED	THURS	FRI	SAT
			Coming of the Light		Special Holiday Mer, Erub & Ugar	
			1	2	3	4
NAIDOC Week (until 12 July)				Special Holiday Boigu, Warraber, Poruma & Masig		
	5	6	7	8	9	10
	School term 3 ends (QLD)					Special Holiday Poruma & Warraber
	12	13	14	15	16	17
				Special Holiday St Pauls, Mua		
	19	20	21	22	23	24
	26	27	28	29	30	31



Artist: Purlisha Banu

Domestic Violence

Become a Foster or Kinship Carer.

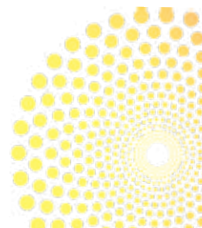
Types of care:

Short Break Care for yumi pikinini for short time, for example on weekends or holidays.

Emergency Care care for yumi pikinini for short time and e only short notice.

Long-term Care ongoing full-time care for pikinini up to 18-years old.

If you want to become a carer, contact Safe Pathways on 4081 900



July 2020

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			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	

September 2020

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		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			

AUGUST

SUN	MON	TUE	WED	THURS	FRI	SAT
						Special Holiday Mabuyag & Saibai
30	31					1
		National ATSI Children's Day		Special Holiday Erub & Ugar		
2	3	4	5	6	7	8
						Special Holiday Mer
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Special Holiday Torres Strait						
23	24	25	26	27	28	29



Artist: Muloki Eteru

Emergency Contacts

In an emergency, call triple zero (000).

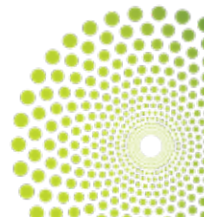
When to call triple zero (000).

- if a crime is happening now
- when a life is threatened
- when the event is time critical, for example a fire.

Poisons helpline 13 11 26

Police Link: 131 444 - is this number in Queensland to report non-urgent incidents.

Crime Stoppers: 1800 333 000 - to report any information that may assist in community safety.



August 2020

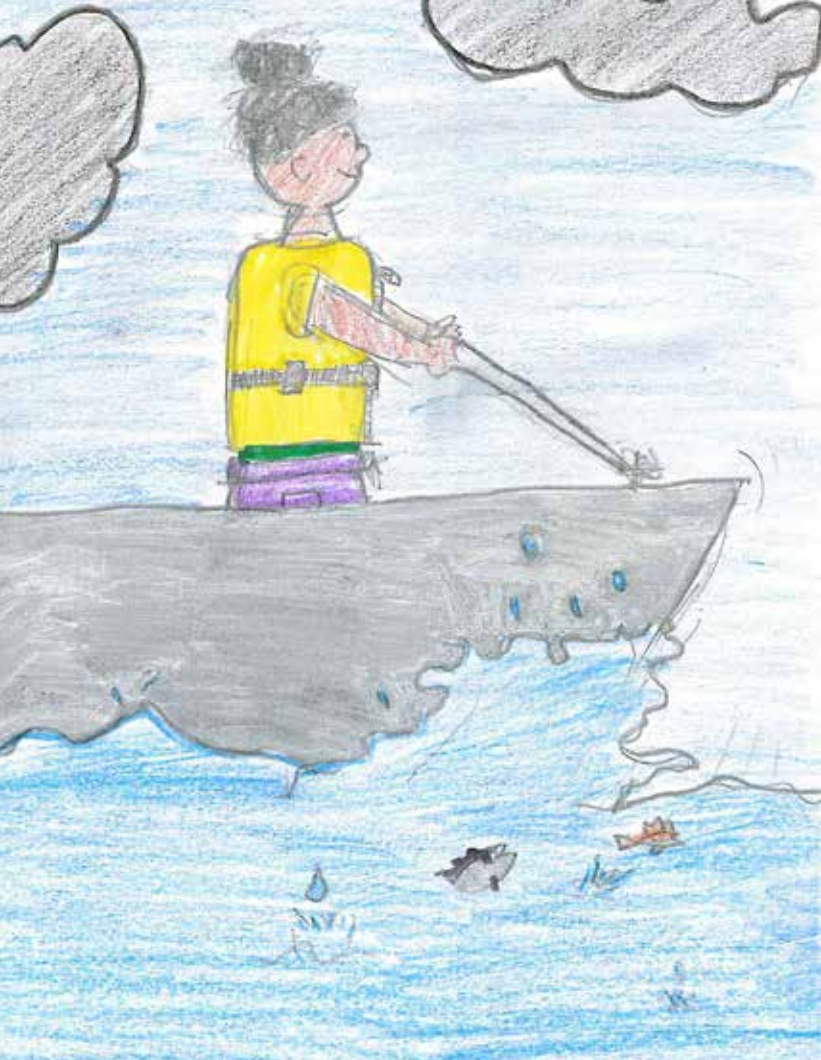
S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

October 2020

S	M	T	W	T	F	S
				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

SEPTEMBER

SUN	MON	TUE	WED	THURS	FRI	SAT
					Special Holiday Mabuyag	
		1	2	3	4	5
				Special Holiday Erub & Ugar		
	6	7	8	9	10	11
	Special Holiday Dauan & Iama			Special Holiday Kiriri		12
	13	14	15	16	17	18
	School term 3 ends (QLD)				Special Holiday Erub	
	20	21	22	23	24	25
	27	28	29	30		26

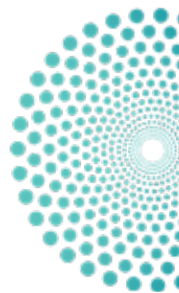


Boat Safety

Check weather before heading out.

Always tell someone where you're going and when they can expect your arrival or return.

Carry your Boating Safety Kit.



September 2020

S	M	T	W	T	F	S
		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			

OCTOBER

November 2020

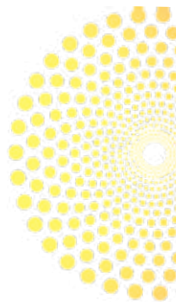
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SUN	MON	TUE	WED	THURS	FRI	SAT	
					1	2	3
	Queen's Birthday (QLD)						
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
					Special Holiday Badhu		
	25	26	27	28	29	30	31



Bike Safety

1. Always wear a helmet.
2. Look both ways for traffic.
3. Wear bright clothes.
4. Make sure your tires have air in them.
5. Always lock your bike up.
6. Always ride with a friend.



October 2020

S	M	T	W	T	F	S
				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

December 2020

S	M	T	W	T	F	S
		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		

NOVEMBER

SUN	MON	TUE	WED	THURS	FRI	SAT
Special Holiday Erub & Ugar		Melbourne Cup Day				
1	2	3	4	5	6	7
			Remembrance Day			
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	Special Holiday Poruma					
29	30					

HIRING staying together



CPR Rapid Action Plan

Danger
Check for hazards to
yourself, bystanders
and the casualty.

Response
Check response:
Are you OK? Squeeze
my hand.

Send for Help
Phone 000 if no
response

Airway
Check their airway

Breathing
Look, listen and feel

Compression
Immediately begin
CPR



November 2020

S	M	T	W	T	F	S
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					

January 2021

S	M	T	W	T	F	S
31					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

DECEMBER

SUN	MON	TUE	WED	THURS	FRI	SAT
						Special Holiday Saibai
		1	2	3	4	5
					School term 4 ends (QLD)	
6	7	8	9	10	11	12
Special Holiday lama						
13	14	15	16	17	18	19
					Christmas Day	Boxing Day
20	21	22	23	24	25	26
				New Year's Eve		
27	28	29	30	31		

CHILD & FAMILY SUPPORT

Our service works with family members – parents, families and communities. We are based on Thursday Island and work throughout the Torres Strait Region.

We help families with children and young people between 0-8 years old by promoting their safety and wellbeing. Families with children and young people may find themselves in vulnerable or difficult situations.

We offer:
Prevention and early intervention strategies
Support and assistance when in crisis
Practical and informative assistance
Practical parenting advice and support

The free service is available to
Parents, Families and Communities.

Call Mura Kosker Sorority
on (07) 4069 1663

