



1 Iluka Street, Narrabundah, ACT 2604

Ph: 6295 9600 A/Hrs: 0439 95 9410

E-mail: vocalact@gmail.com

Website: <http://vocalact9.wixsite.com/vocalact>

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Vocal (ACT) Inc.

Newsletter

The Official Journal of the Victims of
Crime Assistance League (ACT) Inc.

Summer 2024/5



**Volume 31
Issue 3**



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Vocal Meeting Dates

Evening support groups.

These occur at VOCAL House in Narrabundah on the **first Tuesday of each month** and start at **6:00 P.M.** Please call to register your interest to attend

The next meetings:

Feb Tues 4th
Mar Tues 4th
Apr Tues 1st
May Tues 6th
June Tues 3rd

Lunchtime support groups.

The group which meets on the third Wednesday of each month between 12:30 and 2:00PM can also help new emerging victims of parental abuse by children. Refreshments provided at a club of your choice. Please phone VOCAL to register your interest.

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PO Box 2 Narrabundah
ACT 2604

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VOCAL (ACT) Inc. welcomes articles and artwork encouraging assistance to Victims of Crime. They will be returned upon request when accompanied by a stamped, self-addressed envelope. Address copy and correspondence to **The Editor**.

This newsletter is generally published quarterly. It is paid for by membership fees, newsletter advertisers, donations and the goodwill of volunteers

We exist to unite and strengthen individuals and families by offering assistance to victims from victims whenever possible.

Executive Committee

Chairperson: Bryan Harper
Deputy Chair: Edward Nathan
Treasurer:
Secretary: Vacant
Media liaison: Bill Stefaniak

The Old Pond by Matsuo Bashō

**An old silent pond...
A frog jumps into the pond—
Splash! Silence again.**

Matsuo Bashō is regarded as one of Japan's greatest haiku poets, and his poem *The Old Pond* stands as a prime example of the haiku form.

This haiku captures a quiet, fleeting moment in nature, highlighting Bashō's skill in conveying deep meaning with minimal words. The contrast between the frog's splash and the sudden return of silence symbolizes life's impermanence. By focusing on such a transient moment, Bashō invites us to appreciate the beauty in the ordinary, which reflects a central theme in Japanese culture: a reverence for nature and its fleeting qualities.

Amy. (2024, October 29). 15 Famous Poems About Japanese Culture. *Poemshubs*. <https://www.poemshubs.com/archives/9150>

Recipe: Japanese Karaage

Once you try “karaage” chicken, you may not crave takeaway chicken again. This dish, inspired by Chinese fried chicken, is a popular choice in izakayas (Japanese-style sake bars) and bento boxes. It features crispy, deep-fried and marinated chicken pieces. This easy-to-make recipe delivers amazing results every time. It's ideal for parties or any occasion with friends and family.

Ingredients

- 300g boneless skin-on chicken thighs
- 1 tbsp cooking sake (or any white wine)
- 2 cloves garlic, crushed
- cooking oil
- lemon wedges (a cut piece of lemon)
- 3 tbsp soy sauce
- 5g fresh ginger, grated
- 1/4 cup “katakuriko” potato starch
- Japanese mayonnaise



Instruction

1. Cut 300g of chicken into bite-sized pieces, leaving a bit of skin or fat for added crispiness.
 2. Marinate the chicken: In a bowl, combine soy sauce, sake (or wine), ginger, and garlic. Add the chicken and mix well to coat evenly. Marinate for at least 30 minutes, or overnight for deeper flavor.
 3. Drain any excess liquid from the marinated chicken, then add 1/4 cup of “katakuriko” potato starch (or plain flour). Stir until the chicken pieces are evenly coated.
 4. Heat cooking oil in a pan to around 180°C. Fry the chicken in batches of 3-4 pieces for 3-4 minutes, or until golden brown, then remove and drain on a wire rack or paper towels.
- Optional: For an extra fluffy coating, you can dip the marinated chicken in beaten egg before frying.
5. Serve and enjoy: Enjoy the karaage hot or cold, served with lemon wedges and a side of Japanese mayonnaise. You can enjoy karaage with rice, noodles, or even on its own, paired with sake or glasses of wine.

Reference: <https://www.japancentre.com/en/recipe/37-karaage-japanese-fried-chicken>

Recipe provided by Asako

About VOCAL

Vocal was formed in the ACT after several murders were committed in and around the surrounding districts. Families began making phone contact with each other and then decided to get together because they had all experienced the aftermath of a violent death.

Some of the members had their loved ones taken from them as far back as twenty years ago and yet for the first time they found they were able to speak out about their feelings to people who fully understood and cared.

On the 15th of November 1988, the group met for the first time. That was a very special get-together and many friendships have been formed. From that meeting the **Victims Of Crime Assistance League (ACT) Inc.** was born.

The main aims of Vocal (ACT):

- To help and support individual persons and their families, who through a criminal act against them, are victims of crime; to overcome their anguish and suffering and assist them towards a state of understanding and acceptance of their adversity in order to resume a more stable mental and physical condition.
- To offer support to victims during their relevant court actions.

- To refer victims to various professional organisations or individuals.

Other Organisational Aims:

- To promote public awareness of the plight of victims, and promote action in the interest of those victims and the existence of VOCAL (ACT).
- To support the authorities in preventing and dealing with crime, to review effectiveness of the justice system, and where possible, bring issues to the attention of the authorities.
- To provide a venue where victims can gather so as to assist themselves or other victims.
- To promote and/or carry out research into the immediate and long-term effects of crime on victims.
- To act independently or in cooperation with other persons or bodies where appropriate in support of the objects of VOCAL (ACT).

The Executive, Committee and Members wish to sincerely thank all those who have supported in so many ways. Warm greetings for the Summer season

VOCAL welcomes anyone with busy hands and warm hearts to assist in small or big ways.

Body Scan Meditation

Body Scan MEDITATION with particular emphasis on the sensations of breathing, which helps to guide an awareness through the whole body.

Preparation

You might want to cover yourself with a light blanket as sometimes people can fall asleep during meditation and as the body temperature falls you might get cold. Please choose a comfortable position in a quiet room, bearing in mind any position that are likely to become painful for you after a short time. Most people like to lie down or on a sofa, perhaps with your legs on a stool.

Starting out

Allow your body to settle down on the floor or the bed and then place your arms at the side of your belly with the right hand resting on the right side of the belly and the left on the left side so that you can feel the movement of your breath beneath your hands. Please close your eyes. Allow your shoulders to rest back toward the floor or bed. You have just gently closed your eyes and your face is soft as well as your hands softly resting on your tummy.

If you have a lower back problem, you might want to put some pillows or cushions behind each knee to take the strain off the area or you can bend your knees with your feet flat on floor in the semi-supine position. Whatever is most comfortable for you. As you begin to settle, please think of giving your weight up fully to gravity. Let yourself sink into the couch or floor.

Now you can begin to tune into the movement of your breath which you can feel beneath your hands. Be conscious of breathing in through your nose, and letting the air you breathe in go to your belly, (do not suck in your belly as when at the doctor's you breathe in and hold your breath); your belly should rise when the air reaches it, and it should go down when you exhale, letting the air go out of your nose gently, without effort, not your mouth.

Please do not forcefully breath. Just do this gently, naturally, but paying attention to the natural way this happens. After a while take notice also of your chest rising as you breathe in and chest falling as you breathe out. Can you visualise that your ribs are also expanding when you breathe and retract when you breathe out? Can you feel your lungs filling and emptying as you inhale fresh cool air and exhale warm air. That warm air means that the breath you took has now cleansed your body and is being released by your body is full of unwanted carbon dioxide.

Now begin to follow the breath as it enters your lungs. Can you feel a subtle change in your body as the air travels to other parts of your body, past your lungs to your belly then travels to your lower back and through to your other organs. Allow yourself to feel this very gentle soft change in your body, and your organs, feeling a little like a gentle wave of the ocean on a summer day. Allow the breath to reach the part of your body touching the ground, or floor, in your buttock your arms and even in the front of your body parts.

Continued on page 3

Comic

FEELINGS

I DON'T LIKE FEELING THIS WAY



BUT MAYBE



JUST MAYBE



IF I LET MYSELF FEEL IT



WITHOUT RESISTANCE



WITHOUT GUILT



I'LL EVENTUALLY BE DONE WITH IT



AND THEN I'LL BE READY FOR SOMETHING NEW



@ramya sriram

thetapstories.com

In Remembrance

It is important that our loved ones are remembered. Their lives were stolen from them for no reason and for no gain. The "Remembering Page" is our way of not allowing their name to die. We also remember those who have died tragically through motor vehicle related 'accidents, often drink-drive related. We also remember those whose lives have been changed through a criminal act.

Gabrielle Sostaric, born 31 August 1973, died tragically *6 December 1989*

Suzanne Louise Stafford, born 20 February 1963, her life taken *9 December 1991*

Colin Winchester, born 18 October 1933, his life taken *10 January 1989*

Brendon Hughes, born 30 January 1968, his life taken *21 January 1988*

Anita Cobby, born 2 November 1959, her life taken *2 February 1986*

Ken Oliver, born 1 March 1937, his life taken *12 February 1986*

Shirley Oliver, born 9 December 1941, her life taken *12 February 1986*

Bev Oliver, born 9 August 1961 her life taken *12 February 1986*

Darren Oliver, his life changed *12 February 1986*

Verlie Fitzgerald, her life changed by an armed hold up *12 February 1993*

Irene Glanville, born 15 April 1953, her life taken *27 February 1990*

Body Scan Meditation continued

Can you now become aware of the tension in your muscles? Is it in your arms, your buttocks or thighs? As you breathe in, think of it as a cleansing, and as you breathe out, imagine seeing all the tension leaving your body.

Focus on where you feel some tension. When you become aware of the tension, focus on softening that area of your body, and you might notice how naturally your mind can take control and help you to soften that area, letting go of the tension. Allow your consciousness to inhabit the rest of your body on the floor or the chair, your middle back or your upper arms. See if you can follow the curves of your body as it rests on the floor or the chair. Can you just allow your whole self to rest unconditionally on that surface with your whole weight sinking into it. Saturate your breaths that you are breathing in with kindness and gentleness and imagine it massaging those muscles of your body that you feel any discomfort from.

If this was your child or your loved one in discomfort you would do the same kind and gentle act towards them. So now give yourself this kindness, gentleness and soft touch.

If it is your shoulder, you feel tension in, then let it sink into your chair or the floor. Can you feel it change? if it is your neck feeling tensed, allow it to be massaged by the gentle breath, and the kindness you give to it. As you allow your awareness to travel to your entire body, what do you notice in your face, your hands your skin on your arms and legs? Do you find that you can allow the air that you breathe in, gently massage and soften that area?

As you are laying there, now saturated in kindness and gentleness of the continual flow of breath throughout your body, can you get a sense of how your emotions can also change as you pay attention to your inner self as you naturally breath in and out? Just like the waves of a still ocean on a summer's night, your body also moves gently, and your muscles can adjust with you, fully conscious of their movement moment by moment.

Finishing up

You can end the exercise when you are ready, after the five minutes or ten minutes you allocated. Gently open your eyes but stay still for a few seconds realizing that your whole body is soft now and you are reentering the world. Give yourself a minute for your muscles to think of moving, starting with an arm, rolling your shoulders in a circle then moving a leg, or your fingers and your hand and last wriggle your toes. Roll over and sit down first for a few seconds before trying to stand up. Perhaps you can spend 5 minutes to do this exercise the first time, and increase it by another five minutes the next time you attempt this as you become more familiar with the steps and more confident in your ability to do this on your own. Alternatively, you can tape yourself reading this exercise slowly and gently, and then replay it to yourself at any appropriate time when you can find a quiet place to relax. Bedtime is OK too.

Acknowledgement:

This mindfulness exercise was inspired by Vidyamala Burch and Claire Irvin who wrote the book Mindfulness for Women in 2016. This exercise is an adaptation of the one found on page 74- 79 of the book, by Marie-noelle Cure from VOCAL ACT Inc

Canberra Crime Rates

"Canberra Crime Rates: A Breakdown of the City's Hotspots"

Canberra is often considered one of the safest cities in Australia, but crime statistics indicate that certain suburbs face ongoing challenges with criminal activity. Although the city's overall crime rate is lower than the national average, with Canberra being safer than 69% of other Australian communities, certain types of crime, such as theft (excluding motor vehicle theft), remain relatively common.

Crime Hotspots in Canberra

1. Belconnen – The City's Crime Epicentre

Belconnen has regularly been identified as the top crime hotspot in Canberra. In the 2022-23 period, it reported 26,077 incidents per 100,000 residents, based on data from the Bureau of Crime Statistics and Research (BOCSAR). Among the suburbs in Canberra, Belconnen ranks as one of the least safe, with crime rates higher than just 9% of the city's neighbourhoods.

Despite its mix of residential and commercial areas, Belconnen continues to experience high rates of the following crimes:

- "Burglary": In early 2024, over 100 break-ins were reported, many of which targeted homes and businesses with weak security measures.
- "Motor Vehicle Theft": The area sees frequent vehicle thefts, largely attributed to repeat offenders and inadequate security systems.
- "Assaults": A significant number of assaults occur in nightlife hubs, often fuelled by alcohol consumption and socio-economic factors.

2. Inner North (Braddon & Dickson) – A Complex Crime Scene

The Inner North region, particularly Braddon and Dickson, experiences a notable volume of criminal activity, driven in part by its vibrant nightlife and commercial zones. In the first quarter of 2024 alone, 1,569 crimes were recorded in this area.

Continued Pg.5

Fresh Water; Can our Planet Survive ?

Threats to Fresh Water (Article edited by Joshua Almonicar)

Most of our planet is covered in water, according the World Meteorological Organization, only 0.5% of water on Earth is usable and available freshwater"

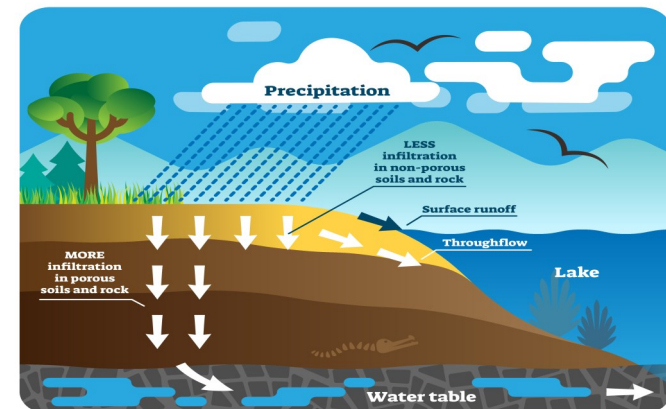
This a relatively small amount of fresh water but its enough to sustain life on earth, much of it is either becoming polluted or inaccessible as a result of increasing demand and climate change.' Experts believe in 30 years, five billion people could have inadequate access to fresh water

Fortunately the earth has natural processes that prevent water supply from disappearing. Soil, aquatic life and sunlight contribute into purifying fresh water

Engineers have made strides in innovation with methods of desalination. Efforts are being made to increase the amount of accessible fresh water.

But more is needed to be done, desalination needs to expand to almost double to meet the current demands but this can be unrealistic as desalination plants is prohibitively expensive to build and maintain in addition of the tremendous energy needed .

INFILTRATION



Fresh Water: Can our Planet Survive? Cont

Soil can efficiently rid water of a range of contaminants such as metals, chemicals and organic waste that flows down through the ground, by the time the water settles into the bedrock aquifers it can be safe to drink

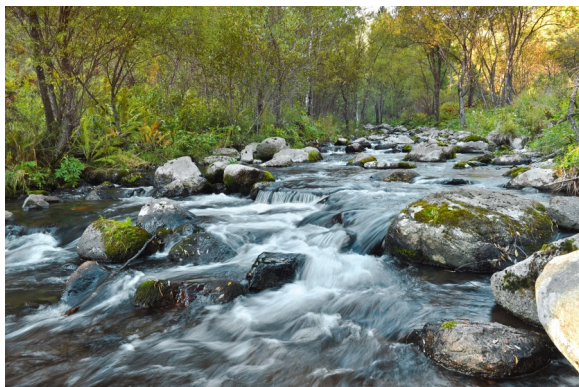
Physical Filter: Sand and rock particles act like a fine sieve catching unwanted particulates

Biological Filter: Biological processes purify water contaminated from naturally occurring organic waste where microorganisms living in soil neutralize substances that would be toxic to humans. Some bacteria can break down oils into carbon dioxide and water

Chemical Filter: Soils with a slight electric charge can capture toxic chemicals that have the opposite charge. Negatively charged clay particles can remove positively charged particles of corrosive ammonium from water

The planet sustains fresh water by trapping it in a constant cycle known as the hydrologic system along with other natural processes mitigates water from escaping our atmosphere or otherwise completely disappearing

Experts recommend conserving water whenever possible. To reduce contamination, they advise repairing any oil leaks in your vehicles and not flushing used medicines down the toilet and properly disposing of toxins instead of pouring them down the drain along with other systemic issues that need to be addressed such as excess of chemicals seeping into the soil from repeated application of fertilizers compromises the soil filtration system. *(For the full article see Awake No. 1 2023 @ JW.ORG)*



Canberra Crime Rates Cont.

Common offences in the Inner North include:

- "Theft": Popular spots like Lonsdale Street are hotspots for pickpockets and shoplifters due to high foot traffic.
- "Sexual Assault": 30 sexual assault reports were filed in early 2024, mainly near bars and clubs.
- "Public Order Offences": Alcohol-induced disturbances and anti-social behaviour lead to frequent police interventions.

Overall, the Inner North had the highest crime reports in the city, with 1,569 incidents (excluding traffic and minor offences).

Canberra Crime Trends and Key Insights for 2024

In 2024, the broader crime data across Canberra highlights several significant trends impacting law enforcement priorities, beyond localized crime patterns:

- Increase in Vehicle Theft
 - Car thefts across the ACT have risen by 27%, prompting heightened concerns over vehicle security.
- Domestic Violence Continues to be a Major Concern
 - More than 2,000 incidents of domestic violence have been reported by mid-2024.
 - A specialized unit has been created to focus on investigating domestic violence cases.
- Growth of Organised Crime
 - Authorities report an increase in the involvement of crime syndicates in activities like drug trafficking and financial fraud.
- Pressure on Police Resources
 - From October to December 2024, over 25,000 non-urgent calls were received by police, reflecting the growing strain on law enforcement resources.

Article edited by Asako

Source:

<https://aucrimerate.com/canberra-city-crime-rate-safety/>
<https://obriensolicitors.com.au/canberra-crime-rates-suburbs-with-the-highest-and-lowest-crime/>
<https://obriensolicitors.com.au/canberra-suburbs-with-the-highest-and-lowest-crime/>

Indigenous Australian

Understanding Why Indigenous Australians Are Overrepresented in the Criminal Justice System

Indigenous Australians are significantly overrepresented in the criminal justice system. A recent study by Weatherburn et al. (2024) looks at the main factors that contribute to this issue. By identifying risk factors (things that increase the likelihood of arrest) and protective factors (things that help reduce the risk), the study provides important insights into how we can address this problem.

Why Are Indigenous Australians More Likely to Be Arrested?

The study points out several key risk factors that make Indigenous Australians more likely to get arrested. One major factor is “historical trauma”, especially the legacy of the “stolen generations,” when Indigenous children were removed from their families. This trauma has long-lasting effects, making people more vulnerable to getting involved with the criminal justice system.

Another important risk factor is “substance use”, such as drinking alcohol or using drugs. The study shows that recent substance use significantly increases the likelihood of being arrested. In addition, many Indigenous Australians experience psychological distress, such as high levels of stress and mental health issues, which also increases the risk of getting arrested.

However, the study also highlights protective factors that can reduce the risk of arrest. For example, education plays a big role. Indigenous Australians who finish school are much less likely to be arrested. Stable employment and having secure housing are also protective factors. Those with a steady job or a permanent home are less likely to be involved in criminal activity.

Article edited by Asako

Happy Holidays!

VOCAL WOULD LIKE TO WISH ALL OF ITS READERS A GOOD HOLIDAY SEASON AND MANY HAPPY MEMORIES.

If you or someone you know is looking for gift, please consider some of VOCAL’s goods on offer.

Optus and Dodo Internet packages, perfect for on the go.



Card games and Stamp Collectors kit, its something for the kids.



Want some sparkle to your holidays? VOCAL has many decorative items to brighten up your end of year festivities



Garage Sale

VOCAL will be hosting their annual Garage Sale hosted by Garage Sale Trail

The Garage Sale will occur in two events

- 9th—10th November
- 16th—17th November

It will be held a VOCAL House at 1 Iluka Street, Narrabundah, ACT at 7:00 am then wrapping up at 2:00pm

VOCAL will be selling a whole range of items donated from a host of generous people whom wish to support VOCAL

We have a range of items including toys & books, trinkets & baubles, CDs, Christmas tree & decorations, clothing & fashion.

Make sure to stop by and peruse what we have in display its a good chance you'll find something interesting!



Indigenous Australian Cont.

What Can Be Done to Help?

The study suggests that the key to reducing the overrepresentation of Indigenous Australians in the criminal justice system is to address the factors that lead to arrest. This means focusing on education, better job opportunities, and improving mental health support. Programs that help people find stable housing are also crucial.

Another important solution is creating community-based programs that are tailored to the needs of Indigenous communities. These programs should respect Indigenous cultures and involve community leaders in the decision-making process to ensure they are effective.

Conclusion: Working Together for Change

In conclusion, addressing the overrepresentation of Indigenous Australians in the criminal justice system requires understanding the complex factors at play. By focusing on education, stable employment, and mental health care, we can help reduce arrest rates. It's also important to create programs that are sensitive to Indigenous cultures and needs.

Ultimately, making lasting change will take time and effort from both the government and communities. By working together, we can help break the cycle of overrepresentation in the criminal justice system and create better outcomes for Indigenous Australians.

Edited by Asako

Source: Weatherburn D, Doyle M, Weatherall T & Wang J 2024. Towards an understanding of Indigenous arrest. *Trends & issues in crime and criminal justice* no. 694. Canberra: Australian Institute of Criminology. <https://doi.org/10.52922/ti77444>

Poem

Don't buy into the self-defeating myth that if only
your faith were stronger you would be exempt from
depression. God and religion don't work that way.
Remind yourself that God loves you but you are
human and you live in an imperfect world.

By Linus Mundy, Elf-help for Overcoming Depression



Edited by Asako

Harm Index for Cybercrime Victims Cont.

One of the primary aspects is “financial loss”, as many victims experience significant monetary damage due to cybercrime, such as identity theft or online fraud. However, the harm index should also account for “psychological impacts”, as cybercrime often leaves victims feeling violated or unsafe. This could include anxiety, depression, or fear of future attacks.

Additionally, the “reputational harm” caused by cybercrime should be included in the harm index. For example, a victim of online defamation or data breaches may experience long-term damage to their personal or professional reputation. The “physical harm” caused by certain types of cybercrime, such as cyberbullying leading to self-harm or even suicide, must also be considered, though this is less common.

Another important aspect of the harm index would be its ability to measure “long-term effects”, as the consequences of cybercrime are not always immediate. Victims may suffer from long-lasting psychological trauma or financial difficulties long after the crime has occurred.

A Tool for Better Cybercrime Response

In conclusion, Voce and Morgan’s research makes a strong case for developing a harm index for cybercrime victims. This index would provide a way to assess the varying levels of harm experienced by individuals, allowing for more tailored responses from law enforcement and support services. By measuring financial, psychological, reputational, and physical harm, the index would help authorities better prioritize cases and offer appropriate resources for victims. Ultimately, creating a harmful index could be a significant step toward improving how society addresses the complex and growing issue of cybercrime.

Source: Voce I & Morgan A 2025. Developing a harm index for individual victims of cybercrime. *Trends & issues in crime and criminal justice* no. 706. Canberra: Australian Institute of Criminology. <https://doi.org/10.52922/ti77666>
Article edited by Asako.

Harm Index for Cybercrime Victims

Understanding the Need for a Harm Index for Cybercrime Victims

With the rise of digital technology, cybercrime has become a growing concern globally. In their 2025 study, Voce and Morgan explore the idea of creating a “harm index” to assess the impact of cybercrime on individual victims. This article discusses the argument for such an index, highlights the main points of the research, and considers the potential benefits of developing a system to measure harm in cybercrime cases.

Why a Harm Index is Needed

As cybercrime continues to increase, it's clear that its effects can vary greatly from one victim to another. Some victims might experience financial loss, while others might suffer emotional or psychological harm. However, there is currently no standard way to measure the different types of harm victims experience. Voce and Morgan argue that creating a “harm index” could help assess the severity of the impact on individual victims. This would allow law enforcement, policymakers, and support services to respond more effectively and appropriately to the diverse consequences of cybercrime.

A harm index could provide a clear framework to categorize the types of harm experienced by victims, whether it be financial, emotional, reputational, or even physical in some cases. It could also help the authorities prioritize cases based on the level of harm caused, ensuring that the most severely impacted victims receive the support they need.

What the Harm Index Would Look Like

Voce and Morgan outline the key components that should be considered when developing a harm index for cybercrime victims.

Article edited by Asako

Become a Volunteer With VOCAL

Would you like to make a difference in someone's life?
Do you have a desire to contribute to the community?
Want to improve the system in a constructive way?

For VOCAL to carry out these roles, it needs people who have the following skills:

Administration
Counselling
Accounting

Gardening / Cleaning
Research / Policy
Information Technology

If you answer yes to any of the above skills, or feel you may have some other skill or talent that may be of assistance to VOCAL and victims of crime, we would love to hear from you.

We provide full training and support, both in house and 'on the job', to enable you to assist victims of crime with Court Support, Advocacy, Emotional Support, Lobbying and administrative support, among others. Along with on the job training comes a good reference.

If you are unable to assist in direct service provision, but would still like to support and be a part of VOCAL in some way, you are more than welcome to join as a member for a small contribution, or even as a committee member. Together our voices will be heard afar.

If you are interested in making a contribution to life, developing new knowledge and skills, and or gaining work experience and a reference at the same time, phone the Coordinator Marie-Noëlle Curé on:

(02) 6295 9600

An application form is on the next page.

VOCAL (ACT) Membership Application / Renewal Form.I, _____
Given name (Mrs / Mr / Ms / Miss) Surnameof _____
Address_____
City / Town State Post Code

E-mail: _____

Ph (H): _____ Ph (W): _____

Mobile: _____

desire to become a (circle one) **New** / **Renewed** member of VOCAL (ACT) Inc. In the event of my admission as a member, I agree to be bound by the rules of VOCAL for the time being in force. (Available from VOCAL)

Membership fees (please tick appropriate option)

- | | | |
|--|---|--|
| <input type="radio"/> Individual
1 year \$25.00
3 years \$70.00 | <input type="radio"/> Family *
1 year \$40.00
3 years \$100.00 | <input type="radio"/> Corporate
1 year \$75.00
3 years \$200.00 |
| <input type="radio"/> Pension
1 year \$15.00*
3 years \$30.00 | <input type="radio"/> Donation
Amount \$ _____ (over \$2 is tax deductible) | |

* Family members to include in membership: _____

Interest in becoming a Committee Member (Y) (N)

I enclose one / three year's subscription herewith. Subscriptions are due on 1st July of each year. Subscriptions paid on or after 1st May, cover membership from that date to the end of the next financial year.

Signature: _____ Date: _____

Please return this completed form with cheque or money order to VOCAL (ACT) Inc. to PO Box 2 Narrabundah ACT 2604. If a receipt is required, please enclose a stamped self-addressed envelope with your application.

Note: VOCAL membership fees do not include GST, having been determined a GST-free supply under the relevant provisions of the taxation legislation.

VOCAL (ACT) Inc. ABN 41 473 082 653**VOLUNTEER APPLICATION FORM
Victims Of Crime Assistance League (ACT) Inc.**

Thank you for your interest in VOCAL ACT and for your offer of voluntary assistance. To help us find the most satisfying area of involvement for you please fill out the following details and ensure to include all relevant information about you including 2 referees contact details. Please call VOCAL to arrange a face-to-face meeting and bring **\$10.00** for the compulsory police check, and an original of the qualification you may wish to use as a volunteer.

1. NAME: _____
ADDRESS: _____
PHONE: _____ (Email) _____
DRIVER'S LICENCE NUMBER: _____
DATE OF BIRTH: _____

2. (a) What type of voluntary work are you interested in (please tick)
Court Support General Assistance Submissions Policy Accounting
Practical Assistance Office Assistance Counselling Newsletters

(b) Languages Spoken: _____
(c) Education/qualifications: _____

3. Please indicate the time/day you are available to assist at VOCAL
Mornings Afternoons Weedays

4. Do you have your own car? (Y) (N)

5. Are you available at short notice? (Y) (N)

6. Are you able to attend all training provided for volunteers? Y) (N)

7. Do you object to working with the AFP, the DPP, or other justice officers? (Y)(N); Do you have a Working With Vulnerable Card? (Y N)

8. Why do you want to work as a VOCAL Volunteer with victims of crime?

**1 Iluka Street Narrabundah, ACT 2604. Ph: (02) 6295 9600
A/hrs: 0439 95 9410 ; Email: vocalact@gmail.com**

Cut along the line above and return application to VOCAL.