



# MINNE-strokes

Minnesota Court Reporters: On and Off the Record

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Spring 2024  
Volume 27, Issue 1

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## President's Address: The Value of Professional Certification

By Lori Morrow

Why become certified? **OPPORTUNITY, MARKETABILITY, EARNING POWER, VALIDATION, PERFORMANCE, CREDIBILITY, RESPECT, REPUTATION.**

Certification opens doors in the world of official and freelance court reporting and CART/captioning for bigger, more complex, higher paying jobs. Agencies around the country who don't even know you can see from your credentials that you are capable and qualified to perform a job for their important clients.

(Cont'd on page 2)

## President's Address (*Cont'd from page 1*)

These are some of the benefits of certification:

- Validation of skills and knowledge
- Increased earning power
- Improved reputation
- Increased confidence
- Increased marketability
- Enhanced academic performance
- Enhanced credibility
- Respect from peers

In the CART and captioning world, your credentials open up more challenging and often fun and exciting opportunities such as live television shows and world sporting and news events, live theater and performing arts, speeches by dignitaries, leaders and high-ranking officials, fundraising events and galas. You get the best seat in the house at these events, things that you otherwise might not be able to attend.

Having your professional certification increases your income potential. You can confidently charge the value-added cost for realtime. For official court reporters, with your Certified Realtime Reporter (CRR) certification, you can provide realtime to counsel for an extra charge in motion hearings and trials, an incredibly valuable service to counsel in complex litigation cases. Your certification tells them, before even meeting you, that you have the capability to meet their needs. For freelancers, the opportunities for complex litigation depositions and arbitration hearings present themselves more often to those with certification(s).

Earning your RPR and then CRR, RMR, and/or RDR demonstrates that you understand transcript formats and rules. It shows others and yourself that you can perform under pressure. Your own confidence will get a boost. Many court reporters with certifications took the test more than once, sometimes multiple times, before passing. If you fall into this category, you are not alone. It is very common. It does not mean these reporters are unqualified. It means they have perseverance. They practiced and tried again and again. Many of them were experienced, highly qualified reporters and captioners who regularly wrote at high speeds daily in their jobs, often faster speeds than that of the skills test, yet they could not pass, until one day, bam! they got it.

Why is it so difficult to pass a skills test? The number one reason I hear from my colleagues is test anxiety. They arrive early and walk in the day of the exam feeling well prepared, rested, and ready. However, lo and behold, the recording begins, and suddenly their heart rate speeds up, their hands shake, and their brain is either nowhere to be found or it starts screaming, “Don’t drop! Don’t drop! Keep up! Keep up!”

If this is you, please do not give up. You can do it. You’ve got what it takes. Keep trying. Having made it this far in this challenging career shows that you have perseverance, that you’ve got determination and drive. When you least expect it, your brain and body will relax during that test, you will be focused, and you will get it. Your self-confidence will jump to the next level. Doors will open in your professional world. You got this!

Achieving and maintaining our certifications reflects the pride we have in our work. You are proud of what you do, and you are the best of the best. Become your own champion within and be your own best advocate for yourself. Recognize opportunity and soar!



# 2023-2024 Board of Directors

## PRESIDENT

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**Are you retired or retiring soon? Lucky YOU! Please keep in contact with MAVRC!**

Did you know you can apply for “RETIRED LIFETIME” status with MAVRC? Your status will be changed in MAVRC’s database to “retired,” and you will keep up to date with what is happening in the organization and your profession. Best thing: **It’s free!**

So MAVRC can stay in touch with you when you retire, email your contact information or any questions to [MAVRC@MAVRC.org](mailto:MAVRC@MAVRC.org), and your information will continue to be in MAVRC’s database.

# REGISTRATION

for the  
MAVRC SPRING SEMINAR  
APRIL 27, 2024

ANOKA TECHNICAL COLLEGE  
1355 West Highway 10  
Anoka, MN 55303

TOTAL CEUs: .575 (submitted for approval)

We have a small block of 10 rooms on Friday, April 26<sup>th</sup> at the Comfort Suites in Ramsey, MN – Just up the road from Anoka Tech! Reservations must be made by Friday, April 12<sup>th</sup>.

Guests can either call the Comfort Suites in Ramsey directly at 763.323.4800 using option #2 to make reservations as part of the block or by using the link:  
<https://www.choicehotels.com/reservations/groups/MT60N3>





# MAVRC Spring Seminar 2024 Program Agenda

**Check-In: 8:00 a.m. – Light Breakfast items, Coffee/Tea provided**

**8:30-10:30 - Session 1: Technological Advancements in Court Reporting (2 hours)**

**Presenter: Dr. Casey Gordon**

This comprehensive two-hour seminar offers an in-depth exploration of the latest technological advancements shaping the future of court reporting. The first segment focuses on Artificial Intelligence, highlighting its role in the legal industry as well as providing an opportunity for hands-on exploration. The session then expands to cover a range of innovative tools, such as the reMarkable device, showcasing how digital note-taking and document management can be seamlessly integrated into your workflow. Attendees will leave with a holistic understanding of modern technologies available to court reporters, equipped with the knowledge to revolutionize their daily operations.

**10:30-10:45 Break**

**10:45-12:15 - Session 2: The Blueberry Wars and Unidentified Remains (90 mins)**

**Presenter: Jeremy Jackson**

Jeremy Jackson, historian and archaeologist, will present on the Blueberry Wars in Brainerd, MN, where two Ojibwe were hanged for allegedly murdering a missing girl and they were never given a trial. The guilt of the two Ojibwe was never proven. Jeremy will talk about his work teaming up with a certified anthropologist to examine as many as 100 different sets of remains in the state of MN.

**12:15-1:00 Lunch**

**1:00-2:00 - Session 3: Clara Anderson v. The City of St. Paul: A Woman's Fight to Save Her Job in the Face of Discrimination (1 hour)**

**Presenter: Judge John Guthmann**

In the early 1940s, Clara Anderson worked as a bartender at a local St. Paul hotel until the St. Paul City Council enacted an ordinance barring women from working behind the bar as men returned from World War II. Rather than lose her job to a man, Anderson went to court. Her battle lasted three years and involved one tenacious lawyer and nine judges along the way. Ramsey County District Court Judge John Guthmann accidentally discovered this long-forgotten case when conducting research for a judicial portrait dedication at the Ramsey County Law Library. Intrigued, he wanted to learn more about her. Using court records, family stories and photographs, and newspaper accounts, Guthmann brought Anderson's story and her fight against discrimination to life in a May 2020 article published in Ramsey County History Magazine. He now brings that story to members of the MAVRC.

**2:00-2:15 Break**

**2:15-3:30 - Session 4: Great North Innocence Project - Wrongfully Convicted! (1.25 hours)**

**Presenters: Sara Jones and Jim Mayer**

Sara Jones, Executive Director of Great North Innocence Project, and Jim Mayer, Managing Attorney of GNIP, will present on the causes, consequences, and remedies of wrongful convictions. They will give an overview of the GNIP mission and history of the movement. They will also cover how GNIP addresses wrongful convictions by using the levers of investigation and litigation, education, and advocacy. Their presentation will include a more specific focus or deep dive on particular causes of wrongful convictions, including incorrect or misleading forensic science techniques, coerced confessions, and eyewitness misidentification, weaving several client stories throughout the presentation to illustrate some of the data points discussed. Some of the more recent client stories include Tom Rhodes, Marvin Haynes, and Cassandra Black Elk.



# 2024 SPRING SEMINAR - REGISTRATION FORM

Please complete online at <https://mavrc.org>

Or fill out form below and send

NAME: \_\_\_\_\_ NCRA ID# \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_ Certifications: \_\_\_\_\_

Official \_\_\_\_\_ Freelance \_\_\_\_\_ Captioner/CART \_\_\_\_\_

Registration: \$150 \_\_\_\_\_

Student Registration: Free \_\_\_\_\_

MAVRC Membership (if not a current member): \$120 \_\_\_\_\_

MAVRC Student Membership (if not a current member): \$25 \_\_\_\_\_

Sponsor a Student Membership: \$25 \_\_\_\_\_

Total (Payable to MAVRC): \$ \_\_\_\_\_

Membership fee must be paid in addition to the registration fee for the spring, in-person event if you are NOT currently a member of MAVRC, NCRA, or another NCRA-approved state association.

**Please postmark your registration by: April 12, 2024**

CANCELLATION POLICY: A full refund will be made if your cancellation is received on or before APRIL 12, 2024. IF YOUR CANCELLATION IS RECEIVED AFTER April 12, 2024, a \$75 fee will be deducted. No refunds for no-shows.

Questions? Contact MAVRC at [MAVRC@MAVRC.org](mailto:MAVRC@MAVRC.org)

Mail registration form and payment to:

MAVRC

P.O. BOX 18102

West St. Paul, MN 55118

# Board Member Profile: Rhonda Route



**MAVRC Q: What is your name?**

**A: Rhonda Route**

**MAVRC Q: Where did you go to court reporting school, and when did you graduate?**

**A: I went to Rasmussen Business College in Minnetonka. I graduated in the spring of 1991.**

**MAVRC Q: Any particular people who have influenced you in choosing court reporting as a career or helping you during your career?**

**A: My father is a retired court reporter. My senior year of high school, I decided a four-year degree was not for me and decided last minute to go to Rasmussen to become a court reporter.**

**MAVRC Q: Where have you worked since graduating, and what type of work do you do now?**

**A: When I first graduated, I went to work with my father's firm and did depositions, Public Utilities Commission hearings and Workers' Comp hearings, etc. I applied as an official a few years after freelancing, and I have remained an official in the 1st District since. When the kids were young, I job-shared with another reporter, and it was the best of both worlds!**

**MAVRC Q: What type of steno machine and court reporting software do you use?**

**A: I use a Luminex and Case Catalyst.**

**MAVRC Q: Do you produce your work all on your own, or do you use scopists or proofreaders?**

**A: I produce all of it myself but over the years have had help if I was too busy with family or for daily copies. My colleagues have helped me many times through editing/proofreading, especially when my kids were young.**

**MAVRC Q: Do you have any tips for other reporters about work habits or routines?**

**A: Dress as a professional, be on time, be assertive and interrupt if you need to. Be confident and never undervalue your position as a court reporter.**

**MAVRC Q: Do you have a few favorite briefs to share?**

**A: DOUFX – Do you have any further questions. RIDZ – ridiculous.**

# Board Member Profile: Rhonda Route

*(Cont'd from page 7)*

**MAVRC Q:** Are you a member of the National Court Reporters Association? If so, what credentials have you earned through NCRA, and how do you earn your continuing education credits?

**A:** I am a member of NCRA. I achieved my RPR a couple years after graduating and have remained a member for 33 years. I earn CE credits in varying ways.

**MAVRC Q:** Have you attended any NCRA conventions, boot camps, seminars? If so, how was that experience for you, and would you recommend it to other reporters?

**A:** I have not attended any NCRA conventions/seminars YET. I am planning on it next year, though, when they are holding one here in the Cities.

**MAVRC Q:** Do you recall when you joined MAVRC or approximately how long you've been a member?

**A:** Long, long ago, there were two associations; freelance and official. I joined the freelance association and was supposed to be the treasurer, but due to the two associations merging during that time, I never ended up in the role. The two became one, and I have been a member on and off over the years.

**MAVRC Q:** When did you become a board member of MAVRC, and when does your current term end?

**A:** I most recently became a board member last fall. I believe my term will end the fall of 2025.

**MAVRC Q:** How often does the board meet, and do you meet in person or somehow electronically?

**A:** The Board meets once a month on the first Wednesday of the month. We do it via zoom which seems to work out well for everyone.

**MAVRC Q:** What are some of the current issues the board is working on?

**A:** The biggest things the board deals with are finances, seminars and membership.

**MAVRC Q:** Have you helped out or supported MAVRC by volunteering in any other positions in the past or volunteered your time for MAVRC in other ways?

**A:** Yes, I have done various things over the years with being on committees, etc. Currently I am the Liaison for the Fundraising Committee. Please reach out with any ideas or if you would like to help!

**MAVRC Q:** On a more personal note, what's your hometown, and where do you live now?

*(Cont'd on page 9)*



# Board Member Profile: Rhonda Route

*(Cont'd from page 8)*

**A:** I grew up in Forest Lake, MN. I now live in Vermillion, MN, which is close to Hastings.

**MAVRC Q:** Tell us about your family and friends, activities you do with them, your interests outside of work.

**A:** My husband's name is Dave, and we have three adult sons, Ben, Brad and Josh. I love to be outdoors doing anything. It brings me peace. I also like to do some various hobbies such as gardening, reading, piano lessons, road trips, hanging with friends, going out to dinner and enjoying a glass of wine.

**MAVRC Q:** Some other questions about what you do in your free time: What's a recent movie you watched, a recent book you've read, a favorite restaurant?

**A:** I'm always doing something in my free time. It varies depending on the season. One of my favorite places to visit is the Como Conservatory, and I was just there a few weeks ago. I also love to eat at Café Latte, specifically the pizza and flourless chocolate cake.

**MAVRC Q:** Any places you've traveled to, either for work or play?

**A:** Our family has done many road trips when the boys were young. For a period of about five years we took two road trip vacations per year so we have been to a lot of places in the Midwest and western states especially. I will travel to Italy in the future – it's on my bucket list.

**MAVRC Q:** How do you balance your work and your home life?

**A:** It's a choice, really. Over the years I've just had to make a choice to create the balance, whatever that might be during the time. Family first. If work is too busy, which it will be at times, you need to ask for help. On your death bed, you won't have wished you worked more.

**MAVRC Q:** Anything else you'd like to tell us about yourself?

**A:** I can't believe I have been working for 33 years already. This is a great career, and I have both loved it and hated it over the years, but it really is an interesting job. I wish now in hindsight that I had written a book during my career.... Seriously...The things we hear.... LOL.

## MAVRC Mission Statement:

The mission of Minnesota Association of Verbatim Reporters & Captioners (MAVRC) is to promote the use of stenographic reporters to capture the record in depositions and courtrooms and to provide closed captioning and CART services.

## **2023 End-of-the-Year Treasurer's Report**

*Prepared by Ryan Ziegler*

### **Year-end balances in MAVRC's accounts:**

Beginning Balance:	\$27,056.07
Deposits:	\$30,597.32
Expenses:	\$31,438.02
Ending Balance:	\$26,215.37

### **Breakdown of Income & Expenses:**

Administration:	
Deposits:	\$27.50
Expenses:	\$0.00
Membership:	
Deposits:	\$12,805.81
Expenses:	\$0.00
Spring Seminar:	
Deposits:	\$5,923.34
Expenses:	\$2,460.89
Fall Seminar:	
Deposits:	\$8,590.00
Expenses:	\$7,912.45
Website:	
Deposits:	\$0.00
Expenses:	\$409.88
Legislative:	
Deposits:	\$1,000.00
Expenses:	\$12,600.00
Insurance/Tax Prep:	
Deposits:	\$1,415.25
Expenses:	\$1,071.00
Student/Social Relations:	
Deposits:	\$0.00
Expenses:	\$400.00
Interest:	
Deposits:	\$31.42
Expenses:	\$0.00
Career Promotion:	
Deposits:	\$379.00
Expenses:	\$1,960.16
Fundraising:	
Deposits:	\$425.00
Expenses:	\$0.00
NCRA/NCSA Travel:	
Deposits:	\$0.00
Expenses:	\$3,774.11
Payment Fees:	
Deposits:	\$0.00
Expenses:	\$849.53

**Have a funny court or depo story you'd like to share for publication in future editions? Send them to [rhonda.franken@courts.state.mn.us](mailto:rhonda.franken@courts.state.mn.us)**

# THANK YOU!

**A big thank-you to Elizabeth Peterson for her continued assistance with *Minne-strokes*, first as a student and above and beyond while a working reporter!**

**Thank you to our recent donors! We could not do what we do without you!**

Shelby Brown  
Adrienne Conzemius  
Janet Shaddix Elling  
Rhonda Franken  
Lori Morrow  
1st District Court Reporters  
3rd District Court Reporters

If any member has any questions or would like further information on the financials or the treasurer's report, please contact [srziegler@gmail.com](mailto:srziegler@gmail.com)

# STENO EXTRAVAGANZA

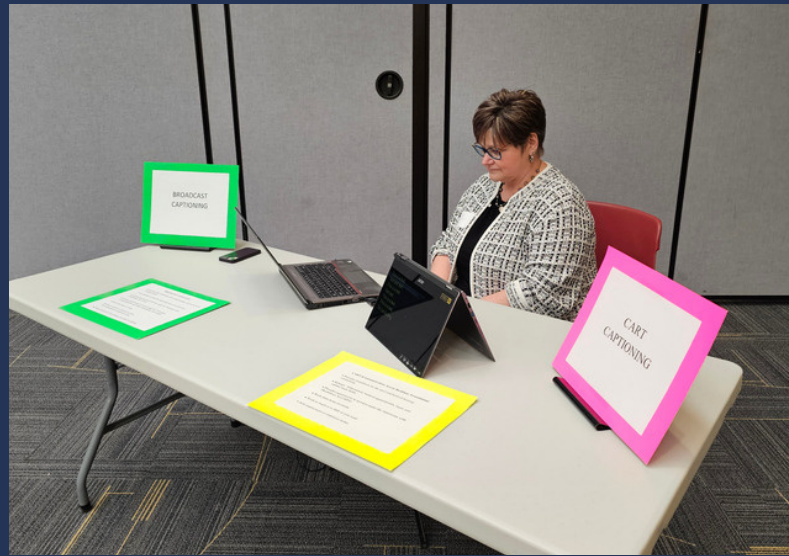
## Celebrating Court Reporting and Captioning Week

In celebration of National Court Reporting and Captioning Week, a Steno Extravaganza took place on February 8, 2024, at Anoka Technical College. MAVRC was again honored to partner with Anoka Technical College for this event.

In attendance were dedicated and much appreciated, as always, instructors Jennifer Sati, Deb Longley, Jeanna Zunker and Jane Schleusner (who's still at it despite her "retirement" last year). Jeanna Zunker, an adjunct instructor, took many photos of the event. Thanks to her for doing that. Judge Paul Yang from the Second Judicial District, Ramsey County, graciously attended as well to give insight and perspective of the judge-court reporter working relationship. Several judicial reporting students, prospective students, freelance and official reporters were in attendance as well. Jennifer Sati informed that she signed three prospective students up! Suzanne Hagen and Jennifer Sati took people to the captioning lab. Suzanne spoke and answered questions as Jennifer did a demo.

Tim McGowan, Suzanne Hagen, and Karli Pikala were at the official table; Lori Morrow and Jeanna Zunker were at the freelance table; Angie Sundell was at the CART/captioning table; and they all generously answered any questions about the court reporting and captioning professions.

Prizes were given to students (drawn from names); and participants enjoyed pizza, salad, cupcakes and cakes. A HUGE thank you to all who took the time out of their busy schedules to promote the court reporting profession!

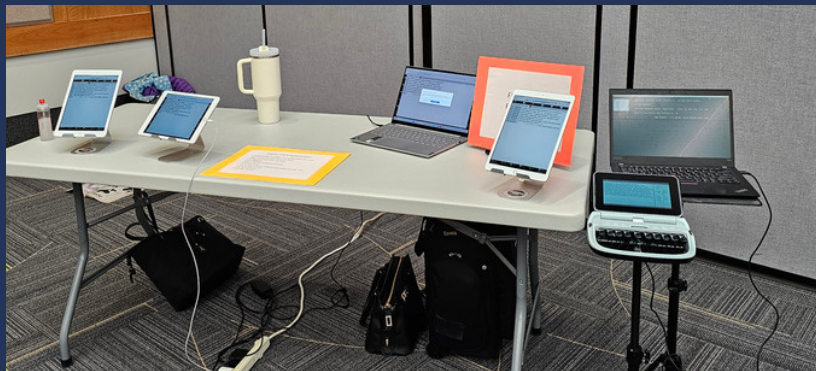




# STENO EXTRAVAGANZA

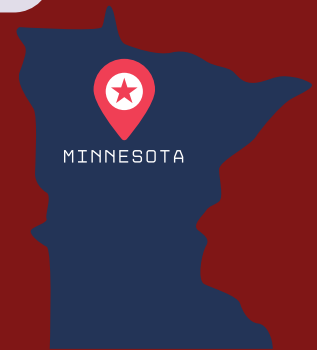
## Celebrating Court Reporting and Captioning Week

*(Cont'd from page 11)*



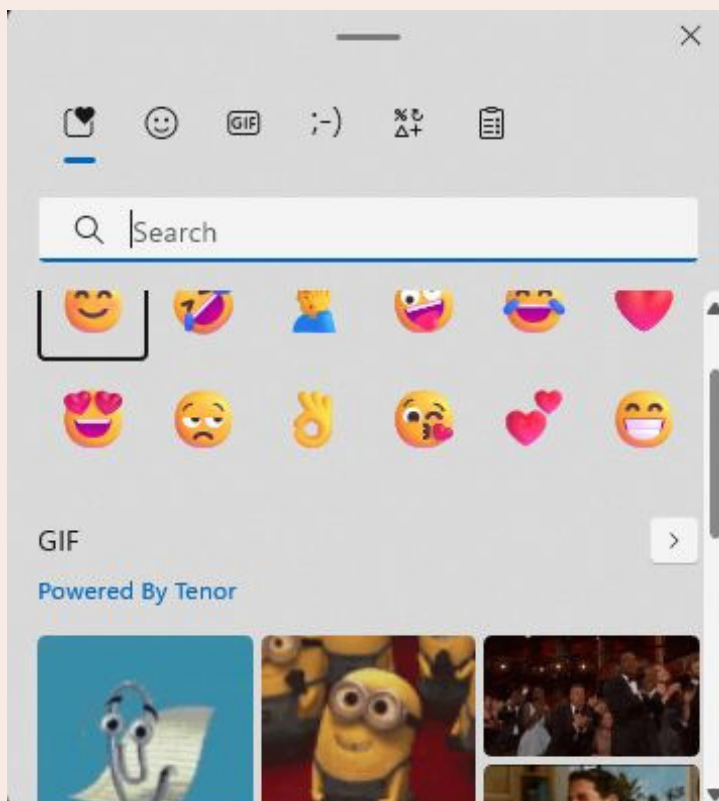
# Current Job Openings:

Judge Lauren Johnson - Scott County  
Judge Carmaine Sturino - Houston County  
Judge Richelle Wahi - Dakota County  
Temporary Floating - First Judicial District  
Court Reporter Unit - Hennepin County



## Welcome, New Members!

Dana Carmichael and Melissa Kornaus



### Windows does emoji



In Windows, hold down the logo key on your keyboard, the one showing four squares in a square, and tap the semicolon or the period key to bring up the emoji search box.

GIFs now included in Windows 11. Amused to see that Clippy has survived where Google Podcasts has not.





# Anoka Technical College Instructor Profile: Adrienne Conzemius

1. Tell us a little about yourself. (family, work, schooling, etc.)

**I grew up in a small town in southern IL. I started court reporting school after high school graduation but moved to Minnesota in 1999. I finished my degree at Rasmussen College. I am married and have two boys. My oldest is a sophomore in college and my youngest is graduating from high school this year.**

**I have been an official reporter for the majority of my career but have also done freelance work, CART, and I own Conzemius Reporting and Consulting. I started teaching at Anoka Tech a little over a year ago, and it has been a truly enriching experience.**

2. What made you decide to pursue a career in court reporting?

**I decided to pursue a career in court reporting after learning about it from a family friend. I attended in Illinois with my high school best friend.**

3. What made you decide to be a teacher?

**I decided to take on the role of teaching because I wanted to inspire the next generation of reporters. I wanted to encourage students to pursue a career that has so many possibilities!**

4. What's been the most challenging and/or rewarding part of teaching thus far?

**The most challenging part of teaching for me has been finding time to implement all of the ideas I have! There are not enough hours in the day to make it all happen as quickly as I would like!**

5. Is there anything else you'd like to share?

**I would like to share that I am extremely proud of the students at ATC. They work hard and are excited to join the profession upon graduation. They are eager to learn and have the shared desire to produce a gold standard verbatim record!**





# Anoka Technical College Instructor Profile: Callie Moss

1. Tell us a little about yourself. (family, work, schooling, etc.)

**I'm a 2018 graduate of Anoka Technical College Judicial Reporting Program. Moved to Denver straight out of school to work in Denver District Court. I met my husband, Matt Moss, through working there. We got married in April of 2022 and had our first daughter in March of 2023.**

2. What made you decide to pursue a career in court reporting?

**I was struggling to decide what to do career-wise when my grandma gave me Jennifer Sati's number and was told to "give it a try." I'm so glad nursing didn't work out!**

3. What made you decide to be a teacher?

**I've always loved being a mentor to students and supporting them through school. Being a semi-recent graduate and new-ish professional, I can relate to the struggles of school. Being an instructor really lets me shine in that area, and I feel like I'm making a difference by not only being a court reporter, but guiding those who are learning how to be.**

4. What's been the most challenging and/or rewarding part of teaching thus far?

**The most challenging part of being an instructor so far is learning the curve from being a professional to teaching. Sometimes I find it hard to explain certain areas, but teaching is helping me also learn the "whys" and not just say, "because it's this way."**

**The most rewarding part is being able to connect with the students and make suggestions to them and watch them implement those into their practice and pass their tests in the process. It's very rewarding to be part of something bigger.**



5. Have there been any reporters or other people who have had an influence on you? If yes, please share this experience.

**Jennifer has always been one of my biggest supporters through my court reporting journey. Without her, I wouldn't be a court reporter. It's amazing how full circle it's come from being "court reporting cousins," as we call it, to now working alongside her as one of her instructors. My husband, Matt, has been there for me every step of the way from being an official, to a stay-at-home mom, to now becoming an instructor. Lastly, my two court reporting "besties," Jordan Groves and Rachel Barkume. They motivate and encourage me every single day.**

6. If you had an hour of free time, what would you be doing (besides practicing on your steno machine)?

**If I had an hour of free time, I'd be out for a walk with Matt and Stevie.**

7. What is your favorite food or restaurant?

**I've really been into Indian food lately!**

8. Where is a place you would like to visit?

**Italy.**

9. What is the last book you read?

***Friends, Lovers, and the Big Terrible Thing* – Matthew Perry**

**Currently reading *The Fourth Wing* – Rebecca Yarros**

10. What is the last movie you watched?

***Bruce Almighty.***



## Pro Bono

*If you are interested in providing pro bono reporting services,  
contact: Christine Clark, MAVRC's Pro Bono Coordinator.*

*Phone: 952.250.4030 [chrisclarkzimm@gmail.com](mailto:chrisclarkzimm@gmail.com)*

# CLARIFICATION REGARDING CONTINUING EDUCATION TRANSCRIPTS

By Rhonda Franken, RMR



If you're like me and you've wondered why your CE transcript on the NCRA website states your status on a certification you've attained is "Passed/Expired," here's the clarification I've received from NCRA:

**"Passed/expired only affects test history. That's all. It doesn't affect any current certifications. You will not lose your certification. It only matters for testing purposes. We only give you three years in which to complete earning a certification from the date you pass your first leg."**

Hope this clarifies any burning question you might have had on this, as it did me!



NEWLY CERTIFIED REPORTERS (as of March 2024)

**Congratulations to Marie Schutz, RPR, CRR, Saint Louis Park, MN, who recently passed the CRR (Certified Realtime Reporter) exam to earn her certification!**



# KWRO\*E G

## By Suzanne Hagen

**Balance.** As court reporters, it is important to maintain balance, both professionally and personally. Yoga has helped me understand the true meaning of balance.

**In 2017, my son was the tragic victim of suicide. For over a year, I was completely numb. I woke up every day and thought about work. As a full-time closed captioner, it was a perfect distraction. The more I worked, the less I had to face reality. Support groups such as Compassionate Friends did not help. Therapy did not help. Antidepressants made me feel worse. Work was the answer. Yes, that's it; work more.**

**My work life consisted of closed captioning for any live programming; Weather Channel, any local news station nationwide, live sporting events, even some national programming. NHK is a news station in Japan with some fun programming, such as "Cool Japan." My schedule consisted of 15 static hours, and everything else was something I had to ask for. Of course, television is 24/7, so I worked a lot of nights, weekends, and no, we did not receive extra pay for working holidays. I was feeling run down from "chasing hours."**

**In 2019, I was told about an opening for an officialship in Ramsey County, and I decided to apply. Suddenly, I had nights and weekends off, and I had to pinch myself when I received payment for a holiday. A day I didn't have to work! This was wonderful, and I was so grateful. But gradually, the grief started to set in.**

**With the pandemic in March of 2020, I was really starting to feel down. I started gaining weight for the first time in my life, and I just wondered how I was going to live the rest of my life with this constant grief. My bank account reminded me at the beginning of each month I was paying for a gym membership I wasn't using. I decided to take a yoga class. I had been to many yoga classes in the past; mostly aerobic yoga, like Warrior Sculpt, which consists of fast-paced yoga poses with weights.**

# KWRO\*E G

## By Suzanne Hagen

*(Cont'd from page 18)*

**I found myself in a Hatha (Ha: hot sun, tha: cool moon) yoga class, and tears seeped out of my eyes during Savasana (final resting posture.) I thought, well, this can't be good for me. I'm sad. The cool air on my face when I stepped out of the gym made me realize I felt better. Lighter. Somehow connected to my son. Wearing the beaded bracelet he gave me years ago helped.**

**Reflecting on why yoga was making me feel better, I decided to continue taking yoga classes. The more I went, the better I was. I was losing weight, and I could sleep without waking up.**

**Some of my favorite parts of yoga are not physical. Setting intentions, focusing on being present, noticing my thoughts and refocusing on my breath all helped me feel better. Sharing my experiences with a friend, I said, "I'm going to teach yoga. It has helped me so much; I want to help others. And I'm going to give free yoga." And so I signed up for a three-month course of yoga teacher training.**

**Four nights a week, 6:00 p.m. – 9:00 p.m., and Saturdays, 8:00 a.m. to 6:00 p.m. This was my yoga teacher training schedule, in addition to my official court reporter position. There were days I decided, this is ridiculous; I can't do this. My teacher told me, refocus your mind. You can do this. We meditated daily, taught each other Sun Salutation A, (Surya Namaskar A,) ate mindfully, had days of silence, and participated in a three-week cleanse. During those three weeks, we consumed no caffeine, gluten, sugar, meat or meat products, or alcohol. Surprisingly easy after the first two days.**

**Receiving my yoga teacher certification was wonderful, but I didn't feel confident enough to teach. I was still feeling my own judgment. Several friends and colleagues encouraged me to start teaching. I was resistant.**

*(Cont'd on page 20)*

# KWRO\*E G

## By Suzanne Hagen

(Cont'd from page 19)

Suddenly, my teacher training reminded me of Upekkha. Upekkha: equanimity. Nonattachment, both to desires and aversions. I loved learning this, because it helped me so much and made sense to me. It looks like this to me:

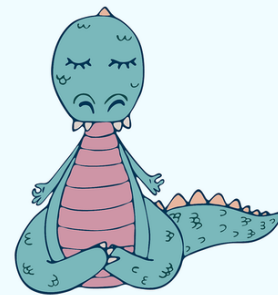
Aversion.....Upekkha.....Attachment. We do best when we let go of wanting to avoid something painful and wanting to cling to something enjoyable. The middle ground is, to me, freedom, or Upekkha. (T-shirts coming soon. :D)

Judges in my district who are part of the Wellness Committee were aware of my certification and reached out, asking if I would teach yoga at the courthouse on Wednesdays during lunch. I agreed. I am still new to teaching yoga, but I have at least one consistent student. It brings me joy to see her every Wednesday at lunch.

Yoga is so much more than a series of postures. Yoga is balance. Balance of mind, body and breath. Yoga is focus. Focusing our mind and our gaze (Drishti.) I found the focusing our gaze part of yoga similar to focusing on something while writing on my steno machine. I always find my writing to be better when I focus my eyes on something.

In a nutshell, yoga is my grief therapy. I never, ever regret a yoga class, and I learn something every time.

Namaste



# Namaste

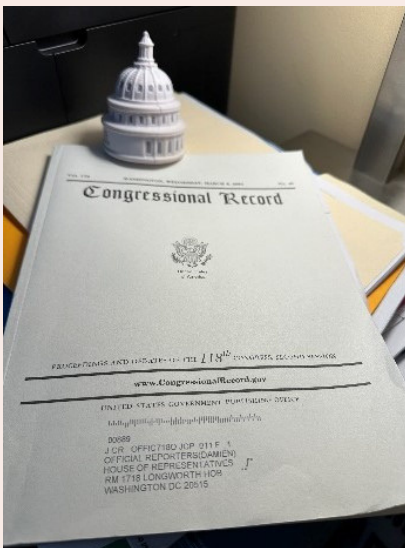


## 2024 NCRA Leadership & Legislative Boot Camp – by RandiAnn Harvey



The cherry tree blossoms were in full bloom this year and decorated the Capitol lawns in beautiful pink and white flowered trees. The temperature at 70+ degrees was quite warm for this Minnesotan 🤗 especially with the day's step count of 19,000. It was Tuesday morning, March 12, 2024, we arrived on the Hill, and after a quick photo of the group on the steps, we all headed toward our assigned meetings, some meetings on the House side and some on the Senate side.

Being the only person from Minnesota, I was paired up with two stenographers from Nebraska, Stefani Allison and Tina Nelson. In addition to the Nebraska legislators' staffers, we met with staffers from the Minnesota offices of Representative Pete Stauber, Senator Tina Smith, and Representative Ilhan Omar to present the Research and Oversight of Potential AI in Courts Act of 2024 and ask for support and/or sponsorship. This bill seeks to have a task force appointed to investigate the accuracy, discrimination, security, privacy, and traceability problems that AI can potentially cause in the written court record of the judicial systems in this country. Everyone we met with felt this was an extremely important issue.



Our last meeting was with the House of Representatives court reporter's office where we met the reporters who make the Congressional Record, and then we were allowed to go to the House floor balcony where we watched U.S. House Representatives vote. Each of us was able to take home a booklet of the Congressional Record ([www.CongressionalRecord.gov](http://www.CongressionalRecord.gov)), mine being from March 6, 2024 🤗. There is currently a rare position open in their court reporter's office. If anyone is interested, I have the form and info to pass on. The job is a lot less stressful than you might think and has some incredible benefits.

The two days preceding this Hill event were filled with tons of information from Dave Weinhold, NCRA's executive director, and Jocelynn Moore, director of government relations for NCRA, and the amazing, well-researched, very insightful group – the STRONG committee, presented by Sue Terry and Stacey Raikes. Use this QR code to check out their repository of information regarding the jeopardizing of justice:



During the lobbying training days, I spent most of my time with my scenario team working on our mock presentation in which we had to lobby for the passage of the above-mentioned bill

(Cont'd from page 21)

with individual senators and anti-AI people. The big event to end the training was a competitive mock hearing in front of a panel of five senators. The team I was assigned to, Bravo, came in first place this year! Those who know me and know that I don't speak well will wonder how that happened. I wonder how that happened! But the Bravo group was very compatible and flexible, thinking quickly and intelligently when presented with tough questions from the mock senators.

Last year, MAVRC paid for the registration and airfare (\$478) for me to attend Boot Camp, with my promise to stay on their legislative committee. But this year, the cost was all out of my own pocket, which was about \$2,000. It was worth it! And in my humble opinion, MAVRC should be sending one or two board members every year to this Leadership & Legislative Boot Camp as it provides excellent training for those situations where we may need to promote and express the value of stenographic court reporters and captioners and the importance of capturing the record in the most accurate and most ethical ways. Someday we may need to speak before the judicial council and/or a legislative committee. Even the shyest of us can be coaxed to present a good argument (or be part of a team that does 😊).



## Congrats, New Graduate!

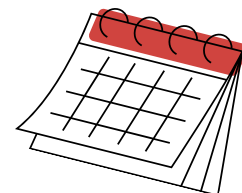
Kacie Elijah recently graduated from Anoka Tech. Kacie says: “My future plans are to become a freelance reporter in Fargo, ND. I would like to thank all my teachers at Anoka Tech for helping me succeed.”

## Dates to Remember:

**April 27, 2024: MAVRC Spring Seminar at Anoka Tech**

**June 1-20, 2024: NCRA Test Registration Window**

**August 1-3, 2024: NCRA Convention in Louisville, KY**



# IT WAS 25 YEARS AGO TODAY... FROM THE ARCHIVES

## FORMER MAVRC PRESIDENT'S PERSPECTIVE

By Karen Lebens, RPR, DSA



The following letter (see page 24) from NCRA addresses the specific issue of developing anti-contracting legislation in Minnesota. What I feel this represents to us today is with a strong, well-supported Association we can accomplish many great things and positively impact the profession of court reporting in the state of Minnesota.

As you can see from this letter, contracting was an important issue that was being addressed by NCRA as well as in many states. NCRA had addressed it in the Code of Ethics and came to realize that disclosure alone was not a sufficient resolution. In Minnesota the MN Freelance Court Reporters Association (MFCRA), which was one of the Associations that merged to form MAVRC, had lobbied and was able to effectuate a change in the Rules of Civil Procedure with the enactment of Rule 28.03. That also proved insufficient to address the issue. MAVRC began working on the anti-contracting legislation in earnest in the summer of 1998. We had an awesome Government Relations Committee. They worked closely with Larry Kitto and Bob Johnson at MPA Consultants, who developed strategies, developed plans and arranged many meetings with legislators. Together they organized letter-writing initiatives, met with legislators and lobbyists, testified at the legislature and devoted hundreds of hours (sometimes just 20 minutes here or 30 minutes there) to accomplish this goal. And they were SUCCESSFUL! While the bill as originally submitted called for a full prohibition of the practice, it was a hotly contested issue by the insurance industry. Ultimately, we ended up with a law that was disclosure with a penalty for non-disclosure. But it has continued to address the issue in Minnesota. Yes, a compromise – but a new law was established. New law is much more difficult to develop as opposed to amending an existing law. This was a real victory for MAVRC.

So, yes, it is critically important to fight the fight for change, to preserve and enhance our chosen profession in Minnesota. And it all starts by being involved – first and foremost, be a member of MAVRC. Second, join a committee, or bring in new members, or write a letter; but speak up and stand up. We can make a difference!





March 8, 1999

Mrs. Karen Lebens  
Minnesota Association of Verbatim Reporters & Captioners  
1821 University Ave W. #S156  
St. Paul, MN 55104

Dear Mrs. Lebens,

NCRA applauds your decision to support anti-contracting legislation in your state. As you know, NCRA is fully committed to preserving the integrity and the impartiality of the court reporting profession.

In 1995 NCRA proposed amendments to its Code of Ethics. These amendments established a disclosure policy, which was designed to keep contracting arrangements from undermining the actual or perceived impartiality of the court reporter when making the official record.

Because experience proved that disclosure alone was not sufficient to maintain the impartiality and independence of court reporters in their capacity as officers of the court, NCRA decided in 1997 to step up its efforts. NCRA began to work with affiliated organizations and coalitions to seek the enactment of laws and court rules to limit or prohibit contracting arrangements. NCRA's decision to proceed in this manner is entirely consistent with the advice NCRA received from the Department of Justice in 1995, since these efforts by NCRA and other groups to seek governmental protection from contracting is unquestionably lawful and absolutely protected under the constitution. NCRA has the right and the duty to make known the dangers that contracting poses to the judicial system and that is exactly what NCRA is doing.

Currently, there are 10 states that prohibit or restrict third party contracting. During the 1999 legislative session there are over a dozen more states considering the same anti-contracting legislation or rules change. NCRA supports all of these efforts.

I have enclosed resolutions in support of your efforts from NCRA, the American Judges Association, the American Trial Lawyers Association, the National Conference of Metropolitan Courts and the Court of Common Pleas in Cleveland, OH. We wish you luck with your efforts and please let us know if we can be of any assistance.

Sincerely,

Mark J. Golden, CAE  
Executive Director, NCRA

# BRIEF FORMS FOR PROPER NOUNS – LAST NAMES (A-K)

Compiled by Rhonda Franken, RMR, MINNE-strokes Editor

As a rule, use an asterisk with proper nouns, if possible (for example, PAO\*ET for Pete, B\*ERG for Berg), combining two or more strokes into one stroke (for example, DRAO\*UNS for Andrews rather than AN/DRAOUS. If it is not a conflict with another word (such as is the case with B\*UK for Buck and BAO\*GT for Booth), then depending on preference use the asterisk for consistency or omit the asterisk.

When it is not possible to write with an asterisk, then disregard the asterisk if it doesn't create a conflict (for example, FRAEFRNG for Franken, GRIFN for Griffin), or get creative.

😊 The following list is somewhat abbreviated (N for TPH, D for TK etc.).

Andersen	A*END	Dixon	DO*IX
Anderson	AO*ND	Doyle	DO*IL
Andrews	DRAO*UNS	Duffy	D*IF
Arnold	A*RNLD	Duncan	DA*UFRNG
Bailey	BA*IL	Dunnwald	DA*UNLD
Barker	BA*ERK	Edwards	DWA*RDZ
Bass	BA*Z	Elias	LAO*IS
Bates	BA*ITS	Ellis	*ELS
Bauer	BA*UR	Erickson	*ERKS
Bayley	BLA*I	Espinoza	SPO*EZ
Beck	B*EK	Evans	E*FNS
Becker	B*ERK	Everett	*EFRT
Bell	B*EL	Everly	*EFRL
Benedict	B*IKT	Fischer	F*IRB
Bennett	B*ENT	Fleming	FL*EMG
Benson	B*ENS	Fluegel	FLAO*UG
Berg	B*ERG	Flynn	FL*IN
Bernard	B*ERND	Fogel	FO*ELG
Betcher	B*EFP	Foley	FO*IL
Bierwerth	BAO*ERGT	Gabrielson	GRA*IBLS
Bies	BAO*EZ	Garcia	GA*RZ
Blumberg	BLERG	Gardner	GA*ERND
Booth	BAO*GT	Garvey	GA*IFR
Bradford	BRA*FRD	Goggins	GO*INGS
Bradley	BLA*ID	Gomez	GO*EMZ

Brady	BRA*ID	Gonzales	G*ON(L)Z
Brandt	BRA*NT	Gorman	GO*ERM
Braun	BRA*UN	Granger	GRA*ING
Briggs	BR*IGS	Gray	GRA*I
Brooks	BRA*OKS	Greene	GRAO*EN
Brosnahan	BRAO*NS	Gregory	GR*IG
Brown	BRO*UN	Grey	GR*I
Bryant	BRAO*INT	Groh	GRO*E
Buchanan	BAO*UN	Hamilton	HA*MT
Buck	B*UK	Hansen	HA*ENS
Bueltel	BAO*ULGTS	Hanson	HAO*NS
Burke	B*URK	Harper	HA*ERP
Burkhart	B*URKT	Harris	HA*IRS
Burns	B*URNS	Harrison	HA*IRZ
Burr	B*UR	Hernandez	HERNZ
Burton	BO*URNT	Hicks	H*IKS
Bush	BAO*URB	Hill	H*IL
Cain	KA*IN	Hjerleid	JERLD
Callahan	KLA*N	Holm	HO*EM
Campbell	KB*EL	Holmes	HO*EMS
Carpenter	KA*ERPT	Holt	HO*LT
Carr	KA*R	Hooper	HAORP
Carter	KA*ERT	Hughes	HAO*US
Cassellius	SKAO*ELS	Jackson	JA*BGS
Chambers	KHA*IMS	Jacobs	JA*IBS
Chase	KHA*IS	Jacobson	JA*IBGS
Christensen	KR*EN	Jeffers	JEFRS
Clinton	KLO*INT	Jefferson	JEFRZ
Coleman	KO*EM	Jensen	JE*NS or -Z
Collins	KL*INS or -Z	Johnson	JO*NS
Cotter	KO*ERT	Johnston	JO*NTS
Dahl	DA*UL	Jones	JO*ENS
Dalton	DA*ULT or DAO*ULT	Juarez	JARZ
Daniels	DA*NLS	Kane	KA*EN
Danielson	DA*NLZ	Kennedy	K*IND
Davis	DA*IFS	Kenneth	K*ENGT
Diaz	DAO*EZ	Klein	KLAO*IN
Dillon	DLO*N	Knapp	NA*P



# So You Want to be a Court Reporter?

By: Jackie Young, RPR, MN DSA

Unless you were born with a silver spoon in your mouth, at some point in your lives you will need to make a decision about what you would like to do professionally to help you succeed and thrive in the world. Since you are reading this article, chances are good that you have chosen a career as a stenographic court reporter, which is great news! As a working reporter myself for the past three-plus decades, I can tell you that court reporting has enabled me to achieve success in ways I did not imagine when I first entered the workforce.

Going through court reporting school is not easy and any help you receive along the way should be welcomed with open arms. One of the main ways to help you achieve success in the long run is by joining your state court reporting association. As a student, I still remember sitting in the classroom way back when listening to a couple of working reporters talk about how important and beneficial it was to become a member of their association. Throughout the decades, I maintained that membership, which has allowed me to keep current on the laws regulating our profession as well as connect with numerous other working reporters, who in turn hired me over the years to cover depositions and other hearings. Through the years it is safe to say that those connections enabled me to earn in excess of tens of thousands of dollars per year.

Back then, the cost of membership for a student was \$10. While today's cost of a student membership in the Minnesota Association of Verbatim Reporters & Captioners (MAVRC) is now \$25 per year, which equates to roughly .07 cents per day, it still provides those same economic and professional benefits that I received and continue to receive and that today's students, as they prepare to venture out into the workforce, will receive. I think it goes without saying that the small pittance you pay for membership in your state association is well worth the financial reward you will earn throughout your career.

To help you gain some insight into the benefits the Minnesota Association of Verbatim Reporters & Captioners offers and provides its members, it is important to understand, first and foremost, that they are there to serve you and your future profession. Your soon-to-be work colleagues that serve on the Board of Directors and its committees do this through defending, promoting, and advocating for students, firm owners, freelancers, officials, and captioners by employing a licensed lobbyist to encourage our state legislators to sponsor and pass legislation that is favorable to stenographic reporting.

Without the vigilance of MAVRC, I think it is safe to say that our jobs would have gone by the wayside a long time ago and been replaced by what the "powers that be" deem is more cost effective (aka cheaper) and less efficient technology. With the advent of realtime and with the

# So You Want to be a Court Reporter?

**By: Jackie Young, RPR, MN DSA**

*(Cont'd from page 27)*

help of those pioneer reporters who had the wisdom to incorporate and improve that technology, stenographic reporters now have the superior technological advantage over all other record-creating alternatives and will remain as the gold standard for making the record for many years to come; something even Bill Gates agrees with, by the way.

Another part of MAVRC's mission is to provide educational opportunities that are designed to enhance your knowledge and to help ensure you have the means to provide a superior product to the legal and other professional fields that utilize our services. It is part of our duty as an association and as individuals to educate ourselves and educate the general public about what we do and how technologically superior we are at doing it.

In addition to disseminating an informative newsletter each quarter, MAVRC also holds a spring seminar and a fall convention. These educational sessions supply you with information on the latest and greatest technology pertinent to our field, solidify your skills in punctuation, marketing, and all things court reporting, as well as provide you with lots of networking opportunities and the chance to just meet some really great people! In the event your budget may not allow you to attend, MAVRC solicits donations to enable students to attend at a reduced cost or for free. This benefit alone is well worth the cost of student membership!

While I have not covered every single benefit membership in MAVRC offers, a few other benefits that come to mind, as I write this in the wee early morning hours, include a membership directory listing your contact information so other reporters can reach out to you, a website containing a myriad of valuable resources pertinent to court reporting and information on upcoming events, the opportunity to advertise your professional services on the web-site, and a mentorship program that students can take advantage of to help them through the tough times, just to name a few of the invaluable resources you can partake in as a member.

Lastly, encourage your fellow students to join as well. One of the reasons for what has made our profession enduring is the fact that we stick together and fight the challenges we face as a group rather than attempting to initiate change as one individual. Your membership not only makes us stronger on a number of different levels, but your membership dues allow MAVRC to continue to operate and support your education and career behind the scenes. You are the future of our profession and are invaluable to our association. With your help, we can continue to make an impact on the legal profession as well as protect the career you worked so hard to achieve!

# IN MEMORIAM - THERESA KOSSAN

Theresa Kossan, 82, passed away at her home on November 20, 2023. Theresa left behind many family and friends who will miss her dearly.

Theresa (my mom) worked for Hertogs, McMenomy and Fluegel in Hastings, MN as a legal secretary for many years. Theresa's typing speed and accuracy were incredible, and she used this skill to help many coworkers, family, friends, and organizations. She filled her evening hours typing transcripts for court reporters. She was a true believer of, "Making hay while the sun shines." I have fond memories of falling asleep to the click clacking of the typewriter and helping Mom insert carbon paper between the onion skin transcript paper.



At 32 years young Theresa made the decision to become a court reporter herself. She attended school at Northern Technical School of Business in Minneapolis. Upon graduating she dabbled in freelance but realized that an official position would be right for her. Theresa filled a career of 30 plus years working with judges in Dakota, Ramsey, and Goodhue Counties. When a new court reporter joined the force, Theresa was there to greet them, show them around, and make sure they had the supplies they needed for their office. (She may have even given them a couple of her handknit dishcloths.) She loved every minute of being a court reporter.

My mom's love for court reporting sent many people to court reporting school, including me. Seeing her enthusiasm for this incredible career, people would want to know more and my mom would share insight about a career in court reporting. My mom was always kind, happy, helpful, and a hardworking country girl. She enjoyed traveling, knitting, dining out, and spending time with her family and friends. She adored her 10 grandchildren and enjoyed bringing them to work with her to observe court. She was so proud of her oldest granddaughter who recently became a federal immigration judge in California.

Written by Mandy Woods (Daughter), Retired First District Court Reporter



In the Fall of 2022 edition of MINNE-strokes, we included an article on past recipients of the Willard I. Braun Outstanding Student of the Year Award. We'd now like to highlight and get to know a few of those students (then reporters) in the next few editions.

# Students of the Year - Where Are They Now?

By Nancy J. Meyer, RDR, CRR

Teresa Flagg attended the Northern Technical School of Business night school in Minneapolis, Minnesota, and received the Student of the Year Award in 1989.

Currently resides in: **St. Anthony, Minnesota**

**Favorite Brief: Various letters hit with the answer symbol to identify speakers, "D" for Defendant, "CL" for Clerk, "J" for Juror, "B" for bailiff/deputy, etc.**

Thank you for taking the time to answer some questions about what you have been up to since court reporting school. How did you learn about a career in court reporting?

**I believe I first learned about the court reporting career through a television ad.**

You attended night school. What were you doing during the day, and how did you manage going to night school?

**I had a two-month-old daughter when I started day school, then had my first son a year later and switched to night school soon after that. I was seven months pregnant with my second son when I graduated night school. A long way of saying, I was home with my kids during the day, but I did waitress on the nights I was not in school as well.**

What's your favorite memory while court reporting?

**I have too many good memories to choose from. An awkward memory I have was when an expert witness used me for an example of both good posture and executive functioning abilities. I had to stay focused and write as he was describing how I was sitting and the executive functioning skills I was using to do my job.**

What was your best advice you received in court reporting school?

**Not to be afraid to use any tools available to help get the job done, including audio recording and asking other court reporters for advice.**

# Students of the Year - Where Are They Now?

*(Cont'd from page 30)*

By Nancy J. Meyer, RDR, CRR

What surprised you most about court reporting?

**How ill-prepared I was for the real courtroom setting where more than two people spoke. Everything in the training was based on things that were read to us, Q&A and Jury Charge. I wasn't ready for the clerk, deputy, spectators, and defendants speaking in addition to the attorneys, witnesses and judge.**

What has been your greatest professional accomplishment?

**I prided myself on always meeting deadlines for transcript preparation and, when I could, helping other court reporters meet their deadlines, as well.**

Any particular case that stands out to you that you can share?

**A case where a 12-year-old child was certified as an adult in a murder case. The content was difficult and I had to remind myself I was there to bear witness, not as a decisionmaker.**

What do you do when you aren't working?

**I am retired now, and I work part-time at a municipal liquor store (I need to get out and interact with the public sometimes). I also help my grandkids get off to school in the morning. My husband is retiring on April 1st, and we will be traveling after that.**

Do you have any advice for current court reporting students?

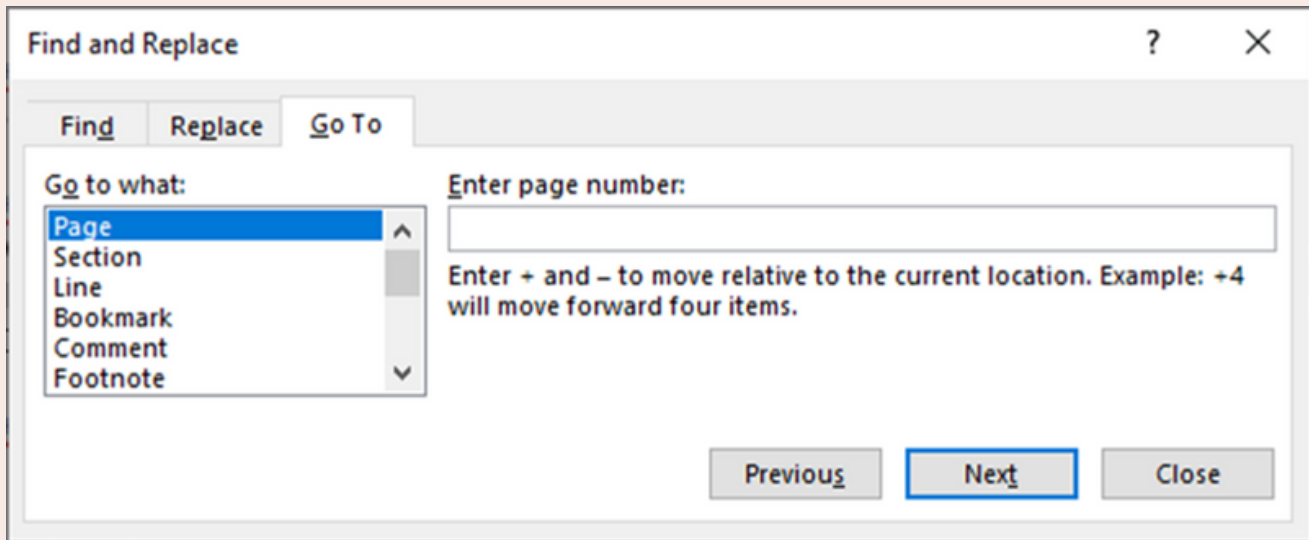
**Take the time to go into a courtroom setting earlier than later, to get a real feel for the job. Talk to freelance reporters and official reporters to get a sense of what is the better fit for you. Write as clean as possible from the get-go and learn as many briefs as possible.**

Anything else you'd like to share?

**I really enjoyed my career as a court reporter. It changed a lot from the time I started to the time I retired. It went from a typewriter with special court reporter paper to sending transcripts out in electronic format.**

## Tim's Tech Tips, by Timothy J. McGowan

In **Microsoft Word**, press Ctrl+G to Go to a different place in the document.



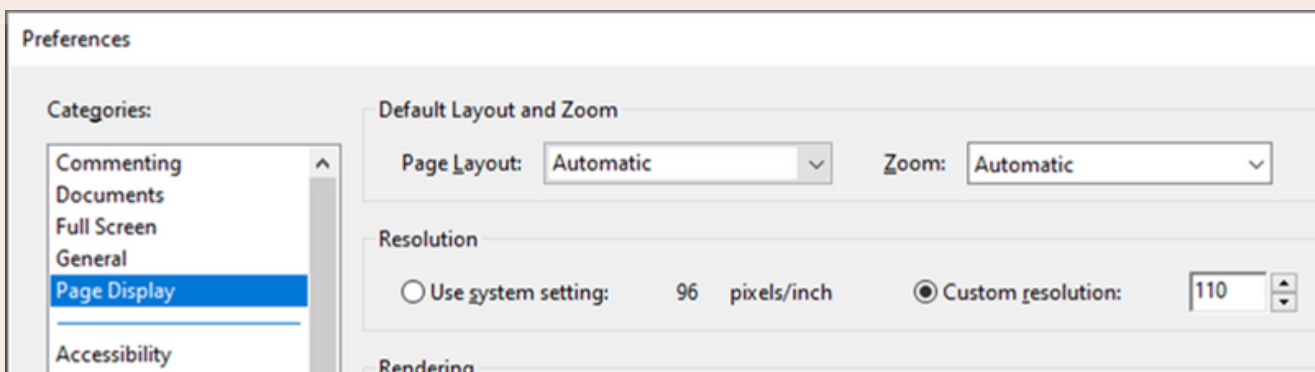
You'll see quite a number of options in the **Go to what** part of the dialog box. You can go forward or backward to a particular page, section, line, and so on.

Note that you can also use a plus or minus sign before numbers to move that number of items (selected in **Go to what**) forward or backward.



In **Adobe Acrobat and Adobe Reader**, you can set preferences to, for instance, open and view all documents at a particular zoom rate. If you find documents are always opening at a size you don't want, or if you want to force documents to always open at a certain zoom level, there's a solution.

In either program, press Ctrl+K or click on View in the menu bar, and then choose Preferences from the bottom of the list. Go to Page Display in the left pane. In the right pane, set Zoom to Automatic (the default) or a zoom setting you prefer; click OK to make it so.



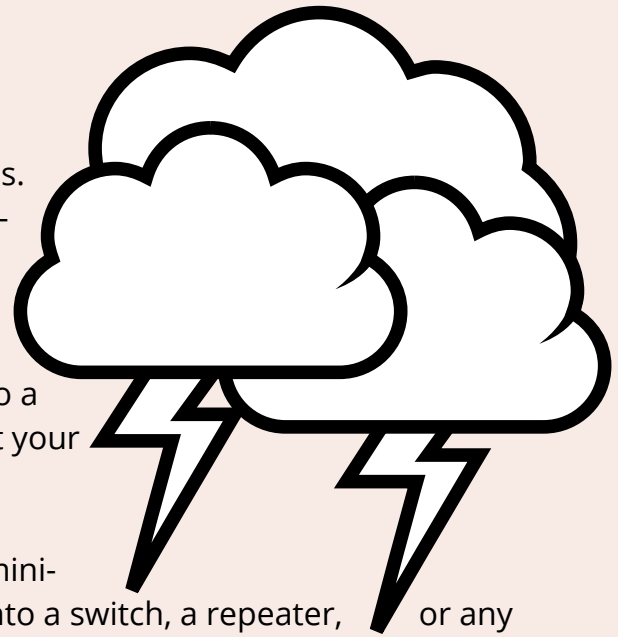


(Cont'd from page 32)

### **Where was Moses (and your real-time) when the lights went out?**

Summer is approaching, bringing with it lightning storms.

To keep from being in the dark like Moses when the power fails, use a UPS (uninterruptible power supply) for every device that keeps your home networking hardware alive. You likely have a modem or other device from your Internet service provider, usually plugged into a router for wired and/or wireless networking throughout your house. They can be plugged into the same UPS.



At the receiving end, your computer and monitor, at a minimum, need a UPS. If you've run cabling that's plugged into a switch, a repeater, or any other powered device, they need to be plugged into a UPS as well. A lamp with a low-power LED light source can be powered through the UPS to keep your workplace lit. If you rely on any other powered devices for real-time, plug them into the UPS too.

How long a UPS will keep your system alive depends on how much you're willing to spend. Your monitor and a desktop computer will have the biggest power draw. But at the very least, most any UPS will give you five minutes to interrupt, explain, and, if necessary, reschedule.

When selecting a UPS, take care to note which outlets have battery protection and which have only surge protection. Make sure the UPS has enough battery-protected outlets for your situation.

Also, if you think you're the type who would try to power through (see what I did there?), see whether the UPS you're considering can be silenced, as they usually start beeping to let you know you need to come over and safely shut down your computer.

### **Keyboard tip:**

In Adobe Acrobat and Adobe Reader, pressing Ctrl+L functions as a toggle that shows your document in full-screen mode by itself with no "window dressing" such as the title bar, status bar, tool bar, etc.; press it again to toggle back to normal view. (If you routinely use the F11 key in your Web browser to toggle it between full-screen and windowed view, you'll be familiar with the effect. If not: well, then, bonus tip!)

In Word and most text-based applications, Ctrl+L will left-justify your text.



MINNESOTA  
ASSOCIATION OF VERBATIM  
REPORTERS & CAPTIONERS

P.O. Box 18102  
West St. Paul, MN 55118  
Phone: (651) 998-9119  
[mavrc@mavrc.org](mailto:mavrc@mavrc.org)  
[www.mavrc.org](http://www.mavrc.org)

### MAVRC MEMBERSHIP RENEWAL/APPLICATION 2024

Please return completed application electronically to [MAVRC@MAVRC.org](mailto:MAVRC@MAVRC.org) or  
mail to MAVRC, P.O. Box 18102, West St. Paul, MN 55118.

Membership Type:  Renewal  New (Endorsed by MAVRC Member: \_\_\_\_\_)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Judicial District or Firm/Agency: \_\_\_\_\_

Home Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Work Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Home Fax: \_\_\_\_\_ Work Fax: \_\_\_\_\_

Send MAVRC Mail to:  Home  Work CAT Software: \_\_\_\_\_

Member Status (circle): Freelance, Official, Captioner, CART provider, Student, Scopist, Retired,  
Transcriptionist, Associate, Firm Owner, Federal, Vendor, Instructor

What certifications do you hold? \_\_\_\_\_

Would you like to be listed in the MAVRC Directory?  YES  NO

What address/phone information would you like listed in the Directory?  Home  Work

What services do you provide that you would like to have listed in the Directory?

Overflow Freelance  Court Per Diem  CART Provider  Captioner

Payment of dues: All membership dues are payable on or before January 1st of each calendar year. A \$20 discount will apply if payment is received by December 31, 2023. All members whose dues are not paid by March 31, 2024, will be suspended and dropped from the roll of membership.

\_\_\_\_\_ \$120.00 Regular Member (\$100.00 if submitted by December 31, 2023)

\_\_\_\_\_ \$70.00 Associate Member (\$50.00 if submitted by December 31, 2023)

\_\_\_\_\_ \$25.00 Student Member

\_\_\_\_\_ Retired Member (Board Approved)

\_\_\_\_\_ Lobbying Contribution

\_\_\_\_\_ \$25.00 - I would like to sponsor a student.

**MAVRC would like to acknowledge your donations or gifts. If you wish to remain anonymous, please indicate  Yes, I wish to remain anonymous**

\$\_\_\_\_\_ Total Amount Enclosed – Thank you for your support!

Dues payments to MAVRC are NOT deductible as charity deductions for federal tax purposes. Amounts may be deductible as a necessary business expense. Consult your tax professional.

**Windows tip:  
Type your way to where you want to go**

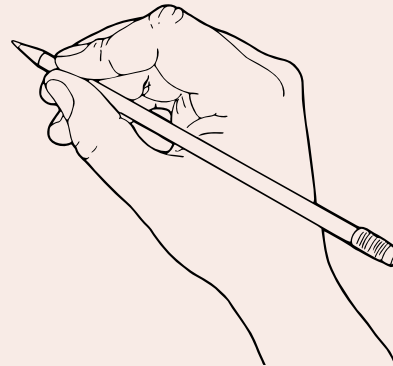
Tap the Windows key on your keyboard to bring up the Start menu. Start typing the name of the program you want to launch, and press Enter when it's at the top of the search results. You don't have to type particularly quickly, but a pause is interpreted as a new search.

Click anywhere on your Windows desktop (the background), and even if you can't see the icon you want, just start typing its name. You will see a box surrounding the label under the icon whose name you've typed. You don't need to type the whole name. When the correct icon has been selected, press Enter to launch it. If your icon is obscured by an open program window, you can still do this "blind": click a visible piece of the desktop, correctly and briskly type the name of the icon you want to launch, and press Enter.

In Windows File Explorer or any standard Windows File Open or Save As dialog, you can search the list of files the same way: click in the listing of files and briskly type what you're looking for, and Windows will move to the file or folder name you're typing.

**MINNE-strokes Publication Team**

**Editor:** Rhonda Franken  
**Designers:** Tim McGowan, Ryan Ziegler  
**Editorial Staff:** Amy Engel  
Emily Lettner  
Angie Sundell



**MINNE-strokes is the official publication of MAVRC, the Minnesota Association of Verbatim Reporters & Captioners. MINNE-strokes is published quarterly. Statements of fact and opinion within this newsletter are the responsibility of the individual writers and do not necessarily reflect the opinion of the officers or members of MAVRC. All advertisements are the sole responsibility of the advertiser alone and do not express the opinion or endorsement of MAVRC. Articles submitted are subject to editorial revisions.**

**To submit articles, send to:  
Rhonda Franken, Minne-strokes Editor  
Rhonda.Franken@courts.state.mn.us**

**NEXT NEWSLETTER PUBLICATION DEADLINE FOR SUBMISSIONS: June 1, 2024**



# BE THE PERSON TO MAKE A DIFFERENCE

Help MAVRC make a positive impact and volunteer for one of the following committees:

## AUDITING COMMITTEE

Board Liaison: Lori Morrow  
lori.morrow@courts.state.mn.us

Works with the Treasurer in reviewing the financial records of the Association.

## CAREER ADVANCEMENT/CONTINUING ED.

Board Liaison: Brandi Bigalke  
bnbreporter@gmail.com

Assists in the coordination and facilitation of the various NCRA certifications.

## PRO BONO COMMITTEE

Board Liaison: Jennifer Sharp  
Contact: Christine Clark  
chrisclarkzimm@gmail.com

Facilitates services to people who are low income.

## PUBLICATIONS COMMITTEE

Board Liaisons: Rhonda Franken and Angie Sundell  
rhonda.franken@courts.state.mn.us  
angiesundell@gmail.com

Prepares and issues the official publication of the Association.

## FUNDRAISING COMMITTEE

Board Liaison: Rhonda Route  
rhonda.route@courts.state.mn.us

Helps raise funds for the Association.

## STUDENT INTERNSHIP & SCHOOL

Board Liaison: Nicole Olson  
moxiecourtreporting@gmail.com

Assists with student internships and administers a mentoring program.

## TECHNOLOGY COMMITTEE

Board Liaison: Ryan Ziegler  
srziegler@gmail.com

Stays abreast of technological advances in the court reporting field.

## OFFICIAL COMMITTEE

Board Liaison: Rhonda Franken and Rhonda Route  
rhonda.franken@courts.state.mn.us  
rhonda.route@courts.state.mn.us

Deals with issues affecting official court reporters.

## CART & CLOSED CAPTIONING

Board Liaison: Angie Sundell  
angiesundell@gmail.com

Handles issues affecting CART providers and broadcast captioners.

## CONSTITUTION & BYLAWS

Board Liaison: Ryan Ziegler  
srziegler@gmail.com

Reviews and suggests necessary changes to the bylaws of the Association.

## ETHICS COMMITTEE

Board Liaison: Lori Morrow  
lori.morrow@courts.state.mn.us

Helps promote and monitors ethics among court reporters.

## FREELANCE COMMITTEE

Board Liaison: Lynzie Zempel  
lynzie@zempelreporting.com

Deals with issues affecting court reporters in the freelance field.

## PUBLIC RELATIONS

Board Liaison: Lynzie Zempel  
lynzie@zempelreporting.com

Represents MAVRC in forming relations with legal associations to further the interests of the Association.

## LEGISLATIVE/GOVERNMENT AFFAIRS

Board Liaison: Angie Sundell and Ryan Ziegler  
angiesundell@gmail.com  
srziegler@gmail.com

Acts as a liaison on behalf of both official and freelance reporters with the state legislature, judicial districts, SCA's Office, and others.

## MEMBERSHIP COMMITTEE

Board Liaison: Lori Morrow  
lori.morrow@courts.state.mn.us

Works to increase the membership of the Association and assists in developing an annual membership directory.

## ADVISORY COMMITTEE

Board Liaison: Lynzie Zempel

# TEAMSTERS LOCAL 320 UNION STEWARD LIST

## **BUSINESS AGENT**

Chad Orgon- corgon@teamsterslocal320.org

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## **Seventh District**

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\* Holli Zortman - holli.zortman@gmail.com

## **Eighth District**

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\* Ashley Welz - ashleylange24@gmail.com

## **Ninth District**

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\* Victoria Dudeck - victoriadudeck@gmail.com

## **Tenth District**

Sharon Spartz - srspartz@mac.com

\* Char Tschida - littlechar100@gmail.com

\*: Steward is on Negotiating Team



MINNESOTA  
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Advertising with MAVRC offers you an affordable opportunity to promote your business to local and out-of-state attorneys, paralegals, legal secretaries, videographers, and fellow court reporters about the variety of court reporting services you provide.

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Questions may be addressed to the board of directors at [MAVRC@MAVRC.org](mailto:MAVRC@MAVRC.org) or call 651.998.9119. Thanks for your support!

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