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**MAVRC’S
Annual
Fall Convention**

**Featuring
Anissa Nierenberger**

September 12-13, 2014

**Hilton Doubletree Park Place
1500 Park Place Blvd.
St. Louis Park, MN**

**See Pages 6 - 11 for further details
and registration information.**



2013-2014 MAVRC BOARD OF DIRECTORS

PRESIDENT	Hart Erickson, Burnsville (952) 890-0265 mavrc.president@gmail.com
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If you have any suggestions
for the
Minne-strokes newsletter
or stories to share about
your court reporting experiences
or something that would be
of interest to the
MAVRC membership,
please submit to:

Jackie Young
MAVRC Editor **MINNE-strokes**
2575 Nelson Road
Delano, MN 55328

rite2jackie@frontiernet.net



MAVRC Mission Statement

*The mission of the 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.*

PRESIDENT'S ADDRESS

By Hart Erickson

Greetings from sunny Burnsville -- and it is sunny. Perfect summer weather for writing my last president's address.

This summer is going by way too fast, and as I think back on this past year as president of MAVRC, it has also gone really fast. It has been a pleasure working with the current MAVRC Board. Everyone devotes their time and talent enabling our association to run as smoothly as possible. I cannot thank everyone enough for stepping up to the plate when called upon and making MAVRC a great professional association.

Reflecting back on this past year, a few things come to mind that were highlights, and lowlights, that I'd like to summarize. Last February Governor Dayton again declared February 16 - 22 as Minnesota Court Reporting and Captioning Week, and with the guidance of Jennifer Sati and the Anoka Tech court reporting staff and students, as well as some MAVRC volunteers, we hosted an open house at Anoka Tech to help get the word out about what court reporting is all about. It was a time of sharing with students and their family members and also the general public about the amazing profession of court reporting, CART and captioning.

Our spring seminar was well attended this year, with a variety of speakers that peaked everyone's interest, with some reporters even requesting that we bring back a couple of the speakers for a future seminar. Again, a big thank you goes out to our MAVRC Continuing Education Committee, the MAVRC Board and Anoka Tech staff for making it such a great success.

Our legislative committee worked

very hard to change some of the outdated language in a couple of bills that affect court reporters in the state of Minnesota. Although we were unsuccessful in getting the new language passed, we have a better idea of what we need to do in the future to get our new ideas on paper, so to speak. A big thank you to Ryan Ziegler and the legislative committee for all the time they spent on this endeavor.

On a more personal note, I completed my first sprint triathlon this summer, participating in the LifeTime Tri held at Lake Nokomis July 12th. It was a great way to keep in shape, and at my age, it was very rewarding to have completed it and I'm still "kicking." I'm hoping to do two or three of them a year in the future.

Also, just recently we learned of the passing of a good friend and colleague, Jim Trapskin, who died unexpectedly on July 11th while celebrating his 40th wedding anniversary in New York City. I have known Jim for about 32 years and have always looked up to him and his passion for the court reporting profession and to continually embrace new reporting technology - as well as his wit and humor. He always had a smile on his face and a laugh that was contagious. Jim was very active in our state reporting associations over the year, serving as president at one time, on many committees, and he also received the Distinguished Service Award a couple years ago. Although I didn't see Jim much the last few years, we talked regularly on the phone, and I will miss the advice he was always willing to share.

As we prepare for another changing of the guard on our MAVRC Board,



Hart Erickson

we are still looking for a few positions to fill. Please consider volunteering for one of these positions. You'll never know what a rewarding experience it can be until you have served. It has opened my eyes immensely to what goes on in this state and across the country regarding court reporting, and every one of you should take advantage of the chance to serve your profession.

Last, but surely not least, I'd like to thank Jolene Carrow for all of her guidance and support this past year. She is always there to remind you what needs to be done and how to go about it. She is a good friend and colleague and I thank her for being there for me.

Hart Erickson is a freelance reporter from Burnsville, Minnesota. ■



THE REALITIES OF BECOMING YOUR OWN BOSS

By RBC Wealth Management and Scott Kellett

When you think about work, do you picture yourself in a cubicle? Or are you one of many who desire a home office? Whether working in an office building or your home, each option has its own challenges.

According to the U.S. Bureau of Labor Statistics, sole proprietor business owners were responsible for 99 percent of the increase in job growth since 2000. But, before you say good-bye to the office and go out on your own, it is important to consider the personal and financial implications of owning your own business.

Are you ready to be a small business owner?

Running your own business can bring great rewards, but for every successful business owner, there is someone who jumped in too soon.

- *How do you handle financial uncertainty?* The unsteady cash flow generated from a small business can be difficult for those who like the security of a steady paycheck.
- *Who is your competition?* Make sure you not only know your competition but also what differentiates your product or service from the rest.
- *What is your marketing strategy?* As a new small business owner, you will need to spend as much time marketing yourself as actually doing the work. Consider how you are going to do this and if this is where you want to spend your time.
- *How patient are you?* When starting up a new business,

assume everything will take at least twice as long as you planned.

- *How disciplined are you?* Not everyone works well with a fluid schedule and no deadline pressures from the boss.
- *What work environment works best for you?* Some people thrive in a home office where they can focus on work with no distractions. Some need the social connections and collaboration opportunities of a team.

If you considered the questions above and still want a business to call your own, it is time to plan.

Focus on finances

Although not the only important component of a successful business, financial considerations can often make or break a new business owner. This is where the services of a financial professional can be a good investment.

- *Determine monthly living expenses* - Err on the side of over-estimating monthly expenses. Determine where you could make cuts and consider what reserves you have for slow months. Remember, when you are in business for yourself, there is no guarantee of a steady income for those monthly bills.
- *Health insurance* – You may need to adjust your expectations about the type of coverage you need and the cost. Leaving a group insurance plan means

different coverage options and no more employer subsidies to help cover the cost.

- *Start-up funding* - Start up costs and extended periods without a paycheck may necessitate assistance from investors or you may need to consider a small business loan. Also, become familiar with the type of credit available to you; for example, secured and unsecured lines of credit.
- *Cash flow projections* – The formula for cash flow is total revenue/total expenses. But, both revenue and expenses can be a moving target. After looking at monthly income and expenses, take a look at the year ahead. Are you a seasonal business? Consider the effect on your cash flow during months with low sales.
- *Business accounts and bookkeeping* – Establishing business accounts separate from personal accounts is a must. If accounting isn't your area of expertise, hire someone who can do it for you. This will become even more important for employee payroll purposes if your business expands. But, be sure to educate yourself as well so you have a handle on your own business.
- *Investing in your business* – Know when to invest profits and when you should put them back into your business. A skilled money manager or accountant can help with this important decision.

- *Retirement* – When you no longer have access to a company’s 401(k) match or retirement plan, you need to take even more responsibility for your own retirement. Work with a financial professional to establish a traditional or Roth IRA or to find if you qualify for a SEP or SIMPLE IRA for small business owners.

If you do your research and make a plan, you could be one of the more than 23 million small businesses operating in the U.S.* For more information on starting a business, go to the sba.gov website.

*As reported by the U.S. Small Business Administration.

This article is provided by Scott Kellett, a Financial Advisor at RBC Wealth Management. The information included in this article is not intended to be used as the primary basis for making investment decisions. RBC Wealth Management does not endorse this organization or publication. Consult your investment professional for additional information and guidance.

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**WELCOME
MAVRC
MEMBER**

**New Student Member
Lisha Chaline**

MAVRC Board of Directors/Officers Slate of Nominees 2014-2015

President – Monica Christensen

President-Elect – Jackie Young

Vice President Official – Sharon Steinbrecher

Vice President Freelance – Rachel Erickson

Secretary – Carolyn Taylor Pekas

Treasurer – Melissa Keute

Director-at-Large A (Freelance) – Jolynn Graham
(Serving first year of 2-year term)

Director-at-Large A (Official) – Sarah Goebel
(Serving first year of 2-year term)

Director-at-Large B (Freelance) – Jonathan Wonnell
(Serving second year of 2-year term)

Remaining on Board for 2014-2015

Immediate Past President – Hart Erickson

Director-at-Large B (Official) – Michelle Foley

MAVRC FALL CONVENTION HIGHLIGHTS

By Monica Christensen, RMR

MAVRC's Fall Convention is less than a month away! It will begin on Friday, September 12, 2014, with registration at 12:30 - 1:00 p.m.

The seminar sessions will begin promptly at 1:00. Our first speaker of the afternoon will be MAVRC's lobbyist, Joel Carlson. Joel has been our eyes and ears in the Legislature for several years now, advocating for the best interests of both freelance and official court reporters. He will be filling us in on what transpired in the last legislative session regarding the issues that were of concern to court reporters.

From 2:00 to 3:00 p.m., we will be visited by BCA Agent Scott Mueller. Scott is a Special Agent with the Minnesota Bureau of Criminal Apprehension (BCA), currently in charge of the metro regional office. He has over 15 years of law enforcement experience in patrol operations, general investigations, crime scene, missing persons, abductions and homicides. Scott has led and participated in numerous homicides, officer involved shootings, and missing person cases. He has been instructing law enforcement for over 10 years and has also testified as an expert witness in the areas of police use of force and firearms related cases.

Mr. Mueller will provide us with an overview of what the Minnesota Bureau of Criminal Apprehension (BCA) does on a daily basis to provide investigative and specialized law enforcement services to prevent and solve crimes, in partnership with law enforcement, public safety and criminal justice agencies. Their services include criminal justice training and development, forensic laboratory analysis, criminal histories and investigations.

After a short 15-minute break, our seminar sessions will begin again at 3:15 with Pete Orput, the Washington County Attorney who was the prosecutor on the State v. Byron Smith murder trial that took place earlier this year in Little Falls. Prior to becoming the county attorney, Pete served as an Assistant Hennepin County Attorney in the Violent Crime Section of that office. There, Pete prosecuted primarily robberies, weapons and homicide cases. He has experience as the general counsel to the Minnesota Department of Corrections and as a deputy attorney general in the Minnesota Attorney General's office. Mr. Orput has also prosecuted gang murders and drug dealing offenses through the state.

Mr. Orput will give us an overview of the murder trial that took place in April of this year in the above case where Byron Smith was charged with two counts of Second Degree Murder with intent – not premeditated, resulting in the deaths of two individuals in his home in November of 2012. The Honorable Douglas P. Anderson presided at the 11-day trial, and MAVRC's very own Mary Boom was the official court reporter.

We will break for dinner at 5:15, and partake in a delicious buffet.

After our dinner break, we will begin with our final sessions of the day, starting up again at 6:15. Dr. Susan Myster, a Forensic Anthropologist, will share with us some of her experiences in her specialty, which has involved the recovery and analysis of human remains from burned, buried, surface and water contexts. She will discuss some of her high profile cases in

Minnesota and her work with other forensic science agencies in analyzing human remains.

Susan M. T. Myster attended graduate school at the University of Tennessee in Knoxville where she specialized in Biological Anthropology, specifically in the areas of human osteology, forensic anthropology and bio-archaeology. Dr. Myster has been consulting as a Forensic Anthropologist in Minnesota and Wisconsin since 1991. Dr. Myster has testified as an expert witness in numerous cases.

She is a member of the American Academy of Forensic Sciences and the Minnesota Chapter of the International Association of Identification. She has published several articles/chapters and presented numerous papers at professional meetings.

Our last, but certainly not least, speaker on Friday will be Nativa (Tiva) Woods, FAPR, RDR, CMRS. Tiva is currently on the Board of Directors of NCRA and has been an official reporter with the Dauphin County Court of Common Pleas, Harrisburg, PA., for 35 years. For the last 10 years, she has worked as chief reporter. She has been involved with the Pennsylvania Court Reporters Association since 1983 and was president from 1990 to 1992. Tiva has also been the chair of NCRF, Council of the Academy of Professional Reporters, and the Committee on Professional Ethics. Most recently, she served on the Steno Opportunities in the Courts Task Force. She is also a proud member of the Foundation's Legacy Society.

Along with providing our members with an update of the happenings

at the national level with NCRA, Tiva will conduct a “townhall meeting” where the attendees can ask questions and voice concerns in the court reporting and captioning professions, and brainstorm together for resolutions and new ideas.

Closing out the day, we will have a social hour beginning at 9:00 p.m., where reporters can catch up with old friends, share war stories, and meet new faces in the reporting profession.

And now, on to Saturday...

Registration on Saturday, September 13, will be held from 8:00 to 8:30, along with a continental breakfast and plenty of coffee! Our session will start up at 8:30, where we will dive right into learning how to tweak our dictionaries!

Anissa Nierenberger, RPR, CRR, CBC, CCP, CRI will present a two-part seminar on Dictionary Jumpstart. Anissa Nierenberger has been captioning for over 21 years. She founded Dictionary Jumpstart, Inc., in 2000. Her company’s realtime dictionary software has helped thousands of reporters improve their dictionaries, lessen editing time, and transition with ease into different areas of reporting, including captioning and CART. She published the “Drug Speller,” which is in its fourth year of publication, updated annually. Anissa is the Immediate Past President of her state association and teaches Caption Masters captioning, CART and realtime courses online.

In the first session of Anissa’s program, we will be viewing a PowerPoint presentation on dictionary building from 8:30 – 10:00 a.m. Anissa’s program will focus on optimizing realtime translation, dictionary building, identification of word boundaries, misstrokes and conflict identification.

After a short break to set up our steno machines and laptops, we will begin the hands-on part of her presentation. We will first be loading the Vocabulary Module of Dictionary Jumpstart on our equipment. During this session, we will be focusing on building dictionaries, writing dictionaries with and without these dictionaries, and learning how to merge the new entries into dictionaries to help scour out the old entries.

From 12:00 to 1:30, we will be having our luncheon and business meeting where we will install our new Board of Directors for the 2014-2015 year as well as hear from our NCRA representative, Tiva Woods.

Seminars will begin again at 1:30. Our first speaker of the afternoon will be Dr. Gretchen Phillips, a Board-certified family physician and medical correspondent. Dr. Phillips is a graduate of Clemson University and the Medical University of South Carolina. She completed her Family Medicine internship while on active duty with the United States Navy and her residency at the University of Florida, where she served as Chief Resident. Dr. Phillips’ clinical experience includes outpatient clinical medicine, hospital care, nursing home care, home-based health care for geriatric and disabled patients, military medicine, insurance medicine, virtual care and emergency care. She has had extensive training in healthcare administration, utilization review, team-based medical care and community care programs.

Dr. Phillips hosted a weekly medical program for CBS Radio for three years. From there, her interests moved to television and public speaking. As a medical correspondent, she is up to date on medical issues that matter most to Americans. Dr. Phillips has worked with CBS and PBS developing on-air content and is frequently featured on NBC and Fox Television. Additionally, Dr. Phillips has been honored to be

part of the Medical Advisory Board for **The Dr. Oz Show** since 2012, and has appeared with Dr. Oz on his television show three times. Dr. Phillips will talk to us about none other than our health, how we can stay healthy and manage our stress-filled lives.

Also joining us for Saturday afternoon will be our very own steno guru extraordinaire, Jim Woitalla, to fill us in on the new technology out there in the world today to make our lives as court reporters easier and more productive.

Tracy Bennett, who has just stepped down from the MAVRC Board as Immediate Past President, has also agreed to provide us with a PowerPoint presentation on how we all can do our part to conserve paper and energy, and reduce, reuse and recycle.

MAVRC has applied for 1.25 CEUs for the Fall Seminar. As of press time, we are still awaiting approval.

Once again, MAVRC will be holding a silent auction on Friday and Saturday, September 12 and 13, during our fall convention. We are looking for members to donate items, from gift cards to baskets or anything you can come up with! Let your imagination run wild! Please e-mail your donation information (description of item, value of item, donated by) to Jolynn Graham, at jgreporting@comcast.net. Bring your donation to the sign-up table at the seminar on Friday or Saturday. MAVRC thanks you in advance for your support!

Monica Christensen is an official reporter in Bemidji, Minnesota, serves as MAVRC’s Continuing Education Chair and serves on MAVRC’s Board of Directors as President-Elect. ■

MAVRC FALL CONVENTION SCHEDULE

FRIDAY, September 12, 2014

12:30 – 1:00 Registration

1:00 – 2:00 Joel Carlson
MAVRC Lobbyist

Our lobbyist will inform us on what had transpired during the last session of the legislature regarding the bills that concerned court reporters.

2:00 – 3:00 Scott Mueller
BCA Special Agent

What exactly does the BCA do? We will learn firsthand from Special Agent Mueller who is currently in charge of the metro regional office.

3:00 – 3:15 BREAK

3:15 – 5:15 Pete Orput
Washington County Attorney

Mr. Orput will take us through the [State v. Byron Smith](#) murder trial where Smith was charged with the murder of two people in his home by Little Falls around Thanksgiving, 2012.

5:15 – 6:15 DINNER BUFFET

6:15 – 7:15 Dr. Susan Myster
Forensic Anthropologist

We will learn about forensic anthropology and how it has been used in some high profile cases that Dr. Myster has been involved with.

7:15 – 8:45 Nativa Woods, FAPR, RDR, CMRS
NCRA Representative

Tiva will conduct a townhall meeting where attendees can ask questions and voice concerns of our profession.

FRIDAY: (.65 CEUs applied for)

MAVRC FALL CONVENTION SCHEDULE

SATURDAY, September 13, 2014

8:00 – 8:30 Registration/Breakfast

8:30 – 10:00 Anissa Nierenberger, RPR,
CRR, CBC, CCP, CRI

Dictionary Jumpstart - Session One

Attendees receive \$145 FREE dictionary software!

10:00 – 10:30 BREAK

10:30 – 12:00 Anissa Nierenberger, RPR,
CRR, CBC, CCP, CRI

Dictionary Jumpstart -Session Two

Bring your writer/laptop!

12:00 – 1:30 LUNCHEON
Business Meeting

1:30 – 2:30 Dr. Gretchen Phillips

Board-certified family physician and medical correspondent on NBC, Fox TV, will discuss health issues and stressors affecting our performance on the job.

2:30 – 2:45 BREAK

2:45 – 3:45 Tracy Bennett, RPR, CRR, CCP

Reduce, Reuse, Recycle! Tracy will show us ways to save time, the environment and even money in reducing our carbon footprint on this earth!

3:45 – 4:45 Jim Weitalla, RDR

What's new in the tech world for court reporters? Stay tuned and we will discover just that by our own computer guru, Jim Weitalla.

SATURDAY: (.60 CEUs applied for)

MAVRC FALL CONVENTION HOTEL INFORMATION



Doubletree Park Place
1500 Park Place Blvd.
St. Louis Park, Minnesota

A block of rooms has been reserved for the
2014 MAVRC Fall Convention
at the rate of \$109 per night

To reserve your room,
please call Doubletree Park Place: 952-542-8600

MAVRC's block of rooms will be
held until 8-22-14.

Make your reservation today!

MAVRC FALL CONVENTION REGISTRATION FORM

Name _____

Official _____ Freelance _____

NCRA Member # _____ Certifications Held _____

Address _____

City _____ State _____

ZIP _____ Phone _____

Email _____

Only Friday (1:00 – 8:45) **\$165** _____

Only Saturday (8:30 – 5:00) **\$175** _____

(All Saturday attendees receive FREE software valued at \$145 from Dictionary Jumpstart!)

Friday & Saturday **\$315** (\$25 savings) _____

Student or Retired member \$125 (2 days) or
\$65 (1 day) _____

Nonmember Fee \$120 _____

(Nonmember fee MUST be paid in addition to the
registration fee if you are NOT currently a MAVRC
member.)

Sponsor a Student _____

Total Amount Enclosed (payable to MAVRC) \$ _____

Mail this registration form and payment to:

MAVRC
PO Box 375
Marshall, MN 56258

Registrations must be postmarked by Friday, September 5, 2014

CONGRATS TO REPORTING STUDENT GRADUATES

Mellisa Huston

I'm very happy to finally be graduated and hopefully be working soon. As far as my current employment and future prospects go, I'm currently a stay-at-home mom of three beautiful boys, but I've applied for multiple official positions that have become available in the last week or two. I just graduated in May, but not much has been available as far as official jobs go. Since I started school, I've known that I wanted to be in the courtroom working for a judge. That's just where I belong. I'm hoping to get some interviews and, fingers crossed, be working by the end of August. I've been fortunate enough to not have to work the past year while in school, so I was able to focus my time on graduating, and it definitely paid off. But now I'm ready and excited to enter back into the workforce and start my career as a court reporter!



Mellisa Huston and her husband



Sue Roberts

Sue Roberts

Sue Roberts earned an A.A.S. in Court Reporting from Anoka Technical College in May, 2014. The summer has been filled with travel and time with family. Future plans include working on speed and accuracy in order to start captioning or providing CART as soon as possible.

Sarah Choy

Sarah Choy has recently completed her Broadcast Captioning/CART Certificate through Anoka Technical College with lots of thanks to her friend and mentor, Jennifer Sati. InnoCaption, a recently FCC-approved project, has given Sarah her first taste of paid labor on the stenograph machine and is helping her sharpen her skills as the coming certification tests approach. Future goals for Sarah include becoming NCRA certified, beginning a career as a broadcast captioner/CART provider, and becoming certified as an ASL interpreter. When not on the stenograph machine, Sarah is an avid reader, a long-time taiko drummer, and an extreme road-trip partner. She has recently transplanted to the Bay Area.



Sarah Choy

CONGRATS TO REPORTING STUDENT GRADUATES

Kelly Brede

My immediate plans for the future are to find a job, of course, preferably an official position, and to work on passing the RPR. All throughout school I had been leaning towards a job as a freelancer, but over the last year, I've found that I have been gravitating towards the stability an official position provides.

Down the road, I would love to go into captioning, but I need to hone my accuracy before that dream can become a reality. Wherever my road leads, I'm just excited to begin this new chapter of my life in a career that will challenge me to be my best every day.

I'd like to thank the instructors of the Judicial Reporting Program at Anoka Tech: Jennifer Sati, Jane Schleusner, Jim Woitalla, Tim Willette, and Deb Longley. Their dedication to both the students and the profession is unparalleled. They have never hesitated to answer any and all questions that I had. Their encouragement is what kept me going the past four years. Thank you for all your hard work and support!



(L to R) Jennifer Sati, Mellisa Huston, Kelly Brede and Jane Schleusner.

IN MEMORIAM - JAMES M. TRAPSKIN

By Jackie Young, RPR, DSA

It was with great sorrow that the court reporting world learned of the sudden passing of Jim Trapskin on July 11, 2014. While mere words can never adequately capture all of Jim's accomplishments and friendships that he developed over the years, it is truly worthwhile to take a look back and celebrate his life and the memories we cherish.

Jim's lengthy career as a court reporter started back in 1965, the year he entered Northern Technical School of Business. Following his graduation in 1967, he ventured into the world of official court reporting for one year and then subsequently became employed with Ray J. Lerschen & Associates in Minneapolis, where he worked for approximately 29 years. In 2001, Jim started his own freelance court reporting firm known as James M. Trapskin & Associates, Inc. He operated his own company for almost 14 years, after which time he took employment with Ramsey County working once again as an official reporter.

During those years, Jim reported countless technical, medical, expert and lay person depositions and trials. He was involved in reporting the Minnesota tobacco litigation, the Coleman/Franken U.S. Senate trial, and the San Juan Dupont Plaza Hotel fire litigation. If one had to venture a guess as to how many words Jim has stroked out in his life, it would likely be in the tens of millions. Jim was also a person who was not afraid of a challenge. Over the years Jim took on the arduous task of learning to write realtime and successfully attained the status of Registered Professional Reporter, Registered Merit Reporter and Certified

Shorthand Reporter.

Not being one to sit on the sidelines, Jim also became actively involved in our various state associations, including the Minnesota Shorthand Reporters Association, the Minnesota Court Reporters Association, and the Minnesota Association of Verbatim Reporters and Captioners. Over the years Jim served on the Board of the Minnesota Court Reporters Association as Board Member B, Vice President-Freelance, President-Elect, and finally President for one year commencing in the fall of 1992.



In 2011 Jim was awarded MAVRC's Distinguished Service Award

During that time Jim generously donated hundreds of hours serving on various committees, including the Minnesota Shorthand Reporter's Association Videotape Deposition Committee, the Minnesota Court Reporters Association's Legislative Task Force, Freelance Committee, Student Seminar Committee, and



At the 2002 spring seminar Jim gave a brief history of the unsuccessful attempt to require mandatory certification in Minnesota

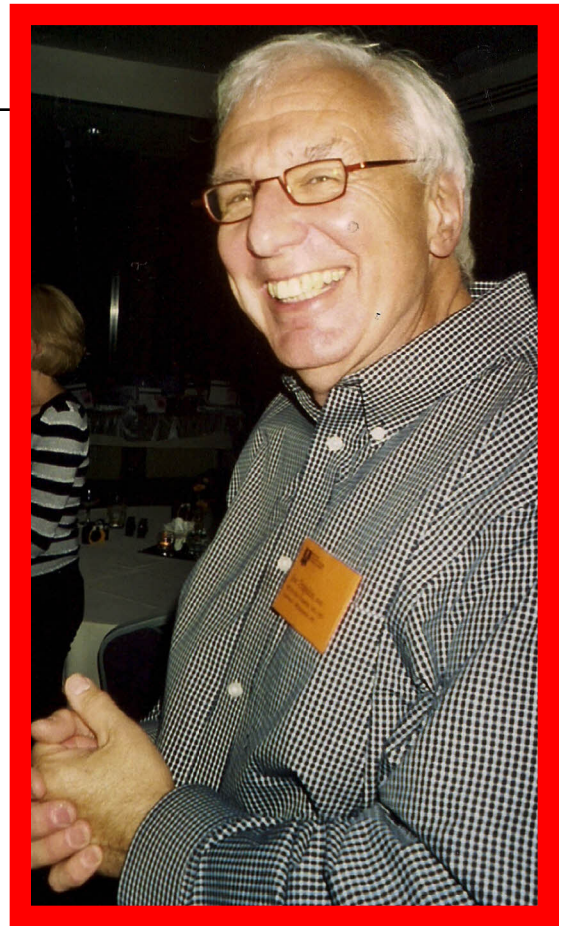
the Minnesota Certified Shorthand Reporter Committee. And if that was not enough, somehow Jim also found time to serve as President of the Stenograph Multi-Users Group, serve as the Omnicat representative on the Stenograph Users Liaison Committee, teach court reporting students, and present at bar association meetings.

In recognition of his dedication and commitment to the court reporting profession, Jim was awarded the Distinguished Service Award by MAVRC in 2011. Thank you, Jim, for giving us some of the best years of your life and for touching us in ways that only a true friend and dedicated professional could. You will be remembered as a person that gave, not because you had to, but because you wanted to. May you rest in peace.

IN MEMORIAM - JAMES M. TRAPSKIN



*Seated (L to R): Jim Trapskin, Jan Dickman, Joanne Ertl, Maureen Rooney, Mary Lou Sweet, Jan Ballman, Karen Lebens
Standing (L to R): Neil Johnson, Lana Fruke, Linda Trondson, Jim Woitalla, Jane Doby, Greg Cosgrove, Mary Mitchell, Jan Bowman, Brenda Anderson*



(Above) Jim's contagious smile at the 2007 MAVRC Centennial Celebration



(Left) Jim shared his knowledge with reporters at the 2007 Fall Convention

(Below) Jim Trapskin and Carol Brausen were willing participants and enjoying a massage at the spring seminar in 2004



(L to R) Tricia Weinberg, Jan Ballman and Jim Trapskin conferring in Chicago at the 2008 NCRA Annual Convention



TRIBUTE TO JIM BY FELLOW REPORTERS

Mary Mitchell:

I was so saddened and shocked at the sudden and unexpected passing of our dear friend and colleague, Jim Trapskin. Jim was such a force of lightness and laughter, but also very serious about his chosen profession as a court reporter. He was the full package – a loving husband, dad, grandfather, accomplished court reporter and businessman, and we came to learn at his funeral service, also a great brother and uncle and very dedicated animal lover and caregiver.

I met Jim back in the 1970s at the many summer conventions held by the Minnesota Court Reporters Association in the Brainerd Lakes Area. Through the years, we all grew together in our profession, wholeheartedly embracing the many changes in court reporting – the most profound of which was the advent of

computer-aided transcription. Jim and I, along with a group of about 25 other risk-takers, became stockholders in what was then known as TRAN/SKRIPT Corporation, conceived and owned by another great Minnesota reporter, Bill Braun.

Those of us who took the early plunge into CAT formed a strong bond that became the impetus for many lifelong friendships. I counted Jim as a lifelong colleague/friend. We both served as supporters, volunteers, and then eventual leaders in our state court reporting association. Jim's dedication to court reporting took many forms. He attended the Registered Merit Reporter certification, and he was also a mentor to many younger associates within his reporting agency.

Jim was a handsome, well-dressed,

gregarious, gentle soul that will be greatly missed. The many comments on his legacy.com site (<http://www.startribune.com/obituaries/detail/23848/?fullname=james-m-trapskin>) exemplify his broad appeal and appreciation by so many whose lives he touched – from the legal community, to the dog community, and beyond. But his greatest legacy



Jim attended the get-together at the Old Spaghetti Factory in 2004

is his family – hearing his sons share their memories of Jim as “Dad” proved he was a constant source of love, laughter, and teacher for them. Gone too early, but life well done, Jim.

Karen Lebens:

I first met Jim when NCRA held their national convention in Minnesota in 1988 during passionate discussions about CAT and the various vendors and steno theory. He struck me then as an intelligent individual who cared deeply about the profession of court reporting. Jim wanted all who practice this craft to strive for excellence and embrace the technology to achieve those goals. These qualities endured in Jim throughout the years.



May, 1988 - Reunion of some of the TRAN/SKRIPT buddies during a brunch that Warren Jones had at his home. Rear L to R: Linda Trondson, Warren Jones, Mary Mitchell. Front L to R: Cheryl Nordstrom, Becky Monger, Jim Trapskin

As Jim worked hard on behalf of court reporters in Minnesota he always had a big smile and welcoming demeanor. He had the ability to ease the tension with a light-hearted remark that often turned into a longstanding joke. One time the Association was working to have better working relationships with other “justice partners.” One of the things we did was to sponsor a hole at the State Bar Association’s golf tournament in Brainerd. Several of us attended and sat at the tee box all day talking with the golfers/attorneys as they came through. That evening after dinner we got together to play Balderdash – after all, we are court reporters, we should know what those words mean. Well, there was one word that really struck my funny bone, although I can’t (or won’t) explain why now. I’m not sure if anyone else remembers the true meaning of the word, but from that day forward, whenever I saw Jim, that was the first word he’d use in greeting me. And so, we’d start our conversation with a good laugh. Thanks, Jim, for enriching my life over the years.



(L to R): Mary Mitchell, Jim Trapskin and Nan Corbett in 2007

Warren Jones:

Jim Trapskin and I were office mates for 20 years and friends forever for another 23 years when I left the court reporting agency we were both members of. We had many, many shared lunches back at the agency as we discussed our assignments or whatever was newsy.

It was easy to talk with Jim, and I respected all that he has done with his career and for the contributions he made to the state association and various boards he served on. I remember when he was first dating Susan and how smitten he was with her. I will always remember Jim as my good pal and lifetime friend. Rest in peace, my friend. Gone way too early.

Jan Ballman:

Jim was an icon in the court reporting industry and will be sorely missed on many levels. My heartfelt condolences to the entire Trapskin family.

Sherry Treiber:

Jim was a very unique individual. He was always so helpful, happy, sincere, and I will miss having a fun exchange of banter with him. He always made me smile and will be so very much missed here at the courthouse.

Pat Mahon:

Will miss our visits to Erbert’s at noon. Jim touched a lot of lives, and we’re all richer because of him. He was a very dedicated man.

Claudette Ask:

Jim was such a good person, fun to be around, funny, yet smart and serious about his work, the community, his family and friends. He was taken away too soon and will be missed by all who knew him.

Janet Shaddix Elling:

Such sad news about Jim. We first met on the board of the Minnesota Court Reporters Association. Jim was dedicated to his family and his work. Rest in peace, my friend, you will be missed by many.

Jane Whisney-Wilson:

What a shock. Jim was one of the finest court reporters I have had the pleasure to know. I chuckle about the times I would have to run back to the Hennepin County Government Center

– almost late for a morning or afternoon session in court – because we had stopped in the skyway system to chat. I miss those times and I will miss Jim.

Sheila Smith:

I am profoundly saddened by the loss of my friend and colleague Jim Trapskin, who passed away unexpectedly on July 11th. I have known Jim for about 30 years and have worked very closely with him over the last ten years in general and on various challenging projects. I have looked to Jim for mentorship, advice, and friendship. Jim has always been very active in the court reporting profession, and in fact I met him many years ago while serving on a certification committee. I know Jim has served as president of our state association and has always enjoyed an excellent reputation among his colleagues and peers. Jim was an enthusiastic advocate for technological advances in the court reporting field, and we often coordinated and collaborated on challenging reporting opportunities. In addition, I am personally familiar with Jim’s love of animals, his participation for many years as a volunteer with the Animal Humane Society, and his passion for helping people adopt pets. In fact were it not for Jim, I would not have found my beloved Doberman Pinscher that I adopted through the Humane Society. Jim will be sorely missed by many, and I am very proud to have called him my friend. ■



Jim Trapskin and Ronald Moen at the spring seminar in 2011

MAVRC FALL CONVENTION SILENT AUCTION

MAVRC is currently seeking donations for the silent auction to be held at the fall convention. Have some fun with your co-employees, friends, or fellow students putting together a theme basket or contributing a gift certificate or whatever you creatively come up with!

The silent auction will be held on
Saturday, September 13th.

If you would like to donate an item, please bring your donation to the sign-up table at the convention AND please email in advance a description of the donation, its value, and the name of the donor to jgreporting@comcast.net.

Your participation is appreciated.
Thank you.

REPORTER RECIPES

By Melissa Keute

Zucchini Bread

- 2 cups sugar
- 3 eggs beaten
- 1 cup oil
- 3 cups flour
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 teaspoons vanilla
- 3 1/2 cups shredded zucchini
- 1 1/2 cups nuts (optional)

Preheat oven to 350 degrees. Mix all ingredients and bake for 1 hour.

Makes two 5x9 loaves. Freezes well!



Chicken Salad with Maple Mustard Vinaigrette

- 1 - 1 1/2 pounds boneless skinless chicken - baked and cubed
- 1 cup celery
- 2 large tart apples
- 3/4 cup roasted walnuts
- 1/3 - 1/2 cup vinaigrette

Vinaigrette

- 1/3 cup apple cider vinegar
- 3 cloves peeled and crushed garlic
- 2 shallots
- 1 teaspoon ground pepper
- 1 tablespoon smooth Dijon mustard
- 1 tablespoon coarse Dijon mustard
- 2/3 cup maple syrup
- 1 cup vegetable oil

Mix all but oil in a blender or food processor. Once well blended, slowly add oil.

Melissa Keute is an official reporter in Foley, Minnesota, and is MAVRC's treasurer.



Have a favorite recipe you would like to share?

Please email your favorites for inclusion in the MAVRC newsletter to:

Jolene.Carrow@gmail.com

STUDENT'S CORNER - BECOMING A GOOD COMMUNICATOR

By Jackie Young, RPR, DSA

While court reporters are often thought of as the “silent” person in the room, possessing effective communication skills is imperative to your success, but they are often overlooked when you are preparing for your career. Friendly and positive communication helps increase your opportunities for expanding your client base as well as the likelihood of advancing in your career by being awarded the more lucrative depositions or landing a new job.

Because we now live in a technology-driven world, communication is very diverse and takes on a wide range of forms. The most basic form of communication, of course, is face-to-face, and how you communicate with someone can include everything from the words you speak, the tone you use, the rate of your speech, and your body language. Other forms of communication include speaking over the telephone, conversing with someone through e-mail, written text in a book or article, Twitter, or other social media sites. Regardless of the method of communication you are employing, the most important goal in effective communication is making sure that the message that is received is the one that you intended to send.

Effective communication involves more than just the exchange of information. It involves understanding the emotion of the person you are interacting with as well as other challenges. Some other obstacles you may face when speaking with someone can range from various physical or physiological problems, ambiguous language, the use of jargon or words you are unfamiliar with, and nonverbal language such as gestures

and facial expressions. An example of this would be talking with someone who has a tendency to use a great number of hand gestures. In that case you may be more focused on what they are doing instead of what they are saying and the message they are attempting to convey subsequently gets lost or misunderstood.

Fortunately, however, there are a number of techniques you can use to help you avoid most of the barriers to effective communication. Taking the time and effort to become proficient in these basic communication skills will allow you to become more confident, improve your relationships at work and at home, and help prevent situations from escalating.

Effective Communication Tool #1:

One of the most effective communication skills is something that all court reporters should be good at: Listening. Successfully listening to what someone is saying helps you understand the words or information that is being conveyed as well as how the speaker feels about what they are communicating. If the person is aware that you are listening attentively to what they are saying, it helps to build a stronger, deeper connection between the parties and it gives the impression that you care about what they have to say, which in turn can help calm someone down if they are agitated or it can relieve negative feelings. It also creates an environment where everyone feels safe to express ideas, opinions and feelings.

Tips for effective listening include staying focused on the speaker and not checking text messages or doodling or looking around the room. You should avoid interrupting (something court reporters can easily relate to) or trying to redirect the conversation to yourself. The last important

element of listening is to show your interest in what is being said. Your interest can easily be conveyed by nodding or smiling occasionally and encouraging the speaker to continue with small verbal comments like “yes” or “I understand.” I would strongly recommend not doing this if you are reporting, however, since court reporters are to remain neutral.

Effective Communication Tool #2:

Nonverbal communication also needs to be taken into consideration. The way you look, listen, move, and react to another person will often tell them more about how you are feeling than words alone ever can. By employing open body language – arms uncrossed, standing with an open stance, sitting on the edge of the seat, or maintaining eye contact with the person you are talking to helps foster the impression that you are truly interested in what they have to say. Depending upon the situation, it may also be important to take into account that people from different countries and cultures tend to use different nonverbal communication gestures and you should not read too much into a single gesture or nonverbal cue.

Effective Communication Tool # 3:

A person's emotional state also factors into the way they communicate. More often than not, the way you feel about something is more likely to play a larger role in how you communicate or what decisions you make than the way you think about something. If you do not understand how you feel or why you feel that way, you will naturally have a harder time communicating your feelings and needs to others, which can then result in frustration, misunderstandings, or conflict. If you do not or are not capable of addressing what is really bothering you, it will

often lead to you becoming caught up in petty arguments.

Being emotionally aware will help you understand and empathize with others, help you understand what is really bothering you, and help you stay focused on comprehending and relating to what the other person is saying even if you do not like them or their message. Having a good awareness of another person's emotions will also help you build strong, trusting, and rewarding relationships without becoming caught up in petty conflicts.

Effective Communication Tool #4:

By understanding clearly the purpose and intent of your message, you will be able to convey the message and the impression you want your message to leave. Because words can easily be taken out of context or misconstrued, an effective communicator is someone who is always aware of his audience and conscious of his tone. If you are talking in a condescending or arrogant manner, many times the person you are speaking to will tune you out and your message will either be lost or ignored. Use clear, concise, and straightforward language during situations where you feel it is necessary to help strengthen your business relationship.

Effective Communication Tool #5:

Whenever speaking with someone, especially on the job, being a true professional will help you give the impression that you are interested in providing the best service possible and improve your credibility. Communicating as a professional involves writing or speaking in a coherent, direct manner. If an attorney is busy preparing for the upcoming deposition, now would be a good time to avoid too much small talk as it can give the impression that you do not respect their time.

Effective Communication Tool #6:

Exhibiting confidence is essential for building successful business relationships. When networking or meeting other business associates, be sure to shake their hands firmly, smile, and make eye contact. If appropriate, take the time to acknowledge the other person's business values and beliefs, and be sure to thank them for using your services following the completion of the deposition.

Effective Communication Tool #7:

While this is easier said than done, learn to respond to criticism without getting defensive or becoming offended. While criticism may be hard to hear, it is important to listen to what the person is saying since it may be valuable information to know. By taking the time to internally evaluate the criticism and not brush it off, you will be able to take whatever appropriate steps are necessary to address what has been said and hopefully improve upon the area that they felt was lacking.

Effective Communication Tool #8:

Do not be afraid to admit when you are wrong. It helps to diffuse the situation, sets a good example, and shows maturity. It will often inspire the other person to respond in kind, leading you both closer to a mutual understanding and a solution.

Effective Communication Tool #9:

Rather than being accusatory in your statements, such as "you really screwed up this time," try using statements that involve yourself personally and your feelings. By using the words, "I feel frustrated when this happens," it helps the other person understand your point of view rather than feeling attacked.

Effective Communication Tool #10:

If things get heated and tempers are flaring, it is okay to take a break from the discussion until both parties cool off. It is completely unacceptable, however, to lose your cool while reporting a deposition or a trial. If

things are getting to the point where you can no longer effectively do your job because you are getting frustrated by the speed at which people are talking or the fact that they are continually interrupting one another, ask for a break and relax for a few minutes.

Effective Communication Tool #11:

Slow your speech down if you find yourself talking fast. People will oftentimes perceive you as nervous and unsure of yourself if you talk fast. Just be careful not to slow down to the point where people begin to finish your sentences for you.

Effective Communication Tool #12:

Be an animated speaker and raise and lower the pitch of your voice periodically. Avoid a monotone. Learn to speak more softly when you are alone and close. Speak louder when you are speaking to larger groups or across larger spaces.

Effective Communication Tool #13:

Ask for feedback, because without it, you will not be sure that what you said was understood.

While the above-listed tips are important to remember, perhaps the greatest advice to be mindful of is the following words of Anthony Robbins, self-help coach and motivational speaker: "To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communications with others."

Jackie Young is a freelance reporter from Delano, Minnesota, and serves as the Editor of MINNE-strokes. ■



MAVRC's TRIVIA CHALLENGE



MAVRC's Trivia Challenge



Welcome to MINNE-strokes new trivia page!

Each issue will feature a contest giving you the opportunity to win a \$25 certificate redeemable towards MAVRC's 2014 Fall Convention or 2015 Spring Seminar

Guess who?



The first person to submit the correct names of the people in the photograph to Jackie Young at rite2jackie@frontiernet.net will be this issue's lucky winner!

Test Your Knowledge

1. What year did the first World's Congress of Stenographers meet in Chicago?
1893 1903 1915 1942
2. What year was the first convention of the National Shorthand Reporters Association held?
1888 1899 1908 1923
3. What city was the convention held in?
New York City Washington, D.C. Chicago San Francisco
4. Who was NSRA's first president?
R.T. Russ George Washington Kendrick Hill Sherwin Williams



(Answers can be found on Page 31)

NCRA MAY 2014 TEST RESULTS

Congratulations to MAVRC members who became
newly certified as of the May Skills Tests

REGISTERED PROFESSIONAL REPORTER

Rebekah Bishop, RPR; Waconia, MN

REGISTERED MERIT REPORTERS

Jonathan D. Wonnell, RMR; Bloomington, MN
Merilee Sue Johnson, RMR, CRR, CBC, CCP; Eden Prairie, MN
Lori Lynn Morrow, RMR, CRR, CCP; Eden Prairie, MN

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Jean.whalen@courts.state.mn.us

COURT REPORTING STUDENT PROFILE

By Kassie Lahti-Beebe

Name: Kassie Lahti-Beebe

School: Anoka Technical College

Speed: 180

Hometown: Hibbing

Tell us a little about yourself. I grew up in Hibbing, Minnesota, and moved to Elk River, Minnesota, about ten years ago. I am currently living in Monticello. I have four little brothers that constantly keep me busy. I am a Personal Care Attendant for my oldest brother who is autistic. In my spare time I like to go to their dirt bike races and I also like to go up north and travel as much as I can.

What made you decide to pursue a career in court reporting? Court reporting has always been something that interested me. I went to the orientation at Anoka Technical College and decided it was something I wanted to pursue.

What area of reporting interests you the most at this time - official, freelance, or captioning/CART? Official reporting interests me the most. I would love to work in the courtroom and have a set schedule. Freelance reporting also interests me because I like the idea of doing something different with each job.

What's been the most challenging or rewarding part of your schooling thus far? Everything about school has been rewarding thus far. It's incredibly exciting to move up a speed and to see how much I've progressed since I started school. It's a little overwhelming at times because there is a lot more you have to learn to be a reporter than just being able to write fast.

Do you know any working reporters or anyone that's been an influence to you? Yes. I have a mentor who is incredibly inspiring. She encourages me and keeps in constant contact. It is comforting to know I have someone experienced to talk to if I have any questions or concerns. I love to hear about reporters who are still continuing their education and striving to meet new goals.

If you had an hour of freetime, what would you be doing (besides practicing on your steno)? Besides practicing writing, I would probably be outside. I love summer in general. I like going to the beach, going camping, and going to music festivals.

What is your favorite band or type of music? I'm a country music fan but I like most types of music.

What is your favorite food or restaurant? I'm a burger-and-fries type of girl but I do love P.F. Chang's and Mongo's Grill.

Where is a place you would like to visit? I would love to travel to Australia one day.

The last book you read? "Defending Jacob" by William Landay.

The last movie you watched? I just watched "Non-Stop." Very intense and I highly recommend this movie.



Kassie Lahti-Beebe and her mother

STUDENT SCHOLARSHIPS AWARDED

Congratulations

to the recipients of
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Bill Boes

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Advertising with MAVRC offers opportunities to inform others in our profession as well as members of the legal community and the general public of the variety of services court reporters provide.

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Please send this completed form, your payment, and your camera-ready ad to:

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To be included in the Winter, 2014, issue, your ad and payment must be received by November 1, 2014.

Questions may be addressed to MAVRC's Administrative Assistant, Jolene Carrow, at the MAVRC website or by calling her at (507) 532-0676.

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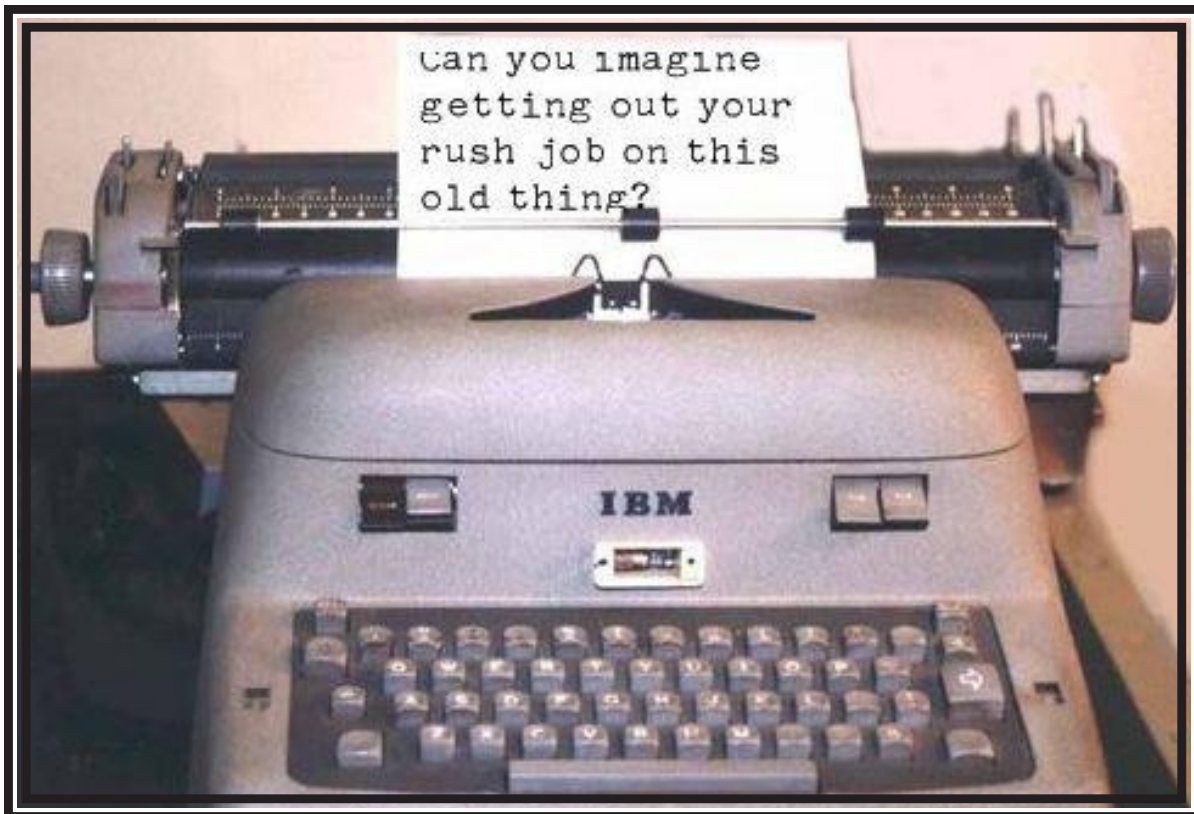
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Jennifer Sati

JSati@anokatech.edu

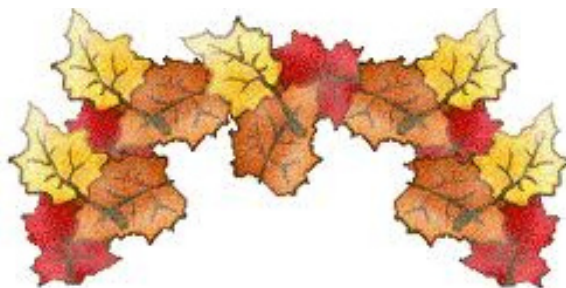


Trivia Question Answers from Page 22:

1. 1893; 2. 1899; 3. Chicago; 4. Kendrick Hill



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UPCOMING EVENTS

- | | |
|----------------------------------|-----------------------------------------------------------------------------|
| September
12 & 13 | MAVRC Annual Fall Convention
Doubletree Park Place
St. Louis Park, MN |
| August
16 | NCRA Skills Examination
Anoka Technical College |
| October
8-20 | NCRA Written Knowledge Examination
Anoka Technical College |



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