



# MINNE-strokes

Minnesota Court Reporters: On and Off the Record

Spring 2023  
Volume 26, Issue 1

## What's Inside?

PRESIDENT'S ADDRESS	1-2
BOARD VACANCIES /MISSION STATEMENT	2
BOARD OF DIRECTORS/RENEWAL REMINDER	3
SPRING SEMINAR BROCHURE	4
SUMMER SEMINAR BROCHURE	5
SEMINAR REGISTRATION FORM	6
2022 YEAR-END TREASURER'S REPORT	7
CONGRATS, GRADUATE!	8
WELCOME NEW MEMBER!	8
MN OFFICIAL JOB OPENINGS	8
PROFILE OF A BOARD MEMBER: JEANNA ZUNKER	9-10
STENO EXTRAVAGANZA RECAP	11-12
RULE 30 ARTICLE	13
PROFILE OF A STUDENT: MOLLY STURGIS	14
HYDRATION AND BRAIN FUNCTION	15
DATES TO REMEMBER	15
WHERE ARE THEY NOW? MARY JO LEGRAND	16-17
PRO BONO SERVICES	17
PARENTHETICAL BRIEFS	18
SECTION V: REMOTE REPORTING	19
COMMITTEE/BOARD LIAISON LIST	20
RETIRED MEMBER INFO/NCRA BOOT CAMP	21
MINNE-STROKES TEAM	21
TEAMSTERS STEWARD LIST	22
MN AGENCY LISTINGS	23
ADVERTISE WITH US	24



## President's Address

By Lynzie Zempel

In celebration of Valentine's Day and Court Reporting and Captioning Week, I sat down at my desk and wrote court reporting a good old-fashioned love letter.

*Dear Court Reporting,*

*First and foremost, the greatest joy of my career has been the privilege of being the court reporter to the Honorable DeSanto in Duluth, Minnesota, and the Honorable Richard Kyle, Jr. in St. Paul, Minnesota. I would never have been able to meet and learn many lessons from two of the kindest and wisest people I have met if not for court reporting. These lessons include: Be a lifelong learner, be a mentor, have a mentor, the art of storytelling, and most importantly learn how to XC ski. Thank you, Judge Kyle.*

(Cont'd on page 2)

## President's Address

(Cont'd from page 1)

*Thank you to my little steno machine, which is the equivalent to a backstage pass. Our steno machines are our VIP passes to hear so many stories. The grief of a juror, the anger of a defendant, the boring details and educational background of HVAC employees. I have had unfettered access to grand juries, prisons, glamorous law firms, and the New Ulm courthouse in the city where my mother was born.*

*Thank you for allowing me to own my own business. The freedom of business ownership has given me the ability to travel to Paris, India, and Hawaii. Thank you for the financial freedom and the opportunity to be my own boss. But the best part of being a business owner? Every few months I get to sit down in my wonderful office and order Post-it notes, highlighters, three-hole paper, or an office chair; and my Virgo heart sings.*

*Because of you, dear court reporting, I have so much more confidence in myself. I have learned a wealth of knowledge from every deposition I have sat in. I have learned that failure is the most powerful tool to success. I once overheard an attorney in Duluth tell his client, "In life we only get a few choices and chances; make the best of it." This has stuck with me when I have had to make tough decisions in both my career and life.*

*Thank you for allowing me to meet the most interesting, charming, and funny people: Court reporters. In this little community that we have built, we can laugh together, cry together, and learn from one another. I love this community we have built.*

*Love, Lynzie*

## Board Vacancies

The position of Director-at-Large B (Official) is currently open! If you are interested, please contact any member of the board. Besides monthly Zoom meetings, which last about an hour, the time commitment can vary greatly depending on members' interests and the projects they take on.

### 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.**

# 2022-2023 BOARD OF DIRECTORS

## PRESIDENT

Lynzie Zempel  
218.393.1975  
lynzie@zempelreporting.com

## VICE PRESIDENT

Shelby Brown  
970.488.0789  
shelby.delta@gmail.com

## SECRETARY

Jennifer Sharp  
612.309.8459  
jennysharplynn@yahoo.com

## TREASURER

S. Ryan Ziegler  
612.219.6207  
srziegler@gmail.com

## DIRECTOR-AT-LARGE A (Official)

Rhonda Franken  
507.271.3453  
rhonda.franken@courts.state.mn.us

## DIRECTOR-AT-LARGE A (Freelance)

Deanna Oaks  
858.231.0383  
oaksdeanna@gmail.com

## DIRECTOR-AT-LARGE B (Official)

VACANT

## DIRECTOR-AT-LARGE B (Freelance)

Jeanna Zunker  
320.760.4561  
jeannazunker@gmail.com

## IMMEDIATE PAST PRESIDENT

RandiAnn Harvey  
320.679.6400  
randiann.harvey@courts.state.mn.us

## EX-OFFICIO STUDENT MEMBER

Elizabeth Peterson



# Deadline for 2023 MAVRC Membership Renewal is 3/31!

**Please be sure to renew your membership  
before March 31st! After that date, the  
directory and distribution lists will be updated.**

MAVRC has partnered with Wild Apricot, a database management service that came well recommended by other state court reporter associations.

This allows us to move membership renewal completely online, alleviating a large time commitment for board members while also increasing access and options for members.

Members should have received an email on November 10th with information on how to log in to your already-created account and change the password. After you have logged in, you'll be able to update your account information, view the directory, as well as renew your membership and register for upcoming events.

You can find the link to the portal at <https://mavrc.wildapricot.org/>, or by going to [mavrc.org](https://mavrc.org) and clicking on the "New Membership Portal" tab.

Membership dues remain the same as last year.

If you are a student member who wants to renew and request a sponsorship, please email us at [mavrc@mavrc.org](mailto:mavrc@mavrc.org).

Retired members should log in, change their password, and confirm their account information, but do not need to submit any payment or renewal.



# MAVRC SPRING SEMINAR 2023



## April 22

Anoka  
Tech  
8:30 A.M.

## SCHEDULE

Approved  
for .45  
CEU's

REGISTER AT  
[WWW.MAVRC.ORG](http://WWW.MAVRC.ORG)

Professionals: \$100  
Bundle with the  
Summer Seminar: \$150  
Students: Free

- 8:30-9:00-Registration/Light Breakfast
- 9:00-10:30-Legislative/Boot Camp Update
- 10:30-11:00-Break/Snacks
- 11:00-12:30-Mackenzie, Physical Therapist
- 12:30-1:00-Break/Light Lunch
- 1:00-2:30-Lisa Haster, Probate Attorney

## SPEAKER LINEUP



MAVRC Lobbyist Joel Carlson will provide a legislative update. Joel will be followed by MAVRC Board Members Lynzie Zemple, Deanna Oaks, and RandiAnn Harvey, who will share their experiences from the NCRA Boot Camp. Q&A to follow.



There's no doubt that being a court reporter wears on our bodies. Mackenzie, DPT, is here to help. Mackenzie will discuss several common repetitive stress injuries we deal with in our profession. She will focus on prevention, causes, and treatment. Mackenzie will demonstrate treatment techniques live.

Q&A to follow.



Mackenzie Jones  
Physical Therapist

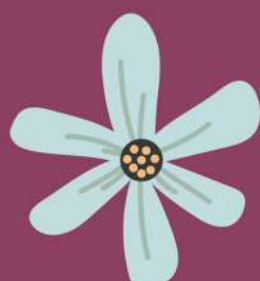
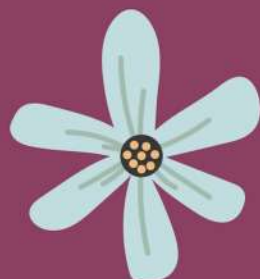
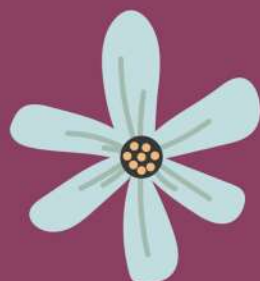
Lisa Haster  
Probate Attorney



What can you do to protect your cash, kids, and real estate from Uncle Sam and probate court?

With over 15 years' experience in estate planning, Lisa will guide you through a general overview of estate planning, asset protection, wills versus trusts, and business-succession planning. Lisa will also demo a live consultation with an audience member.

Q&A to follow.



**MAY  
20**

**9:00 A.M.-12:15 P.M.**

**via Teams**

Approved for .3 CEUs

Register at [www.mavrc.org](http://www.mavrc.org)



**Julie - Proofreader**



[@onthedotproofreading](https://www.instagram.com/onthedotproofreading)

[@scoping\\_coach](https://www.instagram.com/scoping_coach)



**Rachel - Scopist**

# THE DUO YOU'VE BEEN WAITING FOR

- Things Your Proofreader Wishes You Knew
- Setting Your Proofreader Up for Success
- A Time Management Tool That Actually Works
- Avoid Hiring a "Bad Scopist"
- Maintaining a Successful Reporter- Scopist Relationship
- Efficient Editing Tools in Our Software

Because Anoka Tech's schedule necessitates an earlier-than-normal ending to our spring seminar, and in response to member requests for virtual CEU opportunities, MAVRC is hosting a summer seminar session via Microsoft Teams on May 20. We hope to "see" you there!

# 2023 SPRING/SUMMER SEMINAR REGISTRATION FORM

(Complete online at <https://mavrc.wildapricot.org/event-5126218/Registration>)

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Certifications: \_\_\_\_\_

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

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

Registration: Spring and Summer Bundle:	\$150	_____
Registration: Spring Only:	\$100	_____
Registration: Summer Only:	\$75	_____
Registration: Summer Only NON-MAVRC Members:	\$95	_____
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	_____

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.

**TOTAL (payable to MAVRC): \$ \_\_\_\_\_**

Please postmark your registration by: April 15, 2023.

**CANCELLATION POLICY:** A full refund will be made if your cancellation is received on or before **April 15, 2023**. If your cancellation is received after April 15, 2023, 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

# 2022 Year-End Treasurer's Report

By Ryan Ziegler, RPR

**Beginning Balance: \$23,227.01**

**Deposits: \$38,223.13**

**Expenses: \$34,394.07**

**Ending Balance: \$27,056.07**

## Breakdown of Income & Expenses:

### Administration:

**Deposits: \$0.00**

**Expenses: \$2,601.29**

### Membership:

**Deposits: \$16,624.00**

**Expenses: \$120.00**

### Spring Seminar:

**Deposits: \$8,082.12**

**Expenses: \$2,885.22**

### Fall Seminar:

**Deposits: \$12,922.39**

**Expenses: \$11,269.74**

### Advertising:

**Deposits: \$589.06**

**Expenses: \$0.00**

### Website:

**Deposits: \$0.00**

**Expenses: \$462.52**

### Legislative:

**Deposits: \$0.00**

**Expenses: \$13,600.00**

### Insurance/Tax Prep:

**Deposits: \$0.00**

**Expenses: \$2,419.10**

### Student/Social Relations:

**Deposits: \$0.00**

**Expenses: \$857.80**

### Interest:

**Deposits: \$5.56**

**Expenses: \$0.00**

### Miscellaneous:

**Deposits: \$0.00**

I hope that most of the numbers here speak for themselves, but I wanted to give context and a little more information regarding MAVRC's finances in 2022 and coming into 2023.

First up, I want to acknowledge two mistakes that I made last year as treasurer. Early last year, the Board decided to switch from Bank of the West to a bank with more locations around the state and which would be more responsive and flexible. We chose to open accounts with Wells Fargo, and that switch was effectuated in February and March of last year. The transition has gone smoothly, but during the switch, some confusion on my part led to a double payment to Joel (his contract is for \$12,600 a year, not the \$13,600 you'll see here). Joel has agreed to forgo a payment this year in order to correct the error.

Secondly, again due to a misunderstanding on my part, the MAVRC taxes were not filed on time. MAVRC was assessed a penalty of \$1,351.10. We have requested forgiveness and/or leniency of the penalty and twice have been notified that the IRS is still processing the request. This amount is included in the "Insurance/Tax Prep" category. We remain hopeful that the penalty will be either reduced or forgiven entirely.

Also included in these numbers is a \$2,244 prepayment of two years for Wild Apricot, the membership management subscription service we are now using. Prepaying saved us 15%, and we will not need to pay additional fees for those services until December 2024.

Lynzie Zempel and RandiAnn Harvey, as current President and Auditing Committee Liaison, have reviewed this Year-End Treasurer's Report, along with bank records and underlying spreadsheets, and have approved its contents.

If you have any questions about any of these numbers, please feel free to reach out to me either at [mavrc@mavrc.org](mailto:mavrc@mavrc.org) or at [srziegler@gmail.com](mailto:srziegler@gmail.com). I would be happy to answer any questions.

# Current Job Openings:



Court Reporter - Temporary - Ramsey County, St. Paul  
Court Reporter, Hennepin County, Court Reporter Unit  
Court Reporter, Olmsted County, Honorable Joseph Chase  
Court Reporter, Dakota County, Honorable Richelle Wahi  
Court Reporter, Dakota County, Honorable Timothy McManus  
Court Reporting - Part-Time - Dakota County, Honorable Dannia Edwards

**For more information, go to:**

**<https://www.governmentjobs.com/careers/mncourts>**

**Welcome, New Member:**  
**Jackie Resh, Anoka Tech Student**

**Congrats, New Graduate!**

Jenna Kilian recently graduated from Anoka Tech.  
She is currently working as an official in Elk River,  
Minnesota. Congratulations, Jenna!

## **UPCOMING SEVENTH DISTRICT REPORTER POSITION**

**By Michelle Foley, RMR, CRR**

The Seventh Judicial District – Stearns County/St. Cloud – will have an opening for a steno reporter effective at the beginning of August of this year. This position is for Judge Andrew Pearson. Judge Pearson has been on the bench for nearly ten years and is really hoping to find a steno reporter. I have been his only reporter for his time on the bench. Judge Pearson is very self-sufficient and very hands off, i.e., lets me do my job without micromanaging.

Stearns County has nine chambered judges, seven steno reporters and two electronic reporters. Reporters in the Seventh District work almost exclusively with their own judge unless they are filling in for another reporter. Some reporters come in every day and some are on more of a hybrid schedule. Judge Pearson comes to the office each day but would be open to a flexible schedule if someone lives a distance away. (We have reporters here from Zimmerman, Buffalo, Clearwater, and Holdingford). There are many benefits to the official reporter position, including stability of schedule, great benefits, and virtually no travel except to and from the courthouse.

Stearns County has a wonderful group of reporters and judges who work well together! If you or someone you know is interested, or if you are a student and nearing completion and would like to learn more, please feel free to call me, Michelle Foley, at 320-656-3676.



# Profile of a Board Member

## Jeanna Zunker, RPR



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

A: I started school at the University of Minnesota in Crookston in 1991 and transferred to St. Cloud to finish when the University decided to close their program. We typed all our speed tests by taking the paper notes from our writer and typing them on a typewriter. I remember how exciting it was when we got electric steno machines instead of manuals! We were given a Case CATalyst (Premier Power at the time) dictionary, but they weren't really instructing us on realtime, so I was fortunate to finish school in St. Cloud, where it was a bigger part of the program.

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

A: I have always been a freelance reporter and started my agency about four years after graduation.

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

A: I have a Luminex II and Case CATalyst. I also keep a Luminex I as backup. I actually keep one machine packed at all times for in-person work and the other always set up in my office for Zoom. It's a nice way to make sure your backup machine is still charged and working.

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

A: I produce all my work and use a proofreader. It's amazing what a person's brain can read right over, even when you're trying to catch every error.

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

A: Don't put anything off. You never know when another job is going to pop up or get expedited, so always keep plugging ahead on what you're working on, even if it seems like you have plenty of time to get it out.

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

A: A brief that I use is for the name of the witness, and it's sort of a rule instead of a brief. I always write the witness/deponent as the exact same stroke. That way, there is no extra thought involved. I used to write MR\*S(PHR\*S) for Mr. Smith, et cetera, using the first letter of the last name, but I simplified and use the same outline no matter what that person's name is. I use PHR\*F because they are all grouped together and easy to hit. At the start of every job, I define that stroke, and I'm good to go.

**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: Attending NCRA Leadership Bootcamp in 2011 pushed me out of my comfort zone and gave me valuable tools about speaking with legislators on behalf of our organization. It was exhausting but also very exciting.

*(Cont'd on page 10)*

## Profile of a Board Member: Jeanna Zunker, RPR (cont'd)

**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 continuing education credits?**

A: I am an RPR and have been a member of NCRA since I was in college. I passed the written knowledge while I was attending college, but I didn't get the speed right away. At that time, we were required to pass all three legs at the same time, all or nothing. Ironically, I passed all three legs the very first year that they allowed us to pass them one at a time. I told myself going in, I'm just going to get one. That was my goal. I think that helped me pass all of them, because it took the pressure off a bit. Most of my continuing education is through MAVRC seminars. I'm so glad that we have a state association that provides us with that opportunity.

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

A: This is my second time serving on the board. Beginning in 2007, I served a six-year term, moving up through the presidency, finishing in 2013. This time, I've been serving as a director and will complete my two-year term this fall.

**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: I have really enjoyed working on conventions. It is sometimes challenging, but it is very rewarding when it comes together. Searching for speakers that I think the membership may be interested in is always on my mind. I currently serve on the continuing education committee and am the student board liaison.

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

A: My husband and I have three fantastic kids, two already college graduates and doing well. The youngest is a junior in high school. I enjoy spending time with my family as much as possible.

**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: Top Gun Maverick was the last theater movie I saw. I like movies at home better than the theater. I just read Harlan Coben's book, Stranger, so I can watch the Netflix series. I am always reading more than one book, usually different types, because sometimes you're in the mood for an action/thriller and sometimes want something light, like a beach read. I'm currently reading Colleen Hoover - Slammed, John Grisham - A Time for Mercy, Karen M. McManus - Two Can Keep a Secret, and listening to Robyn Peterman - The Write Hook on Audible when I drive, walk, or clean. La Casita's Pollo Fundido is my go-to favorite.

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

A: I've been lucky to see some really great places. Ireland is my favorite of all, because it really felt like home. The people were beyond kind. My daughter signed up for an educational tour of the Swiss Alps region this year, and I'm excited to tag along and see that area with her.

# Steno Extravaganza!

## Celebrating Court Reporting & Captioning Week

By Debbie Peterson, RPR

In celebration of National Court Reporting & Captioning Week, a STENO EXTRAVAGANZA took place on February 8, 2023, at Anoka Technical College. MAVRC was honored to partner with Anoka Technical College for this event.

Several Judicial Reporting students were in attendance along with Freelance and Official Reporters, Human Resource staff, and several judges from the First, Tenth, and Second Districts. A HUGE thank you to all who took the time out of their busy schedules to promote the court reporting profession!

The students had an opportunity to hear directly from the judges what a day in court might be like and got to know a few of the judges on an informal basis. Students were invited by the judges and reporters to come and observe court in their districts. Visitors were able to hear about the court reporting profession from working reporters, take a tour of the captioning lab, and enjoy pizza and cake. Handouts were given to the students regarding current vacancies working for the Minnesota Judicial Branch as an Official Reporter and the benefits that go along with that position.



(Cont'd on page 12)

# Steno Extravaganza!

## Celebrating Court Reporting & Captioning Week (cont'd)



A special presentation was held in honor of Jane Schleusner's "retirement." Congratulations, Jane! If you are familiar with Jane, you know she will still be very involved with the students at Anoka Technical College in helping all of them become fantastic reporters. You have been an extraordinary instructor, Jane! The students have been very fortunate to have your incredible insight and experience as they pursue careers in the reporting profession. THANK YOU!

Another HUGE thank you to Jennifer Sati, Deb Longley, Adrienne Conzemius, Jenny Ogaard, and Jeanna Zunker for the exceptional instruction at Anoka Technical College. Your dedication to this profession is appreciated by all working reporters!



We are honored that 1st Judicial-District Judges Carrie Lennon and Arlene Asencio Perkkio came to support steno reporters!

# RULE 30. DEPOSITIONS BY ORAL EXAMINATION

## By Jackie Young, RPR, DSA

Despite the legal world moving towards more electronic filing of documents given its convenience and efficiency, unfortunately the requirements of Rule 30 governing the custody and filing of the original transcript have not been amended to incorporate/allow the electronic filing of original transcripts except upon order of the court. Stenographers should be mindful of Rule 30 when handling original transcripts.

The following language remains in effect and should be followed:

(f) Certification and Delivery; Exhibits; Copies of the Transcript or Recording; Filing.

(1) Certification and Delivery. The officer must certify in writing that the witness was duly sworn and that the deposition accurately records the witness's testimony. The certificate must accompany the record of the deposition.

**Unless the court orders otherwise, the officer must seal the deposition in an envelope or package bearing the title of the action and marked "Deposition of [witness's name]" and must promptly send it to the attorney who arranged for the transcript or recording. The attorney must store it under conditions that will protect it against loss, destruction, tampering, or deterioration.**

\*The above text was bolded to call attention to it and does not appear in the official rule.

In 2020, the NCRA Board of Directors considered pursuing possible updating of the Federal Rules of Civil Procedure (FRCP). However, given the time and difficulty that it takes to amend the FRCP, the NCRA Board did not pursue the process.

The following language was submitted to the NCRA Board in 2020 by Jocelynn A, Moore, Esquire, Director of Government Relations:

"In sum, we discovered that the process to amend the FRCP is an extremely difficult process, takes years to achieve, and requires seven steps to accomplish with the last two being U.S. Supreme Court approval and Congressional Review. Further, the website for U.S. Courts, which fully outlines these steps, states that 'the pervasive and substantial impact of the rules on the practice of law in the federal courts demands exacting and meticulous care in drafting rule changes. The rulemaking process is time consuming and involves a minimum of seven stages of formal comment and review. From beginning to end, it usually takes two to three years for a suggestion to be enacted as a rule.'

Additionally, to our knowledge, the FRCP do not explicitly cite any outside organizations or associations within the rules, including the American Bar Association, so to include NCRA would be unprecedented (and also unlikely). The process begins with review by an Advisory Committee and would permit NCRA to make a suggestion for a rule change. However, if NCRA were to go about doing this, we would likely need the assistance of counsel, as proposed changes in the rules tend to be suggested by judges, clerks of court, law professors, government agencies, etc., and the process would take time."

The Minnesota rule is very similar for state court cases. In part, Rule 30.06(a) states:

"Unless otherwise ordered by the court or agreed to by the parties the officer shall securely seal the deposition in an envelope or package endorsed with the title of the action and marked "Deposition of (herein insert the name of witness)," and shall promptly send it to the attorney or party who arranged for the transcript or recording, who shall store it under conditions that will protect it against loss, destruction, tampering, or deterioration."



# Profile of a Student



**NAME:** Molly Sturgis  
**SCHOOL:** ATC

**SPEED:** Theory  
**HOMETOWN:** West Metro

**Tell us a little about yourself.**

My name is Molly, and I am a theory student at ATC. I live with my husband, 3 kids, and a crazy dog. In the summers we like to make use of our camper and take our boat out on the many lakes that MN offers. The winters consist of magical snowy activities and flying to warmer weather, hahaha.

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

I've played piano since I was a little girl and have always loved typing. After entering my 40s I asked myself, late one night, what I wanted to do when I grew up. I did a google search and found this career. I was shocked I had never heard of it and amazed by how awesome it sounded. So I called up MAVRC and learned all I could before diving in.

**What area of reporting interests you the most currently: Official, freelance, or captioning/CART?**

Honestly, they all fascinate me. I love the variety of this career, how any one of the areas of reporting can fit into any season of life. I am in the orientation class right now, where we learn all about these areas, so maybe after the class and after interviewing someone in each area I might have a better idea.

**What's been the most challenging or rewarding part of your schooling thus far?**

The most challenging and rewarding parts go hand in hand for me. My kids have only known me as a mommy, with my children's lives driving the day-to-day for me. It's hard not always being available to do things with them, like volunteer in the classrooms and do homecooked meals every night. On the other hand, it's exciting to see them grow independence and show interest and pride in what I am learning.

**Do you know any working reporters, or is there anyone that's been an influence on you?**

Aside from my instructors (who are amazing and so resourceful) I do know some reporters. One in particular has been such a tremendous help and influence on me. Shelby Brown has taken me under her wing, lets me borrow her shoulder to cry on, is always available, and lets me tag along on her calendar. She is honest, skilled, smart, and kind. I think the stars aligned when I met her. I owe her all the credit for where I am today, in schooling, because I wouldn't have made it this far without her guidance. Some nights, I lay awake wondering how I will ever show my gratitude for all she does.

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

This is a hard question, because I really love practicing and take any time I have to sit and write. Since you put the stipulation of not practicing in this question, then I think I would grab a cup of hot coffee and wrap myself in a blanket and play my word games (Wordle, Quordle, and Xordle).

**What is your favorite band or type of music?**

I love the old Korn before they got big; my kids got me into Imagine Dragons.

**What is your favorite food or restaurant?** Lately, I am loving pho. My favorite restaurant is Manny's Steakhouse.

**Where is a place you would like to visit?** I would love to take a family trip to Ireland when my kids are older.

**What is the last book you read?**

Wow, it has been a long time since I've read. The last book was *Where the Crawdads Sing*.

**What is the last movie you watched?**

It was the middle child's pick for the recent movie night, and he chose *Minions: The Rise of Gru*.



# Hydration & Brain Function

— by Brandi Bigalke, RPR, RSA, CSR, who is not a doctor or medical professional. Just very enthusiastic about functioning at my peak performance as a reporter and sharing what I've learned with others.

Our brain is 73% water. Even mild dehydration destroys our productivity.

As you all know, our job requires us to be mentally sharp and focused for long periods of time, and staying hydrated is a critical factor in maintaining those cognitive functions.

When we become dehydrated, even just a little bit, it can lead to a decline in cognitive performance, decreased alertness, and increased feelings of fatigue. These effects can negatively impact our ability to transcribe proceedings accurately and efficiently. It's important to remember that even mild dehydration can impair our memory and concentrations, making it difficult to retain and recall important information. To avoid these effects, it's crucial that we drink enough water and other hydrating fluids throughout the day to stay properly hydrated.

Staying hydrated not only regulates our body temperature, but also ensures proper blood flow, oxygen and nutrient delivery, and waste removal. This can help us maintain our focus and stamina throughout the day.

So I encourage all of you to prioritize your hydration as a key factor in performing at your best. Drink water regularly throughout the day and listen to your body's thirst signals. Also eating water-rich foods such as watermelon, strawberries, cantaloupe, peaches, oranges, and cucumbers will help keep your hydration levels in check.

By prioritizing our hydration, we can ensure that we have the mental clarity, focus, and stamina necessary to perform our job effectively and efficiently. Let's all make an effort to stay properly hydrated and support our body and brain in maintaining our peak performance as court reporters.

## Dates to Remember:

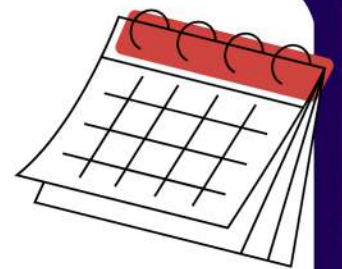
**April 1-20: Register for May NCRA Online Skills Tests**

**April 15-19: Register for NCRA Written Knowledge Tests**

**April 22: MAVRC Spring Seminar (Anoka Technical College)**

**May 20: MAVRC Summer Seminar (Virtual)**

**July 27-30: NCRA Convention & Expo (Houston, TX)**



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

Mary Jo LeGrand was awarded the Student of the Year in 1989 while attending the Minnesota School of Business in Minneapolis. Thank you for taking the time, Mary Jo, to answer some questions about what you have been up to since court reporting school.

Currently resides in: **St. Louis Park, Minnesota**

Certifications: **RPR**

**Favorite Brief: Too many to answer. I love briefs, but not over-briefing. Sometimes that can be more confusing and can slow us down. You don't want to be caught "thinking" too much during a hearing. If you can't think of the brief immediately, sometimes the old saying "when in doubt, write it out" still applies.**

How did you learn about a career in court reporting?

**I was teaching elementary school, and I was visiting with a friend who was a court reporter. I loved teaching, but I needed to make a little more money and was hoping to move closer to my parents. It all intrigued me so much, I resigned from teaching and immediately moved to Minneapolis to attend the Minnesota School of Business for a court reporting certificate.**

What's your favorite memory while in court reporting school?

**Meeting new people and just the challenge of completing the course.**

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

**Practice, practice, practice.**

What surprised you most about court reporting?

**How difficult it can be in some of the speeds.**

Do you have any advice for current court reporting students?

**I think the best advice is students need to understand that this profession is difficult but very rewarding personally. Trust your writing and listening skills and you will do great. Relax and enjoy the ride.**



*(Cont'd on page 17)*



After graduating from school, what was your career path from graduation forward?

**After graduating I immediately started with a freelance firm and was hired by the Minnesota School of Business to teach beginning court reporting theory and also medical terminology. I loved it. After working for approximately two years as a freelancer, I became an official in Carver County in the First Judicial District. I later worked in Hennepin County for a number of years. I then returned back to the First Judicial District in Scott County. I was a reporter for more than 30 years when I decided to retire from the State. I now do per diem work and drive a refrigerator truck for Meals on Wheels. I am enjoying having my own schedule and working only when I want to. I loved reporting and had a lengthy career with wonderful colleagues and friends.**

What has been your greatest professional accomplishment?

**I think the most rewarding part of the job is the fact that we can provide realtime with extreme accuracy to help our judges during very complex and often difficult trials. It's a very specialized skill to have.**

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

**I've done some very difficult cases. One of the most difficult to listen to and write was a triple homicide. I was involved with a case involving Prince. It was fun to actually have him testify. On a break he took the time to ask me about the machine and how it works.**

How was Prince as a witness?

**Prince was such a kind, gentle man. He was very smart and well dressed. The hearing itself was a difficult subject. He struggled a bit and shed tears during his testimony but was very respectful of everyone in the courtroom. As you can imagine, I never expected that he would speak to me, but during a short off-the-record conversation at the bench, he engaged with me. He was very interested in what I did and how the machine worked. It was Prince, but by the end of our conversation, he didn't seem like a big celebrity but just another ordinary human with feelings. I will never forget how soft-spoken and gracious he was. A wonderful career memory for sure.**

What do you do when you aren't working?

**I love to spend my time outdoors. I kayak, fish, bike, play pickleball, and spend time with my dogs. I have 20 acres in northern Minnesota that keeps me pretty busy. I love to cut wood and just enjoy the birds and the outdoors. It's very peaceful and calming.**

Anything else you'd like to share?

**Go Pack Go!**



---

Nancy J. Meyer is a court reporter for the United States District Court for the District of Columbia and previously worked as a freelance reporter in Minnesota and as an official court reporter for the Honorable Kathryn Messerich in the First Judicial District, State of Minnesota.

---



## 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*

## PARENTHETICAL BRIEFS

Submitted by: Reporters from the First and Third Districts

KPLAO*EUS	(Complies with request.)
KP*G	(Examining document.)
HA*PBD	(handing)
KA*EUGT	(indicating)
SPW*ERPG	(Interpreting.)
SHA*EUBG	(Moves head from side to side.)
NO*D	(Moves head up and down.)
PA*US	New line/indent (Pause in proceedings.)
RA*EGD	(Reading)
S*EUBG	(sic)
SAO*EUPBG	(Signing document.)
EPBD/EPBD	(Proceedings concluded.)
RAO*EZ	New line/indent (Recess taken.)
BRAOUMD	(Counsel and Defendant convene in breakout room.)
BAUF/BAUF	(WHEREUPON, the following proceedings transpired out of the hearing of the jury.)
BAUN/BAUN	(WHEREUPON, the following proceedings transpired in the hearing of the jury.)
KINT/KINT	(WHEREUPON, the foregoing proceedings was adjourned, to be reconvened at a later date.)
AUF/AUF	(WHEREUPON, a discussion was had off the record, not reported by the Court Reporter.)
READ/READ	(WHEREUPON, the question appearing on page #, lines # through #, was read back by the Court Reporter.)
NA*UD/NA*UD	(Undiscernible)
PA*UP	New line/indent (Pause in proceedings.)
SESZ/SESZ	New line/indent (Trial recessed at)
SRAOEPB/SRAOEPB	New line/indent (Trial reconvened at)



# Section V: Reporting a Proceeding Remotely Via a Streaming Platform

If your local rules allow for remote proceedings, the following guidelines address best practices for reporting proceedings when one or more parties is appearing remotely via the internet.

Please note that each state's notarization and other applicable laws are different and may only apply to specific proceedings. Please check with your State Notary, Secretary of State, or other regulatory agency for your state's specific remote notarization, oath administration, and other applicable laws. A member should only follow these guidelines to the extent that they are consistent with your own applicable statutes, rules, or regulations.

## A. Logistical Issues – recommended to be addressed prior to the start of the proceeding

1. Encourage all counsel to be on camera.
2. The reporter should be on camera, whenever possible. Request counsel to add you to their gallery/grid view to aid in communicating with counsel when there are issues.
3. Instruct parties that everyone in the room must be in the camera view.
4. Request participants turn off multiple microphones in the same room to avoid feedback issues.
5. Request that participants not use the virtual background feature.

## B. Reporting the Proceedings

1. Interrupt as needed to write a verbatim record of the proceedings.
2. Create a one-stroke brief for inclusion of a parenthetical such as “(Reporter interrupted for clarification of the record.)”
3. Ask for identification of everyone for the appearance page. What is obvious when participants are all in the same room can be misleading via a remote platform.
4. Gallery/grid view is preferred over speaker view.
5. If any parties converse via the “chat” feature, this is not to be included in the official record unless one of the parties reads it into the record.
6. If the reporter's connection is disrupted at any time during the proceedings which causes the reporter to lose connection, upon reconnection the reporter should notify the parties of the disruption and invite the parties to repeat what had been said during the period of time of loss of connection.

## C. Transcript Production

1. The transcript should clearly indicate that the proceeding was held on a remote platform (i.e., via videoconference). The term “videoconference” or “remote” is preferable to the term “virtual,” which may imply simulated.
2. It is appropriate to include a “technical difficulty” parenthetical when that issue interrupts the proceedings or a “failure of transmission” parenthetical.
3. Lack of speaker identification should be noted, although all efforts should be made to obtain speaker identification. Recommend inclusion of parenthetical such as “(Reporter interrupted to request speaker identification.)” It is acceptable to use “UNIDENTIFIED SPEAKER” in the event the reporter is unable to discern which person is speaking.

## D. Recording Considerations

1. To avoid the possibility of unauthorized use of the recording feature on the streaming platform, it is recommended that the reporter be designated the host whenever possible.
2. Because of the increased ability for surreptitious recording of the proceeding, reporters should remind all parties before the start of the proceeding that unless included in the notice of the proceeding, or with the consent of all parties, audio or video recording is not permissible.
3. Generally, courtroom proceedings may not be recorded without the express permission of the court.



# Committees and Board Liaisons

## AUDITING COMMITTEE

Board Liaison: Lynzie Zempel  
lynzie@zempelreporting.com

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

## CAREER ADVANCEMENT/CONTINUING ED.

Board Liaison: Deanna Oaks  
oaksdeanna@gmail.com

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

## PRO BONO COMMITTEE

Board Liaison: Jennifer Sharp  
Contact: Christine Clark  
(Christine is no longer on the board but is still running the pro bono program)  
chrisclarkzimm@gmail.com

Facilitates services to people who are low income.

## PUBLICATIONS COMMITTEE

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

Prepares and issues the official publication of the Association.

## PUBLIC RELATIONS

Board Liaison: Shelby Brown  
shelby.delta@gmail.com

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

## STUDENT INTERNSHIP & SCHOOL

Board Liaison: Jeanna Zunker  
jeannazunker@gmail.com

Assists with student internships and administers a mentoring program.

## TECHNOLOGY COMMITTEE

Board Liaison: Shelby Brown  
shelby.delta@gmail.com

Stays abreast of technological advances in the court reporting field.

## OFFICIAL COMMITTEE

Board Liaison: RandiAnn Harvey  
randiann.harvey@courts.state.mn.us

Deals with issues affecting official court reporters.

## CART & CLOSED CAPTIONING

Board Liaison: Deanna Oaks  
oaksdeanna@gmail.com

Handles issues affecting CART providers and broadcast captioners.

## CONSTITUTION & BYLAWS

Board Liaison: S. Ryan Ziegler  
srziegler@gmail.com

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

## ETHICS COMMITTEE

Board Liaison: Deanna Oaks  
oaksdeanna@gmail.com

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.

## FUNDRAISING COMMITTEE

Board Liaison: Lynzie Zempel  
lynzie@zempelreporting.com

Helps raise funds for the Association.

## LEGISLATIVE/GOVERNMENT AFFAIRS

Board Liaison: S. Ryan Ziegler  
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: Shelby Brown  
shelby.delta@gmail.com

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

## ADVISORY COMMITTEE

Board Liaison: RandiAnn Harvey





# MAVRC at NCRA Boot Camp!

MAVRC was well represented at the NCRA Legislative Boot Camp this year, with Board Members Lynzie Zempel, Deanna Oaks, and RandiAnn Harvey in attendance. They worked hard on behalf of steno reporters, including speaking to legislators in support of the Training for Realtime Writers Act. They will discuss their experience and grassroots efforts in Minnesota at MAVRC's upcoming Spring Seminar.



**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!**

## MINNE-strokes Publication Team

- Editor: Rhonda Franken
- Designer: Ryan Ziegler
- Editorial Staff: Emily Lettner
- Elizabeth Peterson
- Angie Sundell

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.

**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](mailto:Rhonda.Franken@courts.state.mn.us)

**NEXT NEWSLETTER PUBLICATION DEADLINE FOR SUBMISSIONS: May 1, 2023**

# TEAMSTERS LOCAL 320 UNION STEWARD LIST

---

## **BUSINESS AGENT**

Chad Orgon- corgon@teamsterslocal320.org

## **First District**

Lori Krenik- lorikrenik@gmail.com

## **Second District**

Jennifer Brama- Brama.Jennifer@gmail.com

## **Third District**

Jessica Berke- jessica.berke@outlook.com

## **Fourth District**

\* Andrea Parisian- mnparrothead@hotmail.com

## **Fifth District**

Leah Cornish- gustafson@hotmail.com  
Christian Pfeiffer- cwpfeiffer8@gmail.com

## **Sixth District**

(Non-Contact Person Only) Jen Wutz- bookwormwutz@gmail.com

## **Seventh District**

\* Amanda Salber- amandasalber@gmail.com  
Holli Zortman- holli.zortman@gmail.com

## **Eighth District**

Lisa Vosika- visalisa@tds.net  
\* Ashley Welz- ashleylange24@gmail.com

## **Ninth District**

Paula Weitnauer- paulawits@hotmail.com  
Victoria Dudeck- victoriadudeck@gmail.com

## **Tenth District**

(Non-Contact Person Only) Adrienne Conzemius- conzemius1012@gmail.com

\*: Steward is on Negotiating Team

# Minnesota Agency Listings



**GLENDAL KAUFMAN**  
Registered Professional Reporter

12179 Undercliff Street NW  
Minneapolis, MN 55433-6727  
Glenda@FACTSreporting.us

Tel: 763.566.7476  
Toll Free: 888.567.7476  
www.FACTSreporting.com

**PARADIGM** REPORTING & CAPTIONING  
A VERITEXT COMPANY

150 South Fifth Street  
Suite 1775  
Minneapolis, MN 55402  
(612) 339-0515  
calendar-paradigm@veritext.com  
paradigmreporting.com

**Laurie Austin, RPR**



**Reporting Agency**

*A Full-Service Court  
Reporting Firm*

**1-800-334-3858**

P.O. Box 293  
Cloquet, MN 55720  
(218) 878-1882  
Cell (218) 310-4706  
lwebs55035@aol.com  
northlandreportingagency.com

**Computer Aided Transcription Service, Inc.**

Locally owned since 2000

**Carolyn Taylor Pekas, RPR**

PO Box 886  
Fargo, ND 58107  
www.catsreporting.com

(701) 280-9204  
reporter@catsreporting.com

**NORM MARK** COURT REPORTER SERVICE  
A VERITEXT COMPANY

300 NP Avenue  
Suite 201  
Fargo, ND 58102  
(701) 235-7371  
calendar-normmark@veritext.com  
normanemark.com



MINNESOTA  
ASSOCIATION OF VERBATIM  
REPORTERS & CAPTIONERS

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.

If you wish to take advantage of this opportunity, ads placed with MAVRC are published in full color under MAVRC's business listing section as well as in our quarterly newsletter, *Minne-strokes*. As an added bonus, your card ad will be featured prominently on MAVRC's homepage as part of our business card rolling marquee. This enhanced feature is available to you at no additional cost if you elect to advertise with MAVRC for the entire year.

Please circle your choice(s) for ad(s) to be published by MAVRC.

	<u>ANNUAL RATE</u>	<u>PER/ISSUE RATE</u>	<u>Please circle issue(s) you wish ad to run</u>			
Business Card Ad	\$100	\$35	Spring	Summer	Fall	Winter
Quarter-Page Ad	250	80	Spring	Summer	Fall	Winter
Half-Page Ad	350	100	Spring	Summer	Fall	Winter
Full-Page Ad	500	150	Spring	Summer	Fall	Winter

To complete your order, please email your order and business card, in JPEG format, to [MAVRC@MAVRC.org](mailto:MAVRC@MAVRC.org), or mail this completed form, your payment, and your business card to:

MAVRC  
PO Box 18102  
West St. Paul, MN 55118

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!

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