

# MINNE-strokes

Minnesota Court Reporters: On and Off the Record

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**MAVRC’S  
Fall Convention**

**MARK YOUR  
CALENDAR &  
SAVE THE DATE:**

**September 7**

**The Fall Convention will be at  
Eden Prairie Community Center  
Cambria Room  
Eden Prairie, Minnesota**

**\*\*\*Friday Evening Social Event  
and Hotel Info Coming Soon!\*\*\***

## 2018-2019 MAVRC BOARD OF DIRECTORS

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## THANK YOU, SUPPORTERS!

Thanks  
MAVRC members  
for your donations  
supporting  
reporting students!

Sherlyn Anderson  
Brandi Bigalke  
Ryan Ziegler

### MAVRC Mission Statement

*The mission of 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

There is an increasing need for court reporters across the country, and that need continues to grow every year. In some parts of the country, freelance firms are struggling to cover their calendar every single day. At the STAR convention in April, it was reported that in California, 30% of their calendar every day is uncovered. Steno reporters are being intermixed with electronic reporters in the official environment. There have been numerous instances of judges being forced to go with an ER reporter because a steno reporter was not available.

The good news is that recruiting is something that can be done very easily by **ALL OF US**. Recruiting can be as simple as sharing your story. Why did you get into this profession? What do you love about your job? What are the opportunities in the marketplace for someone looking for a new career?

### HOW TO RECRUIT

Here are some simple ways you can consistently recruit people to our profession:

**POSTING ON SOCIAL MEDIA.** This is free and takes seconds. You can simply share MAVRC posts on Facebook and Instagram. You can share other positive posts you find. You can share your court reporting and/or captioning story. It's as simple as taking a snapshot of your machine or your work area and adding a quote about why you are a reporter or captioner.

**PROMOTING A TO Z, INTRO TO STENO.** There are working reporters and captioners volunteering their time to this program already. All you have

to do is share the opportunity. Post about it on social media. Hang a flier in a public library or coffee shop. Email the latest A to Z flier to your local high schools and musical/band programs. Consider speaking at an A to Z session and tell your story, dictate letters to the interested students while they write on the machine, show your enthusiasm for reporting & captioning. (Our next A to Z is starting Monday, May 13.)

**DO A DEMONSTRATION.** Set up your machine and computer and show someone, or a class, realtime. Hand out an iPad and let the viewer see what an amazing skill you have! Speak at a career fair.

**REACH OUT TO LOCAL SCHOOLS AND PROGRAMS.** We need to be consistently contacting school counselors and job placement programs about this profession. If you want to help MAVRC in this endeavor, we would love your help! Please contact me at [bnbreporter@gmail.com](mailto:bnbreporter@gmail.com).

**REACH OUT TO RADIO STATIONS/NEWSPAPERS.** I imagine journalists need ideas of subjects to write about. Do you have a connection with a local paper or radio station? Contact them to help us spread the word.

**SPEAK TO PEOPLE WHO ASK YOU QUESTIONS ABOUT YOUR MACHINE.**

"Your smile is your logo, your personality is your business card, how you leave others feeling after an experience with you," as the reporter or captioner, "becomes your trademark" and leaves the person you're speaking to with a

By Brandi Bigalke, RPR, RSA



Brandi Bigalke

lasting impression of what reporting or captioning is. This is a single teachable moment. Representing yourself and your profession and talking about the profession every moment you get, in a positive manner, will speak volumes to the person you're educating.

Do you see the recurring theme here? Recruiting is as easy as telling your story. We all have one. By telling someone our story, it may help that person create their own.

I hope you all will help, not only MAVRC in this endeavor, but also the profession. As Sue Terry said in the latest JCR, "It's everyone's job to protect the profession. If you don't commit to saving your job, who else will?"

*Brandi Bigalke is a freelance reporter in Minneapolis, Minnesota, currently serving as MAVRC's President. ■*

# NAN'S LOOK AT SPELLINGS FOR PLURALS

By Nan J. Corbett, RDR

Plurals are usually formed by adding an s

idea	ideas
deposition	depositions
transcript	transcripts

UNLESS a word ends in s, x, ch, sh, or z; then add es

lens	lenses
tax	taxes
stretch	stretches
dish	dishes
waltz	waltzes

Words ending with a silent s, no change for plural

one corps	two corps
one chassis	two chassis

Nouns ending in y and preceded by a consonant, change to ies

copy	copies
delivery	deliveries

Proper names

Mr. and Mrs. Hill	the Hills
Mr. and Mrs. Jones	the Joneses

Break some rules for clarity and use an apostrophe

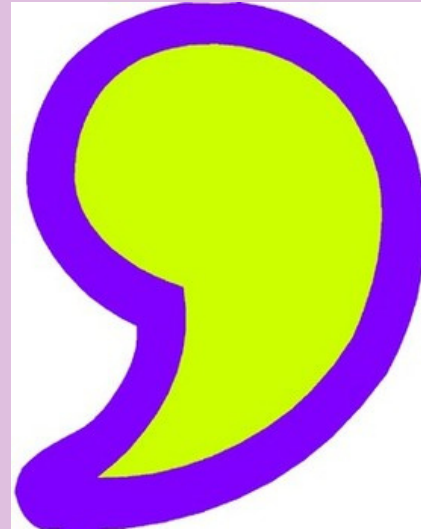
p's and q's  
dot your i's and cross your t's

Some additional examples

analysis	analyses	*	dos and don'ts	*	the ABCs
axis	axes	*	yeses and noes	*	company CEOs
basis	bases	*	yeas and nays	*	temps in the high 60s
diagnosis	diagnoses	*	in the 1980s		
parenthesis	parentheses	*	send out W-2s		

There's a brief look at how to spell plurals in our transcripts.

*Nanette J. Corbett, RDR, is a freelance reporter owning and operating Corbett Court Reporting in Duluth, Minnesota. ■*



# IN THE NEWS

## OFFICIAL SUB COURT REPORTER PER DIEM RATE INCREASE

The per diem rate for official sub court reporters in the State of Minnesota has been increased statewide to \$240 for a full day and \$120 for half a day.

The mileage reimbursement rate is dependent on individual judicial district policies.

## MAVRC ON INSTAGRAM

Check out MAVRC on **Instagram!**

The name of our page is: **minnesota\_mavrc**. You can search for MAVRC also.

Please join in and follow us.

## RECOGNIZING MINNESOTA STATE OUTSTANDING EDUCATORS



### JENNIFER SATI

Anoka Technical College

Judicial Reporting/Broadcast Captioning



Sati embodies the qualities of exceptional technical college teachers: Strong skills, relevant work experience, deep knowledge of her career field and a robust passion for teaching.

# PARADIGM/VERITEXT PRESENTS ANNUAL STUDENT SCHOLARSHIPS AT ANOKA TECH

By Jan Ballman, RPR, CMRS, DSA

Paradigm Reporting & Captioning, a Veritext Company, was pleased to present two \$1,000 scholarships to students in the Judicial Reporting/Broadcast Captioning program at Anoka Technical College on May 16. Company Representatives Jan Ballman, RPR, CMRS, FAPR; Merilee Johnson, RDR, CRR, CBC, CCP, CRC, RSA; and Angie Ballman Punton were on hand to honor students Valerie Riske and Davis Wille with the “2019 Paradigm/Veritext Annual Student Scholarship.”

Paradigm established a student scholarship program at Anoka Tech in 2010 in order to support one of the nation’s premier court reporting training institutions by providing tuition relief and equipment/software assistance to high-speed students who have graduation in sight and have demonstrated grit, perseverance, positivity and academic

excellence. Students apply for the Paradigm/Veritext scholarship through a questionnaire and essay process.

Both scholarship recipients stumbled upon court reporting as a second career, both majored in language in college, and both have had to overcome incredible barriers throughout their coursework to get where they are today.

“It’s always very difficult making these scholarship selections, as so many of these students are incredibly worthy, and all of them are so impressive,” said Jan Ballman, Principal at Paradigm/Veritext. “But we were inspired by the sheer willpower and determination demonstrated by both Davis and Val! It was just delightful to meet them and present their scholarships in person.”

Angie Ballman Punton added, “We

were especially excited to add a second scholarship this year, thanks to Veritext’s new initiative to expand their student scholarship programs all across the country.”

“The students coming out of Anoka Tech’s program are top-tier and work-ready! We are so fortunate to have one of the best schools in the country right here in our own backyard. It has kept the reporter shortage at bay for us here in the Twin Cities, and we owe Anoka Tech a debt of gratitude for that,” Merilee Johnson stated.

The students were treated to “magic testing donuts” that contained “super passing power,” and coupled with a stirring pep talk delivered by one of the most highly certified reporters in Minnesota, it was not surprising to learn that many students closed out the semester that day by passing their speed tests.



Jan Ballman presents a 2019 Paradigm/Veritext Annual Student Scholarship to Davis Wille



Valerie Riske (left) is presented one of the 2019 Paradigm/Veritext Annual Student Scholarships



Paradigm/Veritext’s Merilee Johnson, RDR, CRR, CRC, RSA, encourages the judicial reporting students at Anoka Tech before they begin their last day of speed tests for the semester.



(Left to right) Erin Watson (Anoka Tech Student); Dina Kunin (Anoka Tech Student); Merilee Johnson, RDR, CRR, CRC, RSA; and Jan Ballman, RPR, CMRS, FAPR



# PROFILE OF A BOARD MEMBER

By Dana Anderson-Linnell

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

A: Dana Susanne Anderson-Linnell

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

A: I attended Rasmussen Business College in Minnetonka and proudly graduated June of 1996. My firstborn child was about two weeks old at the ceremony, and I'm holding her in the photo with my graduation gown on.

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

A: I started school with my best friend Abby in 1992. We lived together, worked full-time together, and attended Rasmussen together until she graduated before me. She moved to Florida and reported for only one year.

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

A: I've always worked as a freelance reporter; I first started with Neumann Reporting Agency. I'm currently with Paradigm/Veritext, and I adore everyone on my team!

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

A: I have a white Luminex with grey leather keys and utilize Case CATalyst as my software.

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



*Dana Anderson-Linnell (right) and her family at the Grand Canyon*

A: I have a wonderful husband named Brad who is my ROCKSTAR scopist. He's been the best back-office support person I could ask for (since 2006).

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

A: Always carry food in your bag. Buy a white-noise sleep machine, and bring it with you when you travel.

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

A: WIPS (Will the court reporter

please swear in the witness.)

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

A: I'm a little embarrassed to say I haven't always been a member of our state and national associations. I was a dedicated member as a student and as a young reporter, however. I rejoined NCRA and MAVRC in 2015. I've been serving on the MAVRC board as the secretary since October of that year as well.

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

A: I've attended every board meeting in person except for one. My daughter was competing at the state gymnastics meet that same day, and I thought that event was a bit more important for me to attend. I did, however, still call in and listen in while cheering her on from the gymnasium. By the way, she took 5<sup>th</sup> AA Junior Varsity!!

**MAVRC Q: Do you do any volunteer work for MAVRC and/or other organizations/causes?**

A: I pride myself on volunteering for any event that our current MAVRC president asks me to do – they have an extremely difficult job! I enjoyed putting together the downtown Minneapolis Mercury get-together and will make myself available to any

incoming president for whatever task they need help with.

In addition, I do a TON of work for the Maple Grove Gymnastics Team (MGGT). I've been very instrumental in its booster club over the years and facilitating successful fundraisers for the team. My daughter Jaiden was nominated by her teammates as captain at this year's banquet for the 2019-2020 season, so I'm sure this next year will be the busiest ever.

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

A: I've always lived in the Twin Cities. I live in Maple Grove now. We are 'starting' the process of attempting to downsize and move to a smaller home.

**MAVRC Q: Tell us about your**

**family and friends, activities you do with them, your interests outside of work.**

A: I love to socialize with my friends and family, travel anywhere warmer than here, and I try to stay as active as I can. Our next few adventures include Nashville in May and Chicago in June. We have tickets to the Rolling Stones concert for the Chicago trip, but may attend a Cubs game instead -- Mick Jagger had unexpected heart surgery and had to postpone all concert dates. What a bummer, right??

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

A: I feel like I'm really bad at this. As most reporters I think do, I tend to put work first a lot, and I've really got to work on changing that...

## PRO BONO

*If you are interested in providing pro bono reporting services, contact:*

**Jean Whalen, RDR, CRC, RSA, DSA  
MAVRC's Pro Bono Coordinator**

**Official Court Reporter  
1640 Ramsey County Courthouse  
15 Kellogg Blvd West  
St. Paul, MN 55102**

**Phone: 651-266-8210**

**[Jean.whelen@courts.state.mn.us](mailto:Jean.whelen@courts.state.mn.us)**

# PRO BONO

**Kudos to  
Jane Doby  
Christine Clark  
Jolynn Graham  
for volunteering to  
provide  
pro bono services.**

# MAVRC 2019 SPRING SEMINAR RECAP

By Jackie Young, RPR, DSA

A group of approximately 45 reporters gathered together for this year's spring seminar on Saturday, April 6, at the Anoka Technical College. Kicking off the event was Joshua Tudor, a psychometrician, who provided a behind-the-scenes look at how an NCRA written exam is created. Believe it or not, there is actually a field of science that is dedicated to the development of examinations that measure knowledge, skills, and abilities in a particular domain or field of study. This type of scientist is otherwise known as a psychometrician. Joshua has spent his career developing examinations for educational, employment and/or professional credentialing purposes.

While anyone who has ever taken an NCRA written examination might think the questions are rather random in nature, a great deal of thought has gone into the questions. Incorporated into this test development includes job task/practice analyses, test specifications/content outline, item development and form construction, the standard test setting, and item analysis and scoring. The job task analysis is a systematic, documented process for obtaining information about the professional attributes of people with a credential or for whom a credential is designed. Test questions are reviewed for relevance, appropriateness, and whether the question allows a candidate to use test-taking strategies to determine the correct answer.

Following creation of the draft examination, NCRA's Test Advisory Committee performs an in-depth review of the eligibility requirements, compiles a list of tasks completed by the reporter in a specific field;

i.e., freelance, official, or broadcast captioning; and then assigns different weights to those tasks. Those results are collectively called KSAs or knowledge, skills, and abilities. Once those are determined, the test content is finalized, and different weights are assigned to each exam content area. This exam content is typically valid for five to seven years. After a significant portion of test results are compiled, if there is a question on which a majority of reporters fail to answer it correctly, that question is then re-examined and may be removed from the test.

At the present time, the NCRA written exams focus heavily on technology and innovation, followed by industry practices and then professionalism and ethics. Over the years the tests have become more focused on technology since that is now probably the primary job task reporters deal with on a daily basis. Reporters either pass or fail the test, with the cutoff being 70 correct answers out of 100 questions. While both the RPR and RDR tests actually contain 120 questions, there are only 100 questions that actually are counted in your score and the other 20 are considered pretest questions that are unscored and unidentified to the test taker.

While most people are reluctant to undergo a written examination, these knowledge tests are designed to protect the public by ensuring best practices of the profession and provide credible evidence of the high standards our profession adheres to. Reporters who take the written examination should rest assured that the answers to the questions are known to the majority of working reporters and are not designed to try to trip you up. To become better prepared for the written examination,

you can also purchase practice test question material from NCRA. If you are interested in taking one of NCRA's written examinations, the next testing periods for the RPR are July 9-23 and October 8-22 and then October 8-22 for the RDR.

Next up on the agenda was Jennifer Sati and Jane Schleusner, who are both instructors in the court reporting program at Anoka. They shared some tips and tools that reporters can utilize when preparing to take the RPR and RDR written exams. Some of the benefits of taking and passing a written examination include personal confidence and pride; improvement of your skills; and a reassurance to attorneys, judges and communities that you have achieved a high knowledge level in the different facets of court reporting.

Following a brief recap of the various items covered on a written examination, attendees at the spring seminar were able to test their knowledge on some sample RPR questions. A few sample questions include the following:

Question: A default value is a:

- A. Unit of information
- B. A programming error
- C. A programming glitch
- D. A preset function or format specification

Question: To abjure is to:

- A. Retract
- B. Accept
- C. Entreat
- D. Judge

For any of you who are in doubt that you answered correctly, the answer to the first question is D, and the answer

to the second question is A. To get a better sense of the type of material that will be covered on the written examinations, it is recommended you purchase the practice material from NCRA.

Following a short break, the next session was presented by Deborah Johnson, Master Certified Professional Coach and Business Consultant. This session dealt with understanding our "neutral zone." The "neutral zone" is that place between the known and the unknown and how that plays into our fears. In the words of Marilyn Ferguson, author, "It's not so much we're afraid of change or so in love with the old ways, but it's that place between that we fear...It's like being between the trapezes. It's like Linus when his blanket is in the dryer. There's nothing to hold on to."

Deborah spoke to the group about the truths of fear and how to conquer them. The main truths about fear include the following:

1. Fear will never go away as long as we do not continue to grow.
2. The only way to get rid of the fear of doing something is to go out and do it.
3. The only way to feel better about yourself is to go out and do it.
4. Not only are you going to experience fear whenever you are in unfamiliar territory, but so is everyone else. (In other words, you are not alone!)
5. Pushing through fear is less frightening than living with the underlying fear that comes from the feeling of helplessness.

The basic message of Deborah's presentation was that you can conquer just about anything when your mind is ready. Performing self-reflection periodically is an important tool to remind us of the personal power everyone has to break through the

barriers of fear and doubt. We should all realize that failure may not necessarily be failure because it helps make us stronger and, if we let it, that failure can actually act as a learning situation. Simply by looking at the situation from a different angle can help see the possibilities versus the challenges. Deborah left the attendees with these words: "By trusting in yourself and believing that you have what it takes, you can turn your pain to power."

Following a delicious Mexican buffet, a brief recap of the legislative session was provided by MAVRC's Lobbyist Joel Carlson. A discussion was had about the desire of freelancers wanting to improve the disclosure law that was passed a few years ago addressing contracts with various litigation parties. MAVRC's Legislative Committee has been reviewing various options for how to deal with this issue on the freelance side and they hope to be able to strengthen the language at some point in the future.

In addition, there have been ongoing discussions with the Judicial Council concerning various issues facing officials in the workplace. Debbie Peterson, MAVRC's President Elect, assured everyone that steno reporters, especially those that provide real-time, have very strong support from the judges and that the judges' desire is to maintain their right to hire stenographic reporters. The task force that was formed to help address the ongoing issue with digital recording has been working hard on behalf of the officials by performing real-time demonstrations for the Judicial Council, researching what other states are doing, and having a presence on the Judicial Council committee.

MAVRC will also be sending two delegates to NCRA's Leadership and Boot Camp session. This three-day

program provides excellent training on how to lobby state legislators and how to start a grassroots campaign to help state associations achieve beneficial legislation.

The first afternoon session covered how to protect your income stream in the event something disastrous happens, such as having your equipment stolen or sustaining an injury. Kari Hefnider, a licensed insurance agent, provided an overview of the various types of insurance available to help deal with those life-changing, inevitable events. Insurance policies available to both freelance and officials that should be considered depending on your employment status include worker's compensation, long-term and short-term disability, professional liability/errors and omissions, general liability, and equipment coverage. If your workplace does not offer you the option to purchase different insurance, all of the above-mentioned types of insurance can be purchased through a licensed insurance agent; and the amount of the premium, of course, will vary depending on your age, overall health, gender, and annual income.

Before you dismiss the idea of needing disability insurance, Kari shared with us the following statistics:

1. One in four workers in their 20s will likely become disabled before retiring.
2. One in eight workers will likely be disabled for five years or more before retirement.
3. Approximately 70 percent of long-term disabilities happen outside the workplace.
4. Ninety percent of disabilities are due to illnesses and not accidents.
5. Close to 65 percent of applicants for social security disability are denied

*(Continued on page 12)*

(Continued from Page 11)

initially and it can take years to get approved.

6. The monthly average for social security disability is just over \$1,100 a month.

Kari stated that while you can never predict what might happen, you can always plan for those unfortunate events. The first step to take is to speak with a licensed insurance agent to help you determine what insurance(s) would be most beneficial for you.

Closing out the day was Dr. Jody Janati, who provided a humorous look at how to deal with difficult interactions in the workplace and in our personal lives. While we may not necessarily like it or even acknowledge that we do it ourselves, every person will judge someone on their behavior; and our judgment does not change the fact that they will continue to be who they are despite our opinion of them.

Put another way, change happens from within each individual, and we have the choice to either nurture a more positive reaction or create more turmoil and negativity.

The best approach to take when dealing with a difficult situation includes the following:

1. Pursue your best interests without denying someone else's.
2. Separate the person from the problem.
3. Focus on shared interests.
4. Express little to no emotion during an interaction. (Easier to say than do!)
5. Face difficult interactions squarely and authentically.

Some of the best advice Dr. Janati provided was that on a personal level we should ask someone what they would like you to do rather than tell them what they should do and to avoid using the following words to help reduce resistance: should, shouldn't, need to, stop, don't, not, you have

to, or you ought to. By avoiding these negative words, you can instead focus on unity and positive thinking. To achieve a more positive influence on someone's behavior, try using "I would prefer" or "I thought you should know" type language. While this may not eliminate all forms of conflict or frustration on your part, it will help you achieve what Dr. Janati calls "your conversation peace."

Once again, following the close of the seminar, attendees walked away with a greater understanding of how to achieve success as well as having a better handle on some of the tools necessary to become a better person in general. An added bonus to the day was being able to meet new people as well as renew acquaintances with reporters you may not have seen in a while. I, for one, am looking forward to seeing everyone at the fall convention!

*Jackie Young is a member of MAVRC's Publications Committee and a freelance reporter from Delano, Minnesota.* ■

## MAVRC 2019 SPRING SEMINAR PHOTOS



*Fundraisers Leslie Carver and Lynzie Zempel*



*Jennifer Sati was a speaker at the spring seminar*



*(Left to right) Glenda Kaufman, Laura Pelletier, Jolene Carrow, Sandy Burch & Jennifer Sati enjoying dinner the evening before the spring seminar*



*(Front row) Emily Deutsch, Shelby Brown  
(Back row) Lisa Wurtinger, Jane Schleusner*



*Continuing Education Committee Co-Chair Monica Christensen introduced speakers*

# MAVRC 2019 SPRING SEMINAR PHOTOS

By Jackie Young, RPR, DSA



*Delicious break food was available for the spring seminar attendees.*



*(Left to right); Jennifer Sati and Jane Schleusner were presenters at a session.*



*Deborah Johnson, Master Certified Professional Coach, was a presenter at the spring seminar.*



*Sydney Burch, Anoka Tech recent graduate of the reporting program, attended the spring seminar.*

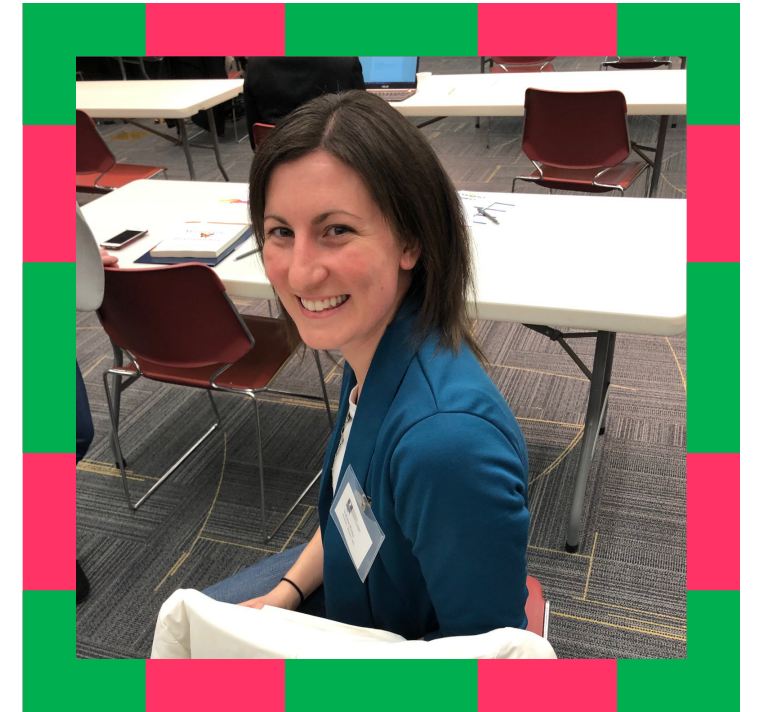


*MAVRC's Lobbyist Joel Carlson gave the attendees an update on the 2019 legislative session.*



By Jackie Young, RPR, DSA

# MAVRC 2019 SPRING SEMINAR PHOTOS



*Valerie Riske, reporting student at Anoka Tech and recent scholarship recipient, attended the event.*



*Kathy Columbus, Glenda Kaufman and Lois Schwelling visited during a break between sessions.*



# NCRA LEADERSHIP & LEGISLATIVE BOOT CAMP

By Brandi Bigalke, RPR, RSA

I survived my first boot camp, of any kind might I add! The agenda promised a full lineup and it did not disappoint. I feel fortunate to have gone this year, of all years, in light of all the issues our profession is facing on all fronts.

Our ultimate charge was to go to Capitol Hill and speak with our state senators and congresspeople to support and ensure reauthorization of the Higher Education Act (HEA), and specifically Part S, Section 872 of the Training for Realtime Writers grant. Originally in 2008, this act was established to ensure that Congress meet the closed captioning requirements that were established under the Telecommunications Act of 1996. Putting it simply, the act provided equal access to information for the 30 million deaf and hard-of-hearing individuals in America. It required 100 percent closed captioning for all new English broadcast programming by January 1, 2006, as well as for all new Spanish broadcast programming by January 1, 2010. Needless to say, neither captioning requirement is being met to this day.

The first day of boot camp was a lot of information in a typical convention-like setting. We were instructed on the goals of the boot camp, the state of the profession, nuts and bolts of association work, and we were given the scenario that we were going to advocate for on Capitol Hill two days later. We were split into teams of approximately 10 reporters and/or captioners who were attending from around the country. Each group would work together to do mock scenarios of meeting with senators and congresspeople.

The first night we worked into the evening with our groups making a plan of attack and memorizing the information about the grant of the HEA we'd be asking support for.

Day two of boot camp was literally a full day of meeting with different NCRA Board members who were the "senators" and "congresspeople" whom we role played with. From 10 a.m. to 1 p.m., we had 15- to 20-minute meetings with different types of people, some were in support of the Training for Realtime Writers grant, some were strongly opposed. At the end of those meetings, we had a working lunch and prepared to do a mock hearing with a panel of "senators" and "congresspeople."

The mock hearing my group was in, I can only describe as chaotic. The panel was made up of, again, the NCRA Board. They gave us worst-case scenario and really forced us to stay calm under pressure and remember what we were advocating for. They were interrupting us asking us tough questions, taking phone calls, talking amongst themselves, even taking selfies! It was entertaining, to say the least.

My favorite day was day three, Capitol Hill! I was in Washington, D.C. as a kid with my family and I remember being impressed. Being there as an adult and having an understanding of what is really going on there obviously was a completely different experience.

Debbie Peterson, my fellow attendee, and I were dropped off right at the Capitol, given a schedule of our meetings and a map. The rest was up to us! Our first meeting was at

Senator Tina Smith's office with her Legislative Correspondent Caroline Hunsicker. This was my favorite meeting of the day. We met people in the office that were all from Minnesota and were very friendly. We also met with the offices of Senator Amy Klobuchar, Congresswoman Angie Craig, and Congresswoman Ilhan Omar. Even though we didn't get to meet any of the senators or congresswomen themselves, it was a truly incredible experience.

I will always have fond memories of running around Capitol Hill with Debbie Peterson, trying to figure out where our next meeting is while being in awe of passing the U.S. Supreme Court, the Library of Congress, the U.S. Botanical Garden, the front lawn of the Capitol, and so much more. We did take some time to pop in the U.S. Supreme Court and the Botanical Garden. And Amy Klobuchar's office was kind enough to give us gallery tickets for the Senate floor, so we rushed over there in the Capitol and were lucky enough to see Elizabeth Warren giving a speech with a court reporter at her side. After about 20 minutes, another court reporter came in and relieved the one writing. It was exciting.

As you can tell, I had a great experience at the NCRA Legislative boot camp. It is true that it takes you out of your comfort zone right away, but in the end you are a much better advocate for it. I would strongly encourage anyone even thinking, oh, that sounds interesting to seriously consider attending. It is worth every penny!

*Brandi Bigalke is MAVRC's President.* ■



MAVRC President Brandi Bigalke (left) and MAVRC President-Elect Debbie Peterson attended NCRA's 2019 Leadership & Legislative Boot Camp, held May 5-7 in Washington, D.C., which attracted more than 80 attendees from across the country.

## FUNDRAISING - MAVRC TOTES

At the MAVRC annual spring seminar, the fundraising committee was promoting MAVRC by selling large tote bags.

Proudly displaying tote bags (left to right) are Brandi Bigalke, Sydney Burch, and Leslie Carver.

If you wish to purchase a tote, contact a MAVRC Board member or Jolene Carrow at [jolene.carrow@gmail.com](mailto:jolene.carrow@gmail.com).



# STUDENT PROFILE

By Sara Sattler

**Name:** Sara Sattler

**School:** Anoka Technical College

**Speed:** 200s

**Hometown:** Cedar Rapids, IA.

**Tell us a little about yourself.** I graduated from Iowa State University in 2009 with a degree in interior design and fine arts. When I am not in school or working, I love reading, writing, podcasts, and any type of crime shows.

**What made you decide to pursue a career in court reporting?** It had been in the back of my mind for quite a few years, actually. I feel like it's a really good fit for my personality and kind of melds with my personal interests. In 2017, I finally got the courage to take the leap, and I am so happy that I did.

**What area of reporting interests you the most at this time - official, freelance, or captioning/CART?** I know that I definitely want to go with either freelance reporting or official reporting. I am hoping that the internship program will shed more light on which route to go.

**What's been the most challenging or rewarding part of your schooling thus far?** I think the most challenging part of this program is getting used to failing tests on a weekly basis. But I think that also leads to the most rewarding aspect of this program which is passing a speed test.

**Do you know any working reporters or anyone that's been an influence to you?** I think all of my teachers have been great influences. I enjoy hearing their stories from working over the years. I get really excited when they mention a big case they worked on and it's a case that I specifically remember watching and following on television when I was younger.

**If you had an hour of free time, what would you be doing (besides practicing on your steno)?** I would probably try to give my extra free time to my dog, Winston. He has been sitting by my side while I studied and practiced over the last two years, so I think he deserves a few extra walks. He has been a great study buddy, though!

**What is your favorite band or type of music?** I really love country music in the summer. But other than that, I don't really discriminate; I will listen to anything on the radio. I'm not a huge music buff. I'm usually listening to talk-radio or podcasts.

**What is your favorite food or restaurant?** I love Mexican food. I like it traditional! I like it Americanized! I will take it all! I try not to indulge in it too much, though, because my waistline doesn't seem to appreciate it the way I do.



Sara Sattler

**Where is a place you would like to visit?** I'd love to visit Europe. I've been there before, but I was younger. I didn't take the time to do enough research and proper sightseeing that I would today. I definitely love any type of travel where you get to learn and experience different cultures. I can do the beach vacation thing for about a day, and then I'm ready to move on.

**The last book you read?** The last decent book I read was *The Age of Insight*. It is about creativity and the brain and how they work together with the subconscious mind to create art. It analyzed a lot of famous artists from the 1900s to present.

**The last movie you watched?** I can't think of any movies, but the last Netflix series I really enjoyed was *The Crown*. It is a dramatization of the British royal monarchy. For whatever reason, I really enjoy period films. It always fascinates me to see how people used to live and dress.

## WINE AND RECRUIT



*Special thanks to (left to right above) Rhonda Franken, Brandi Bigalke, Jennifer Sati, Deanna Oaks and Christine Clark for donating their time to help research contact information for our state high school counselors for future recruiting purposes at the Wine & Recruit event held downtown Minneapolis on Friday, May 3, 2019.*

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## CONGRATS, GRADUATES!



**Sydney  
Burch**

“I plan on working for my Mom’s freelance firm Integrity Court Reporting! I also plan on doing per diem work in the courts. I’m looking forward to the challenges and successes coming my way in this career!”



**Laura Luna**

**Also, congratulations  
to  
graduates  
Natasha Anderson  
and  
Megan Bidney**

## STENOGRAPH REPRESENTATIVE AT ANOKA TECH



*Karen Wolson, Stenograph representative, visited with the Anoka Tech court reporting students on April 29, 2019.*

## RETIRED ... OR PLANNING TO SOON?

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! Check out Article III – Membership, Section 4, Retired Lifetime Members, in MAVRC's Constitution and By-Laws for further information.

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



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Please send this completed form, your payment, and your business card to:

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Or you can email your business card, in JPEG format, to [jcarrow\\_mavrc@hotmail.com](mailto:jcarrow_mavrc@hotmail.com). Then mail this form along with payment to the above address. To be included in the Summer 2019 issue, your ad and payment must be received by **August 1, 2019.**

Questions may be addressed to MAVRC's Administrative Assistant, Jolene Carrow, at the email address above or by calling her at (507) 532-0676. Thanks for your support!

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## PROMOTE COURT REPORTING

**Court Reporting as a Career???**

If you know someone who is interested in court reporting, closed captioning, or CART, the contact person at Anoka Technical is:

Jennifer Sati  
[JSati@anokatech.edu](mailto:JSati@anokatech.edu)

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## UPCOMING EVENTS

### August

**15-18, 2019** NCRA Convention & Expo  
Denver, Colorado

### September

**7, 2019** MAVRC Fall Convention  
Eden Prairie Community Center  
Eden Prairie, MN

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Please keep us informed of any changes to your home, office, postal, and/or email addresses, as well as telephone and fax numbers. This will help to ensure that you will continue to receive *MINNE-strokes* and other important correspondence regarding your association and profession.

Contact Jolene Carrow at [jcarrow\\_mavrc@hotmail.com](mailto:jcarrow_mavrc@hotmail.com) or (507) 532-0676.

### NEXT NEWSLETTER PUBLICATION DEADLINE

