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2013 MAVRC MEMBERSHIP

By Jolene Carrow

Have you renewed your MAVRC membership for 2013? If your renewal form and dues are received by MAVRC prior to December 31, 2012, you can take advantage of a \$20 discount in membership dues.

For your convenience, an application form is included on Page 28 of this newsletter. The form is also available online at the MAVRC website, www.mavrc.org, or you can contact MAVRC Administrative Assistant Jolene Carrow at (507) 532-0676.

Please take the time to fill out the 2013 membership form completely. MAVRC would like to keep your information current in its database. If your form is not filled out completely, MAVRC will be unable to communicate with you in a direct and timely manner.

E-mail addresses change frequently, and by keeping MAVRC informed of your current e-mail address, you will be able to receive news flashes that are periodically sent to MAVRC members.

If your home mailing address changes, MAVRC needs to have your change of address so you can continue to receive mailings.

If you switch jobs or change employers, MAVRC would like to have that information in its database to be better able to serve its members.

There are times when MAVRC needs to notify its members on short notice of changes in the profession that could affect your job, and this can only be done in a direct, timely and efficient manner if your information is current in MAVRC's database.

MAVRC is *your* professional association. With your help and support, this organization functions. Encourage your colleagues to take a look at our website and become a member this year.

By taking the time to fill out the membership renewal form completely and returning it by December 31, 2012, you will take advantage of the full member benefits for the entire 2013 calendar year.

Jolene Carrow is the administrative assistant for MAVRC. She is a freelance reporter in Marshall, Minnesota.



2012-2013 MAVRC BOARD OF DIRECTORS

PRESIDENT	Tracy Bennett, Duluth (218) 726-2476 tracy.bennett@courts.state.mn.us
PRESIDENT-ELECT	Hart Erickson, Burnsville (952) 890-0265 ecr0202@comcast.net
VICE PRESIDENT-FREELANCE	Pam Kubes, North Branch (651) 277-6160 pjkubes@gmail.com
VICE PRESIDENT-OFFICIAL	Monica Christensen, Bemidji (218) 333-4212 monica.christensen@courts.state.mn.us
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TREASURER	Brenda Vanderveur, Alexandria (320) 762-3885 brenda.vanderveur@courts.state.mn.us
DIRECTOR-AT-LARGE A	Mary Boom, Little Falls (320) 632-0315 mary.boom@courts.state.mn.us
DIRECTOR-AT-LARGE A	Jolynn Graham, Brooklyn Park (763) 493-4478 jgreporting@comcast.net
DIRECTOR-AT-LARGE B	Rachel Erickson, St. Louis Park (320) 469-0642 rachstar09@yahoo.com
DIRECTOR-AT-LARGE B	Laura Johnson, Detroit Lakes (218) 846-7200, Ext. 7280 laura.johnson@courts.state.mn.us
IMMEDIATE PAST PRESIDENT	Jeanna Zunker, St. Cloud (800) 255-1685 jeannazunker@charter.net
ADMINISTRATIVE ASSISTANT	Jolene Carrow (507) 532-0676 www.mavrc.org jcarrow_mavrc@hotmail.com

MAVRC ADVERTISING

For Sale, For Rent, Need Help!

Interested in placing an ad in MAVRC's *Minne-strokes* newsletter and/or in a News Flash e-mail message to the MAVRC membership?

For just \$50, your ad can be placed in one issue of MAVRC's *Minne-strokes* newsletter, and it also includes a one-time News Flash e-mail message to MAVRC's membership.

Just compose your advertisement and e-mail it to: jolene.carrow@gmail.com

Payment of your \$50 check can be mailed to:

MAVRC
P.O. Box 375
Marshall, MN 56258

Advertising with MAVRC guarantees communication with your court reporting peers. ■



PRESIDENT'S ADDRESS

By Tracy Bennett, RPR, CRR

Hi! My name is Tracy Bennett. I look forward to serving as President of the MAVRC Board for the 2012-2013 term. I am an official court reporter working for the Honorable Shaun R. Floerke in Duluth. I've been a steno reporter for 21 ½ years and have been writing realtime for six years.

I would like to thank Jeanna Zunker for all her hard work as President of the MAVRC Board this past year. She spent countless hours leading the Board in dealing with issues affecting MAVRC members. I look forward to her guidance in the upcoming year as well.

After attending NCRA's Boot Camp in February and the Leadership Conference in August, I feel well-equipped and prepared to lead MAVRC in the upcoming year as issues arise that affect all steno reporters in our state.

MAVRC knows the importance of realtime. Realtime is the most important skill that we can acquire – one that sets steno reporters apart from all other forms of making the record in court and in depositions. Without the use of realtime, there would be no CART providers or captioners.

Knowing the importance of realtime, NCRA has created a presentation called TRAIN: Taking Realtime Awareness and Innovation Nationwide that can be used for teaching steno reporters how easy it is to begin writing realtime. It helps reporters familiarize themselves with setting up for realtime and getting more comfortable writing realtime; first for themselves and ultimately for the attorneys, judges and clients they work with. There are 13 reporters in Minnesota alone that have shown

a willingness to share TRAIN with other reporters in our state. If anyone is interested in learning more, please contact me through the MAVRC website and I can put you in touch with a TRAINer near you.

Another event that I am excited about is a national awareness week that NCRA has planned for February, 2013, to help spread the word about steno reporting. This will coincide with career days at local high schools. Here in Minnesota, it's my goal to participate in this event and to get as many members involved as I can. Basically, we all need to start talking about our profession to anyone that will listen. Stay tuned to the website and News Flashes for further information.

As for the future of steno reporting, that involves recruiting and retaining students into the schools, whether online or in the classroom. I had a chance to meet with the students at Anoka Tech in October. Anoka Tech is a model school for steno reporting. Hopefully, the time spent with them was informational and helpful as they prepare for their professional futures. It was my goal to impart to the students that they are needed in order to keep this profession strong, that they are valued, and that this will remain a viable profession into the future.

Throughout the next year, I would encourage every member of MAVRC to do some type of outreach in their own community to promote the steno profession, whether it's mentoring a student, talking to a civil group, participating in a career day at your local high school, preserving a veteran's story for the Library of Congress or even captioning a church service for your congregation. The opportunities to get the word out to



*Tracy Bennett
MAVRC President*

your community about steno reporting are many.

There is a saying: "It takes a village to raise a child." I believe that statement speaks to the strength of our organization as well. In the coming year, we will have challenges to face, and it will be easier to face them as a "village" instead of as individuals. If we want to see growth, each individual member of MAVRC needs to be willing to put the time and effort into making changes happen.

I am very passionate about the profession of steno reporting. It has afforded me many opportunities that I did not dream possible – most recently, the NCRA trip to Brazil through the People to People Ambassador Program that I just returned from. I hope that throughout this next year, my passion will be contagious and will infect each and every one of you.

Please feel free to contact me, or any other Board member, with any questions or concerns that you have.

Tracy Bennett is an official reporter in Duluth, Minnesota. ■

2012-2013 MAVRC BOARD OF DIRECTORS



The following stenographic reporters were elected as directors and officers on the MAVRC Board of Directors for 2012 – 2013:



(left to right) Lisa Blanks, Pam Kubes, Mary Boom, Monica Christensen, Jolynn Graham, Brenda Vanderveur, Rachel Erickson, Tracy Bennett, Jeanna Zunker and Hart Erickson

President

Tracy Bennett
218-726-2476
tracy.bennett@courts.state.mn.us

President-Elect

Hart Erickson
952-890-0265
ecr0202@comcast.net

Immediate Past President

Jeanna Zunker
320-203-1409
jeannazunker@charter.net

Vice President-Freelance

Pam Kubes
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Vice President-Official

Monica Christensen
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Treasurer

Brenda Vanderveur
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brenda.vanderveur@courts.state.mn.us

Secretary

Lisa Blanks
612-200-9145
lisablanks1@gmail.com

Director-at-Large A (Official)

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320-632-0315
mary.boom@courts.state.mn.us

Director-at-Large A (Freelance)

Jolynn Graham
763-493-4478
jgreporting@comcast.net

Director-at-Large B (Official)

Laura Johnson
218-846-7200, Ext. 7280
spaulds1190@gmail.com

Director-at-Large B (Freelance)

Rachel Erickson
320-469-0642
rachstar09@yahoo.com



BE THE PERSON TO MAKE A DIFFERENCE

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

AUDITING COMMITTEE

Board Liaison: Tracy Bennett

tracy.bennett@courts.state.mn.us

tbgeckogirl@yahoo.com

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

CERTIFICATION AND TESTING

Board Liaison: Tracy Bennett

tracy.bennett@courts.state.mn.us

tbgeckogirl@yahoo.com

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

CONTINUING EDUCATION

Board Liaison: Jeanna Zunker

jeannazunker@charter.net

Helps plan educational seminars and/or educational opportunities for reporters and students.

FREELANCE COMMITTEE

Board Liaison: Jolynn Graham

jgreporting@comcast.net

Deals with issues affecting court reporters in the freelance field.

LEGISLATIVE/GOVERNMENT AFFAIRS

Board Liaison: Laura Johnson

spaulds1190@gmail.com

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

OFFICIAL COMMITTEE

Board Liaison: Laura Johnson

spaulds1190@gmail.com

Deals with issues affecting official court reporters.

PUBLICATIONS COMMITTEE

Board Liaison: Monica Christensen

monica.christensen@courts.state.mn.us

Prepares and issues the official publication of the Association.

STUDENT INTERNSHIPS/SCHOOL LIAISON

Board Liaison: Hart Erickson

ecr0202@comcast.net

Assists with student internships and administers a mentoring program.

CART/CLOSED CAPTIONING

Board Liaison: Rachel Erickson

rachstar09@yahoo.com

Handles issues affecting CART providers and broadcast captioners.

CONSTITUTION AND BYLAWS

Board Liaison: Brenda Vanderveur

brenda.vanderveur@courts.state.mn.us

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

ETHICS COMMITTEE

Board Liaison: Brenda Vanderveur

brenda.vanderveur@courts.state.mn.us

Helps promote and monitors ethics among court reporters.

FUNDRAISING COMMITTEE

Board Liaisons: Pam Cook/Pam Kubes

pjkubes@gmail.com

Helps raise funds for the Association.

MEMBERSHIP COMMITTEE

Pam Kubes

pjkubes@gmail.com

Works to increase the membership of the Association and develops an annual membership directory.

PRO BONO COMMITTEE

Board Liaison: Mary Boom

mary.boom@courts.state.mn.us

Facilitates court reporting services to indigents.

PUBLIC RELATIONS

Board Liaison: Lisa Blanks

lisablanks1@gmail.com

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

TECHNOLOGY COMMITTEE

Board Liaison: Monica Christensen

monica.christensen@courts.state.mn.us

Stays abreast of technological advances in the court reporting field.

DON'T LET FEARS HOLD YOU BACK FROM INVESTING

By RBC Wealth Management and Scott Kellett

For the past few years, many investors have fled the stock market. But their flight may have been ill advised — and you could benefit from their experience.

Just how significant has the equities exodus been? Consider this: U.S. equity mutual funds experienced net cash outflows of more than \$500 billion from the beginning of 2007 through April 2012, according to the Investment Company Institute.

However, those investors who left the market may have had second thoughts, at least over the past few years. Why? Because the Dow Jones Industrial Average gained almost exactly 100 percent from March of 2009 until early August 2012.

Still people's fears about investing in stocks may be understandable. Over the past 12 years, we have seen two major bear markets, along with plenty of volatility. And today, investors are nervous about the Eurozone debt crisis, the sluggish U.S. economy and the possibility of the "fiscal cliff" that might occur if spending cuts and tax increases simultaneously go into effect in early 2013.

Those investors who are avoiding stocks are either "sitting" on cash or cash equivalents, such as money market accounts, or have invested

heavily in bonds. Of course, there's nothing intrinsically "wrong" with either cash or bonds — they can be valuable parts of your portfolio. But an over-concentration of each can be problematic. If you're too heavily invested in cash instruments, you risk losing purchasing power over time, because cash vehicles may not even keep up with inflation. And if interest rates increase in the near future, as is widely predicted, the value of your existing bonds may decline, as interest rates and bond prices are inversely related.

In any case, the current market environment provides you with at least two reasons to stay invested in equities:

- *Greater rewards than "safer" investments* — When you invest in stocks, you're not just looking for a rise in price in absolute terms — you also want your investment to pay off relative to other, less risky choices. One common measure for this comparison is called the "equity risk premium," which is essentially the expected return of stocks above "risk-free" investments, such as one-month Treasury securities. And right now, with Treasury yields so low, this equity risk premium is quite high, compared to its historical average.

- *Potential "downside" protection* —

Because so much selling has already occurred over the past few years, the potential for a sudden, enormous round of sell-offs — a key driver of market downturns — most likely has been greatly reduced. (Keep in mind, though, that when it comes to stocks, there are no guarantees, and no limits as to how far they can fall — or rise.)

So don't let yourself be "scared off" equities. They should be an essential part of a diversified investment mix that reflects your own risk tolerance, time horizon and long-term goals.

This article is provided by Scott Kellett, a Financial Advisor at RBC Wealth Management in Duluth, MN, and was prepared by or in cooperation with RBC Wealth Management. The information included in this article is not intended to be used as the primary basis for making investment decisions nor should it be construed as a recommendation to buy or sell any specific security. RBC Wealth Management does not endorse this organization or publication. Consult your investment professional for additional information and guidance. RBC Wealth Management does not provide tax or legal advice.

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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.

SALUTE TO OUTGOING BOARD MEMBERS



Cheryle Doss

Cheryle Doss, an official reporter for the 7th Judicial District, Alexandria, Minnesota, has served on the MAVRC Board continuously since 2007 in the positions of Director-at-Large A and B (Official). During this time Cheryle was also the board liaison to the Official Committee and helped Pam Cook on the Fundraising Committee.



Myrina Kleinschmidt

Myrina Kleinschmidt, freelance reporter and owner of Twin West Reporting, served in the position of Vice-President Freelance on the MAVRC Board of Directors for 2011-2012. During her time on the Board, Myrina was also the board liaison of the Technology Committee.



Janell Gruber

Janell Gruber is an official reporter in the Seventh District, Foley, Minnesota. Janell was Director-at-Large A (Official) from 2002-2004; President-Elect, 2009-2010; President, 2010-2011; Immediate Past President, 2011-2012.



Vikki Thompson, Court Reporting Operations Manager for Merrill Corporation, joined the MAVRC Board in the fall of 2006 and served on the Board until fall of 2012, taking on the position of secretary. During her tenure on the Board, Vikki has also served as editor of the MAVRC newsletter, *Minne-strokes*, and has served on the Publications Committee.



Vikki Thompson

MAVRC's 2012 DISTINGUISHED SERVICE AWARD

IS PRESENTED TO... JENNIFER SATI

By Jim Weitalla, RDR, CRI, FAPR

On October 6, 2012, I had the distinct honor of presenting the 2012 MAVRC Distinguished Service Award to Jennifer Sati.

Jennifer's accomplishments are many. She's been an official court reporter, a freelance reporter running her own agency, CART provider, captioner, court reporting program director, NCRA committee member. She's volunteered her time to speak to judicial groups deciding the fate of court reporting in Minnesota, and has been a tremendous advocate for stenographic reporting. She's been a realtime court reporter, like many longtime reporters, for what seems like forever.

As a freelance reporter, she was part of a group of realtimers that transcribed the OJ Simpson trial off the live broadcast for a legal services provider, doing daily copy.

In her spare time, while being the Anoka Tech Judicial Reporting and Broadcast Captioning program director, she was a part-time official and now captions.

The sun may set, but I doubt Jennifer does. NCRA has tapped her for a new committee reviewing court reporting education, because the Anoka JRBC program is an outstanding program with higher than normal graduation rates.

We all owe a great debt of gratitude to Jennifer, who willingly stepped in to take over as the director of the Anoka Tech JRBC program. Through her efforts, the school produces a

steady stream of new court reporters, all enthusiastic about their role in judicial court reporting by being officials and freelancers, or being part of the new fields of CART and captioning.

Thank you again, Jennifer, for all of your hard work on behalf of court reporters everywhere!

Jim Weitalla is a freelance reporter in Minneapolis, Minnesota.



Jennifer Sati

Jennifer Sati is presented the Distinguished Service Award by Jackie Young and Jim Weitalla at the 2012 MAVRC Annual Fall Convention.



MAVRC DSA recipient, Jennifer Sati, was joined by family members when receiving the award.

Students and colleagues joined Jennifer for an opportunity to have a photo taken with her as the 2012 MAVRC DSA recipient!





*** WANTED *** BRIEFS



If you wish to continue to see
"Briefs, Briefs and More Briefs"
in MAVRC's Minne-strokes,
please share your favorites!



Please submit to:
Jolene Carrow
jolene.carrow@gmail.com



NOW, On Line Payment Available @ www.rpmco.com



An advertisement for RPM PRODUCTS. The background is a photograph of a grand classical building with columns, likely a courthouse. Overlaid on the image is the text "Take US To Court!" in large blue letters. In the foreground, there is a cardboard box labeled "RPM PRODUCTS" containing several white briefs. Next to it is a green recycled pad with a white sheet of paper on top. The text "THE ORIGINAL RECYCLED PAD" is written below the pad. The RPM PRODUCTS logo is in the bottom right corner of the ad. At the very bottom of the ad, there is contact information: "P.O. Box 24406 Louisville, KY 40224 1-800-626-6313 Fax: 1-800-276-2500 www.rpmco.com".



P.O. Box 436987 | Louisville, KY 40253 | 1-800-626-6313 | Fax: 1-800-276-2500 | www.rpmco.com

REPORTER RECIPES

Submitted by Jolynn Graham

BACON WRAPPED SHRIMP WITH PINEAPPLE

A fun appetizer (so delish)

12 jumbo shrimp, deveined
1/4 fresh pineapple cut into bite sized chunks or 1
(14-ounce) can pineapple chunks in natural juice, drained
6 slices center-cut bacon, cut in 1/2 crosswise
12 wooden toothpicks

Heat a nonstick skillet over medium-high heat. Holding a shrimp, nest a chunk of pineapple in the natural curve of the shrimp then wrap bacon around the shrimp and pineapple and secure with a wooden toothpick. Wrap and secure all 12 shrimp then add to the hot pan and cook 3 minutes on each side or until bacon is crisp and shrimp are opaque and firm.



CARROT CAKE or BARS

2 cups sugar
2 cups flour
1/2 tsp salt
2 tsp baking soda
3 tsp cinnamon (I usually do more...maybe even like 2 tablespoons)
Dash of allspice

Sift above ingredients together..

4 eggs beaten, add 1 1/4 cup Crisco veg oil and vanilla. Then add 3 cups grated carrots.

Mix dry ingredients with egg/carrot mixture.

Pour into 11x17 pan for bars, and bake at 350 degrees for 25 to 30 minutes. Use a smaller pan for thicker bars/cake.

FROSTING

2 Tablespoons butter
4 ounces cream cheese
1 3/4 cups powdered sugar
2 tsp vanilla.. and I add a little splash of almond also

Frost and enjoy!! I like to put the bars in either the fridge or the freezer! We like them a little chilled.

Jolynn Graham is a freelance reporter from Brooklyn Park, Minnesota, and is serving as Director-at-Large A on MAVRC's Board of Directors.

MAVRC 2012 FALL CONVENTION

SILENCE IS NOT GOLDEN - Hearing Impairment in the Courtroom

Presenter: Hon. Paul T. Benshoof
By: Gayle May Barker

Judge Paul T. Benshoof gave an interesting and informative presentation on how being hearing impaired affects a great many people in the United States. It is the most common physical handicap in the U.S. Approximately one million persons are considered culturally Deaf and use ASL. Being hearing impaired himself, he has set up his courtroom to assist those with hearing loss.

The following are ways court reporters can help to make sure people are understanding and hearing what is being said:

- 1) Have the HOH sit in the front
- 2) Have Assistive Listening Devices available in the courtroom
- 3) Insist that they try the



Hon. Paul T. Benshoof

- Assisted Listening Devices
- 4) Place signs in the courtroom advising there are Assisted Listening Devices available

He encouraged us to speak to the judges about the possibility of making improvements to the sound system in the courtroom.

Gayle May-Barker is a freelance reporter in Chanhassen, Minnesota.



Reporters listening attentively to the Hon. Paul T. Benshoof

MAVRC 2012 FALL CONVENTION

REALTIME WRITING

Presenter: Mark Kislingbury
By: Tammy Mathwig

Kislingbury spoke at the MAVRC convention at the Treasure Island Casino on Saturday, October 6. His six-hour informative seminar, while entertaining and extremely enlightening, left many of the reporters feeling overwhelmed, yet intrigued by the possibilities of putting his techniques into practice. His philosophy is quite simple: Reduce the number of strokes you write and your word per minute rate will go up, regardless of personal finger speed. In brief (no pun intended), writing short.

He had many suggestions on how to write short and how to remember the strokes that you choose for your briefs. There were so many ideas; in fact, that is why the reporters in the room were feeling overwhelmed. I'm sure many of them planned to go home and put one or two suggestions in place immediately just for the time-saving advantage.

The seminar went over everything from finger speed, to writing short, to realtime excellence, to ergonomics and machine placement, to how to practice to gain speed. Yes, Mark suggested regular practice for the professional reporters. Mark likened the profession of court reporting to that of professional musicians, athletes, or actors, all of which need regular practice to refine their craft.

Mark's 29-year career has afforded him many opportunities that wouldn't have been possible if not for court reporting. He has a school in Houston, Texas, and very successful students. He has been able to blend his love of his career with his hobbies and has been able to write for a very important chess tournament. He writes the daily transcript for the Rush Limbaugh show. He's the Guinness World record holder for the fastest speed in steno writing at 360 words per minute, and he plans on trying to break his record next year.

In short (there's that pun again), Mark had many great ideas and it was an especially informative



Mark Kislingbury

seminar that all of the reporters who attended were surly able to bring home food for thought to incorporate some of his ideas into their writing.

Tammy Mathwig is a student at Anoka Tech.

REALTIME WRITING

Presenter: Mark Kislingbury
By: Kelly Brede

As a student attending her first MAVRC convention, I was excited (and a bit intimidated) to learn that Mark Kislingbury would be speaking. I have heard stories of his Guinness World Record of 360 words-per-minute and his legendary fingers. Considering that I am still working on passing my 200s, I wondered if I would be left in the dust once he started talking about his method of writing. Happily, I

was wrong!

Mark explained how and why his style of writing works – writing “shorter” allows you to write faster and more accurately. He spent the day showing us examples of how to take our most common words and phrases and make them into brief forms that can be combined to shave multiple strokes off of our writing. According to Mark, his method will decrease fatigue, increase speed and accuracy, make work less stressful because you're not working as hard, cut down on editing time, and bring some fun to your writing.

Mark's seminar was packed with information and it left my head spinning at times, but I can definitely see myself incorporating some of his principles into my writing. He is very passionate about his work and his animation helped to hold his audience captive. I think his presentation had something for everyone. I'd like to give a big “thank you” to MAVRC for choosing Mr. Kislingbury as their guest lecturer.

Kelly Brede is a student at Anoka Tech.

MAVRC 2012 FALL CONVENTION



Above and Below: Reporters, students and vendors enjoying the meal and conversation together



Jackie Young



Pam Kubes, MAVRC Board member and fundraising chairperson



(L-R) NCRA Representative Nativa Wood and Gayle May Barker

MAVRC 2012 FALL CONVENTION



Teresa Schafer, Sandy Burch and Jeanna Zunker



Bev Rojas



Monica Moriarty



Hon. Paul T. Benshoof



Monica Christensen



Hart Erickson and other reporters setting up for the convention



Angie Sundell



Judy Wunderlich and Jolene Carrow

MAVRC 2012 FALL CONVENTION



Brenda Vanderveur addresses convention giving the MAVRC treasurer's report at the annual business meeting,

Tracy Bennett addressing the MAVRC convention with her president's address.



Nativa Wood delivers NCRA news at the annual MAVRC Fall Convention,



MAVRC Board of Directors at the annual MAVRC business meeting

(L to R) Lisa Blanks, NCRA Representative Nativa Wood, Hart Erickson, Pam Kubes, Rachel Erickson, Tracy Bennett, Monica Christensen, Mary Boom

Jeanna Zunker proudly displays a plaque given to her for her past year of service as MAVRC's president,



MAVRC members at the Treasure Island Resort & Casino (L to R) Hart Erickson, Angie Sundell, Sandy Burch, Judy Wunderlich, Jackie Young, Jolene Carrow, Mary Dupre

THANK YOU FOR YOUR SUPPORT!!!

Door Prize Winners/Donations

MAVRC Donations:

Monica Moriarty (mouse pad)
Denise Rothfork (mouse pad)
Teresa Schafer (mouse pad)
Rhonda Franken (mouse pad)
Brigette Witte (mouse pad)
Cheri Anderson (mouse pad)
Gayle Barker (MAVRC centennial bag)
DeAnn Peterson (MAVRC centennial book)
Kelly Nelson (flashdrive)
Jonathan Wonnell (flashdrive)
Hart Erickson (CD-RWs)
Kristi Arntzen (CD-RWs)
Lisa Creeron (Starbucks \$10 certificate)
RandiAnn Harvey (Starbucks \$10 certificate)
Glenda Kaufman (Starbucks iced coffee)
Judy Wunderlich (Starbucks \$10 certificate)
Teresa Schafer (Starbucks \$10 certificate)
Nancy Gisch (Starbucks \$10 certificate)
Ruth Holdvogt (Starbucks iced coffee)
Gail Seifermann (bottle of wine)
Patti Sobolewski (bottle of wine)
Jackie Young (bottle of wine)
Laurie Webster (bottle of wine)
Angie Sundell (pop)
Kathy Hanson (pop)
Gail Seifermann (pop)
Sheila Ford (pop)

Godiva chocolates

donated by Jim Weitalla:

Rhonda Route
Gayle Barker
Kathy Hanson
Angie Sundell
Betsy Cradic

\$75 Gift Certificate

donated by Stenograph/Mike Melby:

Kara Solheid

Real Time Dictionary of Briefs and Phrases

donated by StenEd:

Lori Okeson

Gift Certificate

donated by Mill City Video:

Joanne Ertl

Jump stick

donated by Advantage Software:

Sarah Anderson

50/50 Raffle Winners

Nativa Wood - \$133 (Donated back
to MAVRC)

Hart Erickson - \$116

Silent Auction Donors

Vikki Thompson (Merrill) – Mall of America Gift Card

Vikki Thompson – Massage Envy

Benchmark – Target Gift Cards

Sue Roberts (on behalf of the students at Anoka Tech)

– Red Velvet Cheesecake (Cheesecake Factory)
& Spanish wine

Jeanna Zunker – Lia Sophia Necklaces

Anoka Tech – Sweatshirt and Zip Hooded Sweatshirt

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First District Reporters – Target Gift Cards

Brenda Vanderveur – Sentsy Warmer with Amaretto
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let

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StenEd – Realtime Dictionary of Briefs & Phrases

VETERANS DAY HISTORY PROJECT AT ANOKA TECH

By Deb Longley, CRI

In honor of Veterans Day, the Judicial Reporting Program at Anoka Technical College hosted an event in partnership with the Library of Congress, American Folklife Center. This human-interest project is known as “The Veterans History Project.”

Volunteer JRBC students from Anoka Technical College and working reporters donated their time to this event to honor and express gratitude to those veterans who sacrificed and dedicated their lives so that we, as citizens of the United States, may live in freedom and prosper. Veterans from World War II, The Korean War, The Vietnam War, The Afghanistan Conflict, Desert Storm, and The Iraqi War were invited to be interviewed and have their stories recorded, written, and preserved in order to inspire and invoke future generations to be aware of the sacrifice and history that is embedded deep within our great nation. Our veterans hold the key that unlocks the personal experience of military and civilian service



Students Kim Morey and Marie Schutz greet vets as they enter

in times of conflict throughout our country. Our hope is that many may be filled with the knowledge of how the United States of America became this great nation, why we enjoy the privileges of freedom that Americans do, and why we may continue to dream and turn those dreams into

reality.

The day proved to be one of new friendships formed between our current generation and past generations, bridging the gap of understanding, mutual admiration, and appreciation. There was laughter



(Left to Right)???, Sarah Anderson, Jennifer Sati, Heather Schuetz, Deb Longley



A proud United States WWII Veteran Eugene Kreuger

VETERANS DAY HISTORY PROJECT AT ANOKA TECH

and tears as stories of service, tragedy, bloodshed, destruction, and heroism were unveiled from deep within the hearts and minds of veterans. Many of these gentlemen were hesitant yet willing to open the compartments of their memories where they have stored away actions taken and witnessed which have been too painful to remember. Yet their wisdom and understanding allowed them to realize the significance of the history they carry and were willing to reopen the wounds that have left them scarred and changed forever.

A social hour was also held while a former veteran, Leo Bixby, and a current student, Sheila Weigel, provided accordion music. Those present had the opportunity to celebrate with one another in the spirit of our country and Veterans Day.

This event would not have been possible had it not been for the willing volunteers who selflessly set aside their Saturday to make this occasion



Jim Bernstein, Vietnam War Veteran, and Pip Longley, Interviewer

a success. Jennifer Sati and Deb Longley would like to thank students: Sarah Anderson, Kassie Lahti-Beebe, Mellisa Gourdin, Elisa Kukuk, Kim Morey, Carter Rosenbaum, Marie Schutz, Sheila Weigel, and Crystal Ziebarth. We would also like to thank the working reporters who volunteered for this event: Tracy Bennett, Melissa Keute, Heather Schuetz, Sharon Steinbrecher, Jackie Young, and Jeanna Zunker. We would especially like to thank our guests of

honor, the veterans: Jim Bernstein, Walter Grotz, Jeff Huston, and James Rasmussen for their service, sacrifice, and dedication to our country and for graciously participating in this event. Thanks to all who helped make this day a success!

Deb Longley is a college lab assistant and certified realtime instructor at Anoka Technical College.



Sarah Anderson and Jennifer Sati



Veteran Jim Rasmussen

MAVRC PUBLICATIONS COMMITTEE MEMBER

VIKKI THOMPSON RETIRING



*Publications Committee Members
Front: Nanette Corbett, Vikki Thompson
Back: Patty McLean, Jennifer Sharp, Angie Sundell
Not pictured: Jackie Young*

The Publications Committee wishes Vikki Thompson well in her upcoming retirement and new venture. Vikki and her daughter have a business designing and sewing custom dance costumes for competitive dancers and dance classes.

Many thanks to Vikki for her years of service on the Publications Committee.



WELCOME NEW MAVRC MEMBERS

**Adrienne Conzemius - Official
Minneapolis, MN**

**Krisie McCallum - Student
Elk River, MN**

**Sheila Ford - Freelance
Minneapolis, MN**

**Dianne Slockbower - Freelance
Aliso Viejo, CA**

**Julie Haskovitz - Freelance
Minneapolis, MN**

MAVRC FALL GET-TOGETHER

By Jackie Young, RPR

The ever popular Park Tavern in St. Louis Park was the setting for the latest MAVRC get-together. The group was treated to a variety of delicious appetizers graciously provided by Jolene Carrow, MAVRC's administrative assistant and freelance reporter located in Marshall. The reporters in attendance enjoyed networking with each other and we also had the opportunity to meet newly graduated freelance reporter Rachel Erickson. It turned out to be MAVRC's lucky night as Rachel consented to coming on the board as a director-at-large.

Thanks to MAVRC for organizing this event and thanks to everyone who turned out to share some special camaraderie among fellow reporters.



(Left to Right) Sandy Burch and Shannon Forester



Rachel Erickson



Jolene Carrow

STUDENT'S CORNER - WHAT DID YOU SAY?

By Jackie Young, RPR

Even though many of us take our ears for granted, the ability to interpret and accurately hear what is being said is an integral part in the life of a court reporter. While it might be a ways off for some of us, if any of us hope to continue to report into our 60s and perhaps beyond, it is imperative that proper steps are taken on a daily basis to protect our hearing and, with the appropriate steps, even improve our hearing as we age.

The most common reason for hearing loss (presbycusis), of course, is advanced age. According to WebMD, one out of three people aged 65-74 has some level of hearing loss.

After age 75, that number rises to one out of every two people. Other common causes of hearing loss include repeated exposure to loud noises, buildup of earwax, genetics, the use of some medications such as antibiotics, chemotherapy drugs, and aspirin. In addition, certain illnesses such as heart disease, high blood pressure, and diabetes can contribute to hearing loss.

In the early stages of hearing loss, most people may not be aware that they are slowly losing the ability to hear certain sounds or tones. Typically those will include high-pitched sounds, such as childrens' and female voices, and the sounds "S" and "F" become harder to decipher. A person may also experience trouble understanding phone conversations, have trouble hearing above

background noise, and have trouble following a conversation when more than one person speaks at a time.

What is not as well known, however, is the link between proper nutrition and



good hearing. If you are interested in reducing your risk of developing hearing loss or in preventing its progression, there are a number of different foods and supplements that may help you achieve that goal.

The basic vitamins A, B, C, D, and E, in addition to iron, copper, magnesium, iodine, and folate, have all been identified as being beneficial for good ear development and hearing function. Some further good news is that a number of studies have also been done which demonstrate that hearing loss due to noise can be reversed or improved through specific nutrient therapy.

Overall good health, of course, revolves around proper nutrition, and I would not be the first person to admit that my eating habits have

not always focused on what is good for me but, rather, have centered on what tastes pleasing. To further add to my dismay, after doing some basic research, I found that there are studies demonstrating that a diet high in sugar, carbohydrates, and cholesterol-rich foods negatively impacts hearing. So even though I sometimes hate to admit it, my mother's age-old adage as I was growing up, encouraging me to eat my fruits and vegetables, has proven to be sound advice. And purely in an attempt to fully inform you and not to depress you, studies also show that consumption of coffee, chocolate, or smoking cigarettes leads

to blood constriction, which, in turn, can reduce your ability to hear.

If you are interested in reducing your risk of developing hearing loss or prevent its progression, there a number of different foods and supplements that may help you achieve that goal.

For example, a Vitamin A deficiency increases noise susceptibility and decreases sensory function in your ears.

A quality Vitamin B complex has been shown to improve hearing loss by helping to reduce ear pressure and has been shown to improve tinnitus.

A deficiency of Vitamin B-1 (thiamine) can result in delayed auditory brainstem response. A

properly functioning brain is imperative if we are to accurately process the information that we receive through our ears, which is even more reason to exercise good food choices!

Vitamin B-2 (riboflavin) is believed to enhance hearing cells in the ears and is therapeutic for sudden hearing loss, acute noise-induced hearing loss, and Meniere's syndrome.

Vitamin B-3 (niacin) and its derivatives are involved in increasing circulation to critical nerve cells throughout the body, including hearing cell nerves. It is also therapeutic for people suffering from Meniere's syndrome where there is associated vertigo and hearing loss.

Vitamin B-5 is believed to "coat" nerve endings in the ears, thus creating less irritating noises for those suffering from tinnitus symptoms.

Vitamin B-6 is believed to help regulate the fluid in the ears and a deficiency in B-6 can affect peripheral and brainstem auditory pathways.

Vitamin B-12 deficiencies, along with deficiencies in folate/folacin, are implicated in hearing losses among the elderly and negatively affect both the nervous and vascular systems associated with hearing.

Vitamin C is effective in protecting or at least reducing the damage to cochlear hair cells and acute hearing losses associated with noise exposure.

Vitamin D deficiencies are associated with abnormal bone growth in the middle ear, cochlear deafness, and hearing loss associated with the sensory nerve system. A lack of Vitamin D can also lead to a condition called osteopenia, which is where your bones become porous and demineralized. Vitamin supplementation is recommended for these conditions and has been found to correct the hearing loss and even deafness in certain cases.

Vitamin E has been shown to improve recovery rates for people who experience sudden hearing losses. Vitamin E, a powerful antioxidant, is especially beneficial for hearing losses associated with damage from free radicals.

In addition, several minerals also play a role in improving the function of hearing and/or improving hearing loss. Diets lacking in copper, iodine, iron, and zinc accelerate the loss of cochlear hair cells. The mineral magnesium is effective in controlling damage from noise-induced hearing loss and is believed

to have some protective benefits for the inner ear hair cells and arterial lining. And not to be forgotten, studies have shown that some amino acids have proven to be significant in healing ear damage and improving hearing losses.

For those of you who are interested in maintaining or improving their hearing but are not the most disciplined of eaters, taking a daily multi-vitamin is essential to your overall health. Of course, prior to beginning any regiment of vitamin supplementation, please give some serious consideration to first consulting with a professional nutritionist since they are trained in the interaction of therapeutic nutrients taken together with other nutrients. They are also trained in the prevention of toxicity from excess nutrients such as Vitamin A, iron, or beta-carotene.

The most important advice I can give you is DO NOT simply resign yourself to the fact that you have to live with decreased hearing simply because you are getting older. Rather, take charge of your health and live life to the fullest!

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

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YOU TOO CAN BE AN ANGEL!

The National Court Reporters Foundation, or NCRF, is the heart of the court reporting profession. It's "the foundation for court reporting philanthropy," and its mission is to promote our wonderful profession.

Here's what NCRF has been up to:

Veterans History Project: Court reporters transcribe oral histories of our nation's war veterans so that they become part of a permanent electronic archive at the Library of Congress. Not only do reporters feel like they're contributing to our history, but they get FREE professional development credits from NCRA in return.

NCRF has turned in over 2,700 oral histories to the Library of Congress, and our goal is 3,000 by Memorial Day 2013.

Giving court reporting students a FREE membership in NCRA? Yes, NCRF does that! All a student has to do is transcribe two oral histories. About 210 students have gotten free memberships already, and about 45 of them are new NCRA members!

Have you ever met an attorney or judge who doesn't have a clue about realtime or how to make an effective record? Of course you have! NCRF has created FREE teaching tools so that reporters can give presentations to law schools, bar associations or judges' groups on making a good record. All you have to do is ask, and we'll send them to you.

And NCRF does so much more, and we do it solely from donations received from generous donors.

Every Member Counts to NCRF, and we want NCRF to count to every member.

So when you see the voluntary contribution on your NCRA dues renewal form or when you get a call in April during our annual phone-a-thon or if one of our wonderful volunteers approaches you about our **Angels Program**, know that we're working on your behalf.

For information about becoming an NCRF Angel, go to www.ncra.org/ncrf, or contact **Jackie Young at rite2jackie@frontiernet.net**; or NCRF's Deputy Executive Director B. J. Shorak on 800/272-6272, ext. 126, or by email at bjshorak@ncra.org.

YOUR HALO IS WAITING!

WILLARD I. BRAUN

OUTSTANDING STUDENT-OF-THE-YEAR AWARD

By Jennifer Sharp

This year's Willard I. Braun Outstanding Student-of-the-Year Award was presented to judicial reporting student Sarah Anderson during MAVRC's fall convention. Anderson is currently in her 225s and says she is honored to receive such a distinguishing award.

"There are so many great students that are not only moving through the program quickly, but they are bright and personable, too. I was shocked when I won. I had no clue. When I saw my dad, my husband, and my sister walk in the room, I thought 'no way.'"

Anderson has two school-age daughters, 11 and 9, who are both in year-round hockey and soccer. Her husband, Craig, works for Target Corporation Facilities Management and partners with the Target India and Target Philippines campuses, which means he travels on occasion to Asia for work. Anderson's family, like her twin sister, dad, grandma, mother- and father-in-law, all have pitched in to help her when the schedule calls for it.

"Finding the right balance of being a student, a mother, a wife, a friend, and taking care of myself, too, is difficult. What I've found is that there is no perfect equation for balancing your time. I have to make good choices about what to do with the time that I do have. And if I slip up and miss a day or two, I have to just let that go and get back at it."

Therefore, at the beginning of each week, Anderson explains how she plans out her practice time in order

to make it most beneficial. She determines what material she should be practicing and then for how long she is going to practice. She divides that over seven days to meet her personal and practice goals.



Sarah Anderson

"School has been difficult. I have to practice a lot. I'm not one of those people who it just 'clicked' with. Court reporting, though, is really what I want to do, so motivation to practice is not the problem. You have to be realistic about how much time you need to practice to be making progress."

Anderson gives a huge shout-out to her family for all of their support throughout this endeavor.

"My husband has done more than I will ever be able to thank him for. He helps with the kids' homework, sports, and even rearranged his work schedule numerous times throughout my schooling career. My dad worked weekends all summer in exchange for two days off during the work week to help me out during the summer semester. They are always thinking of ways to keep the stress level down."

Judicial Reporting Program Director Jennifer Sati says Anderson was selected as the recipient of the award for her excellent academics as well as her consistency and dedication. "She is committed to the court reporting career by ensuring every assignment is completed with the utmost attention to detail, a necessary trait for success in this field! Sarah has earned this high recognition and Mr. Braun would be very proud."

The Willard I. Braun Outstanding Student-of-the-Year Award was established in 1983 by the Minnesota Shorthand Reporters Association in honor of Willard Braun's outstanding contributions to the development of excellence in court reporting education. Braun was cofounder of the Northern Technical School of Business and was one of the pioneers in utilizing CAT technology.

Congratulations, Sarah, on receiving this honorable award!

Jennifer Sharp is a freelance reporter and a member of MAVRC's Publications Committee. ■

COURT REPORTING STUDENT PROFILE

By Caitlin Albrecht

Name: Caitlin Albrecht

School: Anoka Technical College

Speed: 160 wpm

Hometown: New Hope, MN

Tell us a little about yourself. I'm 20 years old and work part-time as a barista at Caribou Coffee. I take a martial art called Kung Fu San Soo and participate as a cadet in the Civil Air Patrol, a volunteer auxiliary of the Air Force, and will become a Senior Member in the program when I turn 21 in October. I'm also a huge Star Wars fan and find nothing quite as nice as a good book.

What made you decide to pursue a career in court reporting? The big bucks! Okay, not really, but that was a part of it! I'd taken a year off of school right out of high school and there wasn't anything in particular that caught my interest. However, when my mom mentioned that Anoka Tech had a two-year judicial reporting program and job placement was excellent for court reporting, I figured I would try it out; plus, there's something cool about that little machine following you everywhere.



Caitlin Albrecht

A little over a year later, I love it! The deeper I get into the program, the more it seems to fit like a glove. There's nothing else I'd rather do. There's something prestigious about being able to capture, verbatim, what someone is saying, and know how hard you've worked to get there.

What area of reporting interests you the most at this time - official, freelance, or captioning/CART? I really like the idea of freelancing. The huge draw for me is the flexibility and the variety. I hope to have a long career in this field, but I also want to get married and have a family at some point, so being able to cut down or increase those hours seems like a nice fit. I also find something challenging about walking into a different case every time I perform a job. It will keep me on my toes!

What's been the most challenging or rewarding part of your schooling thus far? The most challenging part would be logging all those practice hours. We're strongly encouraged to practice 15 hours a week and sometimes that can make my schedule quite hectic.

The most rewarding part has been advancing in the program and realizing more and more that this profession fits so well. I feel like God has been preparing me throughout my life to step into this profession, and while there are a LOT of challenges (there are days when I want to send that steno machine into a wall), I know I've found the job that fits me best and I can't wait to get out and start working.

Do you know any working reporters or anyone that's been an influence to you? All my teachers have shaped me and my writing style but my three main influences have been Jennifer Sati, Jane Schleusner and Jan Ballman. Jen was my theory teacher, Jane is my current speedbuilding instructor and Jan is my mentor. I love their positive attitudes and willing advice. They've done it all, yet they're patient enough to listen to our endless questions and pass on their experiences. All three have been huge encouragements for me.

(Cont. on Page 25)

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(Cont. from Page 24)

If you had an hour of free time, what would you be doing (besides practicing on your steno)? I'd probably go for a run then head over to Half-Price Books to expand my up-and-coming library.

What is your favorite band or type of music? It's a toss-up between Josh Groban and Skillet.

What is your favorite food or restaurant? Anything Italian!

Where is a place you would like to visit? Austria

The last book you read? Firefly: Still Flying

The last movie you watched? Warrior ■



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April

19-21 NCRA TechCon

August

8-11 NCRA Annual Convention
Nashville, TN



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MINNE-*strokes* is the official publication of MAVRC, the
Minnesota Association of Verbatim Reporters & Captioners.

MINNE-*strokes* is published quarterly.

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responsibility of the individual writers and do not necessarily
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