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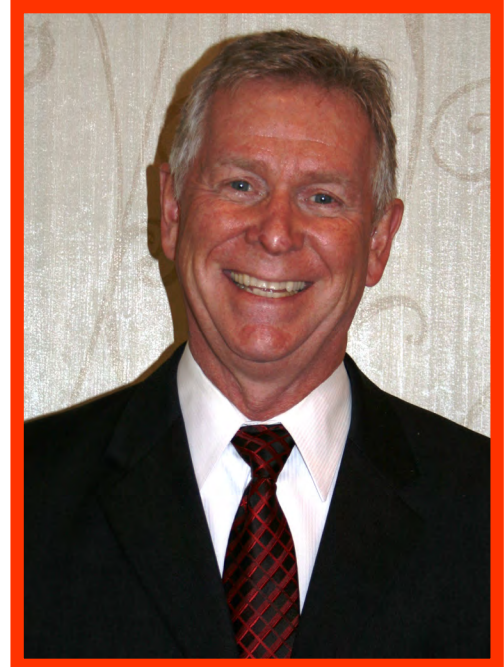
PRESIDENT'S ADDRESS

By Hart Erickson

Greetings from sunny Burnsville -- or not so sunny as I write my first president's address. Summer has come to a close and fall is pretty evident with the leaves starting to change color. Or even by the time you read this, snow could be covering the ground. In any event, it is the beginning of my year as president of this great association.

I take over the responsibility of president of MAVRC knowing that I have some awfully "big shoes" to fill. Looking back on past presidencies, I see a number of great leaders, and I only hope I can live up to the guidance and wisdom they've provided over the years. I was fortunate to attend Boot Camp this past March and State Leadership in August, and I learned so much about court reporting and what's happening around the country. This will be my tenth year on the Board, seven from many, many years back and now the third of this tenure, but I still have so much to learn.

I want to especially thank Tracy Bennett, immediate past president, for her encouragement and friendship during this past year. She has such a passion for court reporting and truly cares about the future of our profession. I'm very fortunate she will be on the Board for another year. I also want to thank the rest of the MAVRC Board of Directors and the many committee volunteers for their time commitments this past year. Our association cannot continue to function without you.



Hart Erickson

As I stated in my letter to the court reporters who attended the Fall Convention, growing our membership is going to be one of my focuses this next year. We are a fortunate state association in that we employ the services of a lobbyist and an administrative assistant (who do a fabulous job, by the way), neither of which we can afford to lose. However, with a decrease in membership and, therefore, a decrease in dues, it is getting harder and harder to keep up with such a large expenditure, as well as the many other expenses of running an association like ours.

(Continued on Page 3)

2013-2014 MAVRC BOARD OF DIRECTORS

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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.



(Continued from Page 1)

So in an effort to increase our numbers, I am challenging each and every one of you to not only renew your own membership, but to reach out to a nonmember and ask that they also join MAVRC. If you haven't already, you should be getting a membership renewal form in the mail. There are some incentives to take advantage of this year, so please take the opportunity before the end of the year to fill out the membership renewal form and send it in. There are so many benefits of being a member, and by doubling our membership, we can stay strong and effectively advocate for this wonderful profession.

I found this story very interesting. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

We will have several challenges to face this next year, including the new HIPAA regulations, third-party contracting, Chapter 486 legislation, to mention a few. Throughout the next year, I would encourage every member of MAVRC to keep current with the issues that face us and let a Board member know if you hear of anything that we should be looking into. We have a lot of new, young faces on the Board, which is so exciting to see, but we can't do it alone. We need the help of Everybody.

I look forward to the year ahead, and hope to see you all at a seminar, convention, or one of our many get-togethers throughout the year.

IT'S NEVER TOO SOON TO START THINKING

By Mary Boom, RDR, CRR, CBC, CCP

MAVRC's Distinguished Service Committee accepts nominations each year for the Distinguished Service Award. Each of us knows a reporter in our organization who stands out for their outstanding service and dedication to the court reporting profession. The attributes and accomplishments of past DSA recipients vary.

If you are thinking, "I wonder why so-and-so hasn't ever won this award," it is probably because you

haven't submitted a nomination. It doesn't hurt to begin thinking about nominating someone today so that when it is time to submit the form next summer, you are ready. Only you can put your nominee in the running to be the Distinguished Service Award recipient of 2014!

Mary Boom is an official reporter in Little Falls, Minnesota, and a past member of MAVRC's Board of Directors.

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.

WELCOME NEW MAVRC MEMBERS

**Brandi Bigelke, Freelance
Minneapolis, Minnesota**

**Vanessa Melstrom, Official
Downing, Wisconsin**

2013-2014 MAVRC BOARD OF DIRECTORS

The following stenographic reporters were elected as directors and officers on the MAVRC Board of Directors for 2013 – 2014:



(L to R) Hart Erickson, President; Tracy Bennett, Immediate Past President; Sarah Goebel, Director-at-Large A (Official); Melissa Keute, Treasurer; Rachel Erickson, Director-at-Large B (Freelance); Monica Christensen, President-Elect; Jolynn Graham, Director-at-Large A (Freelance); and Katriina Hendrickson, Secretary. Missing from picture are Carolyn Taylor Pekas, Vice President Freelance; Ryan Ziegler, Vice President Official; and Michelle Foley, Director-at-Large B (Official).

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Rachel Erickson
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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: Hart Erickson
mavrc.president@gmail.com

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

CERTIFICATION AND TESTING

Board Liaison: Tracy Bennett
tracy.gg.bennett@gmail.com

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

CONTINUING EDUCATION

Board Liaison: Monica Christensen
monica.christensen@courts.state.mn.us

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

FREELANCE COMMITTEE

Board Liaison: Carolyn Taylor Pekas
carolyn@catsreporting.com

Deals with issues affecting court reporters in the freelance field.

LEGISLATIVE/GOVERNMENT AFFAIRS

Board Liaison: Sarah Goebel
sarah.goebel@courts.state.mn.us;
Ryan Ziegler, ryan.ziegler@courts.state.mn.us

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: Ryan Ziegler
ryan.ziegler@courts.state.mn.us

Deals with issues affecting official court reporters.

PUBLICATIONS COMMITTEE

Board Liaison: Michelle Foley
michelle.foley@courts.state.mn.us

Prepares and issues the official publication of the Association.

STUDENT INTERNSHIPS/SCHOOL LIAISON

Board Liaison: Hart Erickson,
mavrc.president@gmail.com; Rachel Erickson,
rachel.c.erickson@gmail.com

Assists with student internships and administers a mentoring program.

CART/CLOSED CAPTIONING

Board Liaison: Rachel Erickson
rachel.c.erickson@gmail.com

Handles issues affecting CART providers and broadcast captioners.

CONSTITUTION AND BYLAWS

Board Liaison: Melissa Keute
mskeute@gmail.com

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

ETHICS COMMITTEE

Board Liaison: Sarah Goebel
sarah.goebel@courts.state.mn.us

Helps promote and monitors ethics among court reporters.

FUNDRAISING COMMITTEE

Board Liaisons: Jolynn Graham
jgreporting@comcast.net

Helps raise funds for the Association.

MEMBERSHIP COMMITTEE

Board Liaisons: Katriina Hendrickson
katihendrickson@hotmail.com

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

PRO BONO COMMITTEE

Board Liaison: Carolyn Taylor Pekas
carolyn@catsreporting.com

Facilitates court reporting services to indigents.

PUBLIC RELATIONS

Board Liaison: Katriina Hendrickson
katihendrickson@hotmail.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.

YOU CAN'T PASS IF YOU DON'T GO

By Merilee Johnson, RPR, CCP, CBC, CRR, RSA

(The following was originally published on Paradigm Reporting & Captioning's Court Reporting Blog.)

Do you dread when someone asks you if you're certified? Or do you cringe when you're asked to introduce yourself and state what certifications you have? Have you gone to an NCRA convention where you're surrounded by people who have more ribbons than a parade float hanging from their nametag displaying all their certifications, while yours is just black and white? Am I alone in having had to experience these anxieties, or are there others who have struggled with the same fear of failing the certification exams as I have? If so, let me share my story with you.

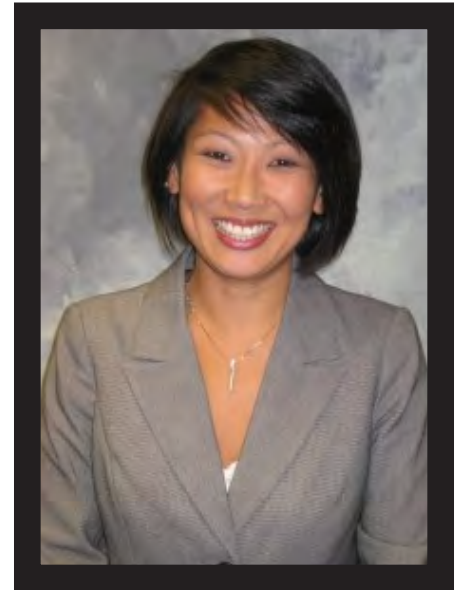
When I first graduated court reporting school, I was the typical graduate; eager, motivated, and ready to dive in and start my career. First step, get a job. Second step, take the RPR. Third step, get my CRR. Fourth step... well, I have no idea what the fourth step was because I came to a screeching halt at step 2. I took the RPR, but didn't pass. That failure was so hard to swallow that from that point on, I told myself -- and anyone who asked -- that getting certified wasn't important. I mean, I already had a job and getting my RPR wouldn't give me a raise, so why would I go through that humiliation again? So from there on out, I quit going to the exam.

After the test, I continued working as an official and was surrounded by seasoned RPR court reporters. There is a theory that with time, you become in sync with those around

you. Well, with time the judges started assuming I was certified. Whenever the topic of certification came up, I would do everything I could to redirect the conversation so I would not have to directly address not being certified. It became a painful art that I mastered until I finally got tired of making excuses and took the exam again.

Now, let's go back a few steps. When I said I quit going to the exam, that's exactly what I did, I quit going. That's not to say I stopped registering and paying for the exam. The truth is, regardless of what I would say to others or to myself, deep down I really wanted my RPR but the fear of failure was too much to face. And it wasn't limited to the fear of failing; I had too much pride to have other colleagues know that I wasn't passing that exam. When reporters would talk to me about it, I would explain how my anxiety was worse than anyone else's, I would tell them there wasn't an incentive to get it because it wouldn't change my income, that I was a good reporter without my RPR. The list of excuses went on.

For years I lived behind these justifications and misdirections, trying to dodge questions while devaluing certifications that I knew were worthwhile. Finally one day the mental machinations became too exhausting and I got tired of making excuses. I finally went to the exam that I had signed up for. I didn't tell anyone, I just did it. I spent less time coming up with excuses and directed my energy towards just showing up for the exam. And you know what? I passed and was finally an RPR! I was on such a high that I registered and paid to take the CRR for the next



Merilee Johnson

testing cycle... and didn't go. Then I registered again, and didn't go. Then I registered again, and didn't go. Here I am, back at square one, feeling like the reporter that just got out of school; motivated by the letters, discouraged by the fear of failure.

Time passed and I became complacent in my career and I was in need of a professional makeover, so I went back to court reporting school. I started with a class that everyone had been talking about, but honestly, I didn't think I would get much out of. Turns out, that class and that instructor was the motivation I needed to revamp my career. My instructor quickly became aware of my fears. More truthfully, she was more familiar with my excuses. As an instructor she's heard every excuse in the book and while she didn't call me out on my excuses directly, she quietly listened and smiled. After a semester of listening to me, the week of the CRR arrived and she came up to me and explained a very simple concept; one that sticks with me today. She said, "You can't pass if you don't

go.” I tried to think of a response that would justify why I might not make it, but I had nothing that could stand up to that simple concept. What she did next held me accountable for my own future. She said she was going to give me her credit card and told me I was to return it to her the day of the exam. (Big gulp.) So needless to say, I showed up.

Here’s the part of the story I don’t like to tell, and where the real life story deviates from the fairy tale. Although I finally showed up for the CRR, I failed that exam. In fact, I failed that exam three times. I was so embarrassed by my inability to pass that exam that I would blame my results on test anxiety, not having time to practice, forgetting about the exam, being too busy with transcripts, explained that I changed the way I was writing, and more. I came up with every excuse. But out of all the excuses I gave, I never said the test was too hard. And eventually I passed.

So if you’re like me and you cringe every time someone brings up certifications, I encourage you to give it a shot. We all have anxiety, but if your anxiety is about the fear of failing, you’re not alone. It’s okay to fail. Every one of us failed while we were testing in school, but eventually we all graduated, right? So if deep down you really want to be certified, let me be your cheerleader to say, go do it! Because one day, whether it’s the first time or fifth time or you’ve lost count of how many times you’ve taken an exam, know that you WILL pass. So go, and at least show up for the exam. You never know, that may be a good testing day.

Merilee Johnson is a freelance reporter from Minneapolis, Minnesota. ■

BRIEFS AND MORE BRIEFS - OBJECTION!

By Jennifer Sharp

IBT – I object

OEBGS - Objection

NOIX – No objection

SOIX- Same objection

SK-ND – Asked and answered

ORM – Object to the form

FOUNGS – Foundation

L- FGS – Lacks foundation

LOFGS – Lack of foundation

NOEX – No foundation

VAM – Vague and ambiguous

L-GS – legal conclusion

KAULGS – Calls for legal conclusion

KAUPGS – Calls for speculation

KLARS – Calls for hearsay

KLEX – Calls for an expert opinion

M-KZ – Mischaracterize

M-PT – Misstates prior testimony

M-MT – Misstates the document

M*M- Misstates testimony

ME*M – Misstates the testimony

KLAOIP – Attorney-client

KLAOIJ - Attorney-client privilege

AURGT – Argument

AUFRGT – Argumentative

AFBGTS- Assumes facts

SNOFD – Assumes facts not in evidence

W-GS – Ambiguous

K-MD – Compound

STRINS – Instruct the witness

NAS – Not to answer

DOER- Don’t answer

DOEX – Don’t answer the question

DE*TS – Document speaks for itself

YOEP – Beyond the scope

UBGS- You can answer

UMS – You may answer

SAEUBGS – Same question

MOES – Motion to strike

NAUFNS – Nonresponsive

Jennifer Sharp is a freelance reporter in Minneapolis, Minnesota, and a member of MAVRC’s Publications Committee. ■

Check out
MAVRC's
website
www.mavrc.org

MAVRC's 2013 DISTINGUISHED SERVICE AWARD

RECIPIENT IS ... **MARY KRAWIECKI, RPR, CRR, CBC, CCP**

By Mary Boom, RDR, CRR, CBC, CCP

Certified Realtime Reporter, Certified Broadcast Captioner, Certified Reporting Instructor, Official Court Reporter, Broadcast Captioner, CART and Captioning Instructor, former MAVRC Board Member, mentor, Teamster Negotiating Team member, profiled in *Definitive Woman Magazine* – all are among the accomplishments that caught the MAVRC Distinguished Service Committee's attention when choosing Mary Krawiecki as the recipient of MAVRC's most prestigious award of the year. Committee Member and Former DSA Award Recipient Jim Woitalla summed it up, "Mary has always been a willing volunteer, and she always makes time to help others better themselves."

After graduating from Northern Technical School of Business in 1978, Mary started working as a freelance reporter in Cheyenne, Wyoming. In 1984, she began working as an Official Reporter for the Seventh Judicial District. She has worked with the Hon. Donald Gray, chambered in Fergus Falls, Alexandria, and Long Prairie, and with the Hon. Vicki Landwehr, chambered in St. Cloud. She currently works with the Hon. Jay Carlson, who is chambered in Long Prairie and Wadena. Timothy Ostby, Seventh District Administrator, added that, "Mary has had a long and distinguished career with the Seventh Judicial District, and we celebrate this honor with her. Her work as an official court reporter is valued by all."

In addition to Mary's full-time position, she also teaches an online CART and Captioning Course at

Anoka Technical College, where she is an advisory board member. She does broadcast captioning from her home studio on evenings and weekends. She regularly captions for professional sports teams in the Major League Baseball, the National Hockey League, the National Basketball Association, as well as for college sports on ESPN. She has also captioned for MTV, America's Next Top Model, Dateline NBC, and 2008



Mary Krawiecki

New Year's Eve Live from Times Square. Mary's interest in captioning started in the early 2000s. In 2003 she attended the Captionmasters Program, CART and Captioning Training provided by Education and

the University of Mississippi Court Reporting Program. One year later, she was already working as a part-time broadcast captioner.

Mary has always stood out among her peers. She has served on the MAVRC Board of Directors and authored several articles for *Minne-strokes*. She was a presenter with several other captioners at an NCRA seminar, where the technical aspects of setting up an in-home captioning studio were explained. She also served on a panel of CART/Captioners who presented to MAVRC's Spring 2013 seminar. She has generously mentored students, young and old, from Anoka Technical College.

Mary has never stopped learning. She is technologically savvy and constantly works at improving her realtime and software skills. She has attended many MAVRC and NCRA and Eclipse Seminars.

Past DSA Award Recipient Jackie Young stated, "I have had the pleasure of working with Mary Krawiecki on the MAVRC Board of Directors and have found her to be a very dedicated, talented reporter who cares deeply about the court reporting profession. Mary truly is an individual that helps epitomize how the work of the individual still remains the spark that moves mankind forward."

All reporters, from the very experienced to the student, have much to be thankful for with a multi-faceted veteran reporter like

Mary Krawiecki working among us. Mary has raised the bar high and given each of us something more to strive for!

Mary and her husband, Brian, raised their three children, Kevin, Kelsey, and Morgan, in a charming log home in rural Alexandria, Minnesota. Their adult children are now either college-bound or recent college graduates. In her free time, Mary enjoys travelling to warmer climates, sailing, or spending time at her nearby lake lot.

Mary Boom is an official reporter in Little Falls, Minnesota. ■



Jennifer Sati, 2012 DSA recipient; Mary Krawiecki, 2013 DSA recipient; and Jim Weitalla, 2011 DSA recipient.



(Left) Mary pondering who the recipient of this year's Distinguished Service Award would be as Jennifer Sati provides various clues.

(Right) Mary starts to realize that she is that lucky person.



(Right) Mary's face as her name is announced.

D.S.A.

AN UPDATE ON NCRA

By Michele York, NCRA Representative

The following are excerpts of the speech given by Michele York at MAVRC's 2013 Fall Convention:

Thank you, Tracy. And thank you, MAVRC, for inviting me to Minnesota! I am thrilled to be here in Minnesota, Land of 10,000 Lakes. I am Michele York, and I live in New Hampshire. Live free or die. I am a freelance reporter, and I work in New Hampshire as well as Massachusetts. I love my job! And I love that I am able to be here speaking to you about our profession.

In Nashville, I was installed to serve a three-year term as a member of the NCRA Board of Directors. And, Minnesota, this is my first town hall. Please be kind. I would appreciate it if you would ask questions that I have the answer to. Also in Nashville, Nancy Varallo was installed as our new president, and she sends you her regards.

This is my opportunity to share with you what is happening at NCRA. I would like to start by talking about Vision 2018. The Board has adopted a vision for the association which extends to a five-year horizon and that incorporates the core values that NCRA will seek to emulate or represent over that time period.

We achieve this through a committed membership that includes court reporters and NCRA-certified professionals and by adhering to eight core values:

1. Education and certification;
2. Ethics and professionalism;
3. Advocacy;
4. Service to clients and public;
5. Volunteerism;
6. Innovation;
7. Fiscal responsibility;
8. Member value.

Over the next five years, NCRA is

that last February? I thought it was so simple to send a Tweet or fill in the template for your Facebook page. It made me think of how I got into reporting, what I like about reporting, and what I want others to know about reporting. I think all of us working together did create awareness about our profession. It is my hope that you participate again in 2014. The date for Court Reporting and Captioning Week is February 16-22, and it would be great to create an even bigger buzz.

Another thing NCRA has done is launch THEJCR.com, which is an independent website dedicated solely to reporting anything and everything court reporting, captioning, and legal videography. You can pop on and read the latest news, read about events, equipment, etc.

TRAIN – Taking Realtime Awareness and Innovation Nationwide. TRAIN promotes getting court reporters over the fears that are associated with writing realtime. One of NCRA's top priorities is a sustained focus on getting all reporters to write realtime. NCRA's website has a TRAIN home page with lots of good information.

NCRF – National Court Reporters Foundation. What does NCRF do? The Legal Education Program facilitates the education of the legal profession about the role of the court reporter and the value of stenographic reporting and our technology.

going to focus on resources, member value, awareness and outreach, advocacy, professional development and education. A great example of the awareness and outreach portion is Court Reporting and Captioning Week.

How many of you participated in



Michele York

NCRF has the Oral Histories Program. The Veterans History Project focuses on capturing the oral histories of American wartime veterans. Over the last nine years, NCRF has submitted over 3,000 transcripts to the Library of Congress.

NCRF's Student Initiatives Program funds prospective court reporters through scholarships and awards.

NCRA has instituted a new membership payment plan whereby you can pay monthly. You have the option to pay \$23 a month instead of one lump sum payment.

One of my favorite NCRA programs is Legislative Boot Camp. I love Boot Camp! I have been there three times. This past March I went to Boot Camp, and when you register on Sunday morning, you are given your name tag with the name of your team on it and you go to the table and sit with your new best friends.

I got a little sidetracked on my way in, so I slid into my seat as the program started, and I found myself sitting next to a rather unassuming gentleman who I soon learned was Hart Erikson. Well, Hart had never been to Boot Camp before, and I am quite sure he did not know what to expect, because when he did understand exactly what the game plan was, I think he questioned why he was there. But I am here to tell you that he survived, and you will be in great hands with Hart as your president. Boot Camp will be in March next year. I think March 2-4.

And I cannot speak with you and not mention our Government Relations Department. They are a very valuable resource whose primary objective is to protect the court reporting profession. I personally have been in committee meetings at our state legislature texting both Adam and Brandon looking for answers to questions that were being asked, and they were right there feeding

me what I needed to know.

The NCRA Political Action Committee is an important component of the Government Relations efforts, which leads me to this year's fundraiser: The Men of Court Reporting Calendar. NCRA has donated one calendar to MAVRC for your association to use as a fundraising raffle. However, if you would like to purchase your own or one for someone else, I just happen to have order forms. Or you can order one online from the NCRA website.

Also coming up in the next few months is the Firm Owners Executive Conference, which will be January 31-February 2, 2014, at the Ritz-Carlton, Orlando Grande Lakes. NCRA's Annual Convention will be July 31-August 3, 2014, in San Francisco at the Hilton San Francisco Union Square. Tech Con will be April 11-13 in Atlanta, Georgia, at the Grand Hyatt Atlanta in Buckhead.

The last thing I want to talk about is what you as a member of NCRA and MAVRC can do for your associations. You can give. Yes, I mean give monetary donations whenever possible. But beyond that, give of yourselves. If you are asked to sit on a committee, say yes. If you are asked to be on the board, say yes. If a student asks you for help, think back to when you were a student and remember the person that stopped to help you and give that student a piece of your time. If you are near a test site, see if you can help on test day. See if you can help with a seminar or a convention. Whatever you can do to further our profession, put us in the spotlight, explain who we are and what we do, take the time to do it. I have found that when you give of yourself, you most times get back more.

Again, thank you for having me, and I hope to see you at Boot Camp or the convention in California. ■



Rachel Erickson preparing to report MAVRC's annual business meeting

MAVRC 2013 FALL CONVENTION - RECAP OF SEMINARS

By Nanette J. Corbett, RDR

The Continuing Education Committee put together another collection of varied and informative sessions for us this fall. Thank you once again to them for all the time and effort they give to our organization.

The first session, Mix It Up With Briefs, was a brainchild of Jolene Carrow and Katriina Hendrickson, an easy kickoff for Friday afternoon. Its dual purpose was to get reporters from different areas of reporting and different areas of the state to exchange briefs while getting to know other members, putting some names to faces. My new favorite briefs: WRELT for work related and KROERT for court reporter!

Marc Aymar presented our second session on Friday, where he discussed both hypnosis and stress reduction techniques. His business is Body Mind Circle, located in Circle Pines, Minnesota. We have about 50,000 to 60,000 thoughts per day, and those thoughts/images/feelings and the resulting behavior can control your direction and your destiny on a daily basis. If you're having a stress-inducing reaction to something, interrupt it at its very beginning by stopping the thoughts and doing a breathing exercise (inhale to a count of ten, exhale to a count of ten, and repeat ten times). This helps to change the thought process, which then sends you in a less stressful direction. Tip: When you leave the present moment, that's often where stress can begin. Marc offered many other tips on easy techniques for improving your life on a daily basis.

Newly elected NCRA Director Michele York traveled to Minnesota

from New Hampshire to bring us up to date on current happenings with NCRA, which include Vision 2018, the jcr.com website, TRAIN, NCRF, Oral History Program, Boot Camp, Government Relations Department, and many more. Her message is: Get involved and pay it forward to this profession. Michele confessed that our convention was her first mission as a director for NCRA. She did a great job, and she's welcome back any time.

After our dinner break, Lieutenant Don Marose with the Minnesota State Patrol did a presentation about alcohol consumption, its physical effects on people, and especially its effects on drivers. In the background of the presentation, a controlled drinking session was going on in the same room with volunteer reporters being monitored by members of the State Patrol. The test group's noise level increased steadily in the background, and their test results as well as their own comments about how they felt the alcohol was affecting them were very enlightening. In the early stages, many said they did not feel okay to drive, but after another drink or two, the story changed, and they said sure, I could drive, no problem...evidence of the dangers of impaired judgment caused by alcohol. Lt. Marose talked about alcohol-involved crashes, field sobriety tests, and told us that there are 32,000 DWI arrests in Minnesota per year. Alcohol stays in your system a long time after consumption, often into the next day. A DWI conviction stays on your record forever. One in eight people in Minnesota have that driving offense on their record. Lots of solid facts were presented, some of which hopefully changed our awareness of the choices we can

make; a very SOBERING seminar to wrap up Friday's schedule.

Saturday's first session was given by Casey Gordon, Tech Support Director at St. Cloud State University. She relayed a variety of computer-related information to us. The Windows 8 operating system is out, and she reviewed it for us, with a caution that it may be wise to wait for the update to Version 8.1 due out about now before purchasing Win 8. She gave us a visual tour of its new look, pretty much a complete makeover, so be aware that there's a learning curve that may frustrate you. An audience question was asked about what to look for when purchasing a new computer nowadays. Casey recommended the Intel i7 processor, 8 gigs of RAM, and she said look for the new USB 3.0 in addition to the usual 2.0. As reporters, we're always concerned with backup. Cloud storage is all the rage, and she said it's really just the same as what we've always called The Internet. It stores things "out there" rather than on our own computers or on an external backup drive in our office. Weigh the risks. The Cloud is The Internet, so be cautious about putting your personal information out there. There are many Cloud storage packages available (Carbonite, Dropbox, Mozy, SugarSync, etc.) and they are all pretty comparable in security risks. They're worth investigating to compare options and pricing. If you use them, an external hard drive backup may not be necessary, but it's still not a bad habit to have. Creating better passwords may help somewhat. She recommended a minimum of 12 characters to include upper and lower case, numbers, and characters. To keep track of all those passwords, there are packages such as LastPass or Password Keeper that

can be extremely helpful. Casey welcomes questions at kcwags@yahoo.com.

Fifty years have passed since the assassination of John F. Kennedy on November 22, 1963, and Judge John R. Tunheim is very passionate about and involved in that historical event. Judge Tunheim served as chair of the U.S. Assassination Records Review Board from 1994 to 1998. Their conclusions resulted in over 4 million pages of previously classified material from a variety of agencies being released for public review. He touched on a wide range of issues surrounding the assassination, including the Warren Commission, the Zapruder film shot that day on a Super 8 movie camera, the role of the Chief of the Central Intelligence Agency, James Jesus Angleton, old and new evidence, and the theories that continue to be studied and discussed, with many questions remaining unanswered or challenged even today.

MAVRC's luncheon business meeting recognized the work of lots of volunteers moving in and out of positions in our organization, many talented people paying it forward, as suggested by NCRA's Director Michele York, who installed our new officers. A big thank you to outgoing president Tracy Bennett and a big welcome to incoming president Hart Erickson.

After lunch, Pete Kramer with Northwestern Mutual talked to us about financial planning and management with an eye toward retirement income planning. You can never start too early with financial planning. Based on your age, you may make different choices, but consider health insurance, disability insurance, life insurance, long-term care insurance, and risk

management. There are a variety of tools available to help you find the right balance for your personal situation. It's important to diversify and to rebalance things on a yearly basis as you design the plan for your retirement income. There are many professionals like Pete who can help you make this happen.

Fight Like A Girl (FLAG) was the title of the presentation given by Angela Champagne-From, and it's also the name of the FLAG foundation she's working to establish. On April 19, 2012, Angela was attacked by a stranger as she was getting into her car in a downtown Minneapolis ramp after work. Angela shared a powerful recounting of this assault, during which she was able to fight off her attacker, a convicted sex offender, despite sustaining a life-threatening stab wound to her abdomen. Since her recovery, she has been on a

mission to raise awareness in the community by sharing her story and educating women and children about the importance of fighting back. She covered many topics, including the criminal investigation and trial, learning more about awareness, prevention, and self-defense. She has worked with Anne Yatch, owner of Sealed Mindset, to gain more tools for living safely by having a plan. Ms. Yatch's presentation followed Angela's. Please see the separate article in this issue about that final seminar of the day.

I enjoyed the seminar all the way through, and it's always a bonus to reconnect with fellow reporters. I hope to see you at our next gathering.

Nanette J. Corbet is a freelance reporter in Duluth, Minnesota and a member of MAVRC's Publications Committee. ■



Hart Erickson presenting Immediate Past President Tracy Bennett with a plaque acknowledging her commitment to the court reporting profession.

MAVRC 2013 FALL CONVENTION SNAPSHOTS



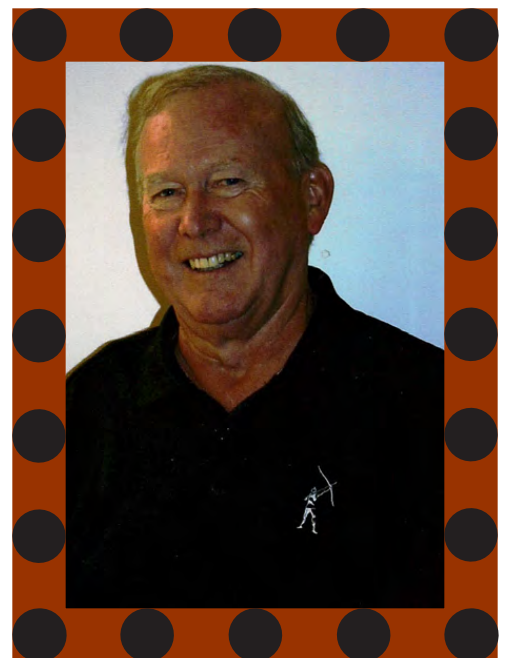
(L to R) NCRA Representative Michele York with President-Elect Monica Christensen.



Jim Weitalla presenting Sue Roberts with the 2013 Willard I. Braun Student-of-the-Year award.



Way-to-go Paradigm! A number of Paradigm reporters were in attendance at the convention and happily posed for a group picture. Left to right: Jayne Seward, Mary Mitchell, Kara Solheid, Liz Gangl, Kay Hinsch, Nancy Gisch, Lori Morrow, and Angie Sundell.



Norman Mark, with 50 years under his belt as a court reporter, still enjoys court reporting and attending MAVRC conventions.

MAVRC 2013 FALL CONVENTION SNAPSHOTS



(L to R) Jane Schleusner and Gail Seifermann

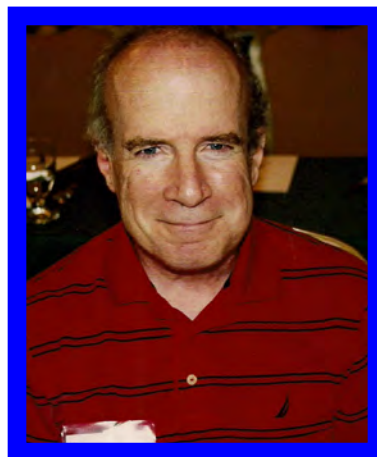


(Above) Ken Dick, Rochester, left the convention with a slightly fatter wallet after winning Friday's 50/50 raffle. Ken was the lucky winner of \$68.

(L to R) Jolynn Graham, Melissa Keute, Lora Kohan, and Brenda Vanderveur compared their favorite briefs during the "Mix it up with Briefs" session.



(L to R) Jolene Carrow, MAVRC's Administrative Assistant, and Katriina Hendrickson, Moderators of the "Mix it up with Briefs" session.



Legendary reporter Pat Mahon attended MAVRC's 2013 Fall Convention to hear about the latest technology.



(L to R) Jeanna Zunker and Heather Schuetz enjoying themselves at MAVRC's social hour.

UnArmed – The Mindset for Safety Seminar Session

One of the topics on the agenda at MAVRC's Fall Convention was personal safety and how you can live your life better prepared, more observant, and thus better protected. Anne Yatch, owner of Sealed Mindset and a former counterterrorism expert with the United States Federal Government, provided some valuable insight on the need for individuals to have a successful plan or plans to stay safe.

Like anything else in life, first learning the rules of self-defense is crucial to a successful outcome. Many people do not realize how quickly they could end a dangerous or potentially life-threatening situation if only they understood the core concepts of self-defense.

The first rule is to develop a plan that can be adapted to most situations and then practice that plan thousands of times so it becomes so engrained in your brain that your body will automatically do what you have practiced.

The second rule is to remain alert and ready to respond. For example, if you are walking in a dark parking lot by yourself, do not allow yourself to be distracted by talking on your cell phone or looking through your purse for your keys. Your keys should be in your hand and ready to be used either to open your car or as a weapon if needed. We must assume the responsibility for ourselves to focus on what we need to see or hear or feel BEFORE we enter into any situation that could result in conflict.

The third rule is to appear confident. Studies have consistently shown that outward confidence is the best

deterrent for a potential attack. Making someone second-guess the decision to try and harm you is the fastest and easiest way to avoid an attack altogether. However, you must have inner confidence as well and believe in your ability to overtake an assailant should there be a danger. The best way to build your self-confidence is by practicing weekly defensive tactics and having a practiced plan in place.

Regardless of whether you are walking alone at night, in an unfamiliar place, or you are approached by a stranger, you can become better prepared for anything by constantly rehearsing a mental "what if?" scenario. Being caught off guard is the number one reason people fail to react appropriately to a threat. Familiarizing yourself with all exit and entrance points of whatever room you are in so you are able to leave quickly is one easy way to be better prepared. Sitting with your back against a wall is another way to avoid someone sneaking up behind you and allows you to be aware of what is going on around you.

The fourth rule to keep in mind is that some of our natural defense mechanisms will be contrary to whatever defense plan you create. Unless you are an Olympic sprinter and you know you can outrun your assailant, taking flight should not be your only plan. Your plan must be practiced over and over again so that when the time comes, your body and brain will automatically do what it has been trained to do and not allow the natural fear/flight instinct

to dominate your thoughts.

Should that dreaded day ever come when you are confronted by a stranger, before you allow that person to get too near to you, Anne shared with us the following plan for dealing with the situation:

- Always carry a powerful flashlight with you. Anne recommended a Surefire 6PX Tactical flashlight with 320 lumens at a cost of \$115.00. Practice carrying the flashlight in either hand, bringing it up to your ear and turning it on in one swift motion.

- Hold your other hand out and tell the person in a strong, loud voice that you cannot help them and to stay back. Using an authoritative, commanding voice has a powerful psychological effect. Human beings (much like animals) are inherently afraid of two things in particular. The first one is a fear of falling, but the second one is a fear of loud noises. Talking in a loud voice at an assailant will often stop an assault as soon as it starts.

- Tell the person that you are armed and that the police are on their way even if you have not yet called them. The average response time for the police is 10 to 15 minutes, so do not count on them coming to your rescue just in the nick of time.

- If the person does not back away even after you have told them to, shine the light in their eyes. It will temporarily blind them and allow you to leave the scene or it will frighten your attacker away. Anne recommended practicing the

above steps thousands of times so they become firmly engrained in your mind. Having a definitive plan will also allow you to remain calm and in control of your emotions.

One of the final rules is - do not be afraid! While this is a very tough one to master, if you convey fear, it could provide a mental advantage to your attacker. Instead, convert your fear into adrenaline-based anticipation so you can react swiftly and defensively.

The last rule is to fight to win.

Choosing to give up or expecting that your assailant may give up puts your life at risk. Your life is precious and you need to confirm with yourself that if only one of you has the opportunity to walk away from the confrontation, it will be you.

Other prevention strategies include the following:

1. Detection

Offenders do not want to get caught. By increasing your visibility to others in the area or by drawing attention to an assailant, it is less likely that a confrontation will be initiated.

2. Intrusion

An assailant cannot assault you if he cannot get to you. These tactics involve securing your environment to inhibit the assailant's access to you. Keeping unwanted persons out of your home or vehicle by locking your doors immediately or even placing a barrier between you and an attacker are examples of this principle. Crossing the street to avoid someone or walking

near the curb rather than walking close to a row of buildings where someone could hide is another example.

3. Isolation

Offenders are far more likely to attack when you are alone. The majority of rapists check to see if the intended victim is alone prior to attacking. The greater the likelihood that an assault will be witnessed or interrupted, the less likely it is that it will be initiated.

at them, or if their clothing appears out of place for the temperature or the setting. An example of this is someone who is wearing gloves when it is a nice day out or if they keep their hands hidden.

5. Reaction

Reaction involves taking immediate physical action when you confirm that you are being attacked or about to be. The more you know about what to do to ward

off a physical assault and the sooner you plan those actions, the more likely you will be successful at defending yourself and escaping to safety.

While these principles on their own are powerful deterrents, they become even more powerful when they are combined with proper physical self-defense techniques.

Take charge

of your personal safety! Consider joining a self-defense class or taking a few martial arts classes. Sealed Mindset, located in New Hope, offers a number of practical self-defense classes. If you are interested in learning more, their website is www.sealedmindset.com, or you can contact them at 877-723-7573.

Jackie Young is a freelance reporter from Delano, Minnesota, and the editor of MAVRC's Minne-strokes newsletter. ■



(L to R) Angela Champagne and Anne Yatch

4. Response

Responding to avoid an encounter is far superior to reacting to it once it has been initiated. Response skills start by paying attention to your surroundings and being able to detect and recognize when you are being targeted as a potential victim. This strategy focuses on locating and identifying potential dangers and responding in ways that are likely to discourage dangerous situations. Be mindful if a person is tracking you as you walk, if they tend to avert their eyes whenever you look

MAVRC 2013 FALL CONVENTION SNAPSHOTS



(L to R) Svetlana Lang, Melissa Keute, and Sarah Anderson.



Tracy Bennett displays her well-earned plaque.



A very good time was had by the reporters participating in the MN State Patrol's Controlled Drinking Session. Back row (L to R): Monica Christensen, Mary Boom, Ruth Schroeder, unknown police officer, Heather Schuetz, Tracy Bennett, Cheryl Doss, Brenda Vanderveur. Front row (L to R): Unknown police sergeant, Denise Rothfork, Gail Seifermann, and unknown police officer.

MAVRC 2013 FALL CONVENTION SNAPSHOTS



(L to R) Students in attendance at the convention included Sue Roberts, Carter Rosenbaum, and Svetlana Lang.



(L to R) Carol Brausen and Sherry Treiber



(L to R) Norman Mark and Hart Erickson relaxing at MAVRC's social hour.



Reporters from the Seventh Judicial District: (L to R) Ruth Schroeder, Robin Ritchie, Denise Rothfork, Cheryle Doss, Gail Seifermann, Mary Krawiecki, Brenda Vanderveur, Mary Boom, and Melissa Keute.

THANKS FOR YOUR SUPPORT MAVRC'S SILENT AUCTION

A big thank you to everyone who donated items to MAVRC's silent auction
and a big thank you to all who participated!!!

Because of you, MAVRC's silent auction was a huge success!

ITEM:	DONATED BY:	WINNING BIDDER:
3-candle sculpture with lights	7 th District Reporters	Mary Boom
6-pack beer glasses	Jim Sage/Nan Corbett	Jackie Young
6-pack beer glasses	Jim Sage/Nan Corbett	Liz Gangl
Glass bowl	Jim Sage/Nan Corbett	Liz Gangl
Spalon Montage retreat package	Hart Erickson	Liz Gangl
Premier jewelry item	Monica Christensen	Lori Morrow
Wine & crackers set	Paradigm	Lori Morrow
\$25 Target gift card	1 st District Reporters	Valerie Benning
\$25 Target gift card	1 st District Reporters	Valerie Benning
\$25 Target gift card	1 st District Reporters	Ruth Schroeder
Jug of maple syrup	Jolynn Graham	Liz Cradic
Hand-beaded bracelet	Stefani Olson	Mary Mitchell
"Men of Reporting" calendar	NCRA	Winner unknown
Basket-Taste of Northern MN	Monica Christensen	Patricia Weinberg
Kitchen items/bowl	Brenda Vanderveur	Denise Rothfork
Handmade soaps	Robin Ritsche	Denise Rothfork
Crocheted blanket	Robin Ritsche	Carla Bebault
\$200 Target gift card	Benchmark Reporting	Carla Bebault
\$50 CP Brewery gift card	Tracy Bennett	Carla Bebault
\$100 Vista Fleet gift certificate	Tracy Bennett	Nan Corbett
CRM-1 microphone	Jim Woitalla	Jolynn Graham
Steno case on rollers	Mike Melby (Stenograph)	Jeanna Zunker

THANKS TO REPORTERS WHO SPONSORED STUDENTS:

Tracy Bennett - \$130; Anonymous - \$65

WINNERS OF MAVRC'S 50/50 RAFFLE

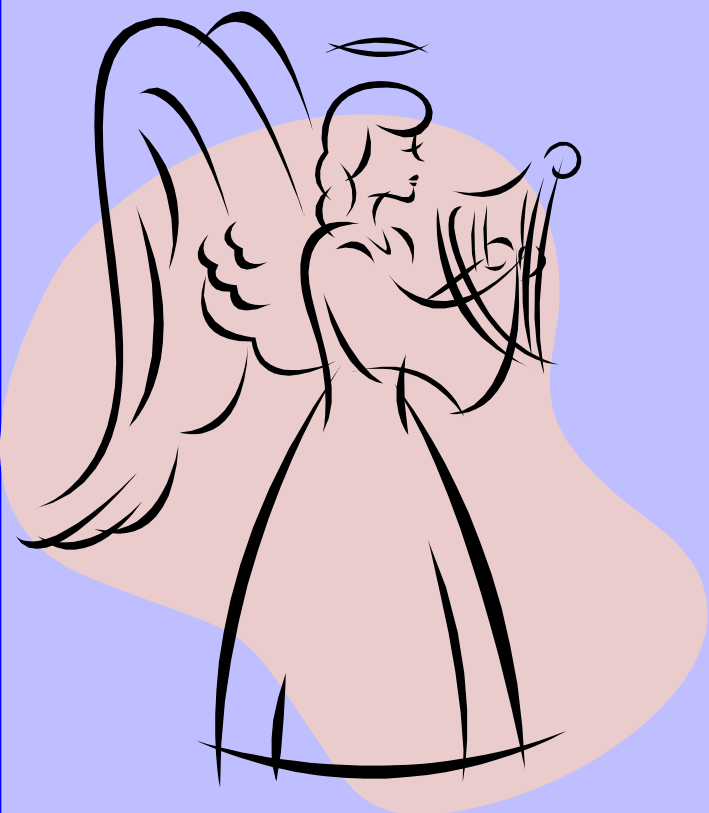
Day 1 – Ken Dick
Day 2 – Jill Garrison

DOOR PRIZE WINNERS

Thank you for donating!!!

ITEM:	DONATED BY:	WINNER:
Buckle up for MN t-shirt	MN State Patrol	Brenda Vanderveur
Duffle bag	MN State Patrol	Pat Mahon
Godiva Chocolates	Jim Woitalla	Carla Bebault Colleen Sichko
\$50 gift certificate to Macaroni Grill	Mill City Video	Sherry Treiber
We Are Technology t-shirt	Tracy Bennett	Jill Garrison Jackie Young Cindy Ratcliff Melissa Keute Tricia Weinberg
Web Cam	Tracy Bennett	Jane Seward
Can You Read That Back t-shirt	Janell Gruber	Ruth Schroeder
Wireless mouse	MAVRC	Hart Erickson
Anoka Tech bag	Jennifer Sati	Mike Melby Heather Schuetz Valerie Benning Jackie Young Cheryle Doss
Candle	MAVRC	Valerie Benning
\$10 gift card	MAVRC	Carol Brausen

MAVRC would especially like to thank Jolynn Graham for donating her time and baking expertise. Jolynn donated numerous delicious items to the bake sale held during the convention ranging from zucchini bread to cookies and Special K bars.



*Become part of
the movement
to create a
positive impact on
the court reporting,
CART, and
captioning professions.*

Consider becoming an Angel today!

Contact:

Jackie Young

rite2jackie@frontiernet.net



WHAT DOES NCRF DO WITH YOUR DONATION?

CELEBRATING OVER 30 YEARS: 1980-2013

While our programs have changed, our mission remains firm!

“The National Court Reporters Foundation supports the reporting and captioning professions through philanthropic activities funded through charitable contributions.”

Adopted by the Board of Trustees November 2005

LEGAL EDUCATION PROGRAM

The *Legal Education Program* facilitates the education of the legal profession about the role of the court reporter through our court reporter-led seminar to educate law students, attorneys and judges on “Making the Record” and on the value of stenographic reporting and technology. Since its launch in 2010, over 230 people have received the free teaching tools. Additionally, NCRF partners with NCRA at the biennial Court Technology Conferences (CTC), sponsored by the National Center for State Courts, to put court reporter technology before key players in court administration. CTC2013 will be held September 17-19, 2013, in Baltimore, MD, and we’ll be there! NCRF works diligently to ensure that the legal system understands the benefits of stenographic reporters in the courtroom.

ORAL HISTORIES PROGRAM

The *Oral Histories Program* (OHP) offers a great way to “do good” while also raising awareness of the court reporting profession to the general public. The popular Veterans History Project (VHP) focuses on capturing the poignant oral histories of American wartime veterans. NCRF marks its 10th anniversary in 2013 of partnering with the Library of Congress on VHP. As of summer 2013, NCRF has submitted more than 3,000 transcriptions to the Library.

Other OHP partners include the National Equal Justice Library at Georgetown University, which contains histories of notable professionals who have provided pro bono legal services to the poor; and the Center for Public Policy & Social Research at the Central Connecticut State University, an official VHP partner, with a collection of 200 oral histories.

STUDENT INITIATIVES PROGRAM

NCRF’s *Student Initiatives Program* supports prospective court reporters through several scholarships and awards. In addition to the Frank Sarli and Student Intern Scholarships, and the New Professional Reporter Grant, NCRF also funds student membership in NCRA for those students who transcribe two oral histories from NCRF’s OHP partners. As of summer 2013, 238 students have received free NCRA memberships! The Student Initiatives program supports NCRF’s Oral Histories Program by inspiring students to contribute to an important public cause while getting involved in their court reporting community.

CART SERVICES PROGRAM

The *CART Services Program* supports the CART community by providing consumer organizations, such as the Association of Late-Deafened Adults, with grants for CART providers.

INTERSTENO

Since FY 2010, NCRF has provided funds to support NCRA’s participation in *Intersteno* to ensure that NCRA represents the profession in the global community.

NCRF’s goal is to create programs that become well-known and respected by the constituencies they serve while increasing the positive impact on the profession. This is made possible through the amazing support of NCRA members who donate their time and money to these great causes.

NCRF—the foundation for court reporting philanthropy

For more information, contact B. J. Shorak, Deputy Executive Director, at 800/272-6272, ext. 126, or at bjshorak@ncra.org.



BENEFITS OF DONATING TO NCRF'S 2013 ANGELS DRIVE

(Oct. 1, 2013 – Sept. 30, 2014)

- The great feeling of “giving back” to a profession that has given you a rewarding career. Recognition on NCRF’s website at <http://www.ncra.org/angels2014>
- Recognition at Convention – The Angels Drive will be acknowledged during the NCRF updates at Convention.
- NCRF Angel ribbon for your badge, and/or the special five-year anniversary ribbon for qualified donors, at Convention and Firm Owners Executive Conference.
- Flyer listing Angels placed in registration packets (if pledge received in time for duplication) at Convention, TechCon, and Firm Owners.
- Poster-size signage at the NCRF booth that lists 2014 Angels.
- Handsome and exclusive “NCRF ANGEL” lapel pin; or the special five-year Angel pin and a handsome appreciation gift for qualified five-year donors.
- An exclusive Angels-only Luncheon in San Francisco, during NCRA’s Convention.
- You’ll be in an exclusive group of donors (around 130 individuals or firms) from approximately 1,200 attendees at Annual Convention, showing your support for NCRF and its programs.
- Permanent plaque at NCRA headquarters listing all the 2014 Angels.
- Ad placed in the January 2014 issue of the *JCR* listing the 2014 Angels and thanking them for their support of NCRF.

You can’t buy that kind of advertisement for you/your firm for only \$1,000!

Of course, your donation is 100 percent tax-deductible as a charitable contribution.

Be sure to check with your tax advisor.



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OCT. 1, 2013 - SEPT. 30, 2014

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Dear B. J.:

I/we have been contacted by _____ regarding the **2014 NCRF Angels Drive** and hereby pledge and commit my/our support to NCRF with a donation of:

\$1,000 (minimum pledge amount), \$1,200 \$2,500 Other _____.

*Please indicate frequency of payment below:

• I/We will pay this pledge (within the next 12 months as follows):

- one payment semi-annually quarterly
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- monthly (credit card only, **\$100** for \$1,200 pledge)

• Please process my first payment of \$ _____ as follows (check one):

- Please charge my credit card accordingly (*required for monthly payments).
- Please send me an invoice.
- Payment enclosed.

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Name: _____ NCRF ID#: _____
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*Monthly payments will only be accepted if NCRF is authorized to charge your credit card monthly.

My first payment or credit card installment will be the month of: _____.

My/our pledge of support via the Angels Drive may be publicized: Yes No

I'm a returning Angel and will not need another lapel pin . Please send a pin .

I/We understand that this donation to the National Court Reporters Foundation is tax deductible, as provided by law.

Donor Name(s) _____
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Email Address: _____ Date: _____

*Note: This is not a reoccurring gift, but must be renewed each year with a new Pledge Letter.

A financial statement is available, upon request, from the State Division of Consumer Affairs in the Department of Agriculture and Consumer Services.

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PROFILE OF A BOARD MEMBER

By Michelle Foley, RPR

Hi, everyone! My name is Michelle Foley and I am a new Director-at-Large (Official). I was asked to do a little bio for this issue, so here goes! I've been around a few years so this may take some time!

I live in St. Cloud with my husband, John, our two dogs Bear and Cooper, and our cat, Gus. My two children decided to venture out on their own early this summer and so we are new empty-nesters! But that's okay because my husband's son and his wife have blessed us with two grandchildren, ages four and one month, so as you can imagine, there is not a lot of quiet time around our house.

I am originally from the St. Cloud area, more specifically Waite Park, and attended all my schooling in town, graduating from the St. Cloud School of Business in the fall of 1977. I had no burning desire to be a court reporter in high school but attended an open house at my high school, and when I realized my best friend's sister was the director of the business college, I decided that's where I wanted to go, and with a piano background, court reporting seemed like a natural evolution. I have long since stopped playing the piano, though. Just like keyboarding is different from stenosing (if that's a word), so is piano playing different.

My first job was in Fargo, ND, for a freelance agency called Potter & Ketcham. I spent five years in Fargo-Moorhead doing depo work, court work - County Court, District Court, Federal Court - utility rate hike hearings, any number of public hearings. At that time the attorneys would bring their court reporters with them to out-of-state depositions, so I also had the opportunity to see many

Back in the early days of CAT when you went to work for an agency you needed to find an agency, that used the same CAT software as you had because you needed to haul your monster-sized dictionary disk with you to use in their mainframe. That is how I ended up at my next stop - Hartford, CT. I started out with a larger agency in downtown Hartford, and after a year or so switched over to a smaller, newer agency started by two official reporters who left the state courts to go out on their own. I spent the next ten years working for them, working out of my home. That was the life! There is nothing like proofreading at the pool and getting a tan at the same time! We worked hard, but not nearly the travel opportunities like there were in F-M.

While in Connecticut, I met my first husband, married and had my son, Zachary. Neither my husband nor I had any family in New England, so when a family member pointed to a job posting for an official reporter position in Foley, MN, I decided to apply. I flew back to MN for the interview, got the job, put our house up for sale, sold it, packed, moved, and started with Judge Skipper Pearson March 4,

1994 in Benton County. Judge Pearson rechambered to Stearns County in 1995, and I continued to work for him there. In 2005 I found myself back in Benton County working for Judge Thomas Knapp. As fate would have it, in 2006 Judge Knapp rechambered to Stearns County. Judge Knapp
(Continued on page 27)



Michelle Foley

places I otherwise never would have seen. I refer to them as the good ol' days. But better than the work experience, I got to work with some of the most wonderful reporters around and have managed to stay in touch with them through all these years, and we are all still reporting!

UNION UPDATE

By Monica Christensen, RMR

The Minnesota official court reporters have a new contract, at last! After a spring/summer of negotiation sessions with State Court Administration, both sides reached agreement in September. The union membership voted and approved our new contract in early October. Below is a very brief summary of some of the highlights.

Retroactive to July, 2013, all official court reporters (OCRs) will be receiving a **three percent** COLA. On July 1, 2014, all OCRs will receive a **two percent** COLA and those reporters still on steps will receive a one-step increase on their individual anniversary dates.

Before May 15, 2015, our new contract can be reopened one time for purposes of negotiating compensation.

There were a couple of changes to contributions made to the Health Care Savings Plan. Reporters will contribute three percent of their gross pay after 15-20 years of service. Over 20 years of service, the contribution increases to five percent of gross pay.

Official court reporters are eligible to participate in the State of Minnesota Employer's Achievement and Spot Award Program.

If a reporter is not selected by a new Appointing Authority, the paid notice period starts on the date that the official reporter is notified of the non-selection in writing.

Effective on June 30, 2015, the last day of the new contract, the Early Separation Incentive has been changed as follows: "A court reporter who elects to separate at the same time as his/her Appointing Authority and has worked for the appointing authority for at least two (2) years immediately preceding separation shall receive a separation incentive of one and one half (1.5) times the applicable paid notice period. The payment shall be made in a lump sum of up to \$30,000." Reporters who receive state benefits will receive the amount in their Health Care Savings Plan. Reporters on county benefits may choose between a taxable cash payment or a deposit into their deferred compensation account.

Court Reporters who are required to provide realtime translation by their Appointing Authority may receive a reimbursement of up to \$250 per fiscal year for the purchase of necessary hardware, software, subscriptions and/or licensing. To

receive this reimbursement, the Appointing Authority must make a written request for realtime on an ongoing basis, and the request has to be approved by District Administration.

Changes were also made to the sick leave policy to reflect the changes in Minnesota law.

Now that we have a new contract in place, the official court reporters will soon be selecting reporters from their respective districts to serve as union stewards for the next two years. And the preparation process for negotiating the next new contract for the term of July 1, 2015 to June 20, 2017, will be soon to follow. Our work is never done!

Monica Christensen is an official reporter in the Ninth District, in Bemidji, and currently on the MAVRC Board of Directors in the office of President-Elect. ■

(Continued from page 26)

retired in June of 2013, and so I spent much of the spring and summer traveling around the district wherever a fill-in reporter was needed. By the time you read this I will be working for my third judge, Andrew Pearson (yes, another Pearson!) in Stearns County. I will totally not be surprised to find myself back in Benton County next year at this time the way things seem to work out for me.

Reporting has changed so much since I got out of school. I think it is now

more challenging than ever. Maybe that's what has kept it so interesting all these years. There is always something new to learn and more and more career paths a reporter can follow. I am looking forward to being on the MAVRC Board. I'm not sure what lies ahead, but I'll do my best to meet any challenges the Board encounters over the next two years. My hope is that we can increase our membership and get our reporters more involved with this association. We have a lot to offer each other! ■

A FOND FAREWELL

By Jackie Young, RPR, DSA

Beginning next year, a very familiar face at MAVRC's spring seminars and fall conventions will be absent. After logging several thousand miles attending hundreds of seminars and conventions across the Midwest over the years, Mike Melby has decided, at the end of this year, to hang up his sales hat in order to pursue a more enjoyable and relaxing lifestyle; otherwise known as retirement.

Mike has been a sales representative with Stenograph Corporation since October, 1987, and has attended nearly every seminar and convention sponsored by MCRA, MFCRA, and MAVRC since that time. For close to three decades Mike has witnessed firsthand the technological innovations the court reporting profession has undergone and has always been available to pass on his knowledge of the various software programs as well as demonstrate the new steno writers that have come our way.

MAVRC would like to sincerely thank Mike for his helpful service at our events as well as his generous donations to our silent auctions and door prize drawings throughout the years. As Mike closes this chapter in his life and begins a new journey, MAVRC would like to wish him the best that life has to offer for many years to come.

Jackie Young is a freelance reporter in Delano, Minnesota, and is editor of MAVRC's Minne-strokes. ■



(L to R) Liz Gangl, Mike Melby, and Jayne Seward at MAVRC's 2013 Fall Convention.



Mike in the early days.



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SALUTE TO OUTGOING BOARD MEMBERS

By Tracy Bennett, RPR, CRR



Jeanna Zunker

Jeanna Zunker, Immediate Past President

Jeanna has been on the MAVRC Board for the past five years serving as VP–Freelance, President-Elect, President, and Immediate Past President. She is currently the owner of Advantage Court Reporting in St. Cloud.

Brenda Vanderveur, Treasurer

Brenda was Director-at-Large A – Official of the MAVRC Board in 2010 for one year and Treasurer from 2011-2013. She is currently an official reporter in the 7th District, working in Douglas County.



Brenda Vanderveur



Mary Boom

Mary Boom

Director at Large A – Official

Mary was on the MAVRC Board previously for a two-year term and just finished serving the second year of a two-year term as Director at Large A - Official. She is currently an official reporter in the 7th District, working in Morrison County.

MAVRC PRE-CONVENTION THURSDAY GET-TOGETHER

By Jackie Young, RPR, DSA



*A group of reporters gathered at the Pin Stripes Restaurant for a relaxing evening.
(L to R) Jackie Young, Hart Erickson, NCRA Representative Michele York, Ryan Ziegler, and Rachel Erickson*

**WATCH FOR
INFORMATION
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If you have any suggestions for the Minne-strokes newsletter or stories to share about your court reporting experiences or something that would be of interest to the MAVRC membership, please submit to:

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

rite2jackie@frontiernet.net

STUDENT'S CORNER - REPETITIVE MOTION INJURIES

By Jackie Young, RPR

The court reporter is the silent, often ignored, person in the room. While we sit quietly, our nimble fingers are taking down everything that is said. In addition to typing, our hands are capable of a wide variety of functions: touching, grasping, feeling, holding, manipulating, and much, much more. They are a vitally important part of who we are as a person and what we do in our profession. Our careers, in large part, depend upon the health of our hands and wrists, so it is extremely important to keep an eye on them and not ignore early warning signs of a possible injury through overuse.

Repetitive motion injuries, also called repetitive strain injuries, fall under a classification of injuries and illnesses that result from weeks, months, or years of overuse of human joints. The majority of the time the overuse results from performing the same motion over and over again. Without breaks to give your body time to recover, the connective tissue starts to respond by tightening around blood vessels as well as nerves and muscles, which then creates symptoms of the onset of an injury such as tingling, numbness, stiffness and soreness. These symptoms are focused on a joint and usually involve the muscle, bone, tendon, or bursa of the affected joint. Because of the slow onset of symptoms, people oftentimes will ignore the condition until the symptoms become chronic and permanent injury occurs. Don't let this happen to you!

By becoming familiar with the warning signs, it is possible to prevent an injury that could debilitate you and result in the loss of your livelihood. The most common types of repetitive

motion injuries are tendonitis and bursitis, injuries to tendons, and bursae. Any one of these could stop you from performing even the simplest of tasks with your hands – let alone typing for hours on end.

In order to better understand the nature of repetitive motion injuries, it is important to have a general understanding of the anatomy of the hand and wrist. The hands, of course, are made up of bones, phalanges, tendons, ligaments, nerves, blood vessels, and cartilage. There are a total of 27 bones in each hand and wrist and they are innervated by three nerves – the median, ulnar, and radial nerves. Each of these nerves performs certain sensory and motor components.

A tendon is a white, fibrous tissue which connects muscle to bone and allows for movement at all joints throughout the body. Tendonitis, also spelled tendinitis, is an inflammation or irritation of a tendon. Common sites of tendonitis include the shoulder, the biceps, thumb, hip, knee, wrist, and the elbow but it can also occur anywhere there is a tendon. Symptoms of tendonitis include pain and stiffness of the tendon and the area surrounding it; the area can become stiffer the following day and a general loss of motion at the joint may occur; and the skin overlying the inflamed tendon may be red and warm to the touch.

Bursae are small pouches or sacs that are found over areas where friction may develop and serve to cushion or lubricate the area between a tendon and bone. There are over 150 bursae in the body. Most bursae are present at birth but some may develop at sites

of repetitive pressure.

Bursitis is inflammation of a bursa sac and typically occurs at the elbow, knee, and hip. Common symptoms of bursitis include pain, tenderness, and decreased range of motion over the affected area. Redness, swelling, and a crunchy feeling when the joint is moved may also be found.

Probably the most well-known repetitive motion injury that can affect court reporters is carpal tunnel syndrome. The carpal tunnel is a passageway in the wrist that accommodates the median nerve, nine flexor tendons, arteries, and lymphatic vessels. When a bone, tendon, or fluid presses on the median nerve and causes pain over a period of time, it is called carpal tunnel syndrome. Pain in the wrist and hand, as well as numbness in the fingers, are the symptoms of carpal tunnel syndrome. The numbness is localized to the thumb and first two fingers. Carpal tunnel syndrome also weakens your thumb and grip. The pain and numbness tend to be more prevalent during the night. According to the National Institute of Neurological Disorders, women develop carpal tunnel syndrome three times more frequently than men.

If you suspect you may have carpal tunnel syndrome, a simple test is to place your hands together backside to backside with both hands flexed 90 degrees downward. One sign of carpal tunnel syndrome is if you experience severe or sharp pain in this position. Another simple test is to tap the inside of your wrist. Pain and electrical shock sensation is another sign.

Another lesser known repetitive motion injury that can affect people is called trigger finger. The cause of trigger finger is often unclear and can seemingly appear from nowhere. It can occur in one or more fingers and at different times in different locations. Trigger finger results from a difference between the size of the tendon and the entrance to the tendon sheath. When the size difference reaches a critical point, the tendon will experience resistance from the tendon sheath. At first this is experienced as a snapping of the trigger finger when relaxing a fist. If the condition worsens, the trigger finger may need active force from other fingers to straighten or it may not straighten at all.

There are several factors that can increase a person's risk of developing a repetitive motion injury. The more factors that are involved, as well as the greater the exposure to each, the higher the likelihood of development of a repetitive motion injury. The primary risk factors are as follows:

Force – Forceful exertions that do not cause harm with one motion but which can build up micro-trauma over time. An example of this is using unnecessary force on your thumb and fingers while keying and mousing.

Frequency – Too much repetition or too little movement can contribute to micro-trauma. Prolonged sitting without taking a break to stand or change position is a risk factor that court reporters need to be conscious of.

Posture – Certain postures make us more susceptible to developing a repetitive motion injury. Cradling the phone between your shoulder and neck is one example of this.

Other personal risk factors that contribute to the likelihood of

developing a repetitive motion injury include obesity, lack of exercise, diseases such as hypertension and diabetes, and the regular use of alcohol or cigarettes.

The following are suggestions to help minimize your risk of developing a repetitive motion injury:

- Always work with your wrists straight to minimize the amount of stress on your carpal tunnel.
- Keep your upper arm positioned near your sides.
- Use an armrest at the appropriate height when available.
- Work with your shoulders in a relaxed position.
- Keep your neck straight while working rather than leaning off to one side.
- Keep frequently used items within easy reach.
- When working at home, vary your tasks periodically to give your body a break.
- Take breaks while on the job and don't forget to stretch! Gentle stretching removes tension and increases blood flow.
- Be conscious of your nutritional intake. Foods such as white sugar, processed foods, and bleached white flour can actually contribute to or increase the amount of inflammation in your body.

Early diagnosis and treatment, of course, are important to avoid permanent damage. The first step to take if you are finding discomfort in your hands is to try reducing or stopping the motions that are causing your symptoms. Simply resting your hands for a few days may be enough. Other options include stretching and relaxation exercises, applying ice to the affected area, and using medications (if recommended by a licensed physician) such as pain relievers, cortisone, and anti-inflammatories. Your doctor may also recommend a splint to help relieve pressure on the muscles and nerves. In extreme cases, surgery may be required to relieve symptoms and prevent permanent damage.

The good news is that if caught early enough, most individuals with repetitive motion injuries can recover completely. You can also avoid re-injury by implementing proper ergonomics and increasing the amount of rest by taking more breaks. By taking the appropriate steps now, you can prevent or reverse a career-threatening injury and enjoy your career for many, many years to come!

Jackie Young is a freelance reporter from Delano, Minnesota, and the editor of MAVRC's Minne-strokes newsletter. ■

***If you are interested in providing
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CONGRATS GRADUATES

By Hollie Selley



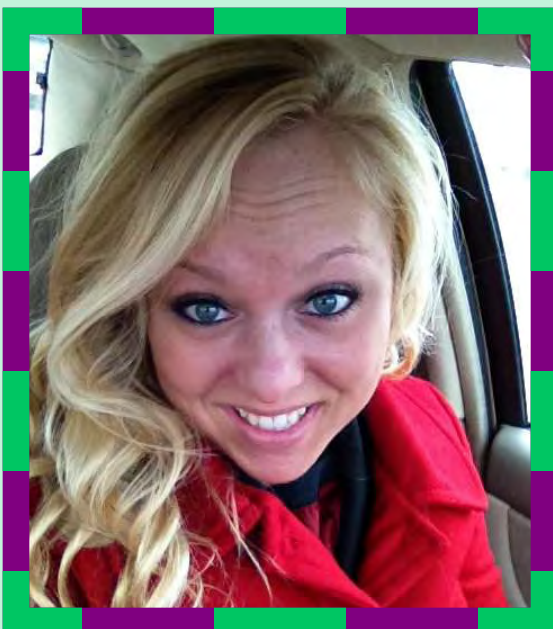
Kristen Keegan

Kristen Keegan - "I graduated on September 5. I got a job in Fargo, North Dakota, working as a freelancer for Ketcham & Associates. I love my job so far!!! I started about two weeks ago and sat in with a reporter only one time and have experienced an expedited transcript order, a expert medical doctor, and a video deposition already on my own! It's been a great adventure so far and I am looking forward to what other new things will come my way!"

Aaron Conwell - "I plan to explore several career opportunities, but currently an official position appeals to me the most. I am thrilled to graduate from Anoka Tech. Thank you, Jennifer, and the rest of the wonderful Judicial Reporting instructors."



Aaron Conwell



Paula Thompson

Paula Thompson - "I am with Advantage Court Reporting based in St. Cloud, Minnesota, and I have been with them since August, 2013. I love being a freelance court reporter."

WILLARD I. BRAUN'S OUTSTANDING STUDENT-OF-THE-YEAR AWARD

By Jim Weitalla, FAPR, RDR, CRI

It was my great pleasure to present Sue Roberts, an outstanding student at Anoka Technical College, with the Willard I. Braun Student-of-the-Year award at the fall convention of MAVRC. She has shown incredible perseverance by continuing to pursue her court reporting degree despite huge personal challenges. When most people would have given up or postponed their pursuit of those three 225 WPM speed tests, Sue continued to attend classes, practice, and speed build while dealing with her personal challenges.

One keyword for Sue is: Altruist. She's shown such caring and giving when it comes to helping and offering support to her fellow students. Sue is a team player, and she's always willing to help out where she can.

Sue has also shown outstanding professionalism by attending the NCRA TechCon in Arizona this past spring, drinking in all the knowledge that was to be had. In a field that is increasing dependent on technology, it's very gratifying and reassuring to find students who embrace the technical aspects of this profession, hoping to excel when they graduate.

Congratulations, Sue! You've shown you have what it takes to become an outstanding court reporter. Good luck on that last 225 test!

Jim Weitalla is a freelance reporter and a principal of Herbert Peterson & Associates in Minneapolis, Minnesota. ■



(L to R) Katriina Hendrickson and Sue Roberts waiting to hear who will win the 2013 Student-of-the-Year award. Little did Sue know that her family was waiting patiently in the back for Sue's name to be announced.



Sue Roberts showing off her well-deserved plaque



(L to R) Jane Schleusner, Sue Roberts, Jim Weitalla and Jennifer Sati

COURT REPORTING STUDENT PROFILE

By Caitlin Albrecht

Name: Allison McCarthy

School: Anoka Tech

Speed: 120

Hometown: White Bear Lake, Minnesota

Tell us a little about yourself. Hello! My name is Allison and I am 25 years old, and in my third year of college at Anoka Tech. When I am not at school I can usually be found spending time with my boyfriend, Nick, and my family. I love being outside, whether it's walking, playing tennis, fishing, and I especially enjoy being at the beach in the summer. I like going on adventures, exploring Minnesota, and spending time up north whenever I can. Being downtown is fun too, and I have always enjoyed going to concerts when I can. I am very enthusiastic about life and I enjoy every minute of it!

What made you decide to pursue a career in court reporting? It was a chance encounter that I decided to pursue a career in court reporting. During a brief visit to a friend's house right after high school, I saw a steno machine for the first time. I inquired about it, and right away knew it was what I wanted to do as a career. After that, I took a few years off from schooling but kept court reporting in mind. Now, here I am, pursuing my career as a reporter and loving it!

What area of reporting interests you the most at this time- official, freelance, or captioning/CART? I would say I am most interested in the area of freelance. I like the aspect of working from home, and being able to set my own schedule.

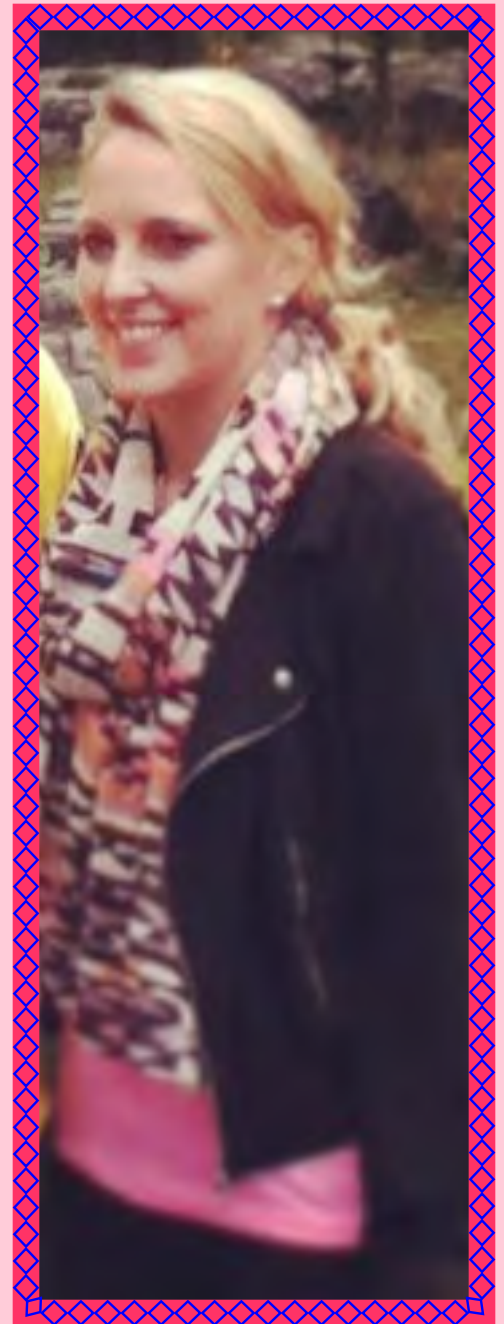
What's been the most challenging or rewarding part of your schooling thus far? The most challenging part of school for me has been working on my time management skills. I have usually done things very last minute, but working on a project chunks at a time is much more rewarding, and I feel so much better about the finished product. Punctuation has also been a challenge for me that I am still working on. Overall, school has been a great experience. I enjoy being a student and learning new things all the time!

Do you know any working reporters or anyone that's been an influence to you? All of the reporters I have met have been a huge influence on me, including my teachers. Everyone genuinely seems to love their career, and the enthusiasm they have about what they do is really encouraging and exciting.

If you had an hour of freetime, what would you be doing (besides practicing on your steno)? If I had an hour of freetime, I will usually be relaxing to music or doing some cleaning. It may not sound very exciting, but I enjoy it and it helps me refocus and refresh.

What is your favorite band or type of music? I have always been really into electronic music. When I am not doing

(Cont. on Page 37)



Allison McCarthy

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NCRA.org/Awareness.



(Cont. from Page 36)

work, or even when I am, I can be found listening to Spotify, Soundcloud, or Digitally Imported radio.

What is your favorite food or restaurant? My boyfriend and I have a few favorites that we visit on a regular basis. A few of those are Wakame Asian Bistro for sushi, El Rodeo for great Mexican, Flame Rotisserie for late night food, and Fogo de Chão for a fun lunch.

Where is a place you would like to visit? My ultimate destination would be to visit the Maldives. I would also love to explore Ibiza, Spain, and Japan.

The last book you read? The last book I read was [The Pelican Brief](#) by John Grisham. ■



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

The MAVRC Board of Directors thanks you for your support.

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