



MINNE-strokes

Minnesota Court Reporters: On and Off the Record

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It's the Most Wonderful Time of the Year . . . to Practice Self-Care

By Lynzie Zempel

Are you set up for holiday success? Imagine strutting into the courtroom feeling refreshed, well-dressed, and ready to impress (maybe even with a few new short forms up your sleeve). I turn to some of the greats in our profession for advice on how to best practice self-care during the most stressful time of the year.

Marie Schutz is an official court reporter in Hennepin County, and I can personally attest to her fabulousness. I had the privilege of going to Anoka Tech with Marie, and we also worked together as Ramsey County court reporters. She always comes to work with her game face on. How does she do it? What is her secret? Well, wait no longer—the answers are below.

1. Congratulations! You just received your RPR. Can you tell us how you accomplished this amazing feat?

Never giving up! (Although I did come close a couple of times.) I have been making attempts at the RPR exam since 2013, and my test anxiety continued to get worse over the years. In 2021, when I still hadn't passed the final leg of the exam, the legs that I had passed expired. When NCRA implemented its Exam History Reinstatement Policy this year, I decided to give it another go. For about two months before the test, I practiced speed building several times a week . . . and I think that speed I built helped when I experienced the all-so-familiar anxiety meltdown during the test.

(cont'd on page 2)

President's Address (cont'd from page 1)

2. How do you deal with stress in the workplace?

One thing I truly believe helps me deal with workplace stress is having a regular exercise routine. Three to four days a workweek, I come home from work and exercise. Along with all the benefits that exercise has on the body and mind, I find that my post-work exercise helps me shake off the day, so to speak. I also try to take walks during my lunch break at work. Those walks help reset me during the workday as well as help to counteract all of the sitting I do in court. Yoga also helps me relieve stress, especially restorative yoga.

3. What books, TV shows, movies, skincare products, etc., have you been enjoying?

I have been reading and listening to audiobooks a lot lately. Some of my favorites that I've read/listened to lately are *The Heart's Invisible Furies* by John Boyne, *We Are Not Like Them* by Christine Pride [and Jo Piazza], and *The Light Between Oceans* by M.L. Stedman. I am also currently making my way through the *Game of Thrones* series for the first time, and I am enjoying that! As for skin care, especially during this dry, cold time of year, one of my favorite products is La Roche-Posay's Cicaplast Balm B5. It is kind of a miracle cream, but I like to use a thin layer of it on my face and neck after my regular moisturizer in the evening. I am also an Aquaphor fanatic. I have a tube in every room, car, office, etc.

4. What are some self-care activities that you participate in to help with burnout during the holiday season?

Like I said above, exercise and yoga are biggies for me to help keep me feeling balanced, especially during times of high stress. I find that spending time with loved ones is also helpful. Another thing I do to combat burnout during the holiday season is to try not to overschedule myself. I like to make sure I have days or weekends where I have nothing planned.

5. For me, I am always struggling with PROCRASTINATION. Do you have any tips?

One thing that has helped me with procrastination, especially when it comes to things like transcript work, is to be honest with myself about my own work habits. For example, I know it is nearly impossible to get myself to work on transcripts in the evenings after work . . . So because of that, I set aside time in the mornings before work to get a little bit of transcript work done and during the mornings/afternoons on the weekends. So whenever possible I use those times to work on transcripts, and I find that's helped me avoid procrastinating because I don't loathe doing transcript work during those times.

6. What is your favorite thing about working in Hennepin County? My favorite thing about working in Hennepin County is the variety. I work with and get to know many different judges, law clerks, and attorneys. Because we are so busy in Hennepin—and incredibly short-staffed—it's never boring!

Thank you, Marie, for giving us a glimpse into your personal self-care strategies!

MAVRC Members, what self-care tips are you implementing this holiday season?

Please email us at lynzie.zempel@gmail.com.



In the News

- NCRA Leadership and Legislative Boot Camp will be February 23-26, 2023, in Alexandria Old Town, Virginia. MAVRC hopes to send two board members to the boot camp.
- MAVRC's Spring Conference will be held April 22, 2023, at Anoka Technical College. The convention committee is looking into adding a virtual component. More information will be coming soon!
- The next MAVRC meeting is scheduled for January 4, 2023, at 6 p.m. via Zoom.
- MAVRC has transitioned to a new membership database system, Wild Apricot. For more information, see page 4.



Congratulations to Marie Schutz, RPR, Minneapolis, MN, and Elisa Kukuk, RPR, Center City, MN, who both recently passed the RPR (Registered Professional Reporter)!

Save the Date! Steno Extravaganza!

Wednesday, February 8, 4:30-6:30
Anoka Technical College Auditorium

MAVRC and the Judicial Reporting/Captioning Program at Anoka Tech are collaborating to celebrate Court Reporting & Captioning Week. This is an awareness and celebration event. Invite your court reporting friends and come out for a night of fun! Share this with prospective students, neighbors, school counselors, judges, and court reporters to help create awareness and promote our amazing profession.

MAVRC Mission Statement:

The mission of Minnesota Association of Verbatim Reporters & Captioners (MAVRC) is to promote the use of stenographic reporters to capture the record in depositions and courtrooms and to provide closed captioning and CART services.

2022-2023 BOARD OF DIRECTORS

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Renew Your 2023

MAVRC Membership!

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

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

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

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

Membership dues remain the same as last year.

If you are a student member who wants to renew and request a sponsorship, please email us at MAVRC@MAVRC.org.

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



MAVRC Holiday Party



Thank you to Shelby Brown for hosting a wonderful party!

2022 Fall Convention Recap

Members enjoyed an educational and fun convention September 17-18 at the Grand Kahler Hotel in Rochester.

FRANK WEBER - SPENDING TIME WITH A PROFILER by Karen Lebens, RPR



Frank Weber, Licensed Psychologist, was one of the speakers at the 2022 Fall Convention. Now you may be wondering: How do they keep the subject of psychology interesting? But let me tell you, Mr. Weber successfully accomplished that goal. Mr. Weber is a Forensic Psychologist and an Author. I don't know about you, but I absolutely love a good mystery; and better yet, a true-life mystery.

Have you seen the Netflix show *Mindhunter*? If not, it involves the FBI agents who developed criminal profiling. Profiling is defined as: the recording and analysis of a person's psychological and behavioral characteristics, so as to assess or predict their capabilities in a certain sphere or to assist in identifying a particular subgroup of people.

That is part of what Frank Weber does. He works with the MN BCA and counties to profile cold case homicides. He also does complete assessments in homicide, sexual assault, and domestic abuse cases. He also established CORE Professional Services, P.A., which provides treatment and therapy for many mental health issues including drug, alcohol, sex offender treatment and many others.

In addition to all of that, he is also a true crime author. Some of the titles of his books are: *Murder Book*, *The I-94 Murders*, and *Black and Blue*. Yes, these are all based on true crimes. You can peruse his books on his website: Frankweberauthor.com.

During the time we spent with Mr. Weber, he talked to us about predator psychology and the things he goes over in an interview. Did you know that neither psychopath nor sociopath are mental health diagnoses? Rather a diagnosis of, say, narcissistic personality disorder combined with antisocial personality disorder would be someone who has psychopathic tendencies.

Mr. Weber also went over a checklist of things he looks at to determine psychopathy. But even if someone is not a psychopath, they can still be very dangerous.

DNA is not the only tool available when evaluating evidence and finding a perpetrator. He went over many of the tools like ballistic networks, vacuum metal deposit for finding fingerprints along with IAFIS (Integrated Automated Fingerprint System) database to match fingerprints to records from across the country.

I thoroughly enjoyed listening to Mr. Weber. You should have been there!



WHAT DON'T I KNOW THAT I SHOULD KNOW?

by Debbie Peterson, RPR, and Brandi Bigalke, RPR, RSA, CSR

During this session, Super Computer Tech Tim McGowan covered many computer tips for us ranging from simple computer concepts to speed up transcript production to more complicated ones that almost reconfigure our computers. Tim is always so helpful and knowledgeable on any IT computer issue. Thank you, Tim!

Freelance reporter Brandi Bigalke shared some realtime tips that helps her be the most prepared for a remote realtime job. Here's a few takeaways:

- Always know what platform you will be providing your realtime service through. Remote Counsel, Caseview Net, Live Litigation are a few that were mentioned. This seems obvious, but knowing this can save you time and frustration at the time of your job.
- Do some prep work before the deposition starts.
 - Always ask for prior transcripts! Most agencies are happy to share those, or word indexes, to help you. Google the case.
 - Create a job dictionary and briefs! It is always so rewarding to have difficult names and terms come up clean on your realtime feed. If it's an expert witness, look up his/her LinkedIn profile and resume.
 - If it's a video deposition, create a brief for the caption, case venue, case number, so when the read-on is read, it all comes up clean. The beginning of the deposition is always when everyone is staring at their screen so the more prepared you are, the more confidence you will have and the better product/service you will provide.
 - For that matter, create briefs for the law firms and attorney names that are attending. Define your speakers for colloquy and questioning.
 - Use your reporting software's features for creating job dictionaries and job prep.

Brandi also touched on the importance of fueling our brain. This also seems obvious, but we don't talk about it much in the court reporting world. Let's face it, our brain is the real star of this show! Eat a great breakfast, drink a lot of water.

- Remember, water helps your brain cells communicate with each other, and staying hydrated has been linked to faster decision making and improved performance on cognitive tests.
- Eat foods to fuel your brain; i.e., green leafy veggies, fatty fish, berries, and walnuts.
- Try some brain-boosting drinks; i.e., green tea, nootropics. These have both been proven to improve cognitive function, promote memory, attention and creativity.



Hopefully, Brandi and Debbie successfully encouraged and inspired members to attend NCRA's Bootcamp/Leadership Conference. The next Bootcamp/Leadership Conference is scheduled to take place on February 26th through 28th, 2023, at the Embassy Suites by Hilton in Old Town Alexandria, Virginia. MAVRC has been able to send two reporters in years past. It is anticipated that MAVRC will be sending two reporters this year. The whole experience in Washington D.C. was invaluable, both professionally and personally. We hope that several reporters are able to take advantage of this fabulous opportunity in the future!



A HUGE thank you to Continuing Education Committee members that organized registration, coordinated speakers and assisted setup, etc. As always, a superb conference. Much appreciated!

WHAT DON'T I KNOW THAT I SHOULD KNOW?

by **Tim McGowan**

Tim McGowan, an official reporter in the Fifth District, began the session entitled “What Don’t I Know That I Need to Know?” at the fall convention. He presented on a topic he knows well: the Windows operating system and many common Windows programs, especially Microsoft Word.

Some of the topics included: The Keys to Speed, which included accelerator keys, global shortcut keys, and keyboard shortcuts; the Built-In PDF Printer; Autocorrect: Not Just for Typos; Go Ahead and Back Up; and Zoom. Reporters were then given an opportunity to ask questions of Tim.

Here’s a few of the keyboard shortcuts that Tim covered:

NOTE: Winkey is the Windows logo key on your computer keyboard.

Winkey+L To Lock your computer (keep prying eyes from your real-time and your finances)

Winkey+E To open File Explorer (formerly known as My Computer and Windows Explorer)

Winkey+D To reveal your Desktop (minimize all windows)

Alt+D To get to the aDDress bar in a Web browser or File Explorer

Alt+F4 To close a program

Ctrl+F4 To close a document

Ctrl+W To close a Window (program or document, depending on the program)

Ctrl+C To Copy (works in documents, web pages, dialog boxes, and File Explorer)

Ctrl+X To cut (think eXtract) (like Ctrl+C, this works basically everywhere)

Ctrl+V To paste (think of the V pointing down to drop) (again, everywhere)

Ctrl+P To Print

Ctrl+A To select All (text in a document, dialog, or web page, or files in File Explorer)

F5 To refresh a web page or a listing of files in File Explorer

Ctrl+S To Save a document or web page (use frequently to save your work!)

Ctrl+Z To undo (works in documents, dialog boxes, and File Explorer)

Ctrl+Y To redo (may not be quite so universally supported)

Another tip: PDF creation is built into Windows now. Press Ctrl+P and choose the Microsoft Print to PDF printer to save a document (including a transcript) or web page as a PDF.

Tim is always happy to answer questions about technology, especially if he doesn’t have the answer ready to hand and needs to research it. You may call, text, or e-mail:

Personal: McGowan.Tim@gmail.com

Work: Timothy.McGowan@courts.state.mn.us

Cell: 507-995-7642

Tim works in court and largely ignores his phone and personal e-mail during the day. Please use any contact method you like that works with your deadline.



MAVRC 2022 FALL CONVENTION RECAP

CASE CATALYST TRAINING

by Rhonda Franken, RMR

Highly credentialed court reporters Merilee Johnson, certified Case CATalyst trainer; Jennifer Sati, Program Director of the Judicial Reporting & Captioning Programs at Anoka Technical College; and RandiAnn Harvey, certified Eclipse trainer, broke off into two separate groups for informal software training sessions. (See separate recap by RandiAnn for some NOVICE Trainer's Eclipse Tips.) The Case CATalyst software training covered some tips and tricks for mastery in translation, indexing, editing and transcript production related to CAT software, along with some Q and A. Merilee also covered many software updates. Here's some takeaways that I received:



One included the suggestion to do the following for better audio enhancement: Under Translate/Options, go to the Codec tab and change to OPUS 32kbps 15 MB/hr.

Merilee also talked about the new writers that have raised vowels, good information on editing options and tips on changing the size of text, changing dialog settings, changing colors, adding to speaker lists, and predefined fields.

I particularly took note of how to restore steno: Press Ctrl + F2.

If you wish to have the option to retain steno when pasting, go to Tools/All Options/Advanced Edit and click Yes.

Another favorite: To undo, press Ctrl + Z.



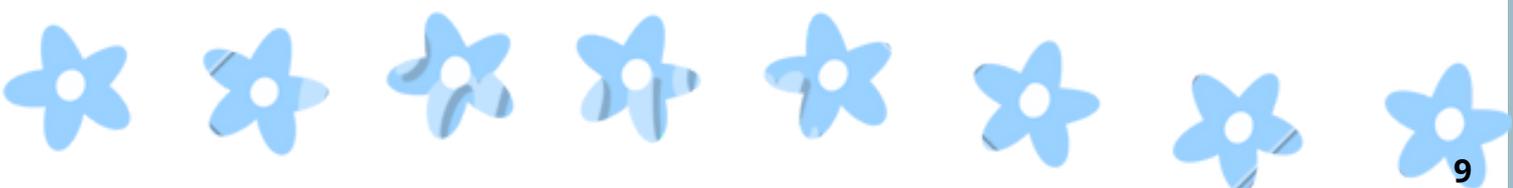
Merilee recommended using the Brief It option under Translate Options/Realtime Aids.

Brief It is a translation feature that suggests conflict-free brief forms for words and phrases that you write during a realtime job.

The Customize Toolbars feature allows you to make changes to the Case CATalyst toolbars, such as the Dictionary or Edit toolbar. To do so, press Alt + v, s, z. You can customize your toolbars, adding, moving and removing buttons to suit your needs. You can have specific toolbars show or hide depending on the CATalyst function. For example, you may want fewer toolbars while editing to increase the amount of screen space and because you can use convenient and logical keyboard commands to navigate and edit the file.

Merilee also discussed the importance of putting energy into the Case Prep and Dictionary Builder features and dictionary maintenance. The Case Prep feature is available from the Manage Jobs' Tools menu. Case Prep makes it easy to prepare for your next job. Whether you need to prepare for an ongoing job that you haven't reported on for a while or you are being sent on a job in which you need to fill in for, Case Prep makes it easy and quick to find words that are not defined or are defined in your dictionaries by comparing previous transcripts and/or ASCII, PDFs, PTX. Use Case Prep to create a Dictionary Builder List which allows you to quickly and easily prepare for your next job. To get to Dictionary Builder, press Alt + f, o, d. Pick the dictionary you want to build on, then press Alt + t, b to create a list. You will need to connect your writer.

The online Case CATalyst Manual is a great resource and guide as well for any questions you might have on navigating your software program. Check it out! <https://www.stenograph.com/content/files/documents/casecatalyst4%20manual.pdf>



THE NOVICE TRAINER'S ECLIPSE TIPS

by RandiAnn Harvey, RDR, CRR, CRC, AE - Certified Eclipse Trainer

One of the topics that came up at the 2022 MAVRC Fall Convention was the Eclipse speaker table and how to make it work effectively. For this edition, The Novice Trainer will attempt to explain the **Speaker Table**.

- Having no job open, hit Alt+u to bring up User Settings, then Translate, Master Speaker List.
- THE WITNESS should be the first one listed, number 0. And it should say THE WITNESS in both the **Current** and the **Master** sections.
- To pre-define your speakers and/or have the table automatically pop up before your job starts, there should be entries listed on the Master side, leaving the Current side blank (except for THE WITNESS, as described above). The entries on the Master side have to match **exactly** as you have them defined in your dictionary (except do not include the {S:} from the dictionary entry into the speaker table).
- For example, in my dictionary I have the speaker steno SNAO defined as {S:SPEAKER LEFT #2}. In the Master side of the speaker table, the entry would appear as SPEAKER LEFT #2, with the Current side blank.
- If you check “Save in” and “Load from” on the lower left, it will save your defined speakers in your job dictionary so it can be used when you start a new job in the same case as long as you are using the same job dictionary. If the attorneys change, you can just redefine them in the speaker table.
- For those who have to change the speaker steno IDs throughout the day and faster, like in court, this is how I change them on the fly in four strokes or less:
 - I use a macro I made called SPID (as in Speaker ID), and it is defined in my realtime dictionary as the steno SP*DZ .
 - To change my SPEAKER LEFT #2 (SNAO) to THE DEFENDANT, I steno this:
 - SNAO, -T, DEFT, SP*DZ
 - On the next court case there are different speakers so I want to change THE DEFENDANT (SNAO) to THE RESPONDENT. This is what I steno:
 - SNAO, -T, SPONT, SP*DZ

Below is the speaker macro SPID if you'd like to create it and enter it yourself, or you can email me and I will send the macro to you to import.

Macro name: SPID
Esc
Cmd: Translate notes
Cmd: Bottom of job
Shift+Home
Ctrl+X
Home
Home
Cmd: Edit toggles
Alt+K
Enter
Cmd: Global
Ctrl+V
Shift+]
Home
Shift+[
Shift+S
Shift+;
Tab
Alt+C
Tab
Alt+C
Ctrl+J
Enter
Enter



***Please email me (THE NOVICE TRAINER) at randiannharvey@hotmail.com for any questions or features you'd like to learn more about and we'll see you back in the next edition of MINNE-strokes for another NOVICE TRAINER'S Eclipse Tips!



JUDGE JEFFREY THOMPSON – THE MURDER FOR HIRE THAT SHOOK THE TWIN CITIES

by Emily Lettner, RPR

Sunday morning's edition started out strong with a compelling presentation from Retired Judge Jeffrey Thompson. He spoke about the 1963 infamous murder for hire of his mother, Carol Thompson, by his father, T. Eugene Thompson. His presentation included a rubber hose prop and a PowerPoint with pictures of him, his mother, his father, and other major players of the trial.

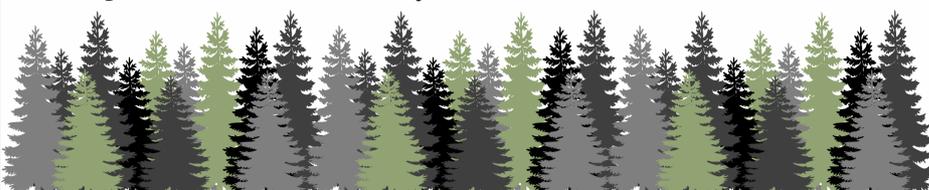
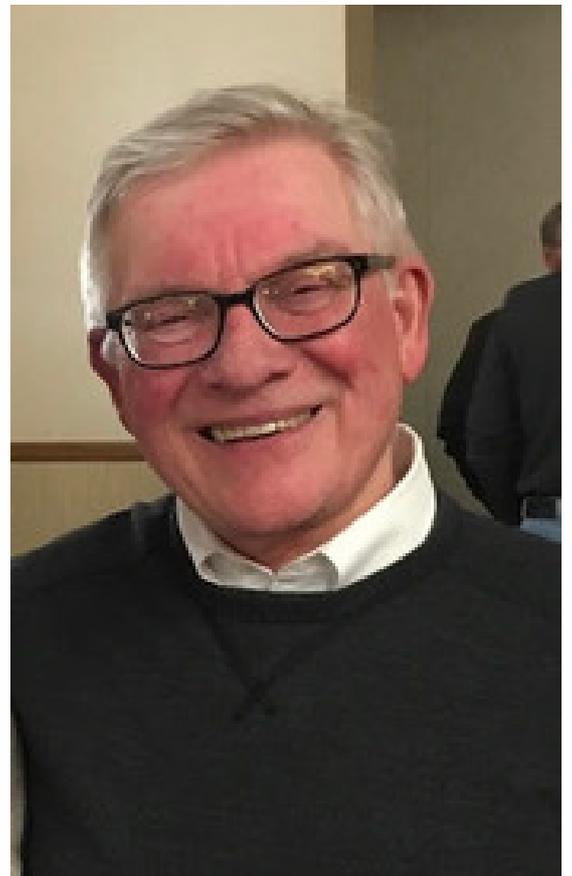
His 34-year-old mother of four was killed on March 6, 1963. Dick Anderson was the actual person who killed Carol Thompson. Norman Mastrian was the murder-for-hire man initially hired by T. Eugene, and Mastrian shopped around for a killer and subcontracted the killing to Dick Anderson. The motive presented at trial was life insurance money. At the time of her death, Carol Thompson was insured for nearly \$1.1 million, which in today's money would be the equivalent of almost \$10 million.

Judge Thompson gave an overview of his life as a child while his mother was still alive. He also spoke in more detail about the days and events leading up to the killing. There were things that T. Eugene did in the weeks leading up to the killing to set the scene. One of those was getting rid of the family dog. Judge Thompson also talked about the time period during the pendency of the trial, including the fact that his father was arrested while Judge Thompson was upstairs in bed and the fact that he testified at his father's trial and unknowingly perjured himself on the stand.

The trial started in the late fall of 1963 with the guilty verdict delivered on December 6, 1963. The trial garnered national and international attention. The Daily Press purchased daily copy of the transcript and printed transcripts in the next day's paper. The only news event to knock the trial off the newspapers' front pages was the John F. Kennedy assassination.

The years following the trial and all of the prison years were briefly summarized. Judge Thompson helped get his father paroled in 1983. On January 24, 1986, Judge Thompson and his three sisters had their own "trial" with their father and allowed him a chance to convince them he was innocent. Leading up to that "trial," Judge Thompson had reviewed the physical evidence and trial transcripts and had formed his own conclusion of his father's guilt.

All in all, it was a very fascinating story. And for those who want to read more about this true crime story, there is a book written by William Swanson, *Dial M: The Murder of Carol Thompson*, which I believe you can still find online.



PATINA PARK - INDIAN FEDERAL LAW AND THE FUTURE OF ICWA

by Shelby Brown

MAVRC had the privilege of having speaker Patina Park, J.D., present at our Fall Convention in Rochester. Patina has extensive experience in tribal-state relations and currently serves as a senior advisor for Governor Walz.

Patina opened her presentation greeting us in the Lakota language. Her soothing and welcoming voice quickly drew in the attendees. From colonization to Federal Indian law, Patina made it clear she was here to set the record straight.

Remember in grade school when part of learning U.S. History was memorizing the rhyme “In 1492 Columbus sailed the ocean blue”? Do you also remember learning the part where Columbus never even hit this continent and had nothing to do with American history? Exactly. Most of us never learned that important piece. Patina doesn’t blame us for not knowing the true story of Native American history. She cites years of her and her colleagues trying to educate Minnesotans on this subject and how they are unfortunately only met with resistance and ignorance.

The “mythical holiday” of Thanksgiving, created by President Lincoln, is another one of Patina’s clarification points. She details how the story we all learned as children about this holiday’s history is highly untruthful. To Native Americans, Thanksgiving represents disease, massacre, and greed.



Patina’s presentation covered 500 years of colonization of indigenous people in 30 minutes, including a couple of historical events some of us have heard of before: The Trail of Tears and the Wounded Knee Massacre.

So where does all of this leave tribal nations now? Today over 500 tribes across the country are recognized by the federal government as independent and self-governing, separate from state and federal law. Patina covered many laws and acts that were passed in the '70s to get to this level of self-governance, including ICWA, or the Indian Child Welfare Act.

PATINA PARK - INDIAN FEDERAL LAW AND THE FUTURE OF ICWA (cont'd)

At the end of her presentation, Patina made several recommendations for those of us who want to learn more about Native American history and the current issues facing tribes across the country. For books she recommends *Lies My Teacher Told Me*, *The Seed Keeper*, and *An Indigenous Peoples' History of the United States*. For delicious pre-colonial foods, Patina speaks highly of the restaurant Owanmi in Minneapolis. Each dish is made without ingredients that were brought over by Europeans.

To stay current on legal issues among Native American tribes, visit her recommended website of turtletalk.blog. The U.S. Supreme Court case to keep an eye on right now, according to Patina, is *Haaland v. Brackeen*, which will determine the fate of ICWA. Oral arguments were just heard on November 9, 2022.

Patina ended her presentation as she began. "Wopila tanka," she says, or "Many thanks."



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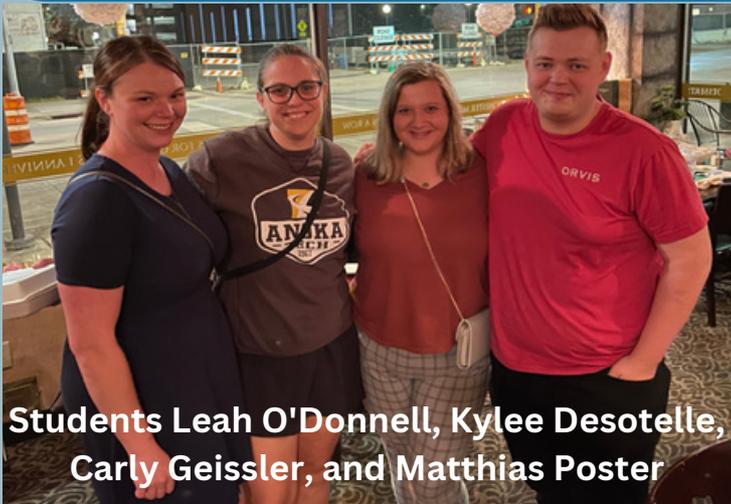
2022 FALL CONVENTION RECAP PICTURES



Lisa Soma, Tracy Dougherty,
and Kay Yeoman



Michelle Pecharich, Leslie Carver,
Angie Sundell,
Janell Gruber, and Rhonda Franken



Students Leah O'Donnell, Kylee Desotelle,
Carly Geissler, and Matthias Poster



MAVRC President 2022-2023
Lynzie Zempel



Worth Equipment
was available for steno
machine cleanings.



Shelby Brown, Lynzie Zempel, Laura Pelletier,
Ryan Ziegler, RandiAnn Harvey, Deanna Oaks,
and Jamie Ward.

2022 MAVRC AWARDS



Distinguished Service Award

Janell Gruber, RMR, CRR, CRC, is the recipient of the 2022 Distinguished Service Award. She has spent over 30 years committed to the industry and its growth, including in the freelance, official, and broadcast captioning arenas, offering her time and expertise to students and colleagues alike. For her many years of dedication and prominence, she is incredibly deserving of this accolade.

Willard I. Braun Student of the Year

Blythe Warwas, 2022's Willard I. Braun Student of the Year, was not able to attend, but her instructor Jane Schleusner presented the award in her absence. Blythe has been a dedicated student and member of MAVRC and is now a new grad!



Volunteer of the Year

Rhonda Franken is the recipient of the 2022 Volunteer of the Year award. Throughout the years, unyieldingly and intensely, she has devoted countless hours of her time to editing MAVRC's MINNE-strokes. Her dependability and steadfastness comes through in every new edition of the publication. Considering she is reliably unwavering in her commitment, this award is perfectly suited for her.

Congratulations and thank you immensely, ladies. You continue to leave your mark on our community, and we're all grateful for it.

2022 Willard I. Braun Student of the Year

By Jennifer Sati, RMR, CRR, CBC, CCP, CRI

Congratulations to Blythe Warwas, the 2022 Willard I. Braun Outstanding Student of the Year! At the time she earned this recognition, Blythe was a 225 student. She was chosen to receive this high designation because of her commitment and dedication to excellence in school. She was intent from theory through 225 to consistently practice more than the required hours on her steno machine! Her hard work has paid off! Blythe recently passed her last 225 test and will be graduating in December!



The quote engraved on her plaque was carefully chosen because it represents her actions in school: "Discipline is the bridge between goals and accomplishments." (Jim Rohn)

Blythe will be a tremendously valuable new professional in our fascinating career, and we wish her all the best in her career! She already gives back to the profession by volunteering her time as a student on the MAVRC Publications Committee. All the best, Blythe!!

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. Willard Braun was cofounder of the Northern Technical School of Business and was one of the pioneers in utilizing CAT technology.

The Willard I. Braun Student of the Year Award recognizes one outstanding court-reporting student in the state of Minnesota who has excelled both academically and in machine skills. The student's attitude, deportment, motivation, self-discipline, attendance, punctuality, and quality of work are all taken into consideration.

Congratulations, Graduates!

Blythe has recently passed her 225s. She hopes to work as an official in the Sixth Judicial District, preferably on the Iron Range.

Greta Ellingson also recently passed her last 225 test! She is planning to be an official in the Fourth District Court and is excited to see what the future holds!



From the Archives

By Rhonda Franken, RMR

It's hard to believe it's been almost 25 years now that the two Minnesota court reporter associations, previously separated MSRA into MCRA (officials) and MFCRA (freelancers), merged again to become MAVRC.

In 1984 the membership voted to change the name from Minnesota Shorthand Reporters Association (MSRA) to Minnesota Court Reporters Association (MCRA), effective January 1, 1985. Then on January 26, 1985, eleven Minnesota freelance court reporters from around the state met in St. Paul and formally organized the Minnesota Freelance Court Reporters Association (MFCRA).

The merger of MCRA and MFCRA was approved in 1997 and became effective January 1, 1998, with the new association being named the Minnesota Association of Verbatim Reporters & Captioners (MAVRC).

The following is a partial reprint of a handout to association members and court reporters at the spring MCRA seminar which took place on April 25 and 26, 1997:

Minnesota Court Reporters Association
Spring Seminar
April 25 and 26, 1997
Radisson Hotel St. Paul
11 East Kellogg Boulevard
St. Paul, Minnesota

Dear MCRA Members and Fellow Reporters:

After conducting an informal poll of both MCRA and MFCRA members, our respective Executive Boards have determined that our membership is in favor of pursuing the unification of our associations. To that end, a joint MCRA/MFCRA meeting was held on March 14 and 15, 1997, with the help and guidance of Bill Wells, a professional facilitator.

Our purpose was to develop a strategy and process for the pending organizational restructure and future unification. We have identified the following:

- Situation:* Currently two separate organizations exist within the State of Minnesota regarding the profession of court reporting.
- Target:* A single organization serving the interests and/or concerns of all parties involved.
- Proposal:* Restructure/merge the two organizations into one unified entity.

Action Plans

Short-Term:

Develop an initial 90-day transition plan including: appointment of co-project leaders; reorganization of committees developed to address revised bylaws, various legal issues, articles of incorporation; formal notification to key stakeholders regarding new organization structure and effective date of change.

Long-Term:

Develop full 180-day implementation schedule including all restructuring activities starting March 15 and continuing through September 15, 1997.

Student Profile

Name: Carly Geissler

School: Anoka Technical College

Speed: 180s

Hometown: Ramsey, Minnesota

Tell us a little about yourself.

I was a 2020 high school graduate and jumped right into the program that fall. I've called Minnesota home for my entire life and couldn't imagine a life outside of this state. I enjoy camping with my family, reading, and a good hockey game. After working in a bakery for four years I decided to change careers while I worked through the program. I now work as hearing support at a local law firm in an attempt to further my knowledge in the legal field.

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

When I was in my senior year of high school, I was on the school news. We had big cameras, lights, a news desk, and teleprompters. Our school was advertising the A-Z Intro to Steno program. In my research to make sure I was saying "stenography" correctly, I thought to myself, "that sounds kind of interesting." After attending my first few classes I fell in love with steno and the passion of the reporters leading the session was inspiring. I enrolled for the fall semester of JRBC the day after my last A-Z class.



What area of reporting interests you the most at this time- official, freelance, or captioning/CART?

Official is what I have always been leaning toward, although all areas of the field sound exciting. As one of our beloved instructors at Anoka Tech Jane Schlessner would exclaim, "We need you out there!" Obviously, the need for reporters is influencing, but there is something about the courtroom that has always intrigued me. I still have no idea what courthouse I would like to work in, but I know that my heart is in official.

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

The most rewarding part of schooling is the community. I have never felt more welcomed by a group of people. Reporters, whether at a national conference or at a MAVRC gathering, are so willing to mentor students. The kindness of reporters is one like no other. I have never met a reporter that didn't offer to shadow, offer insight, or suggest a good brief.

Do you know any working reporters or anyone that's been an influence to you?

I know a few working reporters who have helped me on the journey. Barb Post from Ramsey County has been a family friend of ours for a long time, but I didn't actually know she was a reporter until I started this program. She and Judge Mulrooney welcomed me into their courtroom and that is where I sat in on my first hearing. Another reporter who also welcomed me and has been a wonderful mentor of mine is Caitlin Albrecht. She has been there for me through a large chunk of the program and is my go-to reporter for a good brief. I also cannot forget, of course, all of my new friends I met at the MAVRC conference this fall.

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

Probably catching a movie or dinner with some close friends. I have always valued quality time and in such a busy time in my life I find it important to stay connected to those around me.

What is your favorite band or type of music?

I will listen to any type of music. I can't say I have a favorite band specifically, but I have been listening to a lot of Meghan Trainor and Billy Joel recently.

What is your favorite food or restaurant?

One of my favorite restaurants is Original Pancake House. I always get coconut pancakes with caramel syrup!

Where is a place you would like to visit?

I couldn't ever just pick one. I want to go anywhere and everywhere. Recently one of my goal destinations has been Ireland, but my list grows daily with new places that I would like to book a trip to.

The last book you read?

Dead Moms Club: A Memoir by Kate Spencer. After losing my mom this summer this book was a comfort. Written by a comedian, it offers laughter and tears all wrapped into one.

The last movie you watched?

The Polar Express with my family to celebrate this time of year (even though the animations are kind of creepy).

Constitution and Bylaws Changes 2022

by Ryan Ziegler, RPR

At the 2022 MAVRC Convention Business Meeting, changes to the Constitution and Bylaws were submitted by the Legislative Committee and passed by the required two-thirds majority of voters present.

Some of the changes were simply to standardize the document. For example, at some points words like "Associate Member" were capitalized, whereas at other points, they were not. Likewise, sometimes just "he" was used, and at other times "he or she" was written.

The most substantive change eliminated the two Vice President board positions and retitled the President-Elect position as Vice President, shrinking the voting membership of the board from nine to seven. This change was proposed because of the difficulty that we've had over the past few years in filling board positions. Even with the reduced board size, there remains an open board position.

Another major change was the elimination of the executive board, which previously had authority to take board action with the Directors. With Zoom meetings and the ease of communications, we felt that excluding the Directors, especially with the new board size, was not necessary.

Clarifications regarding what applications need current-member endorsements were also added. Provisions regarding the Student of the Year Award and Retired Membership levels were changed to be brought into alignment with the practices that have been in place at the board for years.

The quorum requirements were adjusted to take into account current membership numbers. A limitation regarding the number of times a Student Member could renew were eliminated as well.

Thanks to all who read the proposals, to those who reached out with thoughts or comments, and to those who voted.

The Constitution & Bylaws Committee believes that these changes both reflect current and historical practice, and that they will allow MAVRC and its board flexibility into the future.

The current MAVRC Constitution & Bylaws document can be found on our website. If you have any questions, please don't hesitate to reach out to me or any member of the board.

IFP Pilot Project Update

by RandiAnn Harvey, RDR, CRR, CRC, AE

At the September 2022 Judicial Council meeting, there was discussion and a vote to continue the year-long IFP pilot project that would be ending in October of 2022 so that more data could be collected.

According to the interpretation of the data collected thus far, the estimated savings of continuing the pilot was stated to be \$75,000 a year. However, this did not take into account a lot of factors, like the staff needed to manage the outsourcing to the transcription company, the unknown fluctuation in transcript requests, and any coverage needed for a reporter who had to complete an IFP transcript during the workday.

When addressing concerns about accuracy in the outsourced transcripts, it was stated that some of the transcripts were checked and that there were problems (like wrong judge's name, off-the-record texts included, first 10 minutes of hearing not transcribed), but that concern was minimized because it was stated that the same method that the out-of-state transcription company uses to transcribe is the same as 42% of the currently employed official court reporters, which are the electronic court reporters.

They never mentioned the evidence that MAVRC submitted showing the countless errors in the outsourced transcript compared to the steno transcript. State Court Administrator Jeff Shorba made the comment that he doesn't know if the state-employed court reporters are producing accurate transcripts or not and that if they do an audit, that maybe some should be pulled and checked.

The vote to continue the pilot failed 9 to 10. If you are interested in listening to the IFP portion of the Judicial Council meeting, it can be found here (position 2:06:17.) Minnesota Judicial Branch - Minnesota Judicial Council (mncourts.gov).

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*Dates: September 22 - November 10, 2022
Thursdays, 6-8:00 p.m. (CST) via Zoom*

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- For questions, contact Jennifer at
JSati@anokatech.edu or 763-576-4064

*These courses are for stenographic writers who are currently writing at 225 wpm.

Visit www.ProWorkTraining.com or contact Laura Cleveland at LCleveland@anokatech.edu or 763-576-4079 to register.

Thank you to our outgoing Board Members!

Monica Christensen served as VP-Official in 2022. She is always willing to step up to help and will be missed on the board. Thank you, Monica, for your service!

Welcome, New Members:

★ Marie Schutz, RPR; Amy Engel-Dong;
✧ Emily Jeanson; and Abbi Parenteau!

Looking for a new position?

Check out <https://www.mavrc.org/jobs>
for current listings!



Pro Bono

*If you are interested in providing pro bono reporting services, contact:
Christine Clark, MAVRC's Pro Bono
Coordinator. Phone: 952.250.4030
chrisclarkzimm@gmail.com*

BRIEF FORMS FOR CITIES/STATES/COUNTIES
 Compiled by Rhonda Franken, RMR

(As a rule, use an asterisk with proper nouns, if possible, unless it's not a conflict with another word to omit the asterisk)

(Somewhat abbreviated, as in N for TPH, Y for KWR or B for PW)

MINNESOTA CITIES:

Alexandria	KPRA*IND	Lino Lakes	LAO*IKS
Anoka	NO*EK	Mankato	MA*IKT
Apple Valley	VA*EPL	Maplewood	MA*IMD
Austin	ST*IN	Mendota Heights	M*IGS
Bemidji	B*IJ	Minneapolis	M*PLS
Bloomington	BLAO*MGT or BLAO*MT	Minnetonka	MO*KT
Blue Earth	BLAO*EURGT	Montevideo	MO*ND
Brainerd	BRA*IRND	Moorhead	MAORD
Brooklyn Center	BRAO*INL or BL*ENT	New Hope	NO*EP
Brooklyn Park	BRAO*IP or BLARK	Northfield	N-FLD
Burnsville	B*IRNL		
Byron	BAO*IRN		
Cambridge	KBR*IJ		
Cannon Falls	KA*UFLS or KA*ULS	Oakdale	O*EKD
Cass Lake	KLA*IK	Owatonna	TW*ON
Chanhassen	KHA*ENS	Pine Island	PAO*IND
Cottage Grove	KO*EJ	Plymouth	PLO*UGT
Detroit Lakes	DLA*IKS	Prior Lake	PRAOIRK
Duluth	DLAO*UGT	Red Wing	WR*ING
Eagan	AOE*G	Rochester	ROFP
Faribault	FA*IRBLT	Rogers	R*OJS
Farmington	FA*RMT	Rosemount	ROEFMT
Forest Lake	FRA*IK	Sauk Rapids	SRA*PDZ
Grand Rapids	GRA*PDZ	Savage	SA*FPBLG
Hastings	HA*IGS	South St. Paul	S*PS
Hugo	HAO*UG	St. Cloud	SKLO*UD
Inver Grove Heights	H*IGS	St. Francis	SFRA*NS
Isanti	SAO*INT	St. Paul	STPA*UL
Kasson	KA*FN	St. Peter	STPAO*ERT
Kenyon	Y*ON	Stewartville	STAO*UFRL
Lake City	LA*IKT	West St. Paul	W*PS
Lakeville	LAIFL	Zumbro Falls	SBRO*EFLS
Le Sueur	SLAOIR	Zumbrota	SBRO*ET

OTHER MAJOR CITIES:

Chicago	KH*IG
Dallas	DA*LS
Detroit	DRO*IT
Fargo	FA*RG
Las Vegas	SLA*EGS
Los Angeles	LO*NGS
Miami	MAO*IM
Philadelphia	FLA*
Phoenix	FA*EBGS
San Francisco	STPRA*N
St. Louis	STLAO*US



MINNESOTA COUNTIES:

Anoka County	NO*EKT (NO*EBGT)	Olmsted Co.	O*EKT
Becker County	B*ERKT	Pine County	PAO*IKT
Beltrami County	BL*EKT	Polk County	PO*EKT
Blue Earth County	BLAO*EURKT	Ramsey Co.	R*KT
Carlton County	KA*RKT	Rice County	RAO*IKT
Carver County	K*KT	Scott County	SK*KT
Chisago County	KH*IKT	Sibley Co.	S*IKT
Cook County	KAO*KT	St. Louis Co.	STLAO*UKT
Dakota County	D*KT	Stearns Co.	ST*ERKT
Dodge County	DO*KT	Steele Co.	STAO*EKT
Fillmore County	F*IKT	Wabasha Co.	WA*KT
Freeborn County	FRAO*EKT	Washington Co.	W*KT
Goodhue County	G*KT	Waseca Co.	SWAO*EKT
Hennepin County	H*KT or H*EKT	Winona Co.	W*IKT
Houston County	HAO*UKT	Wright Co.	RAO*IKT
Isanti County	SAO*IKT	Wadena Co.	WAO*EKT
Itasca County	TA*FKT		
Jackson County	JA*KT		
Le Sueur County	SLAOIRKT		
Mower County	MOURKT		

STATES:

Arizona	A*IRZ	Nebraska	N*EB
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Colorado	KO*L	South Dakota	S*D
Florida	FLOR	Texas	T*EX
Iowa	WA*	Wisconsin	W*IS
Missouri	MO*		
Montana	MO*N		



Profile of a Board Member

by Jennifer Sharp

MAVRC Q: What is your name?

A: Jennifer Sharp

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

A: I graduated from Anoka Technical College in January of 2012.

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

A: Since graduating, I have always freelanced. It has been so conducive to our family's schedule. I like the variety of work and being able to work on transcripts from anywhere. I have also done some court per diem work, and that's always a nice change of pace and scenery too.



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

A: Diamante and Stenograph

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

A: During the busier times, I use a scopist, and it's amazing how much time it frees up. In the slower times I scope my work and send it to a proofreader. I always like a second set of eyes reading over the transcript. I'm amazed at what a good proofreader will find (thankfully) before the transcript goes out!

MAVRC Q: Have you attended any NCRA conventions, boot camps, seminars? If so, how was that experience for you, and would you recommend it to other reporters?

A: I attended an NCRA convention when I first graduated, and it was a great experience. I would love to do it again at some point in my career. Lately I've been trying to learn more about what my court reporting software has to offer to speed up some of the editing time. There's always something new to learn and remember.

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

A: This is my first year serving on the board as secretary. When I was a student, I volunteered on the publications committee, which was a fun way to contribute and meet working reporters. Freelancing can be a lonely profession at times, so it's been fun to see live reporters on a monthly basis!

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

A: The board meets once a month by Zoom, which is super convenient. The meetings usually take about an hour.

MAVRC Q: What are some of the current issues the board is working on?

A: The board has been working on getting the new online portal up and running. It will be a great and convenient way to renew memberships and register for seminars.

Profile of a Board Member

(cont'd from page 24)

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

A: I am from Apple Valley, Minnesota, and graduated with a bachelor's in journalism from the University of St. Thomas. I spent five years in North Dakota anchoring news on television before I moved back to Minneapolis. I decided to go back to school after our kids were born. After doing a bunch of research, I found court reporting. I had always been a piano player, loved reading, and had majored in journalism. I felt like it was a great combination. I also wanted a flexible schedule. We currently live in South Minneapolis near Lake Nokomis.

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

A: We have two teenage boys who keep us busy and on our toes. Both are into snowboarding during the winter and baseball during the summertime. Our oldest is learning to drive, which is absolutely terrifying. I'm not sure how a parent actually survives this.

As a family, we like to travel, ski, golf, and go to the cabin near Hayward. My husband is from a town near Marshall, Minnesota, and he works in the banking industry.

MAVRC Q: Some other questions about what you do in your free time: What's a recent movie you watched, a recent book you've read, a favorite restaurant?

A: The most recent movie I watched was in the theater and it was *Halloween Ends*. It was not by choice! The last book I read was *The Great Alone* by Kristin Hannah. I love her books.

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

A: We've made it a family tradition to take a summer road trip after the sports season has ended and before the new school year begins. We've traveled to the California coast, Mount Rushmore, Yellowstone, Great Smoky Mountains, Jackson Hole, Niagara Falls, Colorado, and the Ozarks. Alaska is on our itinerary for next year.

MINNE-strokes Publication Team

Editor: Rhonda Franken
Designer: Ryan Ziegler
Editorial Staff: Emily Lettner
Angie Sundell
Blythe Warwas

MINNE-strokes is the official publication of MAVRC, the Minnesota Association of Verbatim Reporters & Captioners. MINNE-strokes is published quarterly. Statements of fact and opinion within this newsletter are the responsibility of the individual writers and do not necessarily reflect the opinion of the officers or members of MAVRC. All advertisements are the sole responsibility of the advertiser alone and do not express the opinion or endorsement of MAVRC. Articles submitted are subject to editorial revisions.

To submit articles, send to:
Rhonda Franken, Minne-strokes Editor
Rhonda.Franken@courts.state.mn.us

NEXT NEWSLETTER PUBLICATION DEADLINE FOR SUBMISSIONS: February 1, 2023

Committees and Board Liaisons

AUDITING COMMITTEE

Board Liaison: Lynzie Zempel
lynzie@zempelreporting.com

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

CAREER ADVANCEMENT/CONTINUING ED.

Board Liaison: Deanna Oaks
oaksdeanna@gmail.com

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

PRO BONO COMMITTEE

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

Facilitates court reporting services to low-income people.

PUBLICATIONS COMMITTEE

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

Prepares and issues the official publication of the Association.

PUBLIC RELATIONS

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

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

STUDENT INTERNSHIP/SCHOOL

Board Liaison: Jeanna Zunker
jeannazunker@gmail.com

Assists with student internships and administers a mentoring program.

TECHNOLOGY COMMITTEE

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

Stays abreast of technological advances in the court reporting field.

OFFICIAL COMMITTEE

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

Deals with issues affecting official court reporters.

CART/CLOSED CAPTIONING

Board Liaison: Deanna Oaks
oaksdeanna@gmail.com

Handles issues affecting CART providers and broadcast captioners.

CONSTITUTION & BY-LAWS

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

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

ETHICS COMMITTEE

Board Liaison: Deanna Oaks
oaksdeanna@gmail.com

Helps promote and monitors ethics among court reporters.

FREELANCE COMMITTEE

Board Liaison: Lynzie Zempel
lynzie@zempelreporting.com

Deals with issues affecting court reporters in the freelance field.

FUNDRAISING COMMITTEE

Board Liaison: Lynzie Zempel
lynzie@zempelreporting.com

Helps raise funds for the Association.

LEGISLATIVE/GOVERNMENT AFFAIRS

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

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

MEMBERSHIP COMMITTEE

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

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

ADVISORY COMMITTEE

Board Liaison: RandiAnn Harvey



FALL CONVENTION SILENT AUCTION

A huge thank you to everyone who donated and bid on this year's silent auction items. Your generosity made it a great success!

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Did you know you can apply for "RETIRED LIFETIME" status with MAVRC? Your status will be changed in MAVRC's database to "retired," and you will keep up to date with what is happening in the organization and your profession. Best thing: **It's free!**

So MAVRC can stay in touch with you when you retire, email your contact information or any questions to MAVRC@MAVRC.org, and your information will continue to be in MAVRC's database.



Thanks to our recent donors and student sponsors!

Jennifer Sati
Megan Stumm

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* Andrea Parisian- mnparrothead@hotmail.com

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* Ashley Welz- ashleylange24@gmail.com

Ninth District

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Tenth District

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REPORTERS & CAPTIONERS

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Questions may be addressed to the board of directors at MAVRC@MAVRC.org or call 651.998.9119. Thanks for your support!

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