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CCRA

California Court Reporters Association

C C R A O N L I N E



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California Court Reporters Association

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MISSION STATEMENT

The mission of the California Court Reporters Association is to advance the profession of verbatim shorthand reporting by promoting professional reporting excellence through education, research, and the use of state-of-the-art technology; establishing and maintaining professional standards of practice; and advocating before legislative and regulatory bodies on issues which impact the judicial system and others served by the court reporting profession of California.

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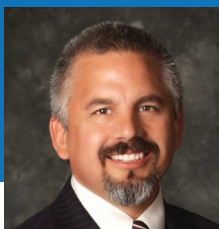
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P R E S I D E N T ' S M E S S A G E

Carlos Martinez, CSR, RPR, CMRS
President, CCRA

I love this profession. It has done so much for me in my life that my year here as your president and my time with CCRA on the board and on different committees cannot begin to give back in the same manner that reporting has given to me.

In my first president's message, I mentioned that when I was young, 4th, 5th, 6th grades, my best friend's dad was a court reporter. He has only retired within the last few years after a distinguished career as a reporter. His son, my friend from grade school, has now built a very successful deposition firm in addition to running a business that carries supplies for the court reporting profession.

When we were in grade school, I used to spend some weekends at his house. I looked forward to the time spent with his family. He lived in a really cool house down by the river. His parents still do. We used to get up in the mornings and ride our bikes on the track that his dad had built behind his house, go looking for crawdads in the river, or just hang out. His family showed me what working in the court reporting field could be like. For me, that life was 180 degrees from the life that I was living, and it also appeared to be something that was out of reach for someone like myself.

I was a so-so student in high school. When I graduated, after a brief stint at a junior college wrestling program, I dropped out of school and I came home and went to work. I worked in retail for a few years until I found construction. It was a good fit. My father was a construction worker and so was my brother. It seemed that my predestined career choice had been realized, and I had finally fit into the square hole that was made for me in life. I learned to be a laborer building sawmills. I traveled to a lot of different states with my job. I learned to weld, operate a crane, drive a forklift, and operate a myriad of construction tools. I was settling in, and I was unhappy about it. There were many things that I didn't like, but the number of coworkers with fewer than ten fingers due to industrial accidents was at the top of the list.

Then, divine intervention came in the form of a jury summons. I was selected to sit on the jury. During the

trial, I had the chance to talk with the court reporter. She was very helpful. She encouraged me to look for a school. She even gave me the names of the schools that I could apply to attend. It took me two more years, but I finally got into school. The journey of becoming a court reporter began. And in December of 1994, I obtained my CSR license.

My point in telling you this is the hope that I could impress upon you that you do not know when, where, how, or who you are going to have an influence on in life. You never know when the opportunity to talk about your faith, your life, or your career is going to totally change the path of the person with whom you are speaking. As you can see from the varied influences in my own life, it's not always a TV commercial or a periodical that will open a career path. Often it's the influence of someone in the profession. As a court reporter, you will find that you have many opportunities to be that kind of influence. It may be your child's friend that you're able to introduce to court reporting without even realizing it. When that opportunity presents itself, it's the example that you show that will make a lasting impression.

I'm very thankful for the people that have influenced my life. I'm thankful for the life this profession has given me and my family. Thanksgiving is my favorite time of year. No gifts. No pressure. Just food, family, and the reminder of how blessed I have been. Give thanks this year and think about sending a word of thanks to those that have influenced your journey. Laron and Eric, thank you.

MEET YOUR BOARD MEMBERS

In each issue we will be featuring personal profiles on your 2013-2014 CCRA Board Members.



CAROLE BROWNE, CSR, RPR DISTRICT E

Carole Browne grew up in the small gold-mining town of Grass Valley, California, a town steeped in rich California history as well as Cornish roots. Carole's Cornish heritage has ingrained in her a lifelong dream to someday visit Cornwall, to hike the coasts and absorb the culture there. Back at home, though, Carole and her husband, Jeff, live a rural life in Shingle Springs, near Sacramento, with their three cats. Over the years, Carole and Jeff have explored various hobbies, from trailering their railroad motorcar on excursions around the Western states, to country dancing (four left feet!), to hiking vacations in Switzerland and Italy. And after discovering the Food Network, Carole is finally learning to cook. No more trying to pass off frozen dinners as her own creation! And although Carole's never been much of a singer, she's looking into joining a Sweet Adelines chorus.



RACHEL PASSARELLA, CSR, RPR, CLR DISTRICT C

Rachel Passarella, CSR, RPR, CLR has been a reporter since passing the CSR in June 2011. She graduated with honors from South Coast College of Court Reporting and quickly began work as a per diem reporter in court, as well as a deposition reporter for several firms in the Central Valley. Rachel became an Official Court Reporter for Madera Superior Court starting in January 2013 and has been working in the Bass Lake courthouse reporting all matters, including civil, criminal, and traffic. Rachel hopes to bring a fresh, new perspective to CCRA as a Board member and has a passion for bringing about awareness and encouragement for high school students looking for a career, as well as current court reporting students. She also hopes to inspire all working reporters to find their enthusiasm again for this amazing career as we work to gain more and more momentum in our fight for this profession. For her "me" time, Rachel enjoys paddleboarding with her boyfriend and their two doggie-children, Harley and Rocky. She also enjoys hiking, yoga, and living in the beautiful Sierra National Forest.



SABA MCKINLEY, CSR, RPR DISTRICT F

Saba spends her spare time working and playing with the love of her life, Jack Roberts. Saba comes from a relatively large family and she enjoys family time, especially when her adult sons are available. She enjoys attending her book club meetings, mastermind meetings and personal development workshops.

If she could afford the luxury, she'd join a wine tasting club too. She is also passionate about travelling (did someone say Greece?)

She says she would really love to begin an exercise routine that she can stick with. Sound familiar?



DISTINGUISHED SERVICE AWARD RECIPIENT

By Connie Parchman

This year's recipient is so overdue that it seems an oversight. When the Distinguished Service Award (DSA) selection committee met and discussed our options, frankly, I was rather surprised that this had not been done like 10 years ago! But we have rules and guidelines for when and to whom the award is given, so the timing has to be just right. And that time is now.

I'm extremely honored to be giving this year's DSA award to this person. Anyone who knows her has no doubt benefitted from the relationship as much personally as professionally. She works as hard at play as she does at reporting. As a matter of fact, in talking with people about her, each one seems to remember a different recreational injury she has suffered doing some endorphin-producing activity. She engages in her sports as aggressively as she engages in the protection of our profession.

The forward progress of our profession has been greatly enhanced by her efforts, dedication and contributions, both intellectually as well as boots-on-the-ground grunt work.

If time travel were possible, I'm sure we could see her 50 years in the future doing the same things she does now, and she would not seem out of place. As a matter of fact, she would probably just be average. But in 2013, she is extraordinary.

Professionally, her accomplishments are too numerous to name. Being licensed and certified since 1974 has given her three and a half decades to accumulate an eight-page resume. Some of her most notable contributions to our profession include being instrumental in the development of NCRA's Realtime Systems Administrator (RSA) certification program, and her dedication to monitoring California legislation for over ten years.

Sharing her knowledge through seminars and publications, Sandy has amassed an amazing array of over 50 contributions to our continuing education.

Sandy VanderPol is extraordinary, not only in her professional life, but in her personal life.

Many of you may know she is a runner. Most of you probably don't know she was the California state champion in the mile at the age of 17 with a time of 4:48. She was second in the 880 with a time of 2:14. From the age of 10 through 17, she was a member of the Will's Spiketettes Women's Track Club in Sacramento. Long before Title IX, she traveled the country to compete in national meets and was a member of four national championship cross-country teams. She says that competing in track and field gave her the discipline and goals that translated into a successful career in court reporting.

Sandy has two daughters, Sandee and Heidi Bunch. Sandee teaches high school English at the Twin Rivers School District in Sacramento. Heidi will start court reporting school at Argonaut in January. Sandy also has two adorable granddaughters: Maya, 8 and Emily, 5.

Sandy and her husband John were married on "the first powder day in March 11, 2006," (a direct quote from John). They married at the top of the tram at Squaw Valley, the spot they first met when Sandy joined a ski club led by John. They married in a blizzard!

Please join me in welcoming Sandy Bunch Vanderpol as the Distinguished Service Award recipient.



YOU GOT THIS!

By Teresa Russ

How many times had I heard, “You got this!” during the 13 attempts it took me to finally pass the California Certified Shorthand Reporter (CSR) examination? Many on Facebook or On the Cheap and Sleazy Side, an online court reporting newsletter, read my narrative about my journey through court reporting school. For those of you who didn’t, I would like to inspire you to never give up on your dreams:

I started theory in 1984. I eventually had to quit day school. I found a full-time job, and I went to night school for about 10 years, in which I made no progress. Furthermore, I had some mean-spirited bosses who I allowed to make my life miserable. I had about four surgeries, which means I had to take time off from school. As my grandmother aged, she became very ill, and my family and I spent many hours in the emergency room. I had several car problems and was involved in a couple of hit-and-run accidents. My grandmother, who I was very close to, passed away, and later, around 2002, my mom and brother both were diagnosed with cancer. My brother died in 2003. After my mom died in 2004, my husband helped me go to day school fulltime. I will always remember what he said: “I want to make it so that the only thing you have to do is go to school.”

I did very well in day school. I maintained a 4.0 GPA, I was the recipient of the 2004 Academic Excellence Award, and a member of the International Honor Society. Yes, I was on a mission. Just before I was eligible for qualifiers, my husband suffered a stroke, and later he had to have a total hip replacement. James has recuperated, but he still has some health challenges. I took my first CSR in 2008. I was excited. Unfortunately, there were many more vicissitudes of life, but, I believe if you want it bad enough, you will stick with it.

FAILING CAN HELP YOU TO IMPROVE.

I cannot share my journey without giving homage to God, who is always faithful. When my mother died, I asked God to help me draw close to Him. I was devastated when I didn’t pass the 2008 CSR examination. I had some expenses I had incurred. What was I going to do? A classmate invited me and some

more classmates over to her house. One of my classmates had just passed the CSR examination. She introduced me to CART. CART has become my first love. From 2008 to 2012, I had a spiritual awakening; so I leaned on my faith and drew closer to God during the time I continued to take the CSR examination.

My friends and instructors from Cerritos College and Downey Adult School and I were perplexed. I passed around 30 qualifiers while enrolled in Downey Adult School during the time I was going back and forth to the State exam, and later received my 240 WPM pin. What’s up with that? We were sure after CSR No. 6, 7, and 8, and so on, that one of those would be the one I would eventually pass. You are allowed to miss 50. One year I missed it by one. I tried hypnosis DVDs. I prayed every morning asking God to show me what I needed to do to pass my test. After CSR No. 11, I was dumbfounded. Everyone told me I was probably nervous; however, I did not agree with that.

From 2009 to 2012, I worked as a CART provider, and I worked occasionally as a hearing reporter. Many people feel that CART hinders a student’s ability to pass the State examination. Perhaps that is true, but I know quite a few students who took the CSR and passed it the first time while working as a CART provider. I went to school more than I worked, and I was blessed to have a supportive husband.

However, in my humble opinion, I believe students must do the following if they have to work: Either continue going to school or practice building speed on your own. Closing my eyes before practicing, I would visualize myself at the CSR. I would do a mock CSR, transcribe it, and correct it. I practiced the same steps as I would perform in school. It’s imperative to transcribe. I cannot stress this enough. I always read my notes aloud. While working, we become distracted and forget about those boring drills our instructors gave us to practice. Those boring drills are what helped us get to the CSR in the first place. Therefore, do the boring drills like you did when you were in school.

STAYING MOTIVATED

Each time I failed the CSR, I wiped my feet off and looked towards the future. My spiritual awakening taught me that God knows best. One of my instructors, Kathye Hall, used to encourage us students to practice affirmations. I tried it a couple of times. After CSR No. 11 or 12, I decided to revisit the affirmation thing again. Bingo! We love it when someone else gives us a compliment. Well, I thought to myself, “Why wait for someone else to tell me what an awesome court reporter I will be?”

I had to work very hard to cut off the chattering in my head while writing on my machine. I learned to not create the chatter. That’s it. Don’t allow it to begin. As soon as those first words begin to form a sentence, I said, “Stop” or “No” and focused on the dictation and the words and looked directly at the speaker. I also discovered that I would start celebrating too soon, and then I would drop and ruin the entire test. “You’re getting this. Oh, my goodness, it looks like you might pass this one,” or “Oh, no, you hit the wrong key.” So I said to myself, “You can party after you pass the CSR.”

Margie Wakeman-Wells gave me some valuable information. I reached out to her. She instructed me just before the November

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2012 CSR examination that since I had the speed at this point, I should be making sure my fingers are going in the right places when I hit the keys. I believe this helped me to refocus my thinking while writing on my machine.

Everybody is different. I learned that it was better for me to stay to myself at the CSR. While repeating affirmations weeks before the examination, I would stand erect and confident in front of a mirror and say to myself, "You will stay calm if you hit the incorrect key. You will not allow chatter to interfere with performing well, and you have the ability to pass the CSR exam." I repeated my affirmations while standing in line waiting to go into the dictation room.

I had a wonderful support system: my husband James. (He said I knew it would eventually "click."); my family. (My brother James went to Sacramento with me one time. He was amazed at what we went through); my friends, my instructors, and classmates. My church family kept me motivated also. They had a prayer line going when I was scheduled to take the CSR. When I gave my testimony that I had finally passed the CSR exam, the entire congregation stood on their feet with a thunderous applause.

During this entire time, I believed and never gave up faith that I would eventually pass the CSR. Never, never give up on your dreams. God has a plan for you. YOU GOT THIS!

Teresa Russ, CSR, is currently a CART Provider at El Camino Community College and Long Beach City College in California. To contact her, you may email her at (renee.russ@yahoo.com) or follow her on Facebook and Twitter.

November CSR Candidates Honored at Reception



Angela Sinclair (left) and Ashley Whatley (right) were honored at a reception where Carlos Martinez, CCRA President, spoke. Thanks to all who brought great gastronomical goodies!

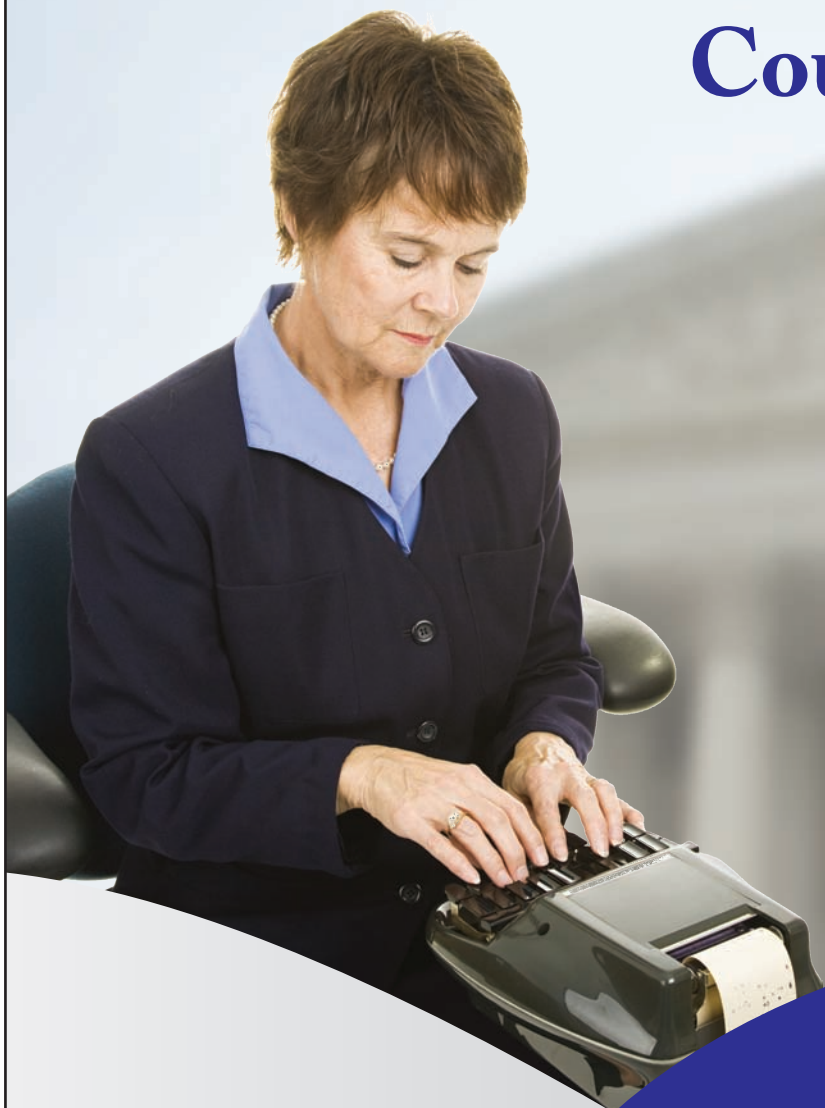
HUMPHREYS SCHOOL VISIT

By Carlos Martinez, CSR, RPR, CMRS
President, CCRA

On October 23rd, I had the great privilege of being invited to attend and speak at Humphreys' CSR Candidate Reception. The reception was for test qualifiers Angela Sinclair and Ashley Whatley. I really enjoyed talking with the current CSR candidates and also the students. It was a real pleasure to eat lunch with a student named Danielle Sefcik and to talk with her about the road that she has taken to get here. I'm always amazed at the resiliency of court reporting students. They're driven and dedicated to succeed no matter how hard it get. And even if a CSR license is not in the cards, they are able to take the skills that have been taught to them in school and use those in CART or captioning, church, or other hard of hearing programs.

I know that I sound like a broken record, but if you get a chance to do a school visit, don't miss the opportunity. The students really dig hearing about what we take for granted doing every day. It gives them a goal to push for and helps them realize that what they are doing every day in school really has an end that they can look forward to realizing. And you also never know when you'll make a new acquaintance.

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MOCK CSR - WEST COVINA

By Jorge Dominguez

West Covina Tri-Adult Community was the site for one of the three CCRA-sponsored mock CSR exams. This fantastic event is open to any and all students and aims to provide an experience similar to that at the California CSR test. I don't remember these being offered when I was in school, but I would recommend them to anyone who has the opportunity to attend.

The students were eagerly lined up at 7:45 a.m. to get registered and begin their day. After a little coffee and mingling, the 32 participants started with the Written Knowledge Test and then the dictation portion. The short breaks between the sessions provided time for interaction between the students and volunteers. It was great to meet the different students and hear about their respective journey through court reporting school. This was by far the best part of my day.

Following the exams, CCRA provided a panel of speakers from different fields of the profession. We had a freelancer, an official from court, a CART provider and a broadcast captioner. It was

a tremendous wealth of knowledge and information for our group of students to be able to engage the speakers and ask questions about their respective field.

Having been an official and now a freelancer, I was very intrigued by the broadcast captioner's story. After hearing the various events and programs that she has had the opportunity to report all from the comfort of her home, I couldn't have been the only one who was thinking, Now, that's something I could get used to.

We were fortunate to have a strong turnout of vendors and exhibitors, who participated with raffles and cool giveaways, and it was just an appropriate way to close what was a fun and exciting day. I got to meet and talk with students, who were filled with questions and excitement towards our profession, and we got to provide them with experience, knowledge and hopefully that little something that will help a student pass that next test. See you at the next one!

OVERCOMING FEAR

By Abby Waller, CSR, RPR, CRR

After months of anticipation, I set off on an adventure to Victoria, BC on a ferry in from Seattle. Among the things on my "must see and do" list was to conquer the zip line through the treetops. What a rush it turned out to be!

After gaining the courage to climb the first course, adrenaline rushing, I couldn't stop the tears from coming. You're thinking, what a baby, right? Well... it wasn't just my fear of heights, but the excitement pouring down on top of me. I couldn't stop the emotions. By the fifth course and last tree, I was pushing to go faster and faster on the zip line. I felt unstoppable up so high and soaring through the trees. It felt amazing to come that far!

This brought me back to the first few jobs I had in court with the seemingly most fast judge EVER. When I walked in that courtroom for the first time, I was overcome with excitement, yet at the same time, FEAR. I knew there was only one way out of this, and it was to put my head down and conquer it.

Years later I'm able to look back on the days as a new reporter and be thankful that I jumped in with both feet. I knew that if I was a good enough writer to pass the state board test and get that far with never-ending nerves, there would be no stopping me in the real world of court reporting.

Every day we are faced with our fears. It's how we decide to face them that matters; right?

I'm still learning this lesson, but each time, I get better at confronting my fear of heights, the fear of a new environment in a courtroom, placing a realtime computer in front of an attorney for the first time, or whatever the instance may be.

You've earned it, and you owe it to yourself as a new reporter to jump in with both feet! Don't hold back, and conquer the real world of court reporting head on.





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Upload Video from iPhone to YouTube

Q. How can I upload a video from my iPhone or iPad to YouTube? Do I have to save it to my computer first and if so, in what format?

A. If you create a video using your iPhone or iPad, you do not need to save it to a computer in order to place it on YouTube. Simply tap the Send button (the square with a little arrow), then tap the YouTube option.

Q. Sometimes I long for the days of the floppy disc because they had labels on which I could write the disk's contents. These days I use several USB flash drives which are too small to write anything on. How do you keep track of the contents on your flash drives, Mr. M?

A. I use different flash drives for different purposes so I don't really have any need to label the contents in any specific manner on the exterior of the drive. For example, I have one flash drive that I use for backing up documents, one that I use for Quicken backups, a drive that I use for photos and one for music backups. When I insert a drive into a USB port, I can then easily view its contents.

Because I primarily work with documents, that's the flash drive that I leave plugged into the USB port most of the time. I use Quicken on another computer, so that flash drive resides in one of that system's USB ports. The photo and music flash drives I insert as needed. Some "experts" recommend that flash or thumb drives not be left in a computer when not being used, but having used flash drives since they first arrived on the digital scene, I have never experienced any problem leaving them inserted. And that way I know where the drive is, as well.

I generally purchase different color flash drives or at least flash drives that don't look identical, which makes it even easier to keep track of what's what.

Q. When I move the cursor on my laptop over the icon that lets me know whether the laptop is plugged in, a bubble pops up that shows "94 percent available. Plugged in, not charging." Shouldn't the battery be charging?

For more information about Mr. Modem's award-winning, weekly computer-help newsletter featuring personal answers to your questions by email, visit www.MrModem.com

A. It's possible that your particular battery won't begin to charge until it is at a certain level, such as below 50% or 25% capacity. Plus, depending on the type of battery, you may not want small, partial charges because the battery may only have X number of charging cycles. If that's the case, it doesn't matter whether you charge it 10% or 90%, both count as one charge cycle, so the fact that it's not charging could be to protect you from wasting finite charge cycles.

For a truly definitive answer as it relates to your specific computer/battery, I would recommend contacting the manufacturer of your laptop through its Web site Support area. In the alternative, look at your battery, note the brand, type or model number, then go to the manufacturer's Web site where specific charging details and recommendations will be available.

Mr. Modem's DME (Don't Miss 'Em) Sites of the Month

CRAYON - The acronym CRAYON, stands for "CReAte Your Own Newspaper," the name of one of the longest running sites on the Web, having made its debut in March 1995 -- long before many people even heard of the Internet. To get started, I'd suggest going to the Help area, which will guide you through the process of creating your own newspaper with step-by-step instructions. If you have ever experienced the desire to only get the parts of a newspaper you enjoy reading, CRAYON can make that happen. www.crayon.net

Jamie's Home Cooking Skills - Whether you are a college student who has just entered the world of having to cook meals for yourself, someone who wants to learn more about cooking, or a parent who wants to teach children how to cook, this site (created by celebrity chef Jamie Oliver) is for you. The site was designed for people with a desire to obtain their home cooking certification (who knew?), and to help enlist schools to provide the appropriate educational courses. Use the Index to select a course from the drop-down menu. It will display the recipes, skills, fact sheets, videos and images that go with that course. You can also head directly to Recipes, Skills, Activity Sheets or Fact Sheets from the navigation menu at the top of the page. www.jamieshomecookingskills.com

NIH Senior Health - The National Institute of Health's site for Senior Health information. I particularly like this site because it was designed for mature eyeballs, meaning the font is easily changed to something more readable. You can even change contrast colors to make it easier to read. The menu at the top of the page contains Health Topics A-Z and Video A-Z, from which you can select subjects or videos of interest. nihseniorhealth.gov

INSTRUCTOR INTERVIEW: LAURA POIRIER

By: Ozena Doughty

Laura Poirier has been an instructor in the Court Reporting Department since 1994. She has been a full-time instructor since fall 2010. She has an A.A. degree in Business Administration, CSR #7458 and NCRA Certification as a Certified Reporting Instructor (CRI). In addition to her wide range of experience, from teaching speed and requirement courses in every speed category, she is also the program's primary theory instructor.

Q: Theory is the foundation of court reporting, but it can be very intimidating at first; how do you help new theory students as they embark on this new journey?

A: The unknown is scary for everyone, so I spend a lot of time in class talking about what to expect. I remind them that every CR student was once in their shoes, and I share my personal struggles as a student. I assure them that we don't expect them to go it alone, that we are there for them. They can contact me anytime (until my bedtime!) if they are having difficulties or need some clarification about principles covered during class.

I ask the students from the prior theory class to speak with them and answer any questions they may have. I also encourage them to exchange contact information with their fellow theory students who can identify with their challenges. The theory training lasts for six months, so we spend a lot of time together and become a little family. The students realize very early on that my role as their instructor goes far beyond just teaching them steno principles. They know that they can turn to me for support and encouragement too. It's the most humane form of boot camp there is!

Q: Humphreys College has recently made some innovative changes to the program, one of them being the incorporation of the ev360 program. How will this change benefit the students and instructors?

A: Students can practice for hours on end, but with no outcomes identified, progress may be realized slowly. The ev360 program is designed to assist students in developing an individualized practice plan so that practice sessions outside the classroom produce results and rewards. They can personalize each session to address specific categories such as speed, accuracy, control, endurance, etc.

Within the platform, they can transcribe their dictation and have it immediately evaluated. This feedback serves to boost their confidence, alert them to problem areas, and challenge them to forge ahead. Our students are required to complete and turn in evidence of audio practice outside of the classroom, and our instructors are able to track the students' time and type of practice on ev360. The students are also able to utilize take opportunities on ev360 beyond those offered in the classroom to facilitate their speed progression. Maybe "practice-tape opportunities" or something would be better. I,

the 'experienced' reporter, still had to read it a couple times to understand it. So maybe I'm slow. Just a thought.

Q: With the exception of speed building, what other areas do you see students struggling in, and how do you address these obstacles?

A: Time management seems to be a challenge for students. Many of our students are working adults with children and many responsibilities outside of school. We try to equip them with tools and skills to learn how to prioritize their daily schedules. Our students are only required to be on campus three days a week, so they must learn how to maximize their time away from campus in order to progress. Providing access to ev360 allows the flexibility that many students need.

English and grammar skills are also a challenge for many of the students. Humphreys College offers free English tutoring, and we are able to require that some students use those services. Our English tutor is aware of the English and grammar skills that court reporting students must attain, and he works with the students one-on-one to ensure they grasp important rules and principles.

Our students are also encouraged to take advantage of the ability to "audit" (without charge) classes for which they have received a grade. Often students nearing completion are advised to audit our intensive grammar course. We have also embedded English and grammar review into our machine classes to provide ongoing review in this area.

Q: What have you been doing to prepare for the test?

A: To prepare for the test, I have been practicing every day at higher speeds, namely 225+. I've also been shadowing in court to give me that little extra push before the test. I've been doing finger drills and inundating my office with positive anecdotes on Post-its. I've also been doing high-cardio workouts and lighting aromatherapy candles.

Q: Having been a theory teacher for the last few years, you have been able to see many of your students start and finish the program. Besides the fact that they are now licensed reporters, what is the most significant change you see in students who have started and finished the program?

A: I'd have to say personal growth. Obviously, they've mastered the skill and attained the knowledge required to obtain their licenses. However, to achieve that goal, they came to understand the importance of personal accountability, sacrifice, perseverance, and taking pride in their work.

Q: You have been an instructor for quite some time. What do you find most rewarding in teaching court reporting?

A: It's much like being a parent. It's gratifying to witness the students overcome their obstacles, discover their potential, and then celebrate their success. After all these years, I am still in awe of those who have mastered this skill and provide a vital service, so it's a privilege to be training these amazing people who will one day be members of such an elite group of professionals.

Fruit & Nut Granola Bars

Makes 16 bars, prep time: 20 minutes, 45 minutes total.

INGREDIENTS:

- ½ c flaxseed meal
- ¼ tsp. salt
- ½ tsp ground cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- ½ c. honey
- 2 ripe bananas, mashed
- ½ c peanut butter or almond butter
- 1 c. dried apples, diced
- ½ c. almonds, chopped
- ½ c. light olive oil
- 3 c. rolled oats (could be toasted first for a richer flavor)
- ½ c. pumpkin seeds or sunflower seeds



Preheat oven to 350 degrees F. Grease a 9 x 13-inch glass casserole dish.

In a large bowl, mix together all of the ingredients except the oats. Add the oats and mix together well. Spread the mixture evenly into the casserole dish, pressing down firmly to create a smooth top. Sprinkle with pumpkin or sunflower seeds and press lightly into the mixture. Bake in the oven on the middle rack for about 25 minutes. Let cool for 10 minutes before cutting into 16 even bars.

Serving suggestions: Add your favorite dried fruits like raisins, dates, or cranberries, or substitute almond, cashew or sunflower nut butter for the peanut butter in this high energy breakfast and snack-time staple.

NEVER SAY NEVER

By Rachel Passarella

Two years into my career as a court reporter, I wouldn't have dreamed that I'd be on the Board of Directors for CCRA. But here I am! I've been involved with CCRA since I was a student in 170 wpm at South Coast College in 2009. My mentor, the heaven-sent Doreen Perkins, invited me to go and offered to help me with the cost, so off I went. I have attended every convention since then, and I've made some contacts and connections that I wouldn't trade for the world. From that point forward, I always KNEW I'd be up on those podium chairs at the Annual Meeting as a board member someday. Who could have imagined I would be given this opportunity so soon?

Some of it is luck, some of it is perseverance, and a lot of it is keeping my options open. As I sat down at the welcome reception given on the Carnival Inspiration cruise ship at this year's convention, with my pretty blue margarita in hand, I started looking through my bag o' goodies that CCRA provides at every convention. Looking through the agenda for the Annual Meeting, I noticed that the board member listed for my district, District C, was labeled as "Nominations will be accepted from the floor." I'm not sure who/what pushed me out of my chair to go talk to our existing Director of District C, but I made a beeline for John Terry to inquire. What kind of experience do you have to have to be on the board? Are

there any requirements? Why is there an opening? Needless to say, it wasn't long before John was gone and I was being approached by board members, advisers, and the new president, Carlos.

Then started the whirlwind of mini interviews. After the first with Carlos, as he went to find other board members, I leaned to Doreen and said, "You know I'm drinking right now; right?!" We chuckled and she reassured me that I'd do great, so off I went to mingle with Christy (Secretary/Treasurer) and Abby (District A). I got to know each of them briefly, answered some great questions posed by them, and crossed my fingers. I was told I would be nominated at the Annual Meeting on Sunday and that was that. The nomination was presented by Doreen, which was a huge personal moment for me as she has been so influential in my career as a court reporter, and now here I am, representing my fellow reporters in this fabulous association.

The moral of my story is to never count yourself out. I've been given an incredible opportunity and I'm LOVING every minute of it. If I hadn't asked those questions of John, I wouldn't have been in this position. I didn't know it that day, but this is my time. And I'm planning to milk it for all it's worth. You never know what that open door could lead to, so never shut yourself out. I look forward to my first year as a board member for CCRA and I hope that there are more to come! Please join me in my new adventure and read along each month as I share my experiences as a new reporter and a new board member. Bring it on, 2014!

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LEGISLATIVE UPDATE

This year's legislative season was unprecedented. At the beginning of the session, CCRA sponsored two bills as well as tracked 18 additional bills. Six of the 18 bills could have adversely affected our members. We are thrilled to report that ALL bills that could have had a potential negative impact on our profession were killed, including two Electronic Recording (ER) or Digital Recording (DR) bills, one specific to family law proceedings.

The two bills sponsored by CCRA (AB 655 and AB 679) are two-year bills. One bill allows the trial courts to seek funding for official court reporters; the other one allow electronic filing of transcripts. We are hopeful that we will get these passed through the Legislature and signed into law by the Governor next year.

We are looking forward to meeting with the local associations in the upcoming year and discussing the impacts of legislation as well as more local political involvement.

In February of this year, 2013, President Kristi Garcia and Vice President Pam Katros spoke at the Assembly Judiciary hearing regarding the impact of the Trial Court's reduced budgets. Pam explained the impact that Placer Superior Court's decision to eliminate all official court reporter positions had on the community. Kristi discussed the impact of numerous Court's decisions to exclude official court reporters in civil proceedings.

Past President Sandy VanderPol and Legislative Chair Brooke Henrikson, as well as our lobbyists Jim Cassie and Meghan Loper, met with the Chair of the Assembly Judiciary Bob Wiecekowski. We discussed the impacts to our members in numerous arenas,

including the Court Reporter Board's interpretation of the rates freelance reporters are allowed to negotiate on court transcripts. The meeting was very positive. We believe we have a good working relationship with Assemblyman Wiecekowski.

Legislative Committee members met with numerous legislators and appeared before the Assembly Judiciary as well as numerous other committees to provide testimony related to a variety of bills.

In July "Trailer Bills" were introduced. Since we have been building our relationships at the Capitol, we learned of the bills ahead of time and we were ready. Jim Cassie and Meghan Loper were present at the hearing. The "Trailer Bill" to eliminate the production of all preliminary hearings (Except homicide preliminary hearings) was not included in the final round of "Trailer Bills" to be attached to the California State Budget.

The Orange County Superior Court Reporters Association (OCSCRA) submitted a proposal to the legislative committee. We are currently working on possible legislation for their proposal. Thank you, OCSCRA for your participation.

CCRA plays an integral role in sponsoring, supporting and opposing legislation. This year has made that perfectly clear. We are working hard on our current bills and future bills with the knowledge and experience that our members and the court reporting profession expects. We are honored to represent each and every one of you.

NEW LAWS PERTAINING TO CIVIL APPEALS

Effective January 1, 2014, Rules of Court 8.130 and 8.834 are amended with regard to civil appeals. These changes are intended to generate revenue for trial courts and provide costs savings and efficiencies for the trial courts and litigants. Here is a summary of the changes that may affect most reporters.

Rule 8.130. Reporter's Transcript

Provisions are made to include designation of previously reported proceedings in the notice.

A deposit of \$50 to cover trial court costs associated with administering trust account for payment of reporter's transcript costs in addition to the reporter's estimate or the calculated amount. There is an additional provision for calculating proceedings previously transcribed. It should be noted that cost estimates are at the statutory rate.

Instead of a deposit a written waiver by the reporter, or a copy of a Transcript Reimbursement Fund application with provisional approval by the Court Reporter's Board, or a certified transcript of all proceedings designated. The transcript must comply with the format requirements of rule 8.144.

Except when a party deposits a certified transcript of all the designated proceedings, the reporter must transcribe all the designated proceedings that have not been previously transcribed and include in the transcript a copy of all designated proceedings have have been previously transcribed.

When the transcript is completed, the reporter must notify all parties to the appeal that the transcript is complete and bill each designating party at the statutory rate.

On request, and unless the superior court orders otherwise, the reporter must provide the Court of Appeal or any party with a copy of the reporter's transcript in computer-readable format.

Notwithstanding any dispute over the estimated or billed costs of a reporter's transcript, the designating party must timely comply with the requirements regarding deposits for transcripts. If it is believed that a reporter's estimate or bill is excessive, the party may file a complaint with the Court Reporter's Board.

Rule 8.834 applies to Limited Civil appeals and the changes are similar to those in Rule 8.130.

As stated earlier, this is just a summary of the changes that most affect reporters. Please read the entire rules for specific provisions

STUDENT INTERVIEW: ANGELA SINCLAIR

By: Ozena Doughty

Angela Sinclair is a student at Humphreys College. She is one of two students from Humphreys who will be taking the CSR this month.

Q: You have a background and degree in music. What made you decide to enroll in the court reporting program?

A: I enrolled in the court reporting program actually because I served on a jury, and I was fascinated by the court reporter during trial. That was the first time I had ever even seen one in action, and I was hooked. I researched court reporting and made the leap. I feel like my music background has helped me in mastering finger mobility and adopting patterns in my briefs.

Q: You started the program almost two years ago and here you are ready to take the state test! Actually, you passed your qualifier on the last day applications for the test were to be postmarked! What do you think helped you progress so quickly?

A: I started the program in the fall of 2011. I think what has helped me progress quickly is my heavy use of briefs. I started briefing right out of theory, and it has definitely helped me pass takes quicker. Once my briefs started growing, I created an Excel spreadsheet to reinforce them and review them whenever I can. I feel like recognizing patterns and creating a series with briefs is important, rather than trying to memorize a slew of them. You can get burnt out that way! Also, at the upper speeds, I incorporated finger drills into my practice before bed to help cement the muscle memory while in deep slumber.

Q: Even though you progressed through the program quickly, most students hit a barrier at some point. What was yours, and how did you overcome it?

A: My barrier was at 160 (like most students). I feel like that's when your muscle memory really starts to kick in, but your brain is still thinking too hard, so that tripped me up for a couple months. I also had trouble when I entered the multi-voice classes, particularly three-voice. I overcame these plateaus by practicing at higher levels of speed and adding on words and phrases to my question and answer banks, such as "Yes, sir," "All right," "Do you know," "That's correct," etc. I also tried not to transcribe takes below my goal speed. I didn't want to rest on my laurels, and I wanted to push myself and read through the sloppy writing. I always learned something valuable from all the takes I failed.

Q: What have you been doing to prepare for the test?

A: To prepare for the test, I have been practicing every day at higher speeds, namely 225+. I've also been shadowing in court to give me that little extra push before the test. I've been doing finger drills and inundating my office with positive anecdotes on Post-its. I've also been doing high-cardio workouts and lighting aromatherapy candles.

Q: What area of the field do you see yourself working in?

A: I see myself working as a freelance deposition reporter. Court is what initially piqued my interest, but through my interning, I have come to enjoy the flexibility and versatility of deposition reporting. I also see myself working in court eventually -- I won't turn down any opportunities!

Q: What have you learned most about yourself throughout this journey?

A: Throughout this journey, I've learned that there is really no limit to mind over matter. That is why court reporting school is so grueling and frustrating because every time you progress to a new speed level, your elation soon turns to discouragement as you try to get even faster. But you have to keep trudging away because there is a light at the end of the tunnel. You have to stay positive, practice daily, and you will get there.

SIERRA VALLEY COLLEGE CAMPUS VISIT

My favorite activity as a new reporter is to encourage student reporters. I was privileged enough to have the opportunity to visit Sierra Valley College in Fresno to give a little pep talk to the CSR candidates taking the test on November 15th and also to share my experiences and advice with speed classes and theory students.

What a fantastic reception I received from the students and staff at SVC! I can't wait for the next opportunity to visit the students and offer some encouragement. Only court reporters know what court reporting school is like. Sometimes we need to see that light at the end of the tunnel and someone to tell us that, yes, this is all worth it.

Kelli Diaz, 225 student and CSR candidate from SVC:

"As a student, it is so exciting to listen to licensed reports speak about the profession. Family and friends don't always understand what we are doing at school. Oftentimes, we forget why we fell in love with court reporting in the daily drag. Thanks so much, Rachel. You are inspiring!"



BOARD MEMBERS VISIT ARGONAUT

On November 4th, board members Brooke Ryan-Henrikson, Abby Waller, and Carole Browne visited Argonaut Court Reporting School at the Charles A. Jones Career and Education Center in Sacramento. They shared with the students what it's like to be a court reporter, the types of assignments they might expect in the courtroom, the deposition field, CART, captioning, and public hearings. They also talked about the dos and don'ts of interning, including how to dress professionally and deportment in the courtroom or deposition room. Carole told of an unfortunate experience with an intern who volunteered the answer to a question when the witness couldn't remember a word. Brooke, Abby, and Carole also talked about the potential earnings a beginning court reporter might expect their first year of work, as well as the importance of keeping job logs and clear records. Students were encouraged to sign up through CCRA's Facebook page for the monthly drawing for a free student membership, as well as requesting a mentor through CCRA to help them through their schooling and as they start their career. They were enthusiastic and asked great questions. Those taking the November CSR exam were particularly interested in receiving tips on overcoming test jitters. Argonaut will be celebrating its 50th anniversary in 2014. We all join in congratulating Argonaut on reaching this impressive milestone.

STUDENT DRAWING

CCRA's Support Our Students Committee is very excited to announce our new Student Membership drawing. Court reporting students are the future of our great profession, and CCRA wants to help give you the resources you need to succeed.

Court reporting students at any level are eligible to enter the drawing for a one-year CCRA student membership, a \$30 value. Entering is easy. Visit cal-ccra.org. Under the "Students" tab, choose "Membership Giveaway." Enter your name and email address, and you're done.

Reporters, there's another way to enter a student into the drawing. If you know a student who you would like to see entered, you can go to the same place on our website and enter the student's name for a chance to win.

CCRA will choose a name randomly every month. The winning student will be notified personally. CCRA will also make an announcement on Facebook and announce it in our monthly publication, CCRA Online.

Already a student member of CCRA? You can enter too. If you win, CCRA will simply extend your student membership by one additional year.

We would like to take this opportunity to congratulate our very first winner, Susan Biard, for the November 2013 drawing. Susan was already a student member and will now enjoy an additional year of membership.

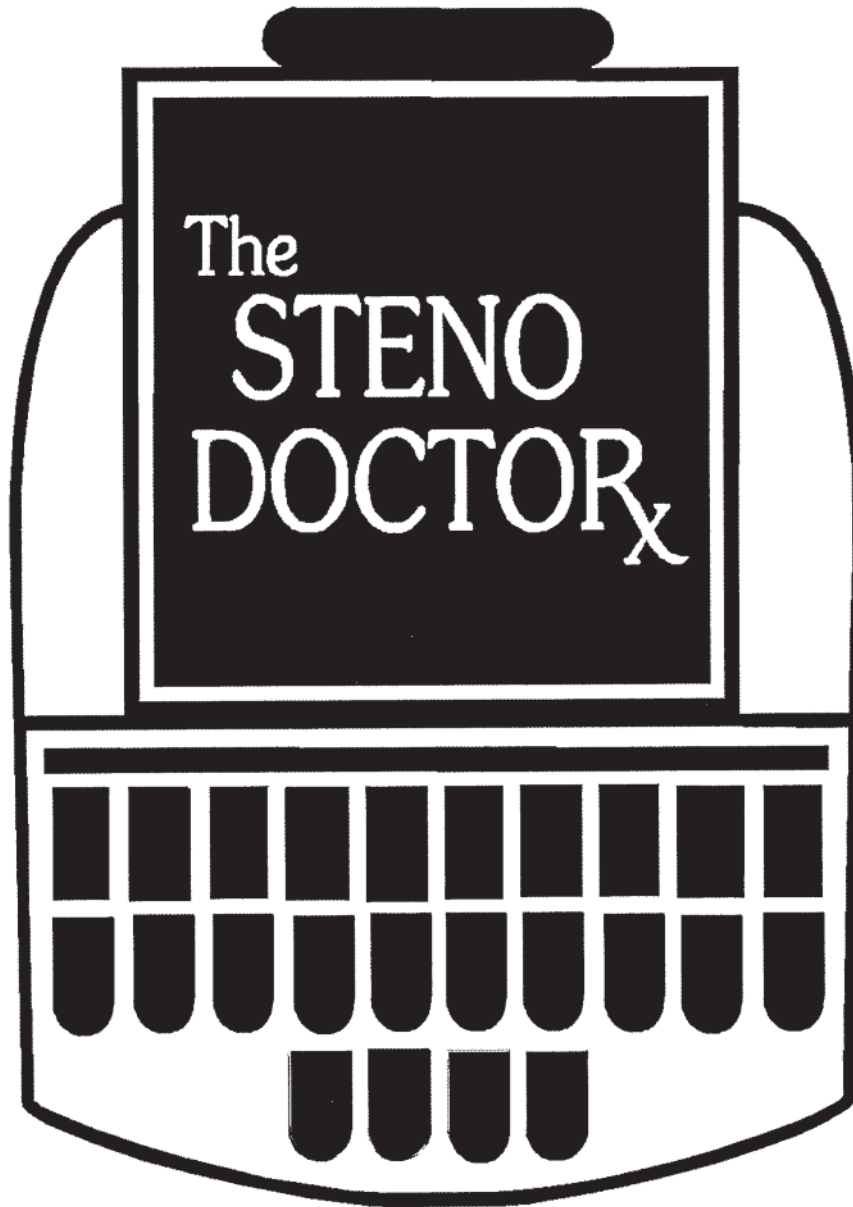
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HANNA BOY'S CENTER

By Carlos Martinez, CSR, RPR, CMRS
President, CCRA

I had the extreme pleasure of being invited by Kristin Acredolo of the College of Marin court reporting program to speak to the young men at Hanna Boy's Center in Sonoma County about a career in court reporting. The Hanna Boy's Center program began back in 1945 and is designed to help young men that have lost their way in life due to alcohol, drugs, physical abuse, and trouble with the law. It has helped thousands of young men bridge the gap between childhood and adulthood - some with success and others without; but has shown itself to be a very good program.

On my visit there on October 30th, I was able to talk with about 30 young men. They were bright, engaging, energetic and funny. I have done several school visits, and taking nothing away from the other school functions I have done, this was the most rewarding experience that I've had as a court reporter sharing our profession and trying to garner interest in going to school to become a CSR.

Kristin, who was contacted by the staff of Hanna's, has been instrumental in helping to put these visits together. This CSR awareness program is showing these young men a way out of the life that led them to Hanna in the first place. Along with the school visits, the program also has the boys doing site visits to College of Marin to let them experience the campus and the court reporting program firsthand.

I was invited to bring my machine and computer and to plug it into the A/V system and have it projected up onto a screen. I had them talk, and I wrote. They asked questions about the steno and how it makes letters, words, briefs, and phrases. The demonstration culminated with a long explanation by one of the students of why Larry Bird was the greatest basketball player to ever play in the NBA. The young men found it very cool.

There were several young men that came to introduce themselves to me afterwards and to try writing on my machine and ask further questions about the profession.

If you have the chance to set up a visit to a high school or to a program such as this, or to create a chance to do so, I would encourage you to do it.

www.hannacenter.org





CCRA ANNOUNCES BOOT CAMP GRAD SCHOOL FOR STENO WRITERS

By Christy Cannariato

Did you ever pour your all into something, fearing all the while you might fail?

About a year ago, I conceived of the idea for BOOT CAMP, an all-day seminar designed for new CSRs. After years of training and mentoring high-speed students and newly-licensed reporters, and after seeing the identical questions from rookie reporters pop up again and again on the various steno-related Facebook groups, it occurred to me that there was a tremendous need for such a program.

I refuse to fault the schools for failing to fill a gap in the training of their graduates; I think our schools do a tremendous job. Rather, I envision BOOT CAMP more as a kind of graduate school, a fun and engaging conference where steno writers will come together and get everything they need – the tools and the know-how – all in one place, all in one day.

So in March 2013, the Board of Directors generously put its trust in me and gave me the go-ahead to design the program we have come to call BOOT CAMP. While I wouldn't say they gave me carte blanche to do whatever I want, they did let me draw outside the lines. BOOT CAMP will be like no other court reporting convention or seminar you have ever attended!

For over 100 years, CCRA has been the standard-bearer in California and the nation for producing quality educational seminars for its professional members and has included a student track at nearly every annual convention for well over 25 years. BOOT CAMP inherits all that experience and reinterprets it for a new generation.

BOOT CAMP will be active and fast-moving. There will be a lot going on all at once, and you will have the freedom to craft your experience to be as detailed or general as you like. Hate the idea of sitting in a windowless classroom or hotel ballroom all day? Me too. The Pickwick Gardens Conference Center is a welcome change of pace. Dread the thought of listening to somebody drone on and on reading a PowerPoint slide? So do I. Don't worry. BOOT CAMP will not be dull!

For example, need to learn how to swear the witness? We'll teach you. But we also will have a drill sergeant strolling about the Vendor Mall and Job Fair who will randomly select people and bark, "Give me an oath!" Rattle off an oath flawlessly and with poise, and you win a prize. It's BOOT CAMP's version of "Drop and give me 50."

Want to learn various tactful and effective techniques for interrupting the deposition proceedings for clarity? We'll teach you that, too, in an extremely entertaining way. Plus, learn about marking exhibits and everything else having to do with depositions using a creative and interactive approach.

Are you a judicial reporter thinking of transitioning into being a full-time CART provider, a part-time remote CART provider or a broadcast captioner? You're in luck. Not only will we have experienced speakers to discuss the steps necessary to make that happen, we will also have on hand firm owners and employers available for networking. You might even be able to score an onsite interview.

As at most of our events, CCRA will have an extensive and creative Vendor Mall. Not only will the big dogs, the usual suspects, be there, of course, but also we will have some vendors selling or even giving away products you never even thought of. And, of course,

there will be drawings for prizes and lots of other ways to go home with a bag o' swag.

My sincere wish is that you will have as much fun learning and networking at BOOT CAMP as I have had in designing it. Yes, it will be packed with enough information to make your head ache, but it will also be a celebration of the marvelous spectrum of steno writing that CCRA is so proud to represent and showcase. Our artwork with the checkmarks ends in "Now what??" Sure, that drawing is meant to evoke the anxiety of embarking on a new career; but, most of all, we also wanted to impart to you how many wonderful options you have once you finish school or need a change of pace.

For almost a year I've been waking up in the middle of the night with a wacky idea for BOOT CAMP that I would scribble down so I wouldn't forget. You will be relieved to know that some illegible idea that apparently involved wearing a chicken suit was quietly discarded in the cold light of day. And, most importantly, I am pleased to admit that not all of the ideas were mine. My fellow CCRA leaders would pitch me a concept, all of which generally started with the phrase, "You know what would be cool?"

By the time you read this, there will be about six weeks left to go before the first (and hopefully not the last!) BOOT CAMP. I'm nervous and excited. What if nobody registers, and I'm left in a rented hall filled with balloons all by myself? That's right; I don't sleep well at night these days.

But, most of all, I am grateful to CCRA for allowing me to bring two things I love most together in one fulfilling project – teaching and court reporting. And I thank CCRA for trusting me to design something to which it would proudly attach its name and reputation. Although I have spent countless hours on this event that my retirement planner nags me could have been spent much more profitably, I don't regret a single minute.

Volunteer work is good for the soul. CCRA has a dozen different ways one can contribute his or her creativity, time, and/or money. I hope you will join me at BOOT CAMP. Be sure to let me know what you think about it.

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