



MARYLAND COURT REPORTERS ANNUAL CONVENTION

ALL RISE FOR THE STENOGRAPHER!

AGENDA 9/22/23 - 9/24/23

Friday, September 22

8:00 a.m. – 10:00 a.m. (.20 CEUs)

StreamText Training with Nick Wilkie



Nick Wilkie joined StreamText in 2009 as CEO. He has worked hard to expand the opportunities for CART and caption providers to deliver their services.

During his time, StreamText has become the main platform for remote CART and Captioning. Nick is a graduate of the University of Wisconsin and enjoys skiing, making pottery and playing tennis.

Learn why StreamText has been the preferred platform for CART service providers since 2003.

This seminar will review in detail how to use StreamText.Net for applications including remote CART and Captioning and platforms like WebEx, Zoom, YouTube, MicroSoft Teams and working with Adobe Connect Pro.

See how easy it is to deliver your realtime services anywhere with StreamText.Net. There will be live demonstrations for many of the platforms.

Friday, September 22

Part 1 8:00 a.m. – 10:00 p.m. (.20 CEUs)

Part 2 11:00 a.m. – 3:30 p.m. (.40 CEUs)

Eclipse Training with Michael Starkman



Michael Starkman is a former freelance reporter from Pennsylvania. In 1997, he joined Eclipse as a sales representative and has moved up to Director of Sales for the Mid-Atlantic Region. Michael is a certified advanced Eclipse software trainer with 25 years of experience presenting and teaching Eclipse. During this time, Michael has done countless seminars, they include regular presentations at the ESP Network Meetings (the Eclipse Users' Group), and for Eclipsewebinars.com, as well as appearances as a speaker at both NCRA's national conventions and at numerous state conventions. He has also provided many training seminars in the Mid-Atlantic region.

What's new in Version 11?

History has once again repeated itself! With each new version of Eclipse comes brilliant innovation, and this is no exception. We'll explore the major new features and enhancements in Version 11.

We'll also go over Team Editing - This long-standing feature in Eclipse allows a remote scopist to edit the transcript live as the reporter is writing the file. Having a scopist edit "on your heels" improves real time accuracy and helps the reporter meet deadlines easier.

Boost On Demand - The best feature ever added to Eclipse? Perhaps. The On Demand feature adds significant benefit to the reporter; namely, substantially less strokes to write and less editing because of a more accurate translation.

We'll also talk about achieving more accurate real time translations. There are many features that contribute to accurate translations. Among them are Auto-Brief, alphabets, certain number conversion features and outside-the-box uses for conflict resolution.

We'll wind down the seminar exploring editing shortcuts.

Friday, September 23

Part 1 8:00 a.m. – 10:00 p.m. (.20 CEUs)

Part 2 11:00 a.m. – 3:30 p.m. (.40 CEUs)

Case Catalyst Training with Anthony Frisolone



Anthony D. Frisolone, FAPR, RDR, CRR, CRC, CRI, CSR, Stenograph Certified Independent Training Agent with Stenograph since 2008 training court reporters and CART providers in New York, New Jersey, Pennsylvania, and beyond.

Anthony is a Past President of the New York State Court Reporters Association and holds numerous state and national certifications including the Certified Realtime Reporter certification and the Realtime Systems Administrator certificate.

Anthony works with freelance agencies and courts to meet their court reporters' software education needs. Anthony is a working court reporter with close to three decades of experience as a court reporter. Currently, he is an Official Court Reporter in the U.S. District Court for the Eastern District of New York and is the Chief Court Reporter for the district. As a working court reporter, Anthony brings a practical approach to utilizing the software. This perspective allows Anthony to meet the clients' needs more efficiently and with maximum impact on their day-to-day court reporting needs.

Friday, September 22
10:00 a.m. – 12:00 p.m. (.20 CEUs)

StenoCAT Training with **Rachel Barkume, CSR, RMR, CRR**



It's all about Efficiency!
Realtime, Editing, & Utilizing What's New in StenoCAT

Are you making the most of the new features of StenoCAT? Come find out what's included in the newest updates! We'll also go over ways to tap into the power of real time commands to elevate your realtime as you're writing. Learn the newest keysets and commands available in the 2023 keyset and realtime dictionary. Take advantage of our highly customizable and user-friendly software to power up your editing time.

Breakfast On Your Own!!!
Azure Restaurant at The Westin (opens at 6:30 a.m.)
Miss Shirley's Cafe .1 miles from The Westin (opens at 8:00 a.m.)



Vendor Hall opens from 4:15 p.m. - 9:00 p.m.



Steno Machine Tune-Up
while you CEU it Up

Worth Business Equipment
is Back!



Prices Last June 2022

WORTH BUSINESS EQUIPMENT

4154 WEST BARRY AVE, CHICAGO, IL 60641 PHONE 773-777-1474
www.WorthStenoService.com

Worth Business Equipment is a family owned and operated business established in 1978

SUPPLIES		
SD CARD 2 GB		\$ 16.00
SD CARD 16 GB		\$ 16.00
CHARGER - Stentura/Fusion	Limited Availability	\$ 39.00
CHARGER - Elan/MIRA		\$ 39.00

ACCESSORIES		
QUIET TOUCH KEYPADS		\$ 21.50
LEATHER KEYPADS		\$ 30.00

BATTERIES		
STENTURA - REBUILT (EXCHANGE ONLY)		\$ 59.95
STENO-ELECTRIC or SMARTWRITER		\$ 85.00

SERVICE CHARGES		
STENTURA, Fusion, Cyron, Mira		\$ 220.00
COMPUTER ENHANCED & all other		\$ 220.00
STANDARD & ELECTRIC MACHINE		\$ 180.00
PARTS - AS NEEDED		AT COST
TRAVEL CHARGE	DETERMINED BY TIME AND DISTANCE	

WORTH BUSINESS EQUIPMENT is Fully CERTIFIED and FACTORY TRAINED to work on shorthand machines. We are committed to do WARRANTY and MAINTENANCE CONTRACT work. We will be happy to overhaul your paperless writer to bring back that smooth, quiet action that you liked when you first used the machine.

Prices subject to change without notice. Plus tax where applicable. Visa, MC, AMEX, Discover

Friday, September 22
4:00 p.m. – 5:00 p.m. (.10 CEUs)



Maryland State House Legislative Group Tour

Join us for an informative tour where we'll learn more about the general assembly, the legislative process, and the importance of public input in this guided tour.

For more information, visit
https://msa.maryland.gov/msa/mdstatehouse/pdf/2022_statehouse.pdf

Friday, September 22
6:30 p.m. – 9:45 p.m.



(\$59 for Non-registrants)
One complimentary drink for our MCRA Members!
DON'T FORGET YOUR DRINK TICKET!!

Opening Reception

Comedy, Drinks, Networking and MUCH, MUCH MORE!!

Friday, September 22
6:45 p.m. – 6:55 p.m.

Poem by our own D.C. Reporter Gertcha White



Gercha White is an Official Court Stenographer. After over 10 years as a freelancer, she began working at the Superior Court in Washington, D.C. in 2008. She was born in Panama and moved to New Jersey at the age of three, but D.C. has been her home since 1976. Gercha has been married for 31 years and she's the proud mom of three beautiful daughters, which has been her greatest achievement. Her hobbies include traveling, spending time with family, and organizing events.

Friday, September 22
7:00 p.m. – 8:00 pm.

Comedienne Ella the Spella



As a former "Class Clown" of the late 1900's, **Ella the Spella** realized her ability to entertain, through quick wit and a creative thought process. Commanding the English alphabet like none other, her ability to speak and spell rapidly has left her audiences with the ultimate "Hooked on Phonics" experience. It's like the old "Washington Post slogan"... "If you don't get it.....you don't get it."

She is more than just a Stand-up Comedienne.

She is an Entrepreneur, Event Organizer, Game Show Host, Emcee, Creative Writer, Actress and soon to be published author and a Professional Snacker. She most recently completed a movie called

Whispers, directed by Favor 1 Enterprises.

She is a former partner of the L.O.L.G.C.A. (Living on Laughter Gospel Comedy Association), an A.M.T.C., graduate of (Actors, Talent & Models for Christ) and a member of The Creative & Performing Arts Center also known as (C.A.P.A.C, pronounced KayPack). She said she joined this organization because she thought the acronyms stood for "Cookies And Pies And Cakes. You can catch her strolling the aisle at Costco on Sundays after church, collecting enough mini samples to make up a meal! - Hey, dont judge me!

One of her most memorable highlights was sharing the stage with famed actor and Comedian, Joe Tory in 2015.

Her name is Christina "Ellavation" Wilson aka "Ella the Spella the Phenomenal Storytella!" She says, "laughter **IS** the best medicine.... The best part is, there are no prescriptions or deductibles, however; a SMALL co-pay is required!

Friday, September 22
8:15 p.m. – 9:15 p.m.

Giving Back: MCRA Updates,
Membership Opportunities
Margary Rogers,
Immediate Past President
–and–
Promoting our Profession



Presented by Margary Rogers, RPR, CRI



Learn about ways you can give back to the community
and Promote Our Profession at the same time.
It's a Win-Win Steno-Nation!

*MCRA welcomes you to bring cleaned, lightly used
professional attire, shoes and/or purses to donate to women
in need who are re-entering the workforce!
A Donation Box will be there!*



MCRA WILL PROVIDE TAX RECEIPTS

(Free Raffles tickets for three or more items donated.)



***Awesome Vacation Raffles Costa Rica, St. Lucia, Williamsburg,
Giveaways, Silent Auction, and Vendor Gifts***



**Don't Forget to sign up for your
Complimentary Massage (Saturday)!**

SIGN UP TODAY!!!

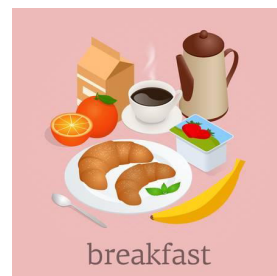
A Gift from your MCRA Board!!

The BackRub Company

See You Tomorrow with Much More to Enjoy!

**Saturday, September 23
7:00 a.m. – 8:00 a.m.**

**MCRA Conference Registrants
Join us for Continental Breakfast!**



Awesome Vacation Raffles, Giveaways



Silent Auction, Vendor Gifts

Buy Your Tickets!



***Don't Forget to Visit our Vendor Booths!
7:00 a.m. – 8:00 p.m.***

Saturday, September 23
7:55 a.m. - 8:00 a.m.



Processional led by CART Captioner **Juanita Price, RPR, FCRR**

Join us as we open the conference honoring and celebrating our legacy of greatness as Guardians of the Record and providers of excellence in communications access.

Surprise special announcement and guest presented by
Margary Rogers, MCRA Immediate Past President.

Saturday, September 23
8:00 a.m. – 9:15 a.m. (.10 CEUs)

Keynote Speaker **Cindy L. Isaacsen, CSR, RPR, Vice President NCRA**

BEING PROACTIVE, NOT REACTIVE!!



Do you feel unprepared and not sure what to do when state and local governments want to get rid of us? Are you prepared to fight for our future?

This seminar will be an interactive, fun, and encouraging session about what we ALL can do to be Proactive to protect our jobs, through educating our legislators, community leaders, judges, lawyers, and the general public.

Being Proactive and building relationships early is much easier than being Reactive: wondering what you are going to do to save your jobs. Attend, learn ways to set yourself apart. Cindy will give numerous examples of how each one of us can assist our state boards and our State and National associations.

Come and be prepared to laugh, to be inspired, to be encouraged. We know you'll want to take some of these great ideas home and share with your association and other reporters around the globe.

Cindy L. Isaacsen is Vice President of NCRA 2023-2024. She served as Secretary-Treasurer of NCRA in 2022-2023, serving her last term in 2022-2023 as Secretary-Treasurer until she was elected Vice President of NCRA. She also was elected to serve a three-year term as member of NCRA's Board of Directors in 2018-2019.

At the national level, she served on NCRA's Election Committee in 2016-2017, as a regional representative, and as Vice Chair for the National Committee of State Associations (NCSA). Isaacsen has also served on various committees, including the Finance Committee, the Brand Ambassadors Council, and the Student/Teacher Committee.

Isaacsen began her career in 1988 as a freelance court reporter in Clarksville, Tennessee.

In 1990, she worked as a freelance court reporter in Schweinfurt, Germany; worked as a freelance court reporter in Fort Polk, Louisiana, and for several firms, including Welker & Associates in Clarksville, Tennessee and AAA Court Reporting Company in Overland Park, Kansas.

Isaacsen also worked as an official court reporter for the 36th Judicial District Court in DeRidder, Louisiana.

At the state level, Isaacsen has served on the board and twice as president of the Kansas Court Reporters Association.

She has also served as a keynote speaker for several state associations.

She holds the nationally recognized professional certification of Registered Professional Reporter (RPR).

She is a graduate of the Stenograph Institute of Texas.

Saturday, September 23

10:00 a.m. - 3:00 p.m.

Have your Caricature done by Mike Shapiro

(Included in your Registration)



Mike Shapiro's cartoons have appeared in many publications including The Wall Street Journal, Barron's, Harvard Business Review, The Washington Post, and HuffPost. His work has also been published in countless books and humor collections.

A contributor to many legal, medical, and business journals, Mike has also done work for animation studios as well as advertising agencies. Norton Books has featured Mike's work in a promotional campaign for The New York Times Op_Ed Columnist Paul Krugman's book: The Great Unraveling.

Mike has sold many of his originals to private collectors and his work has appeared in numerous museum and gallery shows. His work is featured as part of a permanent collection at The Harvard Business School's Baker Library.

In addition to the above, Mike frequently draws caricatures at live events. Mike lives in Bethesda, Maryland with his two children, Jacob and Samantha.

Awesome Vacation Raffles, Giveaways,



Silent Auction, Vendor Gifts



Buy Your Tickets!

10-MINUTE BREAK

Saturday, September 24
9:25 a.m. – 10:30 a.m. (.10 CEUs)

Al Betz and Robert Sherwood

Until very recently the identity of personality traits was limited to high-ranking executive titles in an organization. Robert J. Sherwood, a former Silicon Valley technology executive, is among the first to create an algorithm to quickly, accurately, and inexpensively identify the traits of all candidates for employment and employees seeking advancement to new opportunities. TREK42 is the method he and Al Betz will introduce in explaining what traits are, what they mean, and how court reporters can use their traits to deal with inevitable change. In addition, Mr. Sherwood will present a technology review of developments and trends and their impact on court reporting careers. With a newfound knowledge of traits comes the need to effectively communicate them.

Mr. Betz will present a segment on silent communication, including how to inspire a performance, the art of constant messaging, and he will share a few of his favorite on-the-job silent communicators. Court Reporters will learn the following: How to manage change through a better understanding of themselves, Why knowledge of their personal traits can lead to an enlightened world view and improved relationships, New communication skills.



Al Betz has been known as court reporter, pioneer, entrepreneur, author, CEO, volunteer, podcast host, coach, and public speaker. Al's life philosophy is that daily achievements lead to significant accomplishments. Whether reading 10 pages from a favorite book, interviewing a business leader on his podcast, or signing an important contract, Al experiences personal and/or professional growth every day.

His business career began at age 19, and 50 plus years later he remains active, and he enjoys learning, communicating, and creating. His favorite topics are silent communication and inspired performance. "Not one human being is ever taught how to communicate, and we see the results of it daily in our homes and in the workplace." Al learned the value of an inspired performance at a Kenny G concert. He applied what he saw to his own performance, and it changed his life.



Robert Sherwood has authored 14 books, hosted his own radio program, taught at KU, MU and Stanford graduate schools of business, earned MBA and MS degrees, received an honorary doctorate, founded 2 Silicon Valley technology companies and directed businesses in South Africa, Europe, and the Middle East. He was president and founder of a venture capital firm capitalized by Ewing Kauffman, past owner of the Kansas City Royals.

He has been a senior board member to 30 companies, was profiled in Fortune and Businessweek, was the winner of the 1995 Entrepreneur of the Year, sponsored by Ernst & Young, NASDAQ and Inc. Magazine,

presented seminars on Leadership and Technology to more than 3000 executives, and as an Expert Witness, he has testified in court on behalf of such prominent companies as Google, Yahoo! and Facebook. He holds a Series 65 license which covers laws, regulations, ethics, retirement planning and portfolio management. His consulting practice includes technology product development, leadership training and professional coaching. He has been married for 44 years to Helen and has five sons.

15-MINUTE BREAK



COME AND MEET OUR AMAZING VENDORS!

LEARN ABOUT OUR SPONSORS!!



Get Your Raffle Tickets!!

Check out the Silent Auction!!



Saturday, September 23

10:45 a.m. – 11:45 a.m. (.10 CEUs)

How to Prepare for High-Profile Cases

with Judith Bellinger and Cynthia G. Wright



Judith Bellinger, RPR, CRR, has been a freelance court stenographer since 1984, after having graduated from the Academy of Court Reporting in Cleveland, Ohio.

She was an instructor at the Stenotype Institute in Indianapolis, Indiana. She also served as president of the Indiana Shorthand Reporters Association and has also served on several committees.

She provides her outstanding realtime services all across the country on high-profile depositions and trials, including, most recently, Depp v. Heard in Virginia; a 10-week murder trial in Indiana, State v. Camm; services of professional sports leagues, and many more.

She also provides her exemplary court reporting services to unions during their annual conventions, has provided CART services to students of Indiana University–Purdue University Indianapolis, to the former Wishard Hospital, and The Indiana School for the Deaf. She considers her career a passion, not a job.



Cynthia G. Wright, Esq. is Assistant Disciplinary Counsel for the District of Columbia. She was an Assistant U.S. Attorney in the District of Columbia where she was a Senior Homicide prosecutor specializing in cases involving the death of children. She has prosecuted hundreds of cases, including numerous child homicides, violent street gangs, domestic violence homicides, child sexual abuse cases, child pornography, and sex trafficking cases, as well as numerous attorneys charged with contempt of court. Ms. Wright served as Deputy Chief of the Felony Trial Section from 2003 until 2007 and Acting Chief of the Victim/Witness Assistance Division in 2007 and 2008, and as Senior Litigation Counsel. Ms. Wright also worked at the Security Exchange

Commission and worked on various fraud cases, subprime mortgage fraud and CDO cases.

Ms. Wright prosecuted *United States v. Carlos Curtis*, one of the first sex trafficking cases in the United States presented to a jury. Curtis received a life sentence for prostituting girls as young as twelve-years-old. She received the Department of Justice Director's Award for her work in the *Curtis* case. She has earned seventeen Special Achievement Awards while at the U.S. Attorney's Office.

Ms. Wright was appointed by the U.S. Attorney and Mayor of the District of Columbia to serve as Co-Chair of the Child Fatality Review Committee and as Co-Chair for the Infant Mortality Review Committee for the District of Columbia in reviewing the deaths of children in the District of Columbia. She served as President, Bryant Inn of Court, President of D.C. Barristers, and Chair of the D.C. Court of Appeals Committee on Unauthorized Practice of Law.

Saturday, September 23
11:45 a.m. – 12:45 p.m. (.10 CEUs)

Getting Fit to Sit and to Slay with Keith Johnson

Custom designed Chair Workout Just for Us!



In this session you will learn how to:

- Condition the body for being in a seated position for a long court reporting session.
- We will learn that having a strong core can help to maintain good posture while sitting.
- We will go through a full-body seated exercise routine to keep you fit and flexible.

Keith Johnson has a well-established career in the fitness world that spans over 30 years. The moment you meet him, you'll recognize his high energy and love for life and people.

In 1994, Mr. Johnson opened the doors of Health First Wellness and Fitness Center, one of the first training facilities of its kind in the area. He has been diligently serving the local community by providing specialized fitness and wellness programs for men, women, children, seniors, and athletes.

In 1996, Mr. Johnson established a Women Boot Camp Program Group, a training program that has helped women of all ages improve their health and lose weight.

In 2002, Mr. Johnson launched a walking program for employees at the National Institute of Health. The walking program was designed to create wellness and fitness awareness and to encourage employees to choose healthier life-styles. From 2003 to 2008, Mr. Johnson managed a 10,000-square-foot fitness facility at a residential apartment community in Rockville, Maryland, where he was assigned the sole responsibility for managing all tenant activities and the residential fitness center. Mr. Johnson has acquired certifications in a wide range of nutritional, physical training, and wellness areas. Mr. Johnson has trained award-winning Special Olympians, Senior Olympians, WNBA players, and World Championship Fighters.

Mr. Johnson has always had a passion for cooking and studying nutrition, and in 2010, established Keith's Treats & Eats, a restaurant located in Laurel, Maryland (aka "the Home of the Sweet Potato Bread"). Keith's Treats & Eats manufactures snacks and food products for its local customers, restaurants, and grocery stores including Wegmans Food Markets operating in Maryland and Virginia.

10-MINUTE BREAK

TIME TO COME SEE OUR VENDORS!



RAFFLES, GIVE-AWAYS

LEARN ABOUT OUR SPONSORS!!



Buy Your Raffle Tickets!!

Saturday, September 23

12:55 p.m. - 1:00 p.m. (pending CEU approval)

***(Lunch Included with FULL REGISTRATION ONLY)
(\$49 for lunch, if not full registrant.)***

Lunch and Learn
Introduction to CoverCrow, Job-Sourcing Saas
Software for the Court Reporting Industry
(Short video)

Helping promote the stenographic record and its integrity
by ensuring that job demand is met by helping to make sure agencies
can cover jobs with a Gold-Standard Stenographer every time!



Cassandra Caldarella, Founder and CEU of CoverCrow. CoverCrow helps us all, as a whole industry, by covering more jobs across the country than is humanly possible using the dated methods we currently have at our disposal. CoverCrow provides a bird's-eye view of our steno playing field so we can easily view all court reporters and jobs in one place on a map in real-time which assists agencies with spotting available reporters with a click of a mouse. In order to survive long into the future, we have to meet the demand for our services. CoverCrow is the solution!

Using CoverCrow to cover jobs, you can sift and sort through hundreds of jobs from all agencies in one place, whether they're in person, remote, or a hybrid, and view whether they're urgent emergencies or way out in the future, based on your own unique qualifications and job preferences and time and length preferences, filtering it just the way you want it. You can do all this with a new mobile app companion!

Make more money than ever before by filtering for higher-paying jobs and picking up more jobs in a week! Covering jobs through the platform is completely free! We're not asking for a single penny for our basic forever free-level subscription which was launched March 2020! There's no catch! No sign-up fee, no order fee, no commissions, no cut, no percentages, no commitment, no trial periods, no contract. We'll never ask for a "donation."

Cover as many jobs as you want; it's unlimited. Our goal is: We simply want steno to survive, and we believe this is the way! You can set up your own custom job alert emails so you're only getting emails for the precise jobs you would want to cover and from the right agencies. CoverCrow makes job coverage insanely efficient, and it also helps you increase your income by as much as 50%! Learn how to sign up for CoverCrow, create your profile so agencies can see who you are. Check in with your live availability and let agencies know your current job status: available, on the record, or finishing up and will be available very soon. Don't miss the CoverCrow video.

Saturday, September 23

1:05 p.m. – 2:00 p.m. (.10 CEUs)



Legislative Boot Camp Recap

Lunch and Learn about the experiences of four DMV reporters who attended NCRA Legislative Boot Camp 2023. This year's camp ended with a very rewarding surprise. Learn what to expect and how to prepare for your own trip to Capitol Hill to advocate!



Juanita Price has over 39 years of experience as a Court Reporter and 10 years as a CART Captioner. She's been working at DC Courts for over 15 years and has completed and graduated from the Management Training Program at DC Courts. She volunteers with the NCRA VHP and NCRA Membership Committee. Juanita is also a Content Creator of her YouTube Channel Nita Price Plant Paradise, which features small plant boutiques, large box stores, plant events, information about plant pop-ups, and anything planty. 😊



Paula Maddern has been a freelance reporter for 12 years, working in and around Richmond, Virginia. She is a board member for the Virginia Court Reporters Association where she serves on the education committee as well as the convention committee. Paula covers all areas of civil litigation and enjoys the flexibility and variety of work that comes with being a freelance reporter. She has a love for learning and meeting new people, and court reporting has given her the unique opportunity to do both on a daily basis.



Darian Elliott Loves Captioning, its income earning potential, work/life balance, the community and support that comes along with it. Currently, a Senior Realtime Reporter with the Social Security Administration, she's been captioning and providing CART for 23 years for church services, news, council meetings, theatre, sports and, her favorite, classes for students. She's grateful for a profession where she can help deaf and hard-of-hearing individuals attain the same career advancements, or even just enjoy a good laugh at a television program, the same as a hearing individual.



Margary Rogers has attended Legislative Boot Camp two years in a row. She enjoyed the experience so much that she went a second time to advocate for our great profession, Networking, learning more about H.R. Bills, doing mock legislative hearing presentations with fellow stenographers, working with NCRA board members, walking miles around the Capitol was all worth it. The camaraderie is epic!

Margary is an Official Court Reporter in Washington, D.C. for 20 years and was a freelance reporter for three years. She obtained her Bachelor of Science Degree in Court Reporting, an Associate of Science Degree as an

Legal Assistant and a Concentration in Psychology from Johnson & Wales University in Providence, Rhode Island. Ms. Rogers has been a director, secretary, President-Elect and is the current President of the Maryland Court Reporters Association. Margary has been elected and installed as a NCRA Director! She's Immediate Past President of Maryland Court Reporters Association, having to leave the association due to election to NCRA.

Saturday, September 23

2:00 p.m. – 2:10 p.m

**Swearing in of our MCRA 2023-2024 Board
and NCRA Update with Cindy L. Isaacsen,
CSR, RPR, Vice President NCRA**

Saturday, September 23

2:15 p.m. to 3:05 p.m. (.10 CEUs)

**Stenographers vs. AI (Artificial Intelligence) and
ChatGPT (Chat Generative Pre-Trained
Transformer) with Cindy L. Isaacsen, CSR, RPR,
Vice President NCRA**



Cindy L. Isaacsen, CSR, RPR, Vice President NCRA

NCRA STRONG – Join me as I explain the STRONG committee’s work, and I will show you where to find the resources and help you discover which documents best fit your work environment.

“If you teach a man to fish and you feed him for a lifetime”

ChatGPT (Chat Generative Pre-trained Transformer) seems to be everywhere these days. The ability to produce human-like, and frequently accurate, responses to a wide range of questions is why it’s become the fastest-growing app of all time (100 million users in two months). It can generate essays, articles, but there’s controversy in areas like education.

We as court reporters would like to learn a lot more about this. We know it has its limitations as well. Come and learn what NCRA is doing to address this changing dynamic and how we can advocate for our profession. We hope to learn what the future holds regarding ChatGPT and also its inaccurate, untruthful and sometimes misleading. Now it’s a mistake to be relying on it for anything important, but what about in six months? A year?

15-MINUTE SNACK BREAK

TIME TO COME SEE OUR VENDORS!!

LEARN ABOUT OUR SPONSORS!!

RAFFLES, GIVE-AWAYS



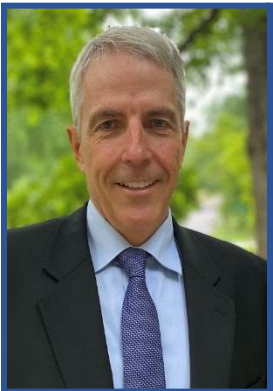
Silent Auction!!

Buy Your Raffle Tickets!!



***Saturday, September 23
3:10 p.m. – 4:10 p.m. (.10 CEUs)***

MEMORY POWER, Have You Lost Your Mind?!
with Paul Mellor, Expert Memory Trainer



Paul Mellor, author of *Finding the Keys*, was a finalist in the USA Memory Championship, where he recalled the names of over 90 people in less than 15 minutes, remembered in exact order over 100 single-digit numbers after a five-minute study, and recalled the exact order of a shuffled deck of playing cards after less than a three-and-a-half minute review. His engaging and energetic programs have been delivered to audiences in all 50 states, including programs at NCRA's annual conference, to numerous state court reporting associations, including MCRA. A Communications graduate of Western Carolina University, Mr. Mellor is also the author of *You're Almost There*, chronicling his journey as having run a marathon (26.2 miles) in all 50 states.

If there were a magic pill that would improve your memory, would you take it? Fortunately, you don't need to. This interactive session rids your poor memory from forgotten names, misplaced glasses and statements such as, "*I know it's here somewhere*," to a mind that's efficient and reliable. This program dispels the myth that memory can't be improved. It can; easily and effectively. You'll learn techniques on organizing your thoughts, remembering names, faces, overcoming absent-mindedness. When you're skilled in memory, your other skills get better. You can improve your memory. This program shows you how.

Saturday, September 23
4:10 p.m. – 5:10 p.m. (.10 CEUs)

BRIEF RELIEF by Linda Lee, M.Ed.



Hailing from Cambridge, Massachusetts, **Linda Lee's** employment history includes positions where project management, writing, and copy editing predominated. Fueled by a passion for the written word, Lee worked for a book publisher, several management consulting companies, and in various management and administrative positions at the Massachusetts Institute of Technology (MIT) and the MIT Sloan School of Management. She holds a master of education degree from Cambridge College and attended the Allied School of Court Reporting in Rhode Island as a means of pursuing her interest in the law, technology, and the language of steno. Having been taught StenEd theory under the expert instruction of the late Cathi Annis-Burnham, veteran court reporter-owner of Allied School of Court Reporting, Lee continued her studies and is well versed in stenographic shorthand and the art and mechanics of creating briefs. Lee is the proprietor of LML Communications, which offers high-quality full-audio scoping and in-software proofreading services in Eclipse to discerning reporters who value her knowledge of the rules governing the English language in terms of editing the verbatim record. She is also the moderator of The Brief Exchange on Facebook and a frequent contributor to court reporter punctuation and briefs forums. She is the author of Brief Relief: 25,000+ Potent One-Stroke Briefs for Common Phrases, released in 2016, Brief Relief 2, 46,000+ Potent One Stroke Briefs for 2+ Syllable Words, released in 2019, and Brief Relief 3: Extra-Strength Medical Edition, released in 2022, all of which have been warmly received by the reporting community. Most recently, Lee presented the "Brief Relief" methodology at the 75th USCRA Annual Convention with the goal of inspiring stenographic court reporters to embrace the power of briefs.

10-MINUTE BREAK

LAST CHANCE: GET YOUR RAFFLES TICKETS

SILENT AUCTION

Saturday, September 23
5:20 p.m. – 6:20 p.m. (.10 CEUs)

Working in the Deaf Community
with Natalie Ennis, CRC, RPR



Have you considered dipping your toe into CART/captioning but don't know what you don't know and find yourself nervous about working with Deaf or hard-of-hearing people? How do I communicate with them! What if I say the wrong thing and offend someone! What if I can't understand them! Come learn some tips and best practices for working with deaf and hard-of-hearing (and even deafblind!) consumers, and learn some basic conversational signs while you're at it. This will be an interactive session. Bring your questions! This will be a good, safe place to get them answered.

Natalie Ennis has been captioning for over 25 years. She's a fluent signer and a member of the local Deaf community. Over the course of her career, she has done broadcast (TV) captioning and ASL interpreting, but her main focus, skillset, and passion has always been for CART captioning, both onsite and remotely. She is currently the owner/president of Ennis Captioning Solutions, a woman-owned small business in Maryland offering captioning and interpreting services nationwide.

Saturday, September 23
6:25 p.m. - 6:50 p.m.

Our Winners are Announced!!
Raffles, Giveaways, Silent Auction
and Special Announcement



Saturday, September 23
6:55 p.m. – 7:55 p.m. (.10 CEUs)



Dine and Unwind

(Dinner Included in FULL REGISTRATION ONLY)
(\$59 for dinner, if not full registrant.)

Beyond Court Reporting Panel **Turn Your Creativity into Cash Flow!**

What's your passion beyond reporting?

These amazing women have found it and added another income stream, too!

This seminar will leave you encouraged and equipped to do the same.



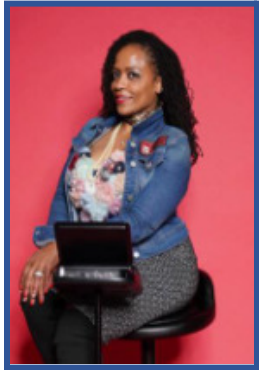
Okeemah Henderson, a freelance court reporter by daytime profession, with ties to the Caribbean, had a vision of bringing awareness and sharing Caribbean culture through their unique fitness program on the rebound boots and developed two separate but distinct programs called SocaBounce Fitness (TM) & Karnival Bounce Crew (TM).

Karnival Bounce Crew is a group of diverse fitness-minded masqueraders that have embarked on this unique way of exercise, participating in Caribbean festivals and carnivals as masqueraders. We also participate, entertaining at charity events, festivals, and stage shows nationwide and abroad to the rhythmic beats of the Caribbean and other popular music genres while utilizing Rebound boots, more commonly known as “Kangoo Jumps,” helping to diminish body fat, improving muscle tone and absorb 80 percent of impact on joints, such as the ankles, knees, hips and lower back, while also improving balance, core strength, and an increase in metabolism and, most importantly, endurance.

Our SocaBounce (TM) Fitness helps the community by providing a fun, island-feel environment while exercising by encouraging students to represent the Caribbean culture by dressing in Carnival costumes, waving Caribbean country flags, blowing their whistles, etc.

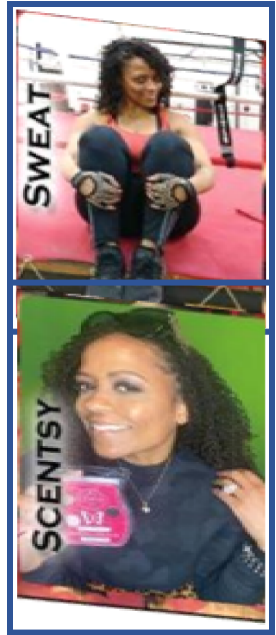
Karnival Bounce Crew currently has two locations, DMV and South Florida. We will travel to offer our fitness classes! Karnival Bounce Crew originators, Okeemah Henderson and Raakeebah Mann, teach classes and facilitate the lead-in stage performances. Check our YouTube page Karnival Bounce Crew. Check





Sherry Knox is creative, athletic, inquisitive about life, and loves to learn. We all hear people say “Doing (fill in the blank) is one of the best things I have ever done for myself” or something to that effect. Well, “going to court reporting school 30 years ago was one of the best things I have done for myself” is something Sherry tells anyone she meets who asks her about her professional career as a stenographer.

Being versatile is also a good trait to have, and that remains true for Sherry, too. When the pandemic hit, Sherry started her Scentsy business from home. Sherry likes to call herself the Triple S Effect...Stenography, Sweat, Scents...and so much more!



Lisa Head has been a scopist and proofreader on Case CAT for the last 12 years. She trained through the US Career Institute and then was mentored for several months by an experienced scopist. Since completion of training with US Career Institute, she’s worked full-time as a scopist and added proofreading to her offered services after several years.

She is the founding member of Case CAT All Stars (CCAS), a highly regarded daily scoping team. CCAS is thriving and enjoys an excellent reputation under the combined leadership of Lisa Head, Joan Hurtis, and Erica Thedford. For scheduling inquiries, contact CAT All Stars casecatalstars@gmail.com.

Lisa is the creator and admin of the Facebook group Triple Threat Scoping Job Board, with approximately 5,700 members, which she started in 2013 as a resource for court reporters, scopists, proofreaders, and legal transcriptionists to come together and network. She is also co-admin of several other groups on Facebook for the court reporting community.

In 2022, Lisa was asked to join the team at Internet Scoping School as an admin/instructor. ISS is one of the premier scopist training programs in existence and has enjoyed decades of success. Lisa recently completed work on a new unit to be offered in the training course regarding how to successfully run your business, how to market yourself and gain clients, how to conduct yourself in a professional manner, and how to navigate any issues or conflicts that come up.

Lisa also mentors scopists and proofreaders in how to improve their editing skills and elevate the services they’re offering. Mentoring is also available for court reporters looking to transition into scoping, on how to effectively vet potential scopists and proofreaders, and how to successfully build a daily copy team.

During the 2020 pandemic, Lisa opened Studio Z Boutique, an Etsy shop, designing court reporting-related merchandise and other items. She also joined with three other colleagues to create the Facebook group Court Reporting Merch.



Sue Alldridge currently resides in Alexandria, VA. Sue has been a court reporter for 34 years and has earned the designation of RPR. She owned a freelance court reporting firm for 20 years while living in Morgantown, WV, until she moved to Washington, DC, in June 2017 to work at the U.S. House of Representatives as a committee/legislative reporter.

After 2 ½ years at the House of Representatives, Sue left to go back to the freelance field. Shortly after leaving the House of Representatives, she applied for a position with a regional airline to become a flight attendant.

After one year with the regional airline, Sue applied and was accepted for a flight attendant position with United Airlines where she has been since March 2022.

Sue currently flies on the weekends and fills in her “off” day with the airline during the week covering depositions.

Saturday, September 23
8:00 p.m. – 10:00 p.m.

(Open Bar Only!)

PARTY SOCA STYLE
WITH DJ SHAY!!

Earlier we rose, now it's time to get down
with your fellow stenographers and unwind!
Enjoy the old and new school jams of DJ Shay
as we celebrate another year of providing excellence
in reporting and communications accessibility.
Okeemah Henderson will showcase her Soca and Karnival Bounce moves!

GET SOME REST – TOMORROW WE HAVE
ANOTHER FUN-FILLED DAY

Don't Forget to Visit our Vendor Booths!

7:00 a.m. – 11:00 a.m.

Breakfast On Your Own!!!

***Azure Restaurant at The Westin (opens at 6:30 a.m.)
Miss Shirley's Cafe .1 miles from The Westin (opens at 8:00 a.m.)***



Sunday, September 24, 2023

8:00 a.m. - 9:00 a.m. (.10 CEUs)

***Empowering Financial Independence:
Mastering Life Insurance to Become the Lender,
Not the Borrower, with Monica Peden***



In this seminar, we will delve into the transformative potential of life insurance as a tool to empower individuals to transcend the borrower's role and embrace the lender's position. Join us as we explore the strategies and insights necessary to harness the power of insurance and pave the way towards financial freedom. Learn how to leverage insurance to become your own bank and unlock a world of possibilities for building wealth and securing a prosperous future.

Workshop Highlights:

1. Understanding the Foundations: Explore the fundamentals of life insurance and its significance in establishing a solid financial foundation.
2. From Borrower to Lender: Discover how to shift your mindset and adopt a lender's mentality by leveraging life insurance as a strategic wealth-building tool.
3. Becoming Your Own Bank: Uncover the concept of using life insurance policies to create a personal banking system, enabling you to access funds for investments, purchases, and more.
4. Maximizing Benefits: Learn advanced strategies to optimize your life insurance policy's potential, including tax advantages, cash value growth, and asset protection.
5. Building a Legacy: Discover how life insurance can serve as a cornerstone for generational wealth transfer and leave a lasting impact on your loved ones.

Join us for this eye-opening seminar, where we will empower you with the knowledge and tools needed to break free from the cycle of borrowing and step into the role of the lender. Seize this opportunity to transform your financial future and unlock the path to abundance and prosperity.

15-MINUTE BREAK

Sunday, September 24, 2023

9:15 a.m. – 10:30 a.m. (.10 CEUs)

Art and stenographic court reporting self-care - experiential workshop with Katryn “Kitty” Ellis



Time to stand up for Yourself. More than a seminar, this is an Experience!

When reporting you must be near-perfect. The pressure is immense, from yourself and others - and no one is perfect - in life or profession. However, the expectations on the stenographic court reporter, from others and, most likely, from yourself are very high. How can you motivate yourself to keep going, avoid burnout or at least remediate it, when the stakes are so high and the pressure so immense? How do you take care of yourself when the job never stops and the built-up pressure is never-ending? How do you prevent burnout so you can do the best job possible?

Learn some new ways to take care of yourself, with one of many modalities at your disposal. This class will be run by a licensed art therapist with over decade of experience working with a variety of populations and personalities.

Katryn “Kitty” Ellis is a registered Art Therapist (ATR), graduating from The George Washington University. Upon graduation, she moved to California, beginning her quest for employment in the "real world" as she had already been a scopist for several years prior. She began working with children with nursing needs, preschool children and perpetrators of domestic violence, exploring varying populations and types of employment during her time in California. A few years into her career path she discovered her love of administrative and structured work in a substance abuse recovery center where she was also able to practice Art Therapy.

Kitty currently works full time at Google where she's able to utilize her Art Therapy background in the corporate setting to ensure her team's continued development and well-being and as an Administrative Business Partner to several executives within Google. She and her husband have a 2-year-old boy and a 5-month-old baby girl. She believes you have to find something you love in order to maintain a healthy balance in life and hopes to bring more depth to that understanding to the Maryland Court Reporter Association.

15-MINUTE BREAK

Sunday, September 24, 2023

10:40 a.m. – 11:40 a.m. (.10 CEUs)

The threat of an active shooter with Alvin T. Lide



The threat of an active shooter is becoming more of a when than a what-if. Let's be prepared!

This training is designed to minimize damage and injuries to people and property as much as possible. Upon completing this training, the participants will be able to: Describe actions to take when confronted with an active shooter and responding law enforcement officials; Recognize potential workplace violence indicators; Describe actions to take in order to prevent and prepare for potential active shooter incidents; and Describe how to manage the consequences of an active shooter incident.

Alvin T. Lide is the Deputy Chief of Police for Howard University Police Department. He manages the daily operations for the campus police department. He received his bachelor's degree in Business Administration from Bowie State University and his Master's Degree from The Johns Hopkins University in Science Management.

Alvin T. Lide is a retired Lieutenant from Prince George's County Office of the Sheriff. He began his law enforcement career in 1997 with Prince George's County Police Department; served the police department from 1997 to 2007. During his time with the police department, he was a member of the Emergency Services Team (SWAT) for seven years. He became a certified General Instructor, Firearms Instructor, Defensive Tactics Instructor, Chemical Agents Instructor and Active Threat Instructor. In 2007, Mr. Lide transferred from Prince George's County Police Department to the Prince George's County Office of the Sheriff. He served with the Office of the Sheriff from 2007 to 2023. During his time with the Office of the Sheriff, he was a Team Leader for the Specialized Services Team (SWAT), agency armor, rangemaster, lead defensive tactics instructor, and lead active threat instructor for the agency.

In 2018, Mr. Lide became a certified Use of Force Expert and testified on behalf of the Prince George's County Office of the Sheriff in legal matters. Mr. Lide currently serves as an Adjunct Professor at Anne Arundel Community College in the Criminal Justice Department. He teaches Police Tactics I and Police Tactics II.

Mr. Lide currently teaches active threat training to schools, hospitals, churches, courthouses, and several law enforcement agencies.

Sunday, September 24, 2023
11:45 a.m. – 12:55 p.m. (.10 CEUs)

Self-Defense for the Stenographer
with Chantell Prescott-Hollander



Chantell Prescott-Hollander is the co-owner of Krav Maga and TheStrongHER Initiative. The goal of StrongHER is to connect women through specialized mental health counseling, coaching, education and self-defense training. As we all know, crime has been increasing everywhere and we must be prepared in case something should happen to any one of us.

We feel this seminar is necessary for all our safety in the current climate. Chantel, during this seminar, will introduce us to a form of self-defense we may not know much about: Krav Maga. So come and learn how to

defend yourself through a variety of forms of martial arts and defensive fighting techniques.

Chantell is an expert in this field and will teach us to become more aware of our surroundings, what to do and how to better prepare ourselves if we ever encounter an unfortunate situation where we need to defend ourselves. There will be role playing with audience participation; so come dressed casually in case you're called on.

WE HOPE YOU ENJOYED OUR CONVENTION!



***MARYLAND COURT REPORTERS ASSOCIATION
WOULD LIKE TO THANK YOU FOR ATTENDING.***

***PLEASE CONTACT US IF YOU'D LIKE TO BE ON THE
BOARD OF OUR PRESTIGIOUS ASSOCIATION.***

THANK YOU!
SEE YOU NEXT YEAR!