

VIRGINIA REPORTER

Virginia Court Reporters Association

2008



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PRESIDENT'S MESSAGE

Having just returned from NCRA's 101st Annual Convention, I am exhilarated, yet humbled, by the endless dedication, energy, and enthusiasm the reporters assembled in Anaheim paid to their profession, embracing this year's theme "From Better to Best." The reporters were challenging the status quo: investing in their profession and in their future, expanding their knowledge base, and probably most importantly enjoying the camaraderie that flows when thousands of people gather in support of a cherished profession. Vendors filled an entire ballroom exhibiting their latest and greatest devices. Imagine: a stenotype reporter carrying a laptop and writer in under 5 pounds; software that suggests briefs to you, i.e., you keep writing "Leigh Memorial Hospital" in multiple strokes, the software pops up a suggestion of writing "L-MT" for "Leigh Memorial Hospital," so you stroke L-MT the next time you hear Leigh Memorial Hospital and it translates perfectly! Great stuff. I highly suggest that the next time you're feeling hum-drum about court reporting, that you look out into the global world of reporting, out beyond your computer screen. Becoming involved in something larger than your day-to-day reporting world is a great way to stay inspired, challenged, and at the top of your game.

My main purpose for attending this year's convention was to attend the NCSA meeting. For those of you unfamiliar with NCSA, it stands for the National Committee of State Associations. It is a forum where state leaders across the country have the opportunity to discuss current issues, share ideas, and glean perspective. While ideas are shared on a daily basis via the listserv, there is only one meeting annually in which resolutions are proposed and voted on. The NCSA Board is the information conduit between the various state associations and NCRA.

(Continued on Page 6)

Inside this issue:

<i>Lost in Translation</i>	2
<i>Natural Stress Relief</i>	2
<i>Write Smarter, Not Harder</i>	3
<i>Using a Scopist</i>	4
<i>Fall Education Day</i>	5
<i>Student Corner</i>	5
<i>Scoping v. Proofing</i>	7
<i>NVRA Convention</i>	8

Upcoming Events:

- October 11, 2008
9th Annual Fall Education Day at the Jepson Alumni Center, University of Richmond, Richmond, Virginia
- March 13-15, 2009
VCRA's Annual Meeting & Convention at the Omni Hotel in Charlottesville, Virginia



Lost in Translation

Okay, so I'm newly transplanted from New York and anxious to be working for the firm I was hired by. This was Job No. 3 for me down here. Of course it was a newbie job, and that was fine with me. I had to learn the Virginia way of doing things..Like what is a circuit court, and southern accents and "redneck" accents. So, I'm at a slip and fall depo with a clipped speaking female attorney. The worst part was the "redneck" deponent. I couldn't understand a word she was saying!! We didn't use recorders in New York at that time (I don't know if they use them now), and I was not very good about remembering to use it. But at that depo I learned to appreciate them. You bet I kept checking to make sure that puppy was recording. Luckily we took a break way early into the depo, and outside in the hallway I politely explained to the attorney that obviously I was from New York (comments had already been made about my accent, which I didn't have, they did!) and that I was having



trouble understanding the witness. Was it possible that she could somehow work the answer that she heard into the next question. (Q: so you're saying that yada, yada, yada) and the witness could answer yes or no. Then go on to the next question.

I guess she didn't like my honesty because when we went back in, after **EVERY** single answer she whipped her head around and asked me "did you get that?" **EVERY TIME!!** Of course I said yes but I was thinking "Hey, take it or leave it, it's your depo, lady. I told you I was having trouble understanding her." With the help of a Virginia born and raised fellow reporter and her husband listening to my tape, an accurate transcript was delivered. I never forgot that female attorney and how she made me feel.

Fast forward about two years later. There's four attorneys plus myself sitting around waiting for the witness. One of them was "her." After asking me a few questions about how things are done in New York, they began exchanging stories. The infamous female attorney relayed a story about a deposition she was at and "There was a new

reporter (me) who got me (female attorney) on the side and told me she couldn't understand the witness and could I help her. I almost died when she said that because I was hoping she was getting everything because **I COULDN'T UNDERSTAND THE WITNESS EITHER!!!!**" It's funny now, I'm laughing as I'm writing it, but...

I never said a word to her that it was me. I wanted to do more than say a word outside, but at that point it was kind of amusing. I just wish she would have told me that at the time, or not made it so obvious that I was having trouble translating.

Even after 11 years down here every once in a while I still have to think and say slowly out loud some phrases that I hear. And, every once in a great while, a southern phrase comes out of ME! There's even times I can hear my own NY accent! How bad is THAT?

So, I'm sure you've got an amusing/embarrassing/nightmare/how-I-handled-it story (need not be job related) to share. We all need to know we're not alone. Please e-mail me at mtndream55@yahoo.com. Please put "newsletter" in the subject so I know to open it from an unknown sender.

A Natural Stress Relief



Stress, anyone? Let's see. A court reporter for almost a decade and a half. The mother of a darling teenager who just got her license, a daughter who just turned 18 and doesn't need a curfew because she's NOW an adult, and a new baby -- yes, a new baby -- after 16 years. Am I a glutton for punishment? Does any of this sound familiar? And I'm writing this article on the day the article is due... Need I say more?



Stress can be caused by numerous factors in our lives, but there is something we can do about it. Most people do not get enough magnesium, and the

need for magnesium and the vital role it plays in our bodies is greater than you probably think. Magnesium impacts not only stress management but also supports heart health, bone health and energy, as well as a healthy immune system, all while promoting normal blood pressure. Also, women taking calcium supplements to prevent osteoporosis without adequate magnesium can lower vital bone mineralization. So, when you find yourself with low energy, fatigue, PMS, hormonal imbalances, inability to sleep, muscle tension, headaches, anxiousness or irritability, perhaps you are lacking magnesium.

A few years ago, my husband turned me on to a product called Natural Calm. Natural Calm is the best-selling magnesium supplement on the market for the second year in a row, according to health food supermarket scanner reports. They even have a Mama Calm for pregnant mothers and Baby Calm for babies. So, Natural Calm has gotten me through those nights I found myself waking up with the baby, waking up over those teenage headaches, as well as those court reporting nightmares -- but that is another article for another day.

Natural Calm is a drink sold in several flavors, as tablets are not always properly absorbed by the body.

(Continued on Next Page)



I drink it as a tea before bed-time and keep it on my nightstand in the event I awake in the middle of the-night. So, whether you are lying awake waiting for your daughter to make curfew, still reeling from the excitement of a LONG day, expedited transcript or just plain stressed, it may be as simple as a magnesium deficiency and you may want to try this natural stress reliever. I get mine at

www.vites.com.

(Submitted by Cynthia I. Mulvaney,
Director, VCRA)

**Write Smarter,
Not Harder!**

**Tips learned from the NCRA
Annual Convention in Ana-
heim, CA**

(Submitted by Gwenda Applegate)



S sound before ~ment

- basement - BAIFMT
- placement - PLAIFMT
- easement - AOEFMT
- adjustment - JUFMT
- inducement - IN/DAOUFMT

F in place of S

- desk - DEFK
- brisk - BRIFK

Family of Briefs

- attitude - ATD
- latitude - LATD
- gratitude - GRATD

- mother-in-law - MOINL
- father-in-law - FOINL
- sister-in-law - STOINL
- brother-in law - BROINL

**Answer Symbol Briefs
(with answer symbol)**

- Yes, - Y
- Yes, sir, - YE
- Yes, I did - YI
- Yes, I do -YOI
- Yes, he did - YAOE
- Yes, ma'am - YA
- Yea, - YAU
- Uh-huh, - U
- Huh-uh, - HU

- No, - N
- No, sir - NO
- No, I didn't - NI
- No, I don't - NOI
- No, he didn't - NAOE

Shortest Possible Strokes

- operate - PRAIT
- operator - PRAIRT

- meet - MAOET
- meeting MAOEGT

- get - GET
- getting - GEGT

- necessary - NES
- necessarily - NELS

PARTING SHOTS

A CHAPLAIN was extremely nervous about his first funeral service, but the undertaker assured him that he would prompt him.

All went well until, at the close, the undertaker whispered to him to instruct the family to come up and view the body. "Will the family now come forward and pass around the bier?" the chaplain said, cringing inwardly when he heard his own words.

Later, he overheard two cemetery workers talking. "I didn't get any beer." one said. "Did you?"

"You heard the chaplain," the other replied. "It was just for the family."

TWO DUMB FISHERMEN decided to rent a boat on a lake. After fishing for hours at various spots and catching nothing, they decided to try one more

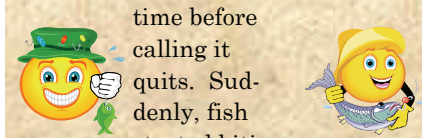
time before calling it quits. Suddenly, fish started biting and they caught their limit inside 20 minutes.

"Hey, we should mark this spot so next time we'll know where to fish," the first man told his buddy.

"Good idea," the second man replied, taking out a can of spray paint and making a large X on the floor of the boat.

"Why'd you do that?" his friend asked. "Now anyone who rents this boat will know where to fish."

(American Legion Magazine)



A Newbie's Perspective to Using a Scopist

How much is your time worth? Do you enjoy free time? Have you considered a scopist?

Time is money. How do you spend your money? Do you reinvest your paycheck back into your business?

Having a scopist may sound like an expensive luxury, but actually it is an investment. If you have one hundred dollars and you don't do anything with it, you will continue to have one hundred dollars but maybe not at the same value as at the beginning. Conversely, if you have one hundred dollars and you decide to invest your money, whether in something like a savings account or CD, chances are you will end up with more than one hundred dollars later.

Scopists allow you, the reporter, the luxury of not editing a majority of your work. During that time you may opt to go out on another job and thereby earn a per diem and the potential for more pages (more \$\$), spend more time with family, or something else you enjoy. Your job will get scoped, and you can do something else that needs to be done by you and only you.

In the initial stage it might be hard to find a good scopist match, but it can pay off and pay off well. You will want to start with a small job of about 30 pages and work with the scopist in how you want your transcripts to look. Find a scopist that can read steno notes, and look for one that will send back dictionary entries for you to consider whether you want them in your main dictionary or not.

There are a variety of places you can find a scopist. When I started looking for one, I started with my CATware's forum. I also looked on some court reporting forums that have a classified section. There are also scoping schools on the Internet.



Some of these scoping sites allow their graduates to have a page that tells you a bit about themselves.

Just like reporters, there are good scopists and bad scopists. You need to find a scopist that is the right match for you. Each scopist runs his/her own business differently. So be sure to understand the turnaround times, rates, and billing for each scopist's business before agreeing to work with him/her. Some scopists will be able to work as a backup scopist, others will be available on a more full-time basis, and others will not be available to take on any new clients.

Scopists work with a pool of reporters. Many of them consider this a full-time job and cannot just work for one reporter and wait for that reporter to send in work. Therefore, they need several days to get a non-expedited transcript back to you. Many scopists have a regular turnaround time of anywhere between four to seven days, which should be plenty of time for the reporter.

If you find the right match, you will find yourself earning more money with less effort.

.**It is suggested that a reporter of fewer than six months not use a scopist.

Cost Benefit Analysis

Created by Katie LaChance

A reporter can make more money working with a scopist! Here is an example that clearly demonstrates how this can be done:

Day 1

Reporter A w/scopist

Reporter B w/out scopist

Appearance Fee: \$75

Appearance Fee: \$75

200 pgs. @ \$2: \$400

200 pgs. @ \$2: \$400

They each make \$475 for that day.

Day 2

Reporter A w/scopist

Reporter B w/out scopist

Appearance Fee: \$75

Scoping own work: \$0

200 pgs. @ \$2: \$400

Makes: \$475 for day

Makes \$0 for day

Reporter A pays .75 per page to scopist (\$150.00) and ends up with \$325.00 for the day. Reporter B spent the day scoping the job from Day 1 herself and made no money on Day 2!

Summary:

So Reporter A makes \$650 (plus the tax deduction of \$300 paid to scopist) for the two days and Reporter B makes \$475. Reporter A makes \$175 more than Reporter B, plus the scopist is tax deductible! So for a busy reporter, he/she can be losing money if not using a scopist.

(The above numbers are for example only)

WEBSITES FOR FINDING SCOPISTS

<http://www.bestscopingtechniques.com/>

<http://www.scopistssupportgroup.com/toc.htm>

<http://accucap.com/?q=forum/18>

<http://www.stenograph.com/providersearch.aspx?Type=SCOPIST&id=3920001>

<http://www.totaltranscripttransfer.com/findascopist.htm>

<http://www.elitescoping.com/> (also offers automatic indexing and such)

<http://www.joyfulscoping.com/> (also creates websites)

<http://www.mazco.org/ssg/faq.htm> scoping FAQs

<http://community.compuserve.com/ws-crforum>

(Article, Cost Benefit Analysis & Websites submitted by Daniele Jeffreys)

Fall Education Day



UNIVERSITY OF RICHMOND JEPSON ALUMNI CENTER OCTOBER 11, 2008



Hello to all members and non-members of the Virginia Court Reporters Association. We have an exciting Fall Education Day in store for you on October 11 at the Jepson Center in Richmond. Dr. Teplitz will be giving us great advice for stress relief and how to apply that to our work and home life. Mary Beth Everhart is going to bring her Realtime Coach product and will be administering the mock testing for the RPR, RMR and CRR for machine writers and CVR, RVR and CM for voice writers. What a great opportunity to obtain some valuable skills practice and to see where we can improve our skills and pass those dreaded tests!

The next session will be geared toward "Realtime 101" with four main software groups. It's the perfect opportunity for those of us who have never "hooked up" to our own computer to learn how easy it really is and how it can enhance our income. The vendors will also advise us on how our software can best work for us with great tips for realtime. Even if we're already hooking up to our own computer, we surely will benefit from learning more about how our software can help us make a great transcript!

The afternoon session, "Realtime 201" will teach us how to set up realtime for attorneys. This is our chance to really see how easy it can be to offer a great service to our clients and improve our writing skills. Realtime cables and other important equipment will be offered for sale if you are in need, but bring your equipment and get ready to be hands on almost the entire day. You will earn valuable continuing education credits as well. We're shaping up for a great Fall Education Day, so make sure to join us in Richmond at the Jepson Center at University of Richmond on October 11th!

(Submitted by Gwenda Applegate, RPR, CRR)

STUDENT CORNER

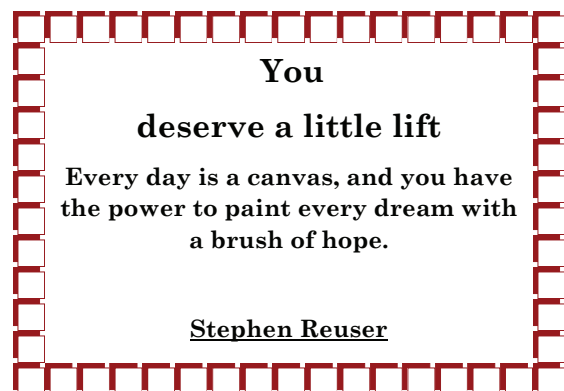
****PRACTICE TIP****

Whether you're already a court reporter who needs a new tip to try before taking those upcoming all-important certification tests or a student (court reporter in training) striving for the next speed, try this tip:

"Practice" by playing video games or fast-paced, fast-reaction games where it is necessary to react quickly using your hands and mind and requires an ability to concentrate for long periods of time. If you think about it, those things are the same attributes required for use with a steno machine.

Think faster, write faster and you'll be on your way to the next speed in no time!

(Submitted by Jennifer Metesh, CRR, CCR)



President's Message (Continued from Cover Page)

During this year's meeting, much of the discussion came from official reporters discussing battles they're facing in the court reporter versus electronic recording arena. As court reporters, this is an issue we all should become involved in, whether official or freelance. We need to educate the court community on the accuracy and integrity of the human brain providing the important element of a verbatim record. When an official loses their job to E.R., they oftentimes end up in the freelance arena. It is up to each of us to take a proactive role in strengthening our skills, striving for that next hurdle, and going from better to best. E.R. is technology; a court reporter is technology with a brain; we must continue to excel in our skill and in our services in order to become an indispensable component of the speech-to-text field in which we work. Athletes are continually honing their skills, musicians theirs; so, too, should court reporters.

The hottest topic of the NCSA meeting, however, was the offshore outsourcing of transcription of court reporters' notes. (In my private, isolated little world behind my computer screen, I had no idea!) A court reporter's notes from a deposition or court proceeding in America being sent to India, Pakistan, who-knows-where, for transcription. Does that make anyone else nervous? This was a BIG issue at the NCSA meeting. These global practices trickle down and affect every single one of us. For job protection, it is critical to get knowledgeable of the reporting industry on a more global level; it will help you to make better decisions in your day-to-day world.

Where do you begin? I'd suggest VCRA. Every facet of this great association could use your input and your wisdom to help us identify where we need to be and how we will get there.

Our 2008 Fall Education Day in Richmond (October 11) has been designed to enhance the skills and services you offer clients each day. Bring your equipment for a day of hands-on acceleration. Whether you've a novice reporter or a seasoned reporter, the agenda we've developed will assist you in getting over that next hurdle. We will have focus groups for the RPR, RMR, CRR, CVR, RVR and CM, with mock tests for each to help you isolate your problem areas and work through them. Dr. Teplitz will be our keynote speaker. Dr. Teplitz has attained both his Ph.D. and his Juris Doctorate degrees. He will enlighten us on overcoming anxiety obstacles that hinder our test-taking as well as our willingness to go realtime. Later in the day we will move away from the anxiety-related obstacles and focus on the technical/hardware obstacles and hopefully end the day with a greater comfort level than we arrived with. Fall Education Day falls just in time for those November tests, so come see what we have to offer.

Lastly, for the seasoned reporters mindful of the importance of mentoring our entire reporting community, please volunteer to share your expertise and experience by assisting us on FED. We will break down by software vendor and would like mentors available to walk around the room providing assistance. We will be selling realtime cables, adapters, and the like, and will assist reporters with their realtime setups. Please email me at kzahn@zahncourtreporting.com if you are willing to offer your assistance October 11. Thank you in advance.

Kerry Zahn, VCRA President



“Scoping v. Proofing—What’s the Difference?”

It is very easy in this field to blur the line between scoping and proofreading. Often on forums people are questioning where the line is drawn between the two professions, so it seemed important to explore the differences

First of all, scopists and proofreaders need to know grammar. Both professions deal with punctuation as a large part of their job. It is not okay for whoever scopes a job to skip punctuating the transcript and expect a proofreader to take care of it. So if both scopists and proofreaders are dealing with punctuation, what are the differences in their jobs?



A scopist should fix untranslates or mistranslates in the transcript. Along with that, they should put words and/or phrases into the correct respective dictionary, i.e., the job dictionary or the main dictionary or a specialized dictionary. It is never the job of a proofreader to fix untranslates or mistranslates in a transcript. If the proofreader happens to also be a scopist, then if they fix an untranslate or a mistranslate while proofreading, they’ve crossed the line from proofing to scoping.

Now, since it is the scopist’s job to fix untranslates or mistranslates, it makes sense that it is their job to listen to audio when a reporter requests audio for a particular transcript. It is not the job of a proofreader to listen to audio and makes no sense for them to do so. Shelly Coleman, a proofreader, says, “To me, proofing is something that can be done on paper at my dining room table, which means paper and pen, no audio, no ability to correct steno.” Most scopists will listen to the audio and then read the passage again to correctly punctuate the passage. If proofreaders are listening to audio, they are spending extra time doing a job that actually belongs to whoever scoped the transcript.

It is usually considered the reporter’s responsibility to get spellings when taking a job; however, most scopists also consider it their job to research the spelling of proper nouns, technical/medical terminology, etc. If they can’t find the spelling of a proper noun, they mark it for the reporter to check. Because of this, it behooves any proofreader to check with their client to find out whether those types of spellings are already being handled by the reporter and/or the scopist. Since it is not normally the job of a proofreader to check the spellings of those types of terms, if requested, a proofreader needs to take into account the time involved to research those spellings before quoting a rate to a potential client.

This is not to say that a proofreader is never concerned with the spelling of the words in a transcript. It is their job to note “their” for “they’re,” etc., and to make sure the basic words are correctly spelled. When it comes to proper nouns or specialized terminology, the reporter or scopist should be taking care of those types of spellings, not the proofreader. Instead, the proofreader should only ensure those are consistent throughout the transcript and that there are no typos.

Also, it is the job of whoever scopes the transcript to spell-check the transcript. Since most proofreaders do not have a CAT system, it certainly makes sense that someone needs to do that before it reaches the proofreader. Once the job is proofed and final changes are made, then a reporter would spell-check the transcript again to make sure there were no typos in the changes that were made.

Finally, let’s look at what the job is of a it is acceptable for a proofreader to make the agreed upon with their client. That being and/or grammar changes that need to take nym issues, and hyphenation issues. They should also be noting where by lines, parentheticals, or headers are missing. It is their responsibility to note where the context doesn’t make sense and to note incorrect spellings that are not proper nouns, technical terminology, medical terminology, or industry terminology, while making sure those spellings are consistent throughout the transcript.



proofreader. While most proofreaders utilize an errata sheet, changes directly in the transcript, provided that is what was said, a proofreader is responsible for noting any punctuation place, such as capitalization issues, possessive issues, homonym issues, and hyphenation issues. They should also be noting where by lines, parentheticals, or headers are missing. It is their responsibility to note where the context doesn’t make sense and to note incorrect spellings that are not proper nouns, technical terminology, medical terminology, or industry terminology, while making sure those spellings are consistent throughout the transcript.

So the proofreader gets a transcript that is nearly finalized and is just fixing or noting a few things that need to be fixed. The scopist gets a transcript that is in rough form and proceeds to produce a transcript that is ready for the proofreader to proof.

Angie Ryder, www.elitescoping.com

ANOTHER PARTING SHOT

After finishing his examination, the doctor looked at his patient and said “I can’t find the exact cause of your trouble, but it’s probably due to drinking too much.”

The patient replied, “Gee, I’m sorry to hear that, Doc. I’ll come back when you’re sober.”

(The American Legion Magazine)

(Submitted by Daniele Jeffreys)

NVRA Annual Convention Highlights



The National Verbatim Reporters Association Annual Convention was held July 30 through August 2 in Savannah, Georgia. It was hot! The air temperature plus the humidity equaled 116 degrees. Thank heavens for air conditioning.

Convention events included a group dinner at Paula and Sons, an opening reception/birthday party to celebrate the 60th birthday of the Stenomask (now called a voice silencer) and the 40th birthday of NVRA. There were balloons and a cake shaped and decorated to look like a Stenomask. Very cool. There was a silent auction coupled with a live auction to benefit the Horace Webb (inventor of the Stenomask) Scholarship Fund. Bidding was hot and heavy. Among the many items, a statue of the bird girl went for \$500.

Following the banquet was a special meeting of the Fast As Hell Club. The only way to gain entrance into this club is to participate or have participated in the National Speed Competition which is 350 WPM. This year members of the club were presented with special coins with a picture of a Stenomask on one side, a picture of Horace Webb on the other side, and Fast As Hell Club around the edge of the coin on one side, and National Verbatim Reporter Association around the edge on the other side.

The seminars were many and varied, and very well attended. The school round table brought participants from all around the country, including Georgia, Ohio, Texas, New York and Kansas. The discussion focused on voice writer education and machine schools that have added or are adding a voice writer program.

The banquet was held on the 15th floor of the hotel with an outstanding view of Savannah and the river, and just as the new officers were being installed, like magic fireworks were seen out the window behind where the officers were standing. If NVRA had planned and executed the fireworks, it couldn't have planned any better. A very nice touch.

VCRA member Donald E. Scott, CVR-CM, is NVRA's current president. He carried out his presidential duties with great aplomb.

Next year's convention will be held at the Gaylord Opryland Hotel in Nashville, Tennessee.

(Submitted by Anita B. Glover, CVR-CM, CCR, HM)


"Just as the new officers were being installed, like magic fireworks were seen out the window where the officers were standing."

DID YOU KNOW?

Socializing may also ward off Alzheimer's by reducing your body's level of the stress hormone cortisol, say researchers.

Rubbing lavender oil on insect bites can make the sting go away! It has anti-inflammatory compounds that reduce both itching and swelling

(Woman's World Magazine)

RECIPE



CORNER

Refreshing Fruit Dip.

It's great with cantaloupe, melons, grapes, whatever kind of fruit you like. A perfect cool-down recipe for Indian Summer in Virginia.

8oz Philadelphia cream cheese, softened

8 oz. marshmallow fluff

1 tbs. vanilla extracts

Mix all ingredients with a mixer. Add more vanilla or sugar according to your taste.

(Submitted by Stacey Halberg)

THIS RECIPE IS "FOR THE BIRDS"



*****REALLY*****

Homemade Bird Feeder Recipe

To attract birds, cover pinecones with vegetable shortening and then roll in birdseed.

Attach string to the pinecone and hang from a tree branch.

Sit back and watch robins, cardinals and sparrows come to feed!

(Submitted by Jennifer Metesh)



A NOTE FROM THE EXECUTIVE DIRECTOR



“BeGosh and Begorrah” No, it isn't St Patrick's Day. Just getting in the spirit for a trip to the land my husband Jake and I know and love so well-**Ireland!** As we have done for the past three years, we are renting a thatched cottage on the West Coast for two weeks in September. The cottage is in the village of Ballyvaughan, County Clare and overlooks Galway Bay. For both my husband and me, Ireland is truly a magical country; the hills are really as lush and green as the tales tell us, and one is fascinated by the beauty of the Irish landscape and a rich history. There is no other place like it!

My parents were born in Ireland, immigrated in the 1930's (with their respective families) to Liverpool, England (my birthplace). I developed my love for Ireland and its people when I was growing up, having spent most of my summer holidays in County Longford-the birthplace of my dad, and Dublin City-the birthplace of my mum. Jake's great grandparents and his maternal grandfather were born and bred in Ireland, so you can understand why, for both of us, a trip to Ireland feels like we are going back home, if only for a short time.



Upon my return it will be full speed ahead with final preparations for Fall Education Day. Don't forget to mail in your Registration form. You won't want to miss being a part of what is sure to be a fantastic Fall Education Day! *Total CEU Points for the day: NCRA/VCRA .75, NVRA 7.5*

(Submitted by Colette Boes)

WE NEED YOUR ARTICLE!

If you have something interesting that you want people to read, please submit your article to the VCRA Newsletter. Our next publication will be in the Winter of 2008. Deadline for submission is November 1, 2008. Please email your articles to executivedirectorcb@cox.net

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Send your thoughts!

We're on the web!

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“WISE OLD OWL”

In Greek mythology, the owl, a nocturnal bird, was often associated with the goddess Athena, a bird goddess who became associated with wisdom, the arts, and skills, and as a result, owls also became associated with wisdom. They are the unofficial mascot of the high-IQ society **Mensa**