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***The 2017-2018 FCRA Board of Directors***

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## DEPARTMENTS

Bulletin Board.....	2
President's Message: My Clue, My Legacy, My Passion.....	4
Editor's Message: The FCR Online Revamp .....	5

## ASSOCIATION BUSINESS

The 2017-2018 FCRA Board of Directors.....	6
Did You Know? Myths and Facts About Board Service .....	9
Convention Seminar Highlights .....	10
Special Thanks to Our Sponsors .....	12
Immediate Past President's Message: My Proud and Humble Journey .....	14
My Convention Debut .....	15
In and Around the Convention .....	16
Kudos & Accolades.....	17
Christine's Corner Review Speedtest.com .....	19
Student Corner.....	19
Influencing Old Stomping Grounds.....	20
From Texas to Florida: A Message from the NCRA Representative .....	22
Promoting Us and Educating Them Part 2 .....	23
The Diamond Vault: The First Decade of FCRA .....	24
Esquire Launches Court Reporter Program to Strengthen the Industry .....	27
What You Should Expect from Your Court Reporter.....	28
Update on Legislative Activities.....	30
In a Flash .....	31 - 36
These Settings are "Sick" .....	38
Becca's Bootcamp: Love My Back! Lower Body Stretches.....	39
Robin's Recipes: Lighten Up!.....	41
Missing Keys .....	42

## FCRA WELCOMES

Membership Application .....	29
Membership Pre-Authorized Payment Plan Form .....	30



By Lori L. Bundy, RMR, CRR, FPR,  
2017-2018 President



# My Clue, My Legacy, My Passion

I am truly humbled to be FCRA's newly-installed president. Thank you for entrusting me with this honor.

This year's convention theme is "*Get A Clue*." I want to take you on a quick journey of my career as a reporter and highlight some of the clues that I gathered along the way. I hope to encourage you while you are on your journey, and try not to scare our students who are about to embark on theirs.

When I graduated court reporting school in 1995 from Brown College in Atlanta, Georgia, with my Georgia court reporting certificate, I told my parents that I would probably "do" this career for a couple of years and that was it. I didn't have a *clue*!

I got fired from my first reporting job ON VALENTINE'S DAY because I wasn't taught how to be a *court reporter* in school, but I had the speed. After that I thought starting my own company would be a great idea. Again, *not a clue*! But out of that, I started to gain experience.

It wasn't until I moved to Florida and began working with Barb Frank that I understood what it takes to be a professional reporter. She mentored me about the importance of certification and having a knowledge of the industry, so I pursued and obtained my RPR and later my CRR. The *clues* were starting to come together.

In 2006, Allen Benowitz hired me to work for Veritext. I loved to get the calls from Michael Benowitz saying, "I have this job with this client. It's got a lot of challenges, and, oh, it's at the other end of the state and starts tomorrow. I'll send the paperwork over. Okay?" I am one of those reporters that actually enjoyed getting those calls. The pieces and clues to my professional puzzle were forming me into the reporter that I am today, and out of those experiences, I put those clues together and became an RMR, and today I am an official federal reporter.

Along the way, I joined FCRA and learned about things that were happening around Florida that affected me and my profession, and I wanted to get involved. So I told Rick Levy that if he would let me sing karaoke at his President's Party that I would serve on a committee for him. Talk about not having a *clue* about what I was doing! We've made it easier to join committees now. Just go to the basket room and sign up.

Somehow mysteriously after that I was asked to serve on the board. I was scared to death when I had my first Nomination Committee Skype call. I had never served on a board before. NOT A CLUE! I had my suit on, with the perfect background setting, and I was so nervous, and I made it on the board!

At the first board meeting, I was sitting in a room with the greats: Rick Levy, Sandi Estevez, Janet McKinney, and Holly Kapacinskas, just to name a few. I was also mentored by Jennifer Gaul about convention planning. We really have some great talent in this organization.

Over the next four years, I began to serve on committees, continued my board service, then chaired committees, and I learned more about FCRA, the hardworking people, and the challenges that we have in this state.

While on the convention committee, I noticed that as presidents were coming in, they were involved in picking the theme of the conference, and each one of them had a different passion about different aspects of reporting, and they worked hard to convey that position to the membership. That got me thinking. If I do make it to president, what's my passion? I need to *get a clue*!!

And now here I am as incoming president with a dedicated and passionate board. What do I want to leave as my legacy? What do I want to focus my time on as president? It's you, the membership, the students, and the board. I want this year to be about coming together and standing together for this great profession of which we have all chosen to be apart.

I would like to see mentorship be at the forefront of our minds. For the people that have been in this business for years, I ask you to give back to the generation that is starting out. I ask the students to reach out to the association or reporter friends to find a mentor. We all can play a part in this.

Cathy Carpenter was one of my mentees. My husband and I even moved her into our home while she was in court reporting school. I'm not saying you have to do that, but reach out and help the students. They are the future of this profession, and they need someone to go to when they have questions. They have the speed after graduating school. Let's give them the knowledge to be successful in this career.

I love this quote by Martin Luther King: "If I stop to help this man, what will happen to me? But the Good Samaritan reversed the question. If I do not stop to help this man, what will happen to him?"

It is so rewarding to get calls from Cathy now, who is a working reporter, and just get to chat about jobs and about life. For those of you who have mentored in the past, I'm sure you know that feeling of pride when your mentee has their first overnight expedite or appeal and they come through with a smile on their face and success. It's an awesome feeling.

Has anyone ever wondered what it would be like to serve on the FCRA board? How much time does it take to volunteer? How do I get on a committee? Will they even want me? If you have ever had these thoughts, yes, we want you! We need you! Board and committee service is voluntary, and it waxes and wanes with time commitments. It's not overly burdensome, and it is very gratifying.

We are blessed to have a management company that helps us and lobbyists that serve as a watchdog and look out for our best interest with things that come up in government that affect our profession. We help each other and work together for the good of the association and the profession.

Court reporting is a marvelous mystery. If we all join our *clues* together that we have collected over the years, just think how we could strengthen this association. I encourage you to join us.

I will leave you with a quote from John F. Kennedy. "One person can make a difference, and everyone should try." Thank you.



By Richard S. Scire, RPR,  
FCR Online Editor, FCRA Secretary

# The FCR Online Revamp

In an era of instant gratification, thanks to social media, taking the time to put together the *FCR Online Magazine* has become a passion of mine. It is my honor to serve a second year as your editor as well as secretary of FCRA. Leading up to this year's convention, I started to get inspired to further revamp the magazine. The ideas that flowed during and after the convention have been my natural high.

To begin with, while the covers have adequately reflected the season or what FCRA has been up to, I am boldly going to say they can be lackluster. This is a professional magazine after all and all of us who have served as editor do the best we can with the topics at hand. While the photos are courtesy of this year's convention photographer, the cover was designed by yours truly using a variety of photos to get the impact and illusion I was looking for as I delve into my artistic ability.

In this issue you will see coverage of the FCRA convention, including an article from Kristin Anderson, our NCRA representative. You will also see several new features. I am honored and delighted to welcome our new regular columns and contributors. FCRA member Christine Phipps is launching "Christine's Corner." In collaborating with Ms. Phipps about this column, we first chose to dive into her vast knowledge of all things technological. Since she is a business owner and an NCRA board member, however, I did not want to limit her topics. We can all benefit from anyone who has so much knowledge, so "Christine's Corner" is just the place for that.

Another new contributor is Todd L. Persson. Mr. Persson is a reporter and firm owner in Ohio. Mr. Persson writes regularly and has ambitiously and graciously agreed to share and write articles for *FCR Online* thanks to my brother, Michael. We hope to meet Todd in Ohio later this month during our visit to Ohio.

While knowledge is power, so is fun. During the convention in West Palm Beach, my forever-hungry friend and reporter, Robin Deal, collaborated with Michael and me about finding the time and creativity in the kitchen after we leave the courtrooms and depositions. Her new column, "Robin's Recipes," will provide us with fun ideas when time keeps us limited. Robin's humor and hunger will be the perfect fit!

Speaking of the convention, during our time in West Palm Beach, I had the idea that we shouldn't end the topics and discussion when the convention ends. We have some great speakers every year and we shouldn't just only benefit from their wisdom once, which is the motive behind the next column. We had the joy and privilege to hear and learn from the energetically bold and beautiful Becca Tebon. Becca is a trainer and life coach. She educated us on fun ways to stay

active in this idle profession we are in. Sitting idle is our biggest enemy and Becca will share her innovations with us in her new column called "Becca's Bootcamp."

In the spring issue of *FCR Online*, I created what I referred to as "Second Flash," the encore presentation of the monthly articles from the "In A Flash" e-blasts that fall between the tri-annual issues of *FCR Online*, since the e-blasts can be easily missed when life gets in the way. While that is a continuing feature, it has been renamed "In A FlashBack." I just liked the name better. If you haven't read those articles at the time, you have another chance to enjoy them. If you have read them, enjoy revisiting them.

Finally, what you will no longer see in *FCR Online* is "Sleuthing the Net." Donna Kanabay and I made the decision that the time has come to retire that column. In an ever-changing world of technology, "Sleuthing the Net" seemed to have run its course. But there is no need to fret, because Donna can't run away from us that easily, even if she wanted to, which thankfully she doesn't.

"Sleuthing the Net" is being replaced with a new section Ms. Kanabay knows so much about! Donna IS our historian. With FCRA's 60<sup>th</sup> anniversary only four years away, we have come up with a way to preserve, learn, and revisit FCRA's history with the new column I decided to call "The Diamond Vault," as we gear up to FCRA's diamond anniversary. Each issue will have stories and memoirs shared by the great Donna Kanabay. I hope you will enjoy this first article as much as I have!

Finally, I have to say thank you to my new team, especially Anne Bresciani, for her help. A special thank you goes to my twin brother, best friend, partner in crime, and now associate editor, Michael Sciré. I could not have put this issue together without him! Thank you, Michael, and thank you to ALL our magazine contributors and sponsors!

## FCR Online Deadline Dates

(WINTER) DEC/JAN/FEB/MAR  
Article Submission — November 5  
On-Line Publication — December 12

(SUMMER) APR/MAY/JUNE/JULY  
Article Submission — March 5  
On-Line Publication — April 12

(FALL) AUG/SEPT/OCT/NOV  
Article Submission — July 5  
On-Line Publication — August 12

# The 2017-2018 FCRA Board of Directors



In May of 2017, the FCRA Nominating Committee met to interview the FCRA Board of Directors candidates for the 2017-2018 fiscal year. After interviewing several candidates, the 2017 Nominating Committee, chaired by Rosa Naccarato, FPR, submitted the slate of nominees for consideration by the membership at the FCRA 2017 Annual Business Meeting, which was held during the annual convention at the Hilton West Palm Beach in West Palm Beach, Florida, on Saturday, June 24, 2017. The new Board of Directors began their oath of office during the luncheon. After photos, they went right into an orientation. The first board meeting for the board occurred Sunday, June 25, 2017, at the conclusion of the convention.

Here is your new Board of Directors!



## **PRESIDENT**

Lori Bundy graduated from Brown College of Court Reporting in Atlanta, Georgia in 1995. She then worked in the north Georgia area before moving to Naples, Florida, in 1998.

Since then she has earned the Regis-

tered Professional Reporter, Registered Merit Reporter, and also the Certified Realtime Reporter designations. In 2014, Lori took an official position with the U.S. District Court in the Middle District of Florida, Fort Myers Division. Lori is a member of NCRA, FCRA, and USCRA and has served for the past five years on the FCRA board. When she's not on the record, Lori enjoys cruising and spending time with her family.



## **PRESIDENT-ELECT**

Sharon Velazco has served on the Board of FCRA as a director-at-large, secretary, vice president, and editor of FCR Online. She attended Southern

Missionary College and Ward Stone College of Court Reporting. Her hobbies include her family, music composition, and creative writing. Ms. Velazco looks forward to another successful year working with an amazing board!



## **VICE PRESIDENT**

Amy Yarbrough attended Stenotype Institute of Jacksonville and received a Basic Machine Shorthand Diploma in 2011. She is a graduate of the University of

North Florida, where she majored in anthropology with minors in philosophy and public health. Spending much of her time providing CART in the classroom, she also immensely enjoys complex litigation and medical testimony. Entering her fourth year of board service, Amy is constantly inspired by the hardworking, creative, and dynamic members of FCRA. She looks forward to another year focused on professional development, collaboration, and dedication to excellence. Amy was also the 2017 recipient of the Meritorious Award during the FCRA Convention and works tirelessly on several committees for FCRA including the Fundraising Committee and the Information Technology Committee, creating the new FCRA web site.



## **TREASURER**

R. Michelle Smith, RMR, RPR, FPR, LCR, CCR, CLR, is from Panama City Beach, Florida. Michelle started attending State Technical Institute part time in Memphis, Tennessee, in January of 1992 at night when she was a

legal secretary. She began her career as a court reporter in 1997 in Jackson, Tennessee, as a freelance court reporter, later working in Nashville, Ten-

*Continued on page 7*



# The 2017-2018 FCRA Board of Directors

Continued from page 6

nessee before relocating to Panama City, Florida, where she has been with Stewart & Shoman Reporting since January of 2012. Michelle joined NCRA in 1993 as a student member and has been a member since then. She is also a member of FCRA and the Tennessee Court Reporter Association. She has been a member of Junior League for six years and is a sustainer member. Michelle is also a 2011 graduate of the Nashville Young Leaders Council which consisted of an 11-week training program for nonprofit board leaders. Upon completion of the program Michelle completed a board internship with the Nashville YMCA. Her interests include long distance running, deep sea fishing, sailing, and working out.



## SECRETARY

Richard Scire (pronounced "shir-RAY") has been reporting for 19 years. He graduated from the Sarasota County Technical Institute in Sarasota, FL, in 1998.

He has been an RPR since 1999. He began his career doing freelance and criminal court contract work for Metzger Reporting Services in Charlotte County from 1998-2001 and freelance work for Lucente & Associates in Sarasota from 2001-2003. His identical twin brother, Michael, also a court reporter, recruited Richard to be an official reporter in 2003, where they both continue to work as officials in Felony Court for the 12th Judicial Circuit, providing realtime for the judges and even CART when needed for the hearing impaired in all courtrooms.

Richard served two years on FCRA's Board of Directors as Central Director and serves on several commit-

tees. Richard has authored articles in the *Journal of Court Reporting* and *FCR Online Magazine*. He has been serving as the editor for *FCR Online Magazine* for the past year. He participates in the state and national associations as well as their conventions. He, along with his brother, have conducted several seminars for FCRA Conventions. In 2015, Richard shared the stage with his brother as keynote speakers during the NCRA Convention's Premier Session. They have also presented to their circuit's State Attorney's Office multiple times, educating them on how to make a record. Richard and Michael were featured on two Florida news programs for being twin court reporters and were also interviewed for *For The Record: A Court Reporting Documentary*, promoting the film in multiple film festivals as well as TV, radio, and podcast interviews. In 2013 they shared the title and page of "Messrs. August" in NCRA PAC's *Men of Court Reporting 2014 Calendar*. Richard also shares the title with his brother for their contributions as NCRF Angels.

When Richard is not working, he enjoys being a man about the town. While he eats right and exercises, he always enjoys a good martini, up, dry, and never more than two olives.



## IMMEDIATE PAST PRESIDENT

Christy Aulls Bradshaw is a graduate of Eustis High School and obtained an AS in Court Reporting from the Institute of Specialized Training and Management (ISTM) in Casselberry, Florida. She began her career as a court reporter in 1995 in the Citrus County area, later reporting in Gainesville and Jacksonville

before starting CAB Reporting in Ocala in October of 2000. As of December 1, 2014, CAB Reporting merged with First Choice Reporting based in Orlando. Christy is a member of NCRA (since 1994) and FCRA (since 1995). She has served in the following capacities for FCRA: Editor of FCR Online, the FPR/Ethics Committee, Budget & Finance Committee, has chaired the Fundraising Committee, the Emily Mann Distinguished Service Award Committee, the Arlene P. Somers Award Committee and the Membership Committee, as well as holding the position of Northern Director, Treasurer, Vice President, President-Elect, President, and most currently Immediate Past President. In her spare time, she enjoys gardening, being outdoors, and spending time with her husband of 18 years and their four canine kids, which includes racing their two Jack Russell Terriers.



## NORTHERN DIRECTOR

Tracy Finan, RPR, FPR, CCR (Georgia)

Tracy Finan is an NCRA Registered Professional Reporter and a Georgia-licensed reporter. She attended Pensac-

ola Junior College's Court Reporting Technology Program, completing her studies in 1993. She also graduated with an AA in Paralegal Studies from Okaloosa-Walton Community College and attended Auburn University on the beautiful plains of Alabama from 1980-1983. She is a member of FCRA, NCRA, GSRA and FCCD (Florida Council on Crime and Delinquency).

Tracy is a freelance court reporter and has spent the majority of her career

Continued on page 8

# The 2017-2018 FCRA Board of Directors

*Continued from page 7*

working in the Northwest Florida area of Okaloosa and Walton Counties, but moved to Tallahassee full-time in 2012. Her interests and hobbies include spending time with her family, college football, relaxing on the beautiful beaches of the Emerald Coast, wine, and travel with her husband, Patrick.

Tracy begins her second year with the Board and will use the valuable lessons of the last year to guide her service to all the court reporting professionals of our state with an eye on certification/licensure to protect the integrity of the honored profession of court reporting and with a focus on education for not only reporters, but the public at large and all those that rely on our unique and irreplaceable skill set.

Tracy thankfully and eagerly looks forward to another year of service to all the hard-working Guardians of the Record in our great State of Florida.



## CENTRAL DIRECTOR

Laura J. Landerman is a native of Orlando, Florida. She attended Winter Park Vo-Tech, graduating in 1986, at which time she began her career as a freelance reporter.

She proudly holds NCRA certifications as an RPR, RMR, CRR, and Realtime Systems Administrator. She is also an FPR. In June 2014, she received the Arlene P. Sommers Award in recognition of her passion and dedication to mentoring students and new reporters. She is an avid competitor in the NCRA and FCRA realtime speed competitions. After 29 years with Central Florida Reporters, she now works with First Choice Reporting.

Laura studied ballet, tap and jazz, became a dance instructor and contin-

ued to perform until 2004. Although she is a busy full-time reporter, she makes time to be spontaneous and enjoy life. She loves classic rock, cars, sports, good food, good wine, and traveling the world. She is married with two stepsons and two Labradoodles.



## SOUTHERN DIRECTOR

Cathy Carpenter, FPR, graduated from the University at Buffalo in 2005 with a B.A. in History and from the Court Reporting program at Sheridan Technical College

in 2015. She obtained her FPR while attending court reporting school. She moved to Florida from New York after graduating from UB and worked in homebuilding, but now works for First Choice Reporting. She is a member of NCRA and FCRA and enjoys going to the beach, fishing, and spending time with her family.



## DIRECTOR-AT- LARGE

Peggy Casper, RPR, FPR, received her

Associate's Degree in court reporting from Concordia

University in Mequon, WI in 1986; and a Bach-

elor of Arts in Business Management Degree from Lakeland College, Sheboygan, WI in 2009. She started her court reporting career in Milwaukee, Wisconsin, in 1986. When she moved to Florida in 1997, she had the privilege of working at Volusia Reporting in Daytona Beach.

Since moving to Jacksonville, Florida, in 1999, she has enjoyed working with Riley Reporting. She is a member of NCRA and FCRA. This is Peggy's second year on the board. Her pastimes include visiting family in Wisconsin, traveling, biking, hiking, walking her dogs, reading, and watching her Green Bay Packers.



## DIRECTOR-AT- LARGE

Jessica Donnelly, FPR attended Key College, and received her Court Reporting Certificate from Sheridan Technical College. Her work history includes Freelance

Reporter at Taylor Jonovic, Freelance Reporter Florida Realtime/ Re-altime transcription.com, Stenograph Certified Training Agent – Cast CATalyst Trainer, and Court Reporting Instructor Sheridan Technical College. Jessica is a member of FCRA and NCRA.





By Richard S. Scire, RPR,  
FCR Online Editor, FCRA Secretary

## Did You Know? Myths and Facts About Board Service

### What positions make up the board?

The executive board, also known as the officers, are President, President-Elect, Vice President, Treasurer, Secretary, and Immediate Past President. The director positions are Northern Director, Central Director, Southern Director, and two Director-at-Large positions.

### How long are the terms?

Each term is up every year except for Northern Director, Central Director, and Southern Director. Those are two-year terms.

### When is the first board meeting?

The first FCRA Board of Directors meeting occurs immediately after the annual convention. While everyone else is packing up the car and heading home, the board hits the ground running into their first meeting.

### When is the last meeting?

The last meeting occurs the day before the convention starts.

### Did you know the board conducts four meetings a year?

That's right. The board meets in two different locations based on everyone's geographical locations and each location video conferences the other for the meetings.

### How long are the meetings?

As long as the board needs to address everything on the agenda.

### The board doesn't really do that much.

Not true. Even though they meet in person four times a year, we are in constant email communication about all rising issues facing our profession and association. When something is too pressing for email or to wait for the next face-to-face meeting, meetings are conducted over the phone.

### Why are the meetings private?

They actually are not. This year's pre-convention meeting, which was the last of the fiscal year, had several people outside the board sitting in. We were honored to not only have them in attendance but to hear from them as well.

### How does the board pick their members?

They don't. Any and every FCRA member can nominate someone for board service. When FCRA sends out an e-blast calling for nominations, they mean it! Upon accepting the nomination, the nominee submits a resume and application and goes through a webcam interview not with the board but with the Nominating Committee.

### I want to be on the board but don't want to campaign.

Great. All you have to do is simply nominate yourself and put your best foot forward. If you feel you have something to offer FCRA members, the association, and the profession, you do.

### I don't know the first thing about being a board member.

Neither did the rest of us. The good news is we're there for each other and you as well. President Lori Bundy started a mentor program this year so new board members won't be overwhelmed. She also initiated an orientation program that occurred during the convention immediately after the business luncheon.

### But I really don't have anything to offer.

If you're reading this, I promise you do. "FCRA needs to (fill in the blank)" We've all been there. Instead of just thinking or saying what we think FCRA needs to do, it is much more rewarding to be a



part of making it happen and understanding the process. Get involved. We'd love you to!

### But there aren't that many positions on the board.

Get involved with a committee. Every one of us is passionate about something. Find yours with the committee of your choice.

### I don't have time for committees.

Did you know each committee, just like the board of directors, is a team and that some of them are only called upon when needed? There might be a committee that is currently dormant just waiting for you to unleash your passion.

### Where can I find the list of committees?

Go to the new web site at [fcraonline.org](http://fcraonline.org) and click on the "About" tab. You can contact the committee chairperson right from the list or reach out to a board member. We'll help you find your perfect fit.

### The board does what they want anyway.

No. We actually make motions and vote on them and even disagree. We have by-laws and policy and procedure with which to follow. We always remain respectful, however. Let's face it. We're really all in this together!

# Convention Seminar Highlights



The convention theme this year was “Get a Clue.” The reporters at this year’s convention definitely did just that. Lori Bundy and the convention committee put together a fun mystery themed weekend, from

the seminars to the parties, and even the exhibitors got involved.

We certainly cannot discuss seminars without first discussing the Florida Rules and ethics Certification seminar. It’s a great way to kick off the convention. Holly Kapacinskas, Cindy Bender, Cathy Phillips, and Paulita Kundid were back to present the one-day seminar, which covered Florida’s Rules of Court as they apply to court reporters in depth, as well as showing how NCRA Advisory opinions applied. Things are always changing in the wonderful world of court reporting. It is paramount to have the information so we can, as a profession, stay informed of what changes occur. They took reporters step by step through the completion of the transcript and covered various kinds of depositions, sworn statements, arbitrations, examinations under oath, independent medical examinations, and court proceedings. They also covered information such as why you put what information where and what is required and prohibited. They also guided the class through records pickups and how the Federal HIPAA Act impacts a reporter’s performance of this routine assignment.

Also on Friday, Gayl Hardeman and Robin Merker were back to “Take the Murder out of Editing” with an exciting Case Catalyst class to show reporters what’s new and great in Case Catalyst Version 18. The dynamic duo demonstrated timesavers like CasePrep and iCloud backup and helpers like the new direct importing of Eclipse files so your colleagues don’t have to export to RTF to share files or dictionaries with you. They also showed some new features with Realtime Commands and Dictionary Builder.



Continuing with Friday seminars, Christine Phipps presented “Tips & Tricks on Editing in Eclipse.” She taught how to work smarter, not harder, by having your dictionary work for you. As Christine emphasized, learning your dictionary will transition you into a better realtime reporter with better feeds



and less editing, resulting in higher gross sales capabilities.

Ann Baldasari was also on hand to teach Procat users how to “Unlock the Mysteries of Procat.” She focused on how to increase your translation

rate and reduce editing time by utilizing the phonetic table, dictionary maintenance, job dictionaries, automatic number conversion, automatic indexing, how to create and sign PDF transcripts, and how to write directly from your Impression or Xpression writer to a tablet or iPad.



On Friday afternoon, Richard Sciré and Michael Sciré “Solved the Mystery of the Quagmire of Voir Dire.” The twins taught three different ways how to write and conduct voir dire more effectively as a reporter, including writing prospective juror speaker designations in one stroke, for cleaner realtime and faster editing tips. “The only thing worse than reporting jury selection is talking about it,” Richard said. They both



put a fun spin on an otherwise boring topic.

On Friday and Saturday new Florida resident and FCRA member Jennifer Bonfilio made her inaugural appearance at the FCRA convention by teaching two different seminars. “Just the Facts, Ma’am...About CART & Captioning” She taught the real deal about CART captioning in a workshop designed to introduce court reporters to the alternative fields of CART and

*Continued on page 11*



# Convention Seminar Highlights

Continued from page 10

ASSOCIATION  
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captioning including Internet captioning, stadium captioning, broadcast captioning, and more through her own experiences. Attendees discovered the myriad of new career opportunities available to them in which they can apply their court reporting skills. They learned the steps to follow to achieve the realtime skills necessary to enter each of these fields. A comparison regarding theory modification, equipment, and salary potential

was discussed in a candid fashion.

Jennifer's second seminar on Saturday, "Uncovering Your Hidden Talent," was a hands-on session where captioners got their hands dirty learning valuable realtime skills to set them apart

from their competitors to open a whole new world of opportunities. Jennifer taught how to write numbers to translate perfectly every time, how to write names and strategies to cope with word-boundary issues. This seminar was limited to 35 people and was closed out!



Dr. Santo "Joe" Aurelio also conducted two seminars. The English-grammar teacher and former court reporter taught "English Grem-lins and How to Defeat Them," covering English grammar, commonly misused

homonyms, and word pairs that plague many of us. His hu-

morous lecture taught easy-to-remember rules and memory devices to help you to always use the correct form.

Dr. Aurelio's second seminar was "Reporting the Boston Strangler Trial." The Boston Strangler terrorized the city of Boston from 1962 to 1964 when 13 women were brutally murdered. He discussed many aspects of the case from the murderer Albert DeSalvo to Attorney F. Lee Bailey. Dr. Aurelio was filled with great stories, some of which you can read about in his book.



The town hall panel this year comprised of the NCRA representative, Kristin Anderson; 2016-2017 President Christy Bradshaw; and lobbyist, Mark Pinto, Jr. The CEU-worthy Town Hall meeting provided valuable input to NCRA about driving issues in our locale with the assistance of our state leaders. The informal meeting gave members an opportunity to get together to discuss emerging issues and to voice concerns and preferences for their professional court reporting community. Mark, from The Fiorentino Group, spoke regarding our legislative meetings this past February in Tallahassee and gave an update on the progress of the current certification efforts. Christy and Mark also discussed the newest information of the Florida Notary ID issue that is still unclear for reporters in Florida.

"Death Investigation in the '30s" was presented by Dr. Emma O. Lew, medical examiner. She discussed very candidly the process of death investigation and even used case examples. Dr. Lew reviewed cases to show how it's essential to use all information available in every case, including the history, terminal events, scene circumstances and findings, autopsy findings, toxicology, other studies and investigative information in order for the medical examiner to arrive at the most accurate determination of the cause and manner of death.

Todd Hand and Fred Rosen detailed their collaboration on the double murder at the heart of the book *Flesh Collectors*. The purpose of this seminar was to show how reporters and detectives can work together on homicide cases. Fred spoke

Continued on page 12



# Convention Seminar Highlights

Continued from page 11

about how the Hillsborough County Sheriff's Department worked together with him on the Lobster Boy case, in which the evidence he discovered was turned over to the prosecution and led to the conviction of two of the murderers of Grady Stiles, Jr.

Also on Saturday, Dave Wenhold discussed "Body Language – How to Develop the Sherlock Holmes' Intuition." Reporters learned how to use subtle signals to judge any situation. Whether it is in the elevator, the office, a courtroom, or a boardroom, the unconscious signals that a person's body sends out will allow



you to better read them. It was a fun and interactive seminar that showed how to make an impact with others through nonverbal communication.

On Sunday, Becca Tebon conducted "The Final Mystery – Health & Fitness for Court Reporters." The mom, coach, nu-



trition and fitness trainer, personal health coach, author, healthy lifestyle and detox expert is an inspirational speaker and showed how to turn stress into success and increase production while decreasing your bottom (literally.) Sunday mornings are tough anyway, and Becca did a wonderful job getting everybody excited about health and well-being. Look for her frequent contributions to *FCR Online*.



FCRA would like to thank the following Sponsors for their special contributions/donations to the success of this convention (as of June 4, 2017):

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By Christy Bradshaw, RPR, FPR,  
Immediate Past President



## Immediate Past President's Message: My Proud and Humble Journey

It's hard to believe that it's been 371 days since I stood up here and addressed all of you for the first time as FCRA president. It's been a very fast year! My mom always said, "The older we got, the faster time went by," and I'm really starting to believe that's true. FCRA has had a really busy past 12 months, and part of what I'm going to discuss today, you've heard about, so it's just a brief recap. I wanted to just take a couple of minutes and give you a brief rundown of what our year has been. As most of you heard this morning, we went to, at least this past February, for our first-ever Hill Day. The board, along with Mark Pinto and Allison Carter of the Fiorentino Group, met with legislators to make introductions, get our name and our face out there, and try to educate them on what we were trying to do with certification. A few of the legislators we met with were shocked to find that in the statutes the language has been there for years for certification, but have been held in abeyance and never enforced. We're still working diligently with PK Jameson and the Supreme Court to try to get the registry going, with certification following.

If there's one thing I've learned in these past six years, or five years now of board experience, is that nothing happens quickly in legislature. I used to sit out there in the audience where you sat and wonder why year after year I heard the board talking about the same topics but they could never be finalized. After serving on the board for five years, I've learned that it just doesn't happen as quickly as we want it to. We know you get frustrated, as do we, but please know that we're not going to stop trying. As long as you want us to try, we will keep up this fight.

While in Tallahassee, we also met with the staff from the Office of the Attorney General regarding the notary and I.D. issue, which was also discussed this morning. We are still trying to get clarification on that issue of the I.D., and we will also keep fighting to try to get clarification for all of you on that. It was very refreshing to hear, though, that the Florida Bar appreciates the fact that we properly identify witnesses and consider that part of our job; so we're hoping that working with the Florida Bar will give us more leeway to get some clarification from either the attorney general's office or the notary office.

For those of you who took the FPR class yesterday, good job! You probably noticed that there had been a lot of changes if you were taking it as a refresher. The Ethics Committee has worked very hard over this last year, especially Holly Kapa-cinkas, redoing the entire manual. This is not an easy task. It is a monumental task. My first year on the ethics board, we

redid the manual and it takes a lot of time. But this manual is invaluable to us. And I really want to thank the entire ethics committee for the work they've put into this over the year. If you've never taken the FPR, you really should! I can tell you from firsthand knowledge, that you walk out of that class thinking, "Oh, my God. I thought I was doing that right, and I was not," and you'll say that two or three times before you get back to work the next day.

Many of you probably also notice that FCRA has a new website, that just came up in the last couple of months. This new web site is very user friendly and very attractive. Amy Yarbrough has worked on that website quite a bit. It's still a work in progress, and we're still going to have a few glitches, but it is overall very user friendly, and I think everyone's going to find it much easier to use.

FCRA has lost very two important people this year that I wanted to recognize in my remarks. Russ Weathers, who was our FCRA 1987 president, past president, passed away earlier this year. Russ was a good friend of mine and one of the first court reporting agencies I ever worked with when I started my business. Those of you who knew Russ knew that he was a very spirited soul. Russ always had an opinion, even if it was one that you didn't like, and he was always going to speak his mind. But he was always supportive, for the most part, of our association, other firm owners, and new court reporters. I think Russ is going to be very, very missed by everyone who knew him!

We also lost Arlene P. Sommers earlier this year. Arlene was 88 years old when she passed away. She was married to her husband for 67 years. As most of you know, she made a gracious donation to FCRA back in 1990 and created the Arlene P. Sommers Award to be given each year to reward teachers and mentors for their dedication to educating court reporting students. This award will continue even though she is no longer with us. FCRA is very grateful for the donations she and her family have made and she will be missed very much. I know some of you knew her personally.

In closing, I just want to say, it has been such an honor to be the FCRA president. Looking back at my career, and my court reporting career, last year I stood up here and my theme was Fantastic Journey! I've had a great journey in the court reporting field. I was terrified when I took this podium last year as president. It has been one of the most rewarding experiences I have ever had. I have a fantastic board. I

*Continued on page 15*





## My Convention Debut

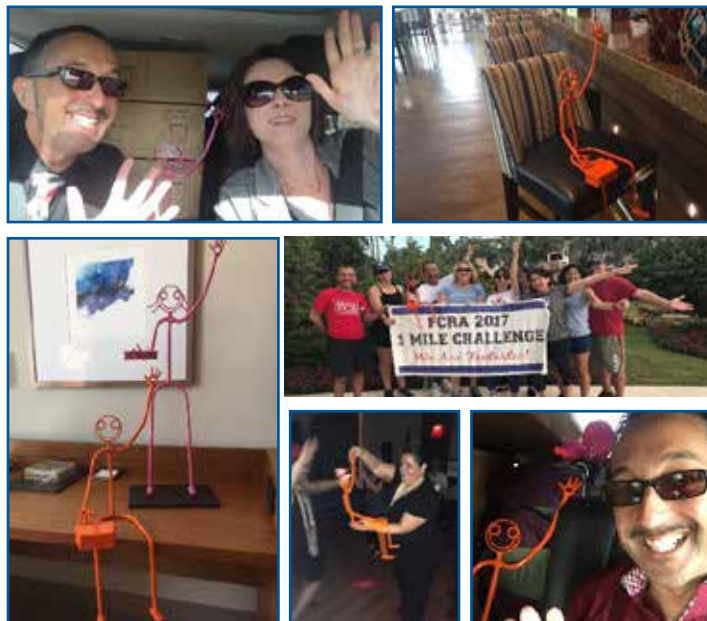
By Steno Stanley

**A**s the unofficial mascot of the FCRA convention, I must say I had a great time! I was a little hesitant going on this car trip when my sister Sally and I were packed in President Lori's car, along with the twins, Richard and Michael. There were so many boxes in the car, I couldn't spot my sister for several hours until we arrived in West Palm Beach. Once we arrived, I was greeted by friendly hotel staff and friendly hotel patrons. Everyone was curious who the little orange man was. I was proud to say that was me!

In the days that followed, I've been treated very well. From business meetings to luncheons (although as you can tell by my skinny body I don't eat very much) to late-night parties, I was having a wonderful time. I even got up at 7:00 a.m. for the one mile walk! The highlight was dancing with some of the reporters at the president's party. Special thanks to Bobbie Barrett and the team at Orange Legal for helping me dress to impress in my orange fedora and orange bowtie. I looked quite dapper, if I do say so myself.

Steno Sally, on the other hand, was put on the raffle table. I wasn't so sure her experience was going as great as mine was. When I finally checked in with her, she was having an even better time than I was meeting all the hopeful raffle winners as they wanted to take her home. She is now living with her new mommy and daddy, Lori and Kevin Bundy. Ironically we got to ride home together until she settled into her new home in Naples and I went on back to Sarasota with my dad Michael and Uncle Richard.

Thank you, court reporters and exhibitors and vendors and FCRA, for making me feel so welcome at my first convention. I hope to see you next year.



*Steno Stanley and Steno Sally are each holding steno machines. Sally's machine is a holder for business cards and/or tablet or smart phone. Each were custom made. For information about purchasing a custom version of Steno Stanley or Steno Sally, contact Michael Sciré at [mscire@jud12.flcourts.org](mailto:mscire@jud12.flcourts.org) for more information.*

## Immediate Past President's Message...

*Continued from page 14*

couldn't have asked for a better board. Everybody has been very supportive. Not unlike those of you who are new to court reporting or new to this board or new to a convention, when you take a position like this, it's the unknown, and so you learn and you hope that you can do a good job, and I hope that I've done a good job for all of you. I didn't accomplish everything I wanted to accomplish; but I don't think any president ever does.

There are so many people I want to thank for making this past year such a great experience. There's not enough time to thank everybody individually, but there are a few I want to recognize. I want to thank my wonderful board, as I said, first of all, because all of you have been supportive in everything I did. I want to thank Dave Wenhold, Lynn Hupp, and Jojo Abreu from KWMG for their guidance and support. You all have been wonderful. And I want to thank my business partner, Rick Levy, for your support and patience with me over this last year. He has been here to guide me since

my very first day on the board. Every Friday I needed off to work on FCRA tasks, it was never a problem.

I also want to thank Rosa Naccarato. She has been here with me every time I have picked up the phone and said, "Oh, my God. What am I supposed to do?" She always took my call. The same for Cathy Phillips. I would hang up a call and walk out my door, and Cathy's desk is right there, and I would say, "Cathy, what am I supposed to do?" Cathy was always there to support me.

Lastly, my husband, who is not here today. He's been my bouncing board for ideas all year and he is probably ready for Lori to take over and have her husband be the bouncing board for this next year.

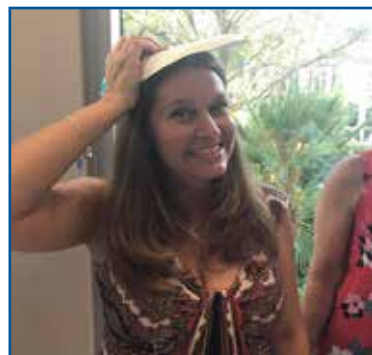
Lori, you're going to do a wonderful job. You're going to be a great president, and as Rosa was for me, I will be there for anything you need.

Thank you.

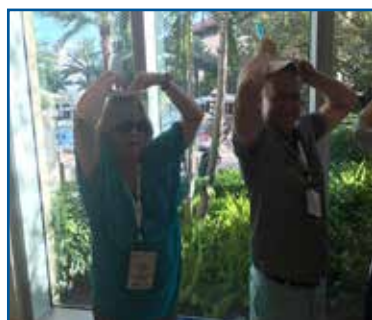
# In and Around the Convention



**THIRD ANNUAL ONE MILE CHALLENGE:** Michelle Smith organized the third annual One Mile Challenge during the convention. The enthusiastic group didn't let their busy convention schedules and late nights out deter them from starting the day just right. The early morning walk was before the seminars on Saturday morning began and the location was in the nearby city area just across the street from the Hilton in West Palm Beach.



**STUDENT LUNCHEON** - Every year a special luncheon is held for the students in attendance of the convention. The sponsored lunch was attended by students, teachers, and board members, among a few other special guests. The gathering was held in the president's suite on the Friday of the



**THE VENDORS RECEPTION** - What better way to thank and appreciate our amazing vendors than at a reception! After sitting all day on Friday, convention attendees, sponsors, and vendors were ready for some fun. This year's reception entertainment put the FCRA vendors on the spot hilariously during an interactive game where the vendors had to draw a picture on paper plates atop their heads based on a photograph of Twins Richard and Michael Scire sitting at the FCRA table in the exhibit hall. Points were given for each aspect of the photo that was included in each of the drawings. Thank you, vendors, for not only your support but for playing along. Afterwards, partygoers enjoyed socializing and the return of the Plinko board for guests to play for more raffle tickets for the following night's basket extravaganza drawings.

**THE FINAL BOARD MEETING** - The pre-convention events started with the final board meeting of the fiscal year. While the meetings are usually attended only by the board members, all FCRA members are welcome. This year's final meeting was honored with the presence of those who joined the board including three NCRA board members, FCRA members Rick Levy and Christine Phipps and the official NCRA representative Kristin Anderson. Once the meeting wrapped up, a champagne toast was enjoyed celebrating the birthday of outgoing president, Christy Bradshaw.





# Kudos & Accolades



**Emily Mann Distinguished Service Award**  
Rick Levy had the honor of presenting Holly Kapacinskas with the Emily Mann Distinguished Service Award. Holly's dedication and commitment to the court reporting profession and to FCRA over the years has been impactful and inspiring.

Her acceptance speech was in true Holly fashion, heartfelt and appreciative. "All the people that I've served on committees with, and on the board, thank you for your friendship and your passion and your selfless commitment to this association," said Holly.

Holly then continued by thanking those who helped her on her journey towards the EMDSA achievement. "I found out a few years ago that Sandy Narup had put my name in the hat for the board. I never thought about it. And I'm sure she thought it was a small thing at the time to nominate me. It really made a big impact on my life. And, actually, I stand on all your shoulders. I'm so cognizant of that, because you've all lifted me up along the way."

Holly then expressed her sincerest gratitude to her family who surprised her by being in attendance. "My mom and dad always instilled in me the whole concept of paying it forward and always leaving things better than you found them. And so, Mom - and Dad, if you can hear - your lesson didn't fall on deaf ears. I've always stood on your shoulders my entire life. You should stand up here with me because this is your award, too."

Lastly, Holly thanked her biggest supporter, her husband, Len, who also surprised Holly by being in attendance, along with other family members. "We all know how hard this job is, and the only thing harder I can think of is to be married to somebody like us. You know, I mean, he's my sounding board...my air when I'm being buried."

Holly concluded, "Court reporting is like riding a bike. It's really easy, except the bike is on fire, and you're on fire, and everything's on fire!"

Holly has quoted her parents many times over the years, "Always leave things better than you found them." Through hard work, dedication, and compassion, Holly has done just that. It's a perfect example by which to lead. Congratulations, Holly, on a well-deserved award.

## Arlene P. Sommers Award

Created in 1990, the Arlene P. Sommers Award for excellence in education has seen many worthy recipients. When past president Sommers and her husband made the generous do-

nation to the association, it was to honor the recipient, who, in the judgment of the board of directors of FCRA and the Arlene P. Sommers Award Committee, as a court reporting educator has displayed the highest ethical and moral standards and who has made the greatest contribution during the fiscal year to the education of court reporting and captioning students and must be or have been a teacher or administrator engaged in a court reporting educational program in the State of Florida, or any other person who has made a significant contribution to the education of court reporting students.

It came as no surprise that this year's recipient was Gayl Hardeman. Sharon Velazco presented the award to Gayl with much excitement and enthusiasm. Sharon thanked Gayl for her exceptional dedication to our profession and her continuing efforts to educate our students and court reporters.

Founder of Hardeman School of Court Reporting and Captioning in Tampa, Gayl is a true pioneer. The Hardeman School of Court Reporting and Captioning in Tampa currently has 30 students. You can read more about Gayl in the spring issue of *FCR Online* where she was featured as Member Spotlight.



## Realtime Contest Winners

This was the first year the tests were broadcasted live via Facebook so people could listen in on the tests whether at home, at

the convention site, or even on their smart phones or tablets, without disturbing the test-takers.

The tests were dictated by Gayl Hardeman and Michael Agostinelli with Hardeman School of Court Reporting and Captioning. Gayl announced the winners at the business luncheon. Congratulations to those who competed in the realtime contest.

## Literary

Rhonda Hall-Breuwet	98.8
Laura Landerman	98.5
Anthony Trujillo	97.8

Continued on page 18



## Kudos & Accolades

*Continued from page 17*

### Jury Charge

Rhonda Hall-Breuwet	98.8
Anthony Trujillo	97.4
Laura Landerman	96.4

### Q & A

Rhonda Hall-Breuwet	98.1
Anthony Trujillo	97.7
Laura Landerman	97.6

### Overall

Rhonda Hall-Breuwet	98.5
Anthony Trujillo	97.6
Laura Landerman	97.5



Special thank you to Anthony Trujillo for being this year's CART captioner at the business luncheon during the FCRA Convention! This was not Mr. Trujillo's first time captioning the event and we look forward to his expertise in the future.



### **Other Convention Recognition**

Donna Kanabay received a Special Recognition Award for her astounding efforts, achievement, and dedication to FCRA. Ms. Kanabay is FCRA's honorary and self-proclaimed historian. FCRA Executive Director Lynn Hupp, who was unable to attend, also won a Special Recognition Award for her hard work and dedication. FCRA could not function without the hard work of Ms. Hupp.

Amy Yarbrough won the Meritorious Service Award for her outstanding leadership in the redesign of the FCRA website while Lori Bundy was presented with The President's Award for her outstanding support to the president during Christy Bradshaw's 2016-2017 presidency.

### **Outside of the Convention**

Congratulations to Christine Phipps (third from left) for being named as the South Florida District Small Business Woman-Owned Person of the Year. Ms. Phipps is pictured with five of the other 2017 South Florida National Small Business Week winners! Since 1963 the President of the United States issues a proclamation announcing National Small Business Week to recognize and honor America's small business owners. The Small Business Administration's South Florida District's National Small Business Week Awards for 2017 were presented during a recent business networking event hosted by Partners for Self-Employment.





By Christine Phipps

## Christine's Corner

### Review Speedtest.com

**H**ave you ever wondered if your computer upload/download speed was slow? I found this website, speedtest.net, a sophisticated broadband testing and analysis tool, so you can find out just how connected you actually are. For example, I was transferring items to a new computer via Dropbox and I was transferring about 150 small files and it just slowed everything down, including incoming email attachments, and speed in my SysTray was indicating 2kbps; however, I was at home on my wireless, shouldn't be this slow. So I ran speedtest.net and it showed me that my speeds were 2.10/1.99mbps respectively, not what my normal rates are. The problem was that the large amount of files placed in Dropbox was maxing out my bandwidth, which was greatly impacting my Internet speeds. The thing is that I was still able to deduce that I indeed was connected and these are the rates. I thought it was amazing that it even told me who the Internet Service Provider (ISP) was and the IP address, which can come in handy when streaming. This site even comparatively analyzes, via a grading system, your connection with others around the world.

This tool should actually be used on a fairly consistent basis and it will keep track of each time you test your

computer, this is so you will know what your norm is, and then when things have slowed down, you can go to the next steps to diagnose your problem. I would recommend charting your data when you work at different locations and make comments on your chart as to whether it affected your streaming realtime or live editing. Doing this will help you assess more quickly when you are having streaming or live editing issues because you will know what the norms were when it was working for those areas, so that you can then move on to the next step in your analysis and ultimate diagnosis of your issue. Another reason to do this is because you can go to your ISP and see if you are actually getting the promised rates, and if you're not, you can report your test results and the ISP will then have to analyze and improve your connection. Also, with many ISPs, you can purchase faster connections by opting to pay more.

Christine Phipps, RPR, is a freelance reporter and firm owner, Phipps Reporting, Inc., headquartered in West Palm Beach, FL, former co-chair of NCRA's Technology Evaluation Committee, Eclipse Trainer, Realtime Systems Administrator

By Robin Merker, RPR, FPR

## Student Corner



We had a bumper crop of students to our third annual Student Luncheon! Some were there for their second time – probably last before they graduate – and, of course, we had our first-timers. Not

only that, but three of our in-state schools, Atlantic, Harde-man and Sheridan, were also represented by their faculty. Encouragement was offered, war stories shared, and support assured – and a good time was had by all!

One thing that the FCRA board and teachers reiterated during the luncheon was never give up, keep at it, and keep practicing. There is no substitute for hours and hours of practice getting you to the next level and out the door as a working reporter.

And while we can't offer you any magic bullet, what we can offer you is the support of an entire association to help you along the way. Over the years your teachers and schools have called upon the court reporting community to help with providing internships and one-on-one mentoring and have never been turned down. If you are living in Florida, but attending an out-of-state online school, we are here for you as well! Just contact me at [rlmerker@att.net](mailto:rlmerker@att.net), or contact us through our website [fcraonline.org](http://fcraonline.org).



By Rick Levy

# Influencing Old Stomping Grounds



**D**ear FCRA Members, I write you today as I reflect on a special day that I got to spend with Kristin Anderson, NCRA board member, two amazing teachers, and about 20 court reporting students.

The date was June 22, 2017 and it was the Thursday leading up to the recent FCRA Annual Convention in West Palm Beach.

Kristin was in town as our NCRA rep and, as NCRA representatives, we always try to visit local court reporting schools when we are asked to do a state association rep assignment.

This year we had the plan and pleasure to visit the court reporting school where I had personally spent some time and graduated from back in 1996.

We arrived at Atlantic Technical College, ATC, at about 10:00 and were greeted by Ms. Williams, Ms. Hill, and 20 court reporting students ranging in speeds from 60 wpm to 200 wpm and everything in between.

Kristin and I introduced ourselves and jumped right in as we were on a tight schedule as Kristin and I were having lunch with the school program administrators and the chair of the department to work on ways to get more students into the program and ways to get more graduates.

From the moment we walked into the classroom, the students were fully engaged and eager to hear what we had to say. There were students who were in theory who, needless to say, were shy and reserved and simply listened to our stories and words of advice. There were also students in the mid to high speeds who were trying to write what we were saying on their machines, which was cool to watch. There were also students who were curious and were asking rapid fire questions, you know, the "what do you do if" kind of questions.

I spoke briefly and then introduced Kristin to the crowd, as they had heard me speak before and I wanted them to hear about our profession from another voice.

During the two-plus hours we spoke to the class, we were truly able to go back in time and put ourselves in their shoes, remembering well the days when we sat in those chairs chasing that goal of 225 words per minute, all along thinking we would never get there. And when we finally realized we were close enough to intern and see the light at the end of the tunnel is when the thoughts came of "yikes, now what? You mean I am in the hot seat alone?"

It was a fun and rewarding day as we got to know some of the students and their personal stories of successes, pitfalls, and failures.

The students of course all have unique "situations" they are dealing with as some are parents, some have part-time jobs, some have full-time jobs and others are young students with no outside influences to affect their practice times.

I can honestly say that visiting our local court reporting school is always a special day, because like us all, we have all been in those seats chasing that elusive 225. There were many students who were "stuck" at a particular speed, a few who were going for their exit speeds and a few others who were just getting started and were eager to start their journey.

One of the benefits of the convention being so close to the school was that about six or so students from that school were in attendance at the convention. While at the convention I was personally able to continue our conversation in a more conducive setting and was able to have some one-on-one conversations addressing their personal struggles of school/work/life.

Visiting the school as I do once or twice a year has become such a special day because I get to meet new students and am able to watch them progress through the program and eventually become a colleague of mine.

One of the highlights of FCRA conventions is when I get to see former students now in the field as "real-life" court reporters and get to see their successes first hand.

If any of you reporters ever get the opportunity to give back and speak at a local court reporting school, I strongly encourage you to do so. You will find it as rewarding as the students do.

And always remember that we ALL were sitting in those chairs listening to our teachers dictate and hoping at some point that we would finally pass a few 225s and enter the real world of reporting.

For those of you interested in speaking to the students, please feel free to reach out to myself or FCRA President Lori Bundy to make it happen. The teachers and students are always looking for us to visit and to motivate the students and, more importantly, give them a true perspective of what life is really like as a working reporter, good or bad.

Thanks again to Kristin for coming with me and to Ms. Williams and Ms. Hill for allowing us to share our stories with the amazing students at ATC.

Keep up the good work and soon we will see you in the office,







## Detox your Body, Brain & Soul on this sisterhood retreat!

An exclusive retreat for women (18+) who want to get away from the chatter of business, family and social media and want to dive deep into self-love, worth, value and purpose... while detoxing their guts and dropping substantial weight caused by a backup of caked on waste and water.

Nurturing you for 11 days (4 before the retreat & 4 after), as your body releases toxins and wastes that cause brain fog, pain, fatigue, bloated belly, insomnia

amongst other symptoms by eliminating S.A.D. diet & replacing it with specific nourishing juices from ORGANIC, cold-pressed vegetables & fruits, plus herbal supplements to reduce and eliminate mucous, parasites and heavy metals. Empower yourself with more discipline in a group setting (accountability) and feel even better about yourself!! Located at Blessed Beech Sanctuary, Private 5,000 sq ft Home, Beech Mountain, North Carolina 28604.

### Release 5-10 pounds!!

#### WORKSHOPS:

- Dr. Isaura D González, Psy D's- founder of "Latina In Action," will share her international workshop on personality programming— GET UNSTUCK!
- Lois Kramer-Perez's feng shui will share her daily meditation practice & how to meditate, along with "Discover Your True Nature: 5 Element Personal Discovery" — This was an EYE-OPENER for me.
- Becca Tebon— Holistic Health, Fitness, Food & Life Coach/Speaker/Author —Decode your life's TRUE Flow (50 different areas) and discover your unique code, gaps and life vibration with FITprint™ and then learn the steps that will lead you to ACTIVATION & AWARDS by shifting your SHITTY habits (excuse me, just calling them what I call mine).
- Create an Envision Book™ & Mindful Map™— manifesting tools that create your best, healthiest & happiest life— with purpose, on purpose!
- Fun artsy projects

#### CHILLAX TIME!!!!

- Pool table, darts & game room
- Breath-taking views
- Hikes (optional)
- Fireside chats
- Facials & mud masks
- More Fun, artsy projects

#### PRE-RETREAT:

You will be provided with routine, meal planning & coaching session prior to retreat.

**POST-RETREAT:** You will be provided with a special guide post detox.

GET RID OF SUGAR & CARB CRAVINGS, drop pounds and find it easier to make healthier choices!! Guaranteed!!

#### INCLUDED:

- 11 Day Coaching Program & Retreat
- 3 Days at exclusive sanctuary perched in beautiful Beech Mountain, NC
- Round trip transportation from/to Charlotte-Douglass Airport during scheduled shuttles (Friday 11am & Sunday 3p)
- Coaching — Group & Individual (20 minute call prior to retreat)
- 60+ page manual (guide and recipes)

- Compete Detox with juices to help your body detox (18 bottles)
- Herbs to release parasites & colon mucus build up
- Workshops: Feng Shui Your Life, The Art Of Creating Your Life By ••Design & On Purpose, Decoding Your Personality Type (Better Relationships, Empowering Self Worth, Cleansing & Clearing)
- Yoga, morning meditation & stretch
- Hikes (optional) Releasing ceremony
- Girlfriends for life on a journey to more love, more life, more laughter!
- SWAG (of course!!)

**For more information, visit <https://www.eventbrite.com/e/detox-2-destiny-tickets-35128477221>**

**PLEASE NOTE:** Retreat registration closes Sept. 20th so that we can help all of the attendees prep and ship out herbs.

By Kristin Anderson, CSR, RPR, FCRR,  
NCRA Representative



## From Texas to Florida: A Message from the NCRA Representative

**G**reetings from Texas to the most Awesome Floridians...Florida Court Reporters Association (FCRA) members!

I want to take this opportunity to thank you for your hospitality and the humble privilege of being able to serve as your National Court Reporters Association (NCRA) Representative at your outstanding convention put on by your FCRA Board and committee members this past June in West Palm Beach. Time flies by so quickly at conventions by attending seminars and catching up with colleagues and friends. Y'all have so much to be proud of in Florida. First, you have Texas beat. You are the second largest state of NCRA members nationally. So, on behalf of NCRA, and court reporters everywhere, thank you for your support of this profession on a national level and making national certification and membership a priority in your career. We value each and every member we have, and we want to hear from you!

I have traveled several places now as a director, and I have to tell you that Florida should develop a seminar for national distribution on how to run a smooth and successful annual convention. From the Basket Extravaganza to the Annual Business Meeting, everything seemed to move along seamlessly. The venue was fantastic with neat and unique vendors that appealed to those of us fancying jewelry to those ready to bring home a brand new steno machine. There was no excuse not to stop by and chat since they were accessible right aside the doors of the meeting and competition rooms.

Speaking of competition, let me take this opportunity to congratulate Rhonda Hall-Breuweit on winning the FCRA Realtime Contest this year. The margin of error between contestants is like that of the 100 meter competition in the Olympics. Wow! Thank you to all the participants. You are the exciting rock stars of our profession. Thanks for always raising the bar and reminding us that we embrace a remarkable skill. You should be proud of your accomplishments in this arena. It is always scary to put yourself out there. I know your fellow FCRA members are proud of you, and so is NCRA.

Congratulations to the 2017 Emily Mann Distinguished Service Award recipient, Holly Kapacinskas, RPR, CRR, FPR. What an inspiring video done by Donna Kanabay, as she does every year is my understanding. I was emotionally moved, and I had just met Holly at convention and felt like I had met her spirit and enthusiasm in the past somewhere along this reporting journey. Thank you, Holly, for your dedication and expertise you have brought to the field of court reporting. It is truly a better place by your service and involvement.

Rest assured, your board is hard at work making decisions and plans that will have a positive influence on its member-

ship, the profession, and light the way for an incredible future for all the enthusiastic students you have attending school in Florida. It was great to have the opportunity to mingle and meet them at the student luncheon and hear their stories, and the stories of many of the current and past leaders on their humble beginnings in the world of court reporting. At the Past President get-together, it was neat to be able to watch everyone reminisce about where they have been and where they are today, how some things change and yet others stay the same. One thing the same is how devoted each of them is to our profession.

There is great leadership on your executive committee and board of directors. It was an honor to present at the Town Hall Panel with now Past President Christy Bradshaw, RPR, FPR, and Mark Pinto, your lobbyist. They are truly working hard to get clarification on the notary issue and get your certification goals accomplished. There is strength in numbers, so keep in contact with your board and legislative committee to be ready to make calls and do letter campaigns at crucial times to benefit both reporting and the public. Certification is just plain good public policy. It protects everyone involved, the reporters, the litigants, and the parties.

Now, finally, the most important aspect I would like to share with you is the "why" we are court reporters. It is a much stronger message to our communities. We touch the lives of so many, and you have a true, unique bond in Florida. Your new president, Lori Bundy, will no doubt do an excellent job representing you on the why. She is a fabulous FOCCR (Federal Official Court Reporter) and an outstanding hostess who took on the convention planning responsibilities as well this year. Lori, you are always willing to step up and make a difference. We expect amazing things from you in Florida this year and with NCRA in the years to come.

So what is the "why" and why is the message so crucial you ask. Simply, it affects the lives of everyone, the deaf and hard of hearing, veterans, and the families, the friends, and the lawmakers supporting initiatives to ensure these individuals and all of society is allowed equal access to communication. It is a simple message, but that is what makes it a strong message. Yes, we have a financially rewarding career, and that is an endpoint, but I encourage you to always think back about that love and drive you had to practice on that olive green steno machine when you started school. You were going to make a difference that mattered in this world. Never be disconnected from that. It is an inspiring message to our future reporters and an important awareness for the

*Continued from page 23*





By Michael A. Scire, RPR, CMRS

## Promoting Us and Educating Them Part 2

**N**ever missing out on an opportunity to boast, brag, and educate about our profession, we recently took advantage of an opportunity to speak to all the detectives from all of the different local law enforcement agencies. The request came from our favorite prosecutor, Suzanne O'Donnell, the day before we were scheduled to be off to get a head start to West Palm Beach for the FCRA convention. Suzanne was teaching a weeklong class to the detectives, part of which encompassed fieldtrips to the courthouse. When she approached me in court to ask if we could do a presentation on court reporting, I didn't hesitate to accept the invitation. I wasn't sure exactly how Richard and I could logistically make this work since we had a million things to do before the convention and were taking the day off, but I knew we would figure it out.

Backing up just a bit, about six months prior, Suzanne had a similar invitation when she came to our office suite with a five-minute warning and asked if we could come down to the courtroom to speak a little bit about court reporting and the importance of making a record to the police academy. I was the only one available at the time so I grabbed my steno machine and my laptop, got my realtime going in the elevator, and walked into the courtroom of approximately 75 cadets. As you know, sometimes people think court reporting sounds boring and other times people think it's as fascinating as living a life as a superhero. I wasn't sure what to expect with the cadets. Not having my trusty sidekick and partner-in-crime there to help me sell us as superheroes was surely going to be a challenge.

I first began as we usually do when presenting, I talked about the steno machine, its history, how fast we write, showed what the steno machine looks like, and then I talked about the software, its capability, and realtime. Then I talked



about the record, the final product, the importance of a live reporter versus a digital recording. They were all somewhat fascinated with the machine. It wasn't until Suzanne and I did an impromptu mock trial that I instantly became the superhero. All the cadets gathered around my laptop as best they could and cheered and roared in amazement. It was very cool. Even the instructors were blown away. My five-minute presentation turned into an hour. I received a round of applause as I exited the courtroom. By the time I got back to my office, Suzanne had sent me a text thanking me for my last-minute presentation and next time she'll give me advanced notice.

Now this time with the detectives, Richard and I were able to present together. Richard writes while I do most of the talking while walking around the courtroom with Richard's laptop to show his realtime screen. Richard interjects as often as he can to address whatever I leave out. This group of detectives was very quiet. The only person laughing at our silly jokes was Suzanne. I wasn't sure if they were just bored or not paying attention. As I walked around the room and offering up facts from the wonderful world of court reporting, I could see several

*Continued from page 27*

## From Texas to Florida: A Message from the NCRA Representative

*Continued from page 22*

public we serve not only in the legal spectrum, but equally for Communication Access Realtime Translation (CART) and captioning consumers. I would like to send out a big thank you to my soon-to-be outgoing senior NCRA board member, Rick Levy, RPR, FPR, for allowing me to accompany him to Atlantic Technical College for a student visit. If you have not taken the time to mentor or visit students, I highly suggest that you do. It is just as rewarding to you, the professional, as it is for the students. It makes a big difference in their lives.

Service in general is rewarding. You make friendships

that last a lifetime from years of state and national service. That is how I met the infamous Cathy Phillips, FAPR, RMR, CMRS, FPR, several years ago under her leadership of the National Committee of State Associations (NCSA), NCRA's largest subcommittee and one of its most active. Get involved, my friends! Oh, the places you will go and the people you will meet...like Richard and Michael Scire. Looking forward to seeing them and all of you in Las Vegas in August! In the meantime, in the words of my esteemed colleague and a past NCRA president, Steve Zinone, Keep Punching!

By Donna Kanabay, RMR, CRR, FPR

# The Diamond Vault: The First Decade of FCRA



**A**t the annual convention in 2011, FCRA celebrated its 50<sup>th</sup> anniversary. It's hard to believe, but we are less than four years out from our 60<sup>th</sup> anniversary!

In early 2001, we realized with shock that that year was our 50<sup>th</sup>. Thus began a whirlwind project that had been in the back of my mind for many years, and we hastily threw together a team: Shirley King, Judy Everman, Liz Speer, and myself. We asked HQ to go to their warehouse and pull every bit of material they had stored, and with four months to throw it together, we met at the HQ offices and started going through box after box of material, sorting and parceling out tasks for each of us to work on. (and every single document and photo was then scanned and sorted, renamed, organized – at least as best as we could guess on a lot of the photos, since many of them had absolutely no information on them, not even a date. WHEN did photo processors stop putting a date on the back?? There were times I made a WAG – wild-a\*\*ed guess – based on the background and what the president was wearing.)



*The Fab Four receiving their beautiful award at the 2011 50<sup>th</sup> anniversary Annual convention.*

*L-R: President Robin Merker, Liz Speer, Donna*

*Kanabay, Shirley King, Judy Everman*

So let's begin our journey!

Our association had humble beginnings in 1961, and as you explore the progression through the decades, it's amazing to see how we've grown and changed as an association – and as a profession. I'm in awe of the men and women who not only had the idea, but followed through on it, and how they got it off the ground, especially when you consider that few of the modern tools we have today were available to them to get the word out.

It all started when a couple of guys working in St. Petersburg decided to try to form a state association when they realized Florida didn't have one. Art Clum was one of the founders who signed the articles of incorporation, and was our very first president. He remained president until Clifford Gaffney was elected for the 1961/62 term. Art recalls how the idea of forming the association came about:

*"Jim Scovell and I had back-to-back desks. I told Jim that Florida had no court reporting association, and why don't we start one? Jim said to me he has a law degree from New York and that he'd draw a charter and submit it to the Secretary of State."*

*"We needed to get the word out, so I and others in our office were soliciting as many names as we could, and mailing them penny postcards, informing them of our new chartered association. This was back in the days of ditto copies. I'm not sure which one of us it was, but we bought a hand-operated ditto copier and went from there. On the postcard we asked the people we sent the announcement to to send it to any court reporters they knew. The cards had a date in Orlando for an organizational meeting and the choosing of permanent officers, and the rest is history. It was kind of a snowball effect."*

*Donna Kanabay, on her way to return SOME of the boxes to HQ – after they'd all been scanned.*



Eventually, we named ourselves "The Fab Four," with all due (ahem) modesty, but the truth is, what we managed to do in that short time period was Fabulous (along with ridiculously impossible,) so we earned the right to the name, as well

as to the beautiful award we were given at the anniversary celebration.

*The 50<sup>th</sup> Anniversary Historical Research Team, a/k/a "The Fab Four," exploring just two of the many boxes that HQ pulled from storage for us to go through.*

*L-R: Judy Everman, Liz Speer, Donna Kanabay, Shirley King*



*Continued on page 25*



# The Diamond Vault: The First Decade of FCRA

Continued from page 24

ASSOCIATION  
BUSINESS

Our articles of Incorporation, in pertinent part:

## ARTICLES OF INCORPORATION OF FLORIDA SHORTHAND REPORTERS ASSOCIATION, INC.

We, the undersigned, hereby associate ourselves together for the purpose of becoming incorporated under the laws of the State of Florida applicable to corporations not for profit, under the following proposed Charter:

### ARTICLE I

The name of the corporation shall be FLORIDA SHORTHAND REPORTERS ASSOCIATION, INC. The principal office and place of business shall be in Tampa, Florida, until otherwise established and ordered by the Board of Directors. The business of this corporation shall be carried on at St. Petersburg, Florida, and at such other places as may from time to time be authorized by the Board of Directors, as well as at Tampa.

The signature page:

INWITNESS WHEREOF, we have hereunto subscribed our names and affixed our seals this 8th day of April, in A. D. 1961.

/s/ Arthur S. Clum (L.S.) /s/ Lois M. Conley (L.S.)  
/s/ Frank Newman (L.S.) /s/ James Scovell (L.S.)

Art Clum was our "interim" founding president, and held two more terms as president, elected for 1965-66, 1966-67.

2011-2012 FCRA President Rick Levy had the opportunity to meet and interview Art in honor of the anniversary, and the video was shown at the convention, and is also included in the commemorative video scrapbook, The First Decade (1961-1971.) I was thrilled to be able to get in touch with him and have his help in piecing things together.

I was also excited to get in touch with another of our early presidents/founders, Taylor Reese, our 1963-64 president; then re-elected for the 1964-65 term. Taylor had written an autobiography, including a segment covering his stint as a court reporter and part of the early days of the association.

Material from these early days is very scarce, but we were delighted to discover, in the 1981 May-June issue of Shorthand Notes, marking the 20<sup>th</sup> anniversary, an article by Jim Scovell, recounting our founding in marvelous, albeit tongue-in-cheek detail. (The article notes it's a reprint from the May 1962 Symposium, which was what our newsletter was called at the time. I'd pretty much give a limb if not a digit for ONE magazine from the 60s, so if anybody has any idea where they might be....)

"Over the years, some say twenty-five years, attempts have been made to form a Florida shorthand reporters association, and all have foundered, I am told, on the rocks of local animosities, suspicion, irresponsible control procedures, and, it must appear, lack of know-how to achieve the common goals."



The first FSRA Officers and Directors

President **Cliff Gaffney**  
Vice President **Taylor Reese**  
Comptroller **Frank Sarli**  
Treasurer **Frank Newman**  
Exec Secretary **Isidor Bakst**  
Corresponding Sec'y **Marjorie Canonica**  
Recording Secretary **Norma G. Summs**  
Northern District Director **Mary Geys**  
Central District Director **Art Clum**  
Southern District Director **Ed Gilbert**  
Editor **Frank Sarli**

### Our first elected Board of Directors

So what did FSRA actually accomplish in the 60s? Quite a lot, actually:

A CSR Committee was formed immediately, and Chair Doris Mauldin presented a draft, which was accepted. The law passed, four years later, in 1965. From Taylor Reese's autobiography: "*The law was passed, not because of some special talent on my part, but because I just didn't realize it couldn't be done, so I plowed ahead. The CSR law gave us status and standing and made it possible for anyone using a court reporter to know that he or she had the training to do the job and do it right. It was a great day in our state association's history and for the profession in general when our mission was finally accomplished. Literary was 160, Jury Charge, 180, and Q/A 200.*"

"By the time we got the CSR law on the books, we were a rock-solid organization, with functioning committees and midyear meetings and annual conventions. We were a going concern, an Association that exists to this day."

Secretary of State Tom Adams presenting commissions to the newly appointed Advisory Committee for Certified Shorthand Reporters. L-R:

Emily Mann, Taylor Reese, Cecil Noel, Lois Conley, Clifford Gafney.



Continued on page 26

# The Diamond Vault: The First Decade of FCRA

Continued from page 25

## FSRA CODE OF ETHICS

Cheerfulness and courtesy to Court and Counsel, litigants and witnesses, even under the most trying circumstances.

Promptness in attendance on sessions.

Decorum and dignity in dress and deportment befitting an honorable and learned profession.

Respect for and obedience to laws without as well as within the halls of justice.

Absolute impartiality, precluding any hint of impropriety or suspicion of lack of integrity attaching to his conduct.

Honest and fair dealing with clients, associates and fellow reporters.

Insistence upon such just compensation and fair laws as will attract and hold educated and talented men and women in a work arduous in the extreme.

A constant striving for self-improvement; and diligence, exactness and painstaking care in the preparation of the transcript — the finished product by which the shorthand reporter is judged — thereby reflecting credit not only upon the individual but upon all similarly engaged.

We formulated our first Code of Ethics, which is delightfully quaint, as are the minutes of those early days.

We had a triumph on appeal regarding a collection case brought by one of our members, Isador Bakst:

That case is, to this day, the very cornerstone of reporter collection in law Florida: Bakst vs

Stephens, 21 Fla Supp 47 (Dade County, 1963,) "... attorney is liable for a transcript ordered from a court reporter, whether he engaged him initially or not."

Other items of note from the minutes of the '60s:

*"Doris Mauldin mentioned our need of some study and/or research spelling out the reporters' rights, so to speak, concerning the length of time notes should be kept, both deposition and court and both transcribed and untranscribed; also, what is expected of the reporter on depositions where signature is not waived."*

We now have rules, of course, covering both of these areas!

*"Morgan Morey and Thyra Ellis are giving some thought to working on a handbook for reporters."*

And we have our Manual and FPR. What would our founders think if they saw what that idea had grown into!

The root of our awards? *"Frank Newman moved that a Certificate of Appreciation be issued by the Board of Directors to any person worthy of same at the instance of any member in good standing, as approved unanimously by the Board of Directors. Seconded and passed."*

Remember that back in those days, there were still a lot of pen writers around! From the minutes of the November 1964 board meeting: *"A representative from Sarasota County Schools gave a comparison of the success of machine shorthand versus pen students."*

We had a Necrology Committee, whose task was to report on the passing of members. (Yes, really.)



Isador Bakst reported on his recent bout in court on the topic of "attorneys' responsibility to reporters for their fees", with final determination being in his favor.

In October of 1965, our convention was in Jamaica. The minutes of this meeting are fairly sparse, with it being suggested on almost every agenda item that it be passed to the next Board. (I wonder why, mon?)

Doris Mauldin moved that the editor of Shorthand Notes be authorized and directed to purchase an addressograph machine for use in publishing Shorthand Notes, which motion was carried unanimously. (THANK YOU DEAR PEOPLE!)

Something every magazine editor can appreciate and empathize with, at the April 1968 board meeting, Editor Frank Sarli expressed his need for more contributions to Shorthand Notes (At some point along the way, our newsletter/magazine was changed from "The Symposium" to "Shorthand Notes." An "editorial staff" consisting of 15 members was appointed to report on events around the state.

Everything old is new again. From the minutes of the September 1963 board meeting: *"Future president Cecil Noel wrote, in a letter to the Donald Bell, 'As an Association, we are going to have to be constantly alert at every session [of the Legislature] as to anything which might affect reporters throughout the state'."*

Also at that meeting, a Historian was appointed. Gee, what happened there, I wonder... who had all that stuff, and where is it now?

At the 1969 National convention in Boston, FSRA Past President Taylor Reese became president of NSRA. In his autobiography, he wrote, *"Our National organization wanted to have their annual convention in Florida. I became co-chairman of the Steering Committee with the very competent Doris Mauldin. That successful conference brought me to the attention of the National organization, and subsequently, at their conference in Boston in 1969, I became president. That honor remains, to this day, the highlight of my career."*

Elsewhere in Taylor's book, he writes: *"It was also during this era that some 'technologists' even predicted that 'in the future,' the spoken word at trial would come out instantly as a written word. (Really! I mean, how bizarre can the mind become before institutionalization is considered for the wizards who come up with such cockamamie ideas?)"*

Sales tax on transcripts came up in 1969. Attorney hired, request for donations to the legal fees... We've Been There and Done That a few times over the years.

We finish our journey back in time to our First Decade with this, from the October 1971 minutes:

As our first decade comes to an end, certification, the battle against ER, sales tax, education of reporters, membership - nothing has changed, and everything has changed!

*(Stay tuned for every issue gearing up to the diamond anniversary of FCRA's 60<sup>th</sup>, as we get there by history and route of Memory Lane.)*



# Promoting Us and Educating Them Part 2

*Continued from page 23*

facial expressions of interest. I knew this was going to turn around eventually, and it did. Suzanne invited everyone to come stand around Richard while he writes so they can see his fingers. That was the hook we needed. Suddenly they began to engage and ask questions about everything we had talked about. They clearly listened to what we had said up until now.

They were a great group. We recognized several of the detectives so we felt comfortable teasing them about how fast they talk when on the witness stand. Detective Jamie Adams, in particular, who I'm convinced is the world's fastest speaker, was amongst the group. He's a great guy. One minute you want to shake his hand and the next minute you want to bash him over the head with your steno machine. All the detectives took our lighthearted scolding in stride promising to talk slower. Detective Adams has since testified several times, and lo and behold, he hasn't slowed down one bit! Did you think this story would have a different outcome? Fat chance. He does give a wink and a nod so at least he knows we're there. I didn't hesitate to take advantage over the recess, however, to remind him to talk slower. He tried I think.

Our presentation that day took longer than expected. Just as with my presentation with the police academy, our presen-

tation was supposed to be five minutes but instead lasted over an hour. Even once we wrapped up, we were still talking with some of the detectives and answering questions. Detective Adams went from not knowing anything about court reporting to becoming an advocate for education and thinks it should be taught in middle school or even elementary school. He even expressed interest in his daughters learning the skill. You just never know from where the next court reporter will come.

Overall it was a great experience and opportunity to teach those with whom we work what our roles are in the courtroom. As Richard said in the first volume of "Promoting Us and Educating Them" earlier this year as we geared up towards Court Reporting and Captioning Week, "I encourage all reporters and captioners and scopists to not only find their individual and collective voices, but to find the forums with which to use them...let's keep it going throughout the year wherever and whenever we can." We're doing just that. I know many reporters who are. If you haven't thus far, it's never too late to seek the opportunity.

## Esquire Launches Court Reporter Program to Strengthen the Industry

***Court reporters partner with Esquire to design a program for new and tenured reporters that strengthens their skills and accelerates career development.***

Esquire Deposition Solutions, LLC ([www.esquiresolutions.com](http://www.esquiresolutions.com)), the nation's leading provider of court reporting, video, and interpreting services, is pleased to announce a new Court Reporter Program designed to strengthen the skills of both new and tenured court reporters, to accelerate their career development, and to improve their earnings potential.

According to the National Court Reporters Association\*, the current shortage of court reporters is expected to increase over the next 5-7 years. Today, fewer court reporters are entering the market than ever before, while more than 70% of current court reporters are expected to retire by 2023. This shortage is diminishing the industry's capacity to meet current court reporting needs. Further, the increasing complexity of litigation has amplified the demand for highly-qualified court reporters that can operate in today's fast-paced and technologically demanding environment.

Esquire, in its continuing commitment to strengthening the industry, created a Court Reporter Council to provide feedback on issues impacting court reporters throughout the country. The Council aided in the design of a program that helps recruit new court reporters and supports existing court reporters as they develop their skills. This new Court Reporting Program includes:

Training and continuous education to help court reporters meet the increasing demand for higher technical skills.

A mentoring component which provides tools and monetary rewards for experienced court reporters to actively participate as a mentor to new reporters.

An internship program offered through court reporting schools. Through this program, Esquire hosts events that provide real-world information and experience to students.

"I really appreciate the opportunity to partner with Esquire in developing this program," states Joanne Lee, RPR, Esquire Court Reporter Council Member. "Court reporters desire high-quality work and want to work with a company that respects them, their time, and the profession. By supporting and rewarding skill-set development and performance improvements, Esquire is able to offer more advanced and higher-paying opportunities for court reporters that take advantage of this program. I'm also active in the industry development components of the program and truly enjoy mentoring both students and new court reporters because I can see the direct result on accelerating career development."

Court reporters and court reporting schools interested in learning more about Esquire's Court Reporter Program are encouraged to email [ReporterRelations@EsquireSolutions.com](mailto:ReporterRelations@EsquireSolutions.com).

By Todd L. Persson



# What You Should Expect from Your Court Reporter



In today's ultra-competitive litigation support industry, it has become increasingly challenging to find a court reporter and court reporting firm that mirror your progressive, modern litigation philosophy. From the large national court reporting firms that now have a presence in just about every major metropolitan area, to the familiar firms in your local market, almost all will boast the old taglines of "speed," "accuracy," "timeliness," "professionalism," and probably a dozen or so other predictable marketing descriptors you've seen for decades. The fact of the matter is, they *all* more often than not will produce very accurate and timely transcripts. However, you should be expecting so much more from your court reporter. There are several other attributes of a truly exceptional court reporter and reporting firm that will make them stand out from the rest and give you the confidence that you have hired an invaluable litigation support partner.

## 9 Attributes of Exceptional Court Reporters:

### 1) USE AND MASTERY OF CURRENT COURT REPORTING TECHNOLOGY:

An exceptional court reporter uses computer-aided transcription software at all times and will have his or her laptop

with them at all proceedings. This is critical in the arena of efficiency and expediency, as during breaks and lunch, you should see your reporter already editing the transcript. They also use AudioSync technology and will edit transcripts line by line against their audio. This is not an indication of inferior talent, as a truly professional court reporter will use whatever technology available in addition to their talent to ensure 100 percent accurate transcripts, and to not use this technology is irresponsible and a serious red flag that a reporter is not keeping up with the technology in the field. If you don't already know what AudioSync technology is, ask your reporter the next time you see them on a job, and they should be happy to give you a simple, two-minute demonstration.

### 2) THE SILENT OBSERVER IN THE ROOM:

An exceptional court reporter will try to be as invisible as possible during a proceeding and will only interrupt in very limited circumstances. If a reporter has done their job properly and effectively, you will forget they are there until the proceeding is concluded and orders are discussed. Furthermore, your court reporter should only speak up during a proceeding if he or she can literally not hear a soft-spoken witness. And

*Continued on page 29*



# What You Should Expect from Your Court Reporter

*Continued from page 28*

chances are, if the reporter can't hear the witness, one of the attorneys can't either, and will usually speak up before the reporter has a chance to.

## **3) FOCUS AND ENDURANCE:**

An exceptional court reporter will *never* be the one to ask to go off the record for a break. They understand that you have a method and a flow to your questioning, and they realize that most attorneys or witnesses will usually break between an hour and two hours anyway. You will always remember a reporter who is constantly asking for breaks, interrupting your flow; and you will definitely remember how different it is working with reporters who take pride in their endurance, respecting the fact that they are working on *your* time.

## **4) RESOURCEFULNESS:**

An exceptional court reporter will *never* ask for spellings while on the record. The appropriate time for spelling questions are at breaks or after the proceeding. Furthermore, spellings of industry terms, streets, towns, cities, colleges, etc., that are easily found using Google or other search engines (or on exhibits that they will have in their possession after the deposition) should not be asked *at all*. Asking you or the witness for this type of information is basically using your time to do the easy research that a professional reporter should know how to do on their own. This can prove quite detrimental if the time your court reporter is using to ask spelling questions causes the expert witness you are deposing to go into another hour of very costly billing.

## **5) KNOWING HOW TO HANDLE MULTIPLE SPEAKERS AT ONCE:**

An exceptional court reporter will rarely interrupt while on the record to ask people in the room to speak one at a time. It can be difficult to create an easily readable transcript when people speak over one another during a deposition. An appropriate way to handle this is to briefly say to the questioning attorney at a break that the testimony is getting conversational, reminding the attorney how stacked, staggered and broken up the transcript will look, and to kindly ask counsel to remind the witness before going back on the record to wait until he or she finishes the question before they answer. A reporter who is constantly interrupting on the record is giving the impression that they are not capturing all of the testimony, and is breaking the flow of an attorney's questioning. It may also be a strategy of an attorney to talk over a witness, and if opposing counsel is not objecting, it is not the place of a court reporter to object for them, so to speak.

## **6) FIRST ONE IN, LAST ONE OUT:**

An exceptional court reporter will be the first to arrive at a proceeding and the last to leave. He or she will *never* complain about a deposition that goes past 5:00, or well into the night, for that matter.

## **7) NEVER MISSING A DEADLINE:**

An exceptional court reporter will always answer the question "How soon can I get the transcript?" with "Whenever you need it." No exceptions, even if it means staying up all night after a nine-hour deposition to get the final in your hands first thing the next morning. Remember, your court reporter is working for *you*, and you should always expect your reporter to deliver no matter how demanding the time constraints.

## **8) EXTREMELY CLEAN ROUGH DRAFTS:**

The days of barely readable "dirty ASCIIs" are long gone. As technology in court reporting has evolved, so too has the ability of a court reporter to be incredibly accurate immediately. An exceptional court reporter will produce all rough drafts that you order within a few hours of going off the record, and the quicker the better. The reporter should be using breaks to clean up steno and check fuzzy parts in the transcript so that by the end, a very clean, extremely helpful and readable rough draft should not take very long.

## **9) DIRECT COMMUNICATION:**

Finally, and maybe the most important, you should have the ability to have *direct* contact with the court reporter on your case. Communication with your court reporter should be as streamlined as possible. You may need to reach them when: You have a question regarding delivery time; realize you need a rough draft and the deposition ended hours ago; maybe it's the weekend and you forgot to order a transcript; or you need to get an excerpt of a final transcript to help you prepare for your next witness.

You shouldn't have to go through many confusing channels in order to get your request to the reporter. This means that your court reporter should have their professional emails and cell numbers on their cards, and can be reached at any time. As simple as this may sound, there are many court reporting firms out there that will basically discourage communication directly with your reporter, and will have you go through a series of middlemen until your request or question finally gets to the reporter. This is an obvious waste of your time.

If you are currently working with court reporters and reporting firms that meet the above criteria, congratulations. Keep using them, as they are truly acting in the best interest of the record and your time. However, if the court reporters that you are currently hiring continually fail to meet any or all of the above attributes and practices of a truly professional reporter, it may be time to rethink what it is you should be expecting from the litigation support that you hire. You may benefit from seeking out other court reporting firms in your city that put a greater emphasis on efficiency and possess a deeper understanding and respect for the entire discovery process.

**About the Author:** *Todd L. Persson has been serving the Cleveland legal community as a court reporter since 2002 and is a co-founder of Cleveland Reporting Partners, LLC*

# Update on Legislative Activities



**M**ost recently, our team scheduled follow up visits with Florida Attorney General Pam Bondi's Office and with the Office of State Court Administrators (OSCA). We met with General Bondi's office to discuss again the notary issue, and how their office can help rather than having to go through a potential cumbersome process with the courts and Florida Bar as advise by OSCA. General Bondi's staff recommended the possibility of issuing an Attorney General opinion relating to the notary issue. This opinion could be helpful going forward and provide court reporters with an answer and documentation. We are scheduling follow up meetings/calls with General Bondi's office to discuss these next steps. Also, we met with OSCA on court reporting certification. As you know, this has been a long and slow process. We expressed our concerns with the need for the courts to enforce mandatory certification (which is in statute) for all court reporters and not simply for court interpreters. OSCA continues to express concerns relating to costs (FTE's) and time to setup a registry as well as certification. Our team suggested that we could also go to the Legislature and ask for their assistance for OSCA to follow the statute. These are ongoing discussions and will require follow up with legislators and staff.

## 2018 LEGISLATIVE SESSION PREVIEW

The committee week schedule for the 2018 legislative session has been released. Meetings will take place during the following weeks:

- Week of September 11, 2017: meetings will begin on Tuesday, September 12 on or after 1:00 pm

- Week of October 9, 2017
- Week of October 23, 2017
- Week of November 6, 2017: meetings will conclude prior to the observance of the Veterans Day Holiday on Friday, November 10, 2017
- Week of November 13, 2017
- Week of December 4, 2017

The regularly scheduled legislative session will begin on Tuesday, January 9, 2018. Meetings will take place throughout the next 9 weeks, with the exceptions of Martin Luther King Day and President's Day. As of now, the final day of session will be Friday, March 9, 2018.

## GOING FORWARD

Going forward, TFG will continue to advocate on behalf of the FCRA. For the months of August through November, we plan to arrange meetings on behalf of the FCRA with legislators in the House and Senate who are important to our cause. We will take this opportunity to further educate members on the certification issue. TFG will also be meeting with House and Senate policy/budget staff to educate them on certification concerns.

In the meantime, we request that FCRA compile letters in support of a registry/certification. Most importantly, we would like to collect any stories that document the lack of court reporting certification and the issues it has caused our state. Also, please provide us a list of circuits that have required certification. This list will be helpful in our discussions with members to show that there is precedent of a certification.



# Reporters



By Richard S. Sciré, RPR



Florida court reporters, captioners, videographers, business owners and staff, stellar students, and our beloved sponsors gathered for this year's "Off The Record" events throughout Florida in April and May. The events are held annually as part of the anticipation and excitement gearing up to the annual convention. It is a way for FCRA to give back to its members and hopefully gain new members. It is also a chance to get together and learn all about what FCRA has been up to. Thanks to the sponsors, this is a free event to all attendees at the multiple locations.

The southwest mixer was held on the evening of April 21<sup>st</sup> in Naples at The Wine Loft of Naples. The Orlando event was held on April 25<sup>th</sup> in Winter Park on the beautiful private patio area of Miller's Ale House. The May 3<sup>rd</sup> festivities were held at the Soyka Restaurant in Miami.

May 4<sup>th</sup> brought three simultaneous events together. Northern guests attended the sites of the Coastal Conference Center in Jacksonville and the offices of Stewart & Shoman Reporting in Panama City, which became party venues for the evening, while the Tampa Bay area's location was held in a private room at Bascom's Chop House in Clearwater.

What made the concurrent May 4<sup>th</sup> affairs different and unique this year was the video conferencing of each other. The feature made it possible for FCRA President Christy Bradshaw, President Elect Lori Bundy, as well as board members, event planners, and all who attended, to be in multiple locations at once. Also appearing via video was Gayl Hardeman who spoke about her new school, Hardeman School of Court Reporting & Captioning, along with one of her students. While all the events were held in the evenings, they did not all have the same start and end times. Additionally, Panama City is on Central Time while the rest of the state is on Eastern Time. The feat was well worth it for attendees who got to "visit" the other locations from across the miles. Even the stormy weather throughout the state wasn't enough to spoil the fun on this day.



**Soyka Restaurant, Miami**



**The Wine Loft of Naples**



**Miller's Ale House, Winter Park**

## Party Pics!



The Off The Record gatherings always bring surprises and feature guest speakers. In addition to the free drink tickets and delicious bites, there were all sorts of prizes and giveaways. To fit in with this year's convention mystery theme "Get a Clue," each location had mystery prizes and giveaways that included the raffle of a free FCRA membership and three significant discounts towards the membership price. Winners received \$50, \$75, or \$100 off the price of their memberships. Those in attendance also received a membership discount when they signed up for the convention with the exclusive bundle package offer.

A lot of work and planning goes into these events each year and we could not do it without the teams for each location who volunteer their time. But none of these events could even happen without the continuous support from our amazing sponsors. It is because of them that these events were free to guests. Writer William Arthur Ward wrote, "Feeling gratitude and not expressing it is like wrapping a present and not giving it." It is to all of our sponsors that I present that gift of gratitude and give thanks on behalf of FCRA and everyone who attended. We could not have done it without their contributions and generosity. THANK YOU, SPONSORS!



**Stewart & Shoman Reporting, Panama City**



**Bascom's Chop House, Clearwater**



**Coastal Conference Center, Jacksonville**



# GETTING A CLUE

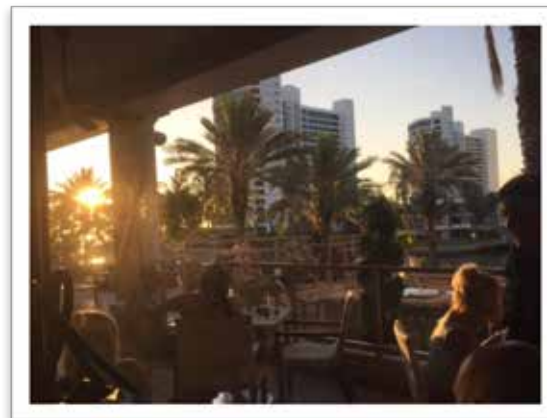
IN A  
FLASHBACK



By Richard S. Sciré, RPR

Since it is convention season, the thing that is first and foremost on my mind IS the convention. As my plans for this evening had unexpectedly cancelled, I find an opportunity to plan, to create, to write, and always appreciate. So many of my friends and family ask in wonder why my twin brother and I go to the FCRA and NCRA conventions every year and put in so much time and effort. The answer is as simple as why I am writing this article and do everything I love. It's passion. I remember a time when I was not so passionate. It wasn't until I read an article in the JCR about finding your niche that I realized I was doing it wrong. It was why I became an official exactly 14 years ago. I didn't love freelancing the way most reporters do. It just wasn't for me back then. I went on to write an article for the JCR about how I found my niche once I actually found it. Since then I learned it wasn't just about finding my niche but about finding my passion. I do love this crazy profession we are in and I even secretly love the chaos. I will complain at the end of the day like everyone else about the fast-talking attorneys or the short lunchbreak, but when the frustration wears off, I realize how much I enjoyed the adrenaline rush. What I love more is the camaraderie and friendships with my fellow reporters, attorneys, clerks, judges, and bailiffs.

I now return to my current moment of this evening. Also accompanying me tonight is an amazing sunset on Sarasota Bay that I get to watch right in front my seat at this bar counter adjacent to the bar up against the windows. As I write, I am enjoying my seared ahi tuna



steak dinner over quinoa salad and a glass of sauvignon blanc at the Ritz-Carlton Hotel's Jack Dusty Restaurant, conveniently located next door to where I live. Why borrow a cup of sugar from your neighbor when you can



# Getting a Clue

*Continued from previous page*

have a glass wine? Yes, this martini man does enjoy a glass of wine too. I just discovered the grilled watermelon under the tuna! It is amazing!

I realize I am digressing since this isn't a food review but I thought it was worth mentioning. Why? Because this is a moment to reflect and appreciate and get excited about all things in life. Specifically now I'll get excited about the convention upon us.

This year's "Get a Clue" Convention will bring us something unprecedented! We get CEU points for the Saturday night president's party! Our incoming president and convention committee chairperson, Lori Bundy, has done an amazing job at maximizing our opportunity to get as many of the CEUs we need and still ensuring we will have fun. This is not another seminar either! It is a party! The party is a 1920s mystery theme. I look forward to seeing all the guests in their flapper dresses and fedoras. Or maybe you're deciding to play the part of an inspector to help solve the crime!

Among the returning favorites to the convention this year are the Basket Extravaganza, the Plinko game, the Saturday morning one-mile walk, and the app for all our convention needs!

Until I became a member of the board, I had no clue how much work goes on behind the scenes. Now I am happy to serve and be among those who make it all happen. Also new to the convention this year is the FCRA table. I love serving as your editor of *FCR Online Magazine* and I love writing these articles. But I want to hear YOUR stories. I encourage all the attendees to stop by the table

and share your stories. FCRA is the series and we each have our own volume and, at the very least, our own chapter.

Which takes me to my position on the board as well as service on several committees. I am completing my two-year term as your central director. I went into the position reluctantly and with a lot of self-doubt because I recognize how important the members are and I did not want to disappoint. I remember how opinionated I was during my interview two years ago. It was actually the defining moment when I realized why I wanted to be on the board in the first place. In hindsight, most of my opinions were based on ignorance. I consider myself passionately ignorant back then but "passionate" is the key word. I went into it thinking I will serve my one year and be done. Surprise to me when I was sworn in to the two-year term. It took one board meeting immediately following that year's convention while the rest of the attendees were checking out of their hotel rooms and we got down to business in a boardroom to recognize the important work we were doing. Instead of getting to go home, I hit the ground running with the rest of the board.

We make bigger strides every year and the convention is our time to learn, grow, connect, and celebrate. While we wish things, like a mandatory state certification, can happen overnight, we should take great pride in our growing efforts as we get closer.

So now, as I sit here writing and reflecting, I wonder what fun, adventure, and knowledge are in store for us. I can't wait to find out! I am excited about so many aspects of this convention. I am excited to be teaching my first seminar in nine years with my best friend and twin brother, about my new position as secretary of FCRA, and about getting to see my extended family of reporters and captioners. The theme this year is "Get a Clue." Let's get a clue together! See you in West Palm Beach!

## SHARE YOUR STORY WITH *FCR ONLINE MAGAZINE* AND **In A Flash**

Missed out on sharing your stories during the convention? We all have a story to tell. Tell us yours! If you want me to write it for you, say the word. Email the story and I will put it in a form ready for publication. The **In A Flash** articles are monthly with an encore presentation in each issue of *FCR Online Magazine* called The **In A Flashback**.

Email your stories to [rscire@jud12.flcourts.org](mailto:rscire@jud12.flcourts.org). Let's grow, commiserate, and laugh together!





By Michael A. Sciré, RPR, CMRS

Twinspiration:

## The Case of the Stranded Stentura

One busy afternoon while working at the courthouse, a mysterious phone call was made to the Official Court Reporters' office. It was from Officer Cromwell from the Sarasota Police Department. The officer had stated there was a steno machine that was found in the middle of the road down on US-301 and the person who found it didn't know what to do with it, so she turned it into the police department. My twin brother, Richard, who had answered the phone, asked for clarification because it sounded rather odd. The officer repeated herself. She had wondered if it had fallen off of someone's car, obviously a court reporter. Officer Cromwell wasn't even certain what it was but that it resembled what looked like a steno machine. She was correct.

So my partner-in-crime and I went next door to the police department, and lo and behold, it was in fact a steno machine. It was an older model Stenograph, a Stentura 6000LX. Determined to find its rightful owner, Richard checked the disk drive. Sure enough, there was a floppy disk inside. He asked the officer if we could borrow the disk in an attempt to read the notes on one of our desktop computers in our offices next door in the Judicial Center to hopefully get some kind of clue to find the court reporter and return the steno machine to the rightful owner. The officer obliged. I also wrote down the serial number of the machine hoping Stenograph might be able to assist us.

Due to a busy afternoon court schedule, time was of the essence. We swiftly walked back to the courthouse. I went straight for the phone and called Stenograph while Richard searched for an external disk drive to read the disk. After finding one with cobwebs on it, he read the file and translated the notes. Obviously with using his own dictionary, there wasn't much that translated, but he was able to read a court case number and an untranslated style of the case. The disk provided the date of proceedings. So with that information he went to the Sarasota County Clerk of Court website to search the case number. Nothing was found. Then, realizing the location the steno machine was found was at or near the county line, he then thought perhaps it was from the neighboring county within our judicial circuit. Richard then immediately went to the Manatee County Clerk's website. Upon entering in the

case number, a case matching what appeared to be the same case appeared on the screen.

Meanwhile, in my office on the other side of the suite, I left a message with Stenograph who eventually did return my phone call, but they were unable to provide that information. It didn't matter, however. Detective Richard was on the case! He was able to find the style, case number, and date of the proceedings and confirm with what he found from the reporter's notes. Then he searched for the court appearance record on the clerk's site where the clerk indicates the parties who are in attendance, including the court reporter if one was present. Sure enough, the clerk had indicated who the reporter was. For the purposes of this article, we'll call her "Denise Del Florio," which is the first name I thought of that I'll borrow from the 1982 movie *Kiss Me Goodbye*, starring Sally Field, James Caan, and Jeff Bridges. If you haven't seen that movie, you should. But I digress.

Anyway, neither of us recognized the last name Del Florio, but we knew of a court reporter Denise who worked for a local reporting firm. So I called the firm and spoke to Sharon, our longtime friend of 20-plus years with whom we went to court reporting school and who answered the phone. She confirmed Denise's last name was Del Florio and gave me her cell phone number. By this time we wondered if poor Denise was worried about her missing machine. Was she on her way to a job? Was she on her way home? Did she set the case on the top of her car and drive off forgetting it was there? Perhaps she threw her steno machine out the window of her car in frustration and decided to quit the profession? Or maybe this was in fact a steno machine that fell from the sky with the last rainstorm. No weather forecast ever calls for partly cloudy skies with a 50 percent chance of steno machines.

Richard raced to report court in one courtroom and I was off to another. I had left a message for Denise and followed up with a text asking her to call me as soon as possible. She finally did and on the recess I spoke to her.

Thinking I was reassuring her we know where her machine is, she instead was puzzled. She first indicated that her machine was right there with her. When I then confirmed the machine model, she said, "I had put that out by the curb. Someone must have taken it and it fell off their truck." Granted it was an old machine and it is her

# The Case of the Stranded Stentura

Continued from previous page

right to throw it away, but being the opportunist that I am, I asked if she wouldn't mind me taking it to donate to a school. She agreed but told me that it was broken and would not connect wirelessly to realtime. For reporting, I agree it is not the best machine nor in the best condition. But for a student, it is perfect! How very serendipitous that that machine fell off a truck.

When we finally went back to the police department, Denise was on the phone with Officer Cromwell telling her we can have the machine. There was a group of officers by this point listening to our story of how we tracked down the court reporter. One of them replied, "You guys should join the force and be detectives." I think we'll keep our day jobs. But it sure was fun playing detective for a little while.

We've shared many laughs with Denise over this story. I did call Sharon as well to put her mind at ease that Denise did not just drive off somewhere leaving her machine in the middle of the street. Denise is a responsible and hardworking reporter. By the time we came to the conclusion of this case, it felt more like an episode of *Three's Company*. In the days following "The Case of the Stranded Stentura," Denise would laugh that she finally gets to be part of a Twins Story!

Coincidentally as I write this article, the JCR arrived today and while I was having lunch, I landed on the article "What To Do with Those Old Steno Machines." FCRA Immediate Past President Christy Bradshaw and Cathy

Phillips are starting an A to Z Program in the near future to make the answer to that question for Florida reporters easier as well. I guess the answer was in the sky the whole time but it wasn't in the rain. It was the stars aligning.

Michael can be reached at [mscire@jud12.flcourts.org](mailto:mscire@jud12.flcourts.org).

## Calling for Your Old Steno Machines



Do you have an old steno machine collecting dust on a shelf? Immediate Past President Christy Bradshaw and Past President Cathy Phillips are looking to start up an A to Z Program in Florida. The program is still in the planning stages but they are calling to borrow your old steno machines. The A to Z Program was featured in an article titled "Machine Shorthand: A to Z – An Introduction to Stenographic Theory" in the spring 2017 issue of *FCR Online Magazine*. It is an introduction to steno class that will hopefully inspire the students to go on to court reporting school. If you have a machine you would like to donate, please contact Christy Bradshaw at [Christyb@fcreporting.com](mailto:Christyb@fcreporting.com).



## From A to Z to Ocala

By Christy Bradshaw, Immediate Past President

Many of you have heard about NCRA's A to Z Program, which allows people to take a free 24-hour course on the machine, over an eight-week period, to see if they want to continue on to court reporting school. This has had a great success rate so

far. We need to get the word out there about this wonderful career and we need your help! Cathy Phillips and I are in the process of organizing an A to Z Program in Ocala. We will be holding it at First Choice's office in the next month or so and are going to advertise to local schools and on craigslist. We are very excited about this upcoming

venture and the possibility of getting some locals into court reporting. We decided that if we do it together, it won't be as much on one person and the reward will be great! There are quite a few people in different parts of Florida interested. If you are willing to proctor one of these programs in your area, please contact NCRA so they can get you on board. This is a way to give back.

(Editor's Note: For more information on the A to Z Program, please read "Machine Shorthand: A to Z – An Introduction to Stenographic Theory" in the spring 2017 issue of *FCR Online Magazine* and visit [ncra.org/education](http://ncra.org/education).)







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By Gayl Hardeman, BA, CRI, RDR,  
CRC, CRR, FPR

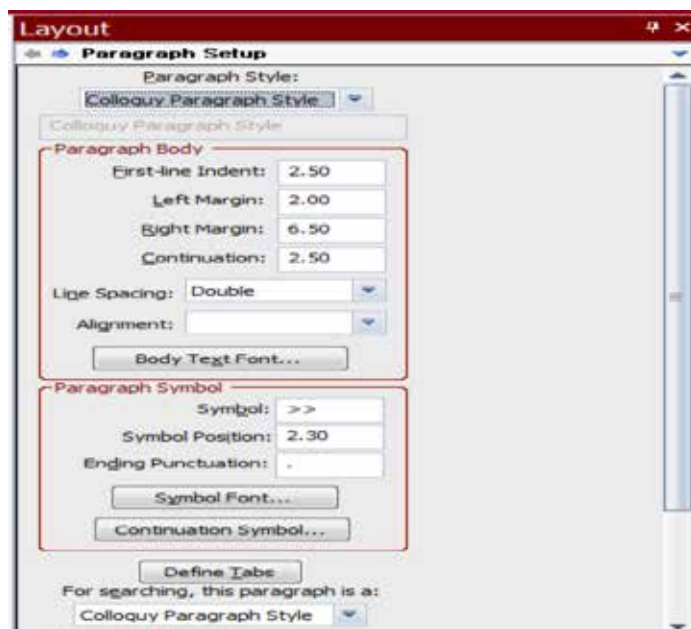
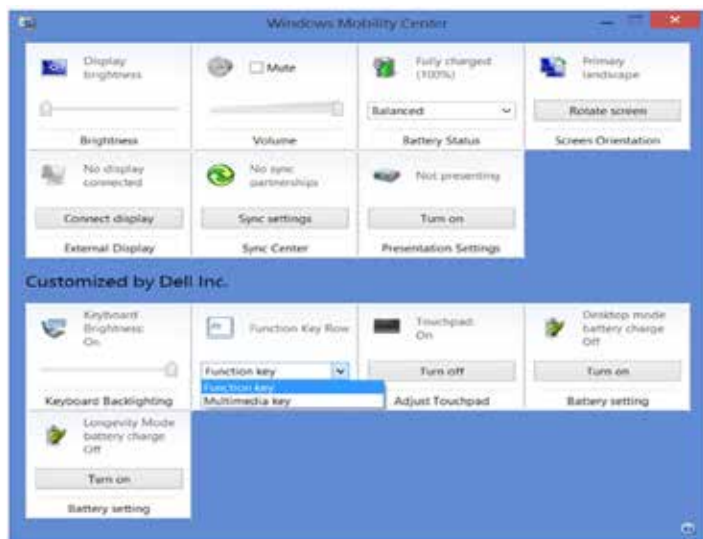
# These Settings are "Sick"



In trying to make the title of this article attention-grabbing, I settled on the adjective, "sick." From the Urban dictionary, "sick" means "crazy, cool, insane." Some might say that settings are insane because it's so hard to understand them. But even those people know that they're probably cool if you get them.

change this setting, make sure you DO write your punctuation. I once graded the paper of a writer who failed a test because they'd changed their automatic punctuation setting and had forgotten, hadn't tested it before writing for a speed contest. Here's a picture of my Colloquy paragraph settings in my CARTCLAS page layout. Same concept applies also to court reporting and to any paragraph, Q/A/Paranetical, etc.:

In Layout, Paragraph Setup page, Colloquy Paragraph Style -->



Let's take **SICK SETTING NUMBER ONE** - the FN key on PCs. Windows keeps messing with it. Where's my F'n key?!! I mean my FN key. (-) My software (CaseCAT) relies on it for formatting functions. Yesterday, because I hadn't halted the "automatic update" setting in Windows (DO THAT!), Windows updated on my new laptop and I lost the use of F4 again (I had to change my FN keys when I first got my laptop). I thought, here we go back into the BIOS to reverse what the update did, or undo the update completely. But WAIT! I just typed into my search engine, "How to change FN key on my Dell Inspiron 15 laptop," and I got some new advice: Change the FN key in the Windows Mobility Center without having to go into the BIOS, reboot, all that. Here's a picture:

**SICK SETTING NUMBER TWO** has to do with translation settings in CaseCAT - or any translation software. Did you know that you can have ending punctuation inserted automatically at the end of any paragraph? Conversely, you can remove automatic ending punctuation, if you're the writer who always writes your ending punctuation and you're tired of having to define double punctuation marks. BUT BEWARE: If you

Note the paragraph symbol of >>, so there's no need to insert those chevrons for each speaker in a CART/Caption setting. Cool time-saver!

**SICK SETTING NUMBER THREE:** If you are taking a real-time test in all caps so that you don't get counted off for lack of capitalization of proper names, such as "ray bell" instead of "Ray Bell," be SURE to check your ASCII file export setting to enable printing in all caps. Remember, DISPLAY and PRINT settings are separate. This was an error made on a test paper I graded that was written by an Eclipse user; and again, this setting resulted in the test-taker having a far lower grade than the grade should have been. **SETTINGS COUNT.**

**SICK SETTING NUMBER FOUR:** Translate using your

*Continued on page 42*



By Becca Tebon

## Becca's Bootcamp: Love My Back! Lower Body Stretches

I recently had the privilege to speak at the Florida Court Reporters Association Conference, and thought that part of the key note would be relevant and worthwhile for anyone who might have missed this message, or someone who was there and wants to put these exercises for lower back trouble into your routine. Perhaps your strains or pains are the result of long hours of sitting or driving. If you experience lower back tenderness, these stretches can significantly help. Perhaps you're like me and have degenerative disks in your lower back. I have personally found I have less pain

**2. Knee to Chest Stretch:** Lie down on your back on a mat with your arms by your sides and your legs fully extended. Lift your left leg off of the mat and bring it close to your chest. Feel the stretch in your glutes and lower back. Hold for 30 seconds and repeat with the opposite leg. Perform 2-4 sets.

**3. Extension Stretch:** Lie down on your stomach on a mat with your legs fully extended behind you. Prop up your torso by resting your weight on your forearms, and position your hands so your palms are facing down on the mat. Feel the stretch in your back and abdominals and hold for 30 seconds. Perform 2-4 sets.

**4. Child's Pose Stretch:** Sit on your shins on a mat. Extend your arms straight above your head and bend at your hips to lower your torso towards the mat. Rest your palms face down on the mat while keeping your arms fully extended. Your head should be positioned so you are looking down towards the floor. Feel the stretch in your back and hold for 30 seconds. Perform 2-4 sets.

**5. Twist Stretch:** Lie on your back on a mat with your arms by your sides and your legs fully extended. Take your left arm and extend it so that it is perpendicular to your torso. Twisting at your torso and bending at your knees, bring your legs up and to the right so that your quads are perpendicular to your torso and a 90-degree angle is formed at the knee. Your legs should be stacked on top of one another. Feel the stretch in your back and hold the position for 30 seconds before repeating on the opposite side. Perform 2-4 sets on each side.

### Lower Back Stabilization Exercises to Strengthen

**6. Wall Sit:** Stand with your back against a wall. Squat down by bending at your knees and walking your feet out until your quads are parallel to the ground and your knees form a 90-degree angle. Make sure your feet are shoulder-width apart and your toes are pointing straight ahead. Hold this position for 30 seconds. Perform 2-4 sets.



and discomfort when I perform these stretches and engage in routines that strengthen and tone my core, including my lower back. You can see these exercise, and join me for other exercises and workouts on YOUTUBE ([bit.ly/CourtreporterWorkout](http://bit.ly/CourtreporterWorkout))

Note: Always consult a medical professional before trying these or any new exercise routines.

### Lower Back Stretches to Relieve Tension, especially for those who sit all day!

**1. Hamstring Stretch:** Lie down on your back on a mat with your arms by your sides and your legs fully extended. Lift your left leg straight into the air so it makes a 90-degree angle with your torso and you can feel the stretch in your hamstrings. Support the leg with both of your hands. Hold for 30 seconds and repeat with the opposite leg. Perform 2-4 sets.

*Continued on page 42*



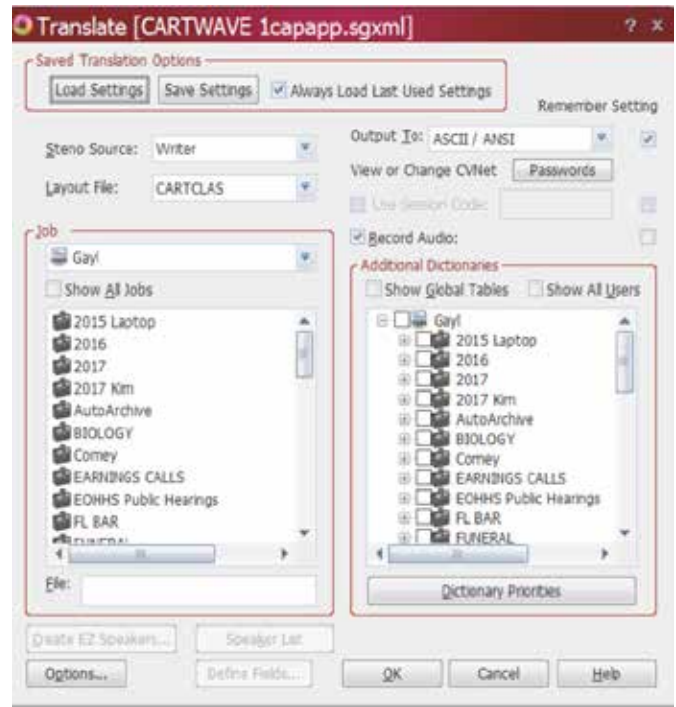
# These Settings are "Sick"

Continued from page 40

phonetic display, and make sure the phonetic settings are tweaked to the way you write. Many reporters turn off their phonetic display because it doesn't «look right.» Well, tweak it! Once while I was captioning the news, an anchor said the word «zit» - and I was saved by my phonetic display of **STKPW EU T**, because «zit» wasn't in my dictionary. Initial z, final -v and final -th sounds are the most-often overlooked theory sounds. **MAKE SURE YOUR THEORY HAS THOSE SOUNDS.** If not, input them today.

The old theories add an asterisk or star (\*) to S, -F, and -T for these basic sounds, but I'm of the opinion that's a waste of an asterisk. Ideas abound for initial Z (SD-, SG, SGL-, SWR-). Just don't use S\*, because there is a lot of competition for use of that star.

**SAVE YOUR SICK SETTINGS!** In Eclipse, it's User Settings, and you can create different User Settings for different work scenarios so that you don't have to change all the little boxes each time -- and take a chance you'll forget one! In Case-CAT, it's Save Settings and Load Settings at the top of your Translate box. Here's a picture of one of mine that I use for CART with my Wave machine, outputting to 1CapApp, which uses my port 52 -- all those settings are saved into this setting, which saves me time while starting a file (way cool!). Hence, the name of the setting on the Translate bar at top, here →



if you know how to use them!

Write on, my "sick" friends! (And I mean cool, and "crazy" and "insane" in a good way.)

## Becca's Bootcamp: Love My Back! Lower Body Stretches

Continued from page 41

**7. Bridge:** Lie down on your back on a mat with your arms by your sides and your knees bent with feet flat of the floor, shoulder-width apart, and toes pointing straight ahead. This is your starting position. Keeping your head and upper back firmly on the ground, lift your butt until your back and the ground make a 45-degree angle. Lower your body to the starting position and repeat for 12-20 reps. Perform 2-4 sets.

**8. Quadruped Arm & Leg Raise:** Get down on your hands and knees on a mat. This is your starting position. Raise your left arm and extend it straight out in front of you while simultaneously raising your right leg and extending it straight

out in back of you. Hold the position for 2-3 seconds before returning to the starting position. Repeat with the right arm and left leg. Perform 12-20 reps for 2-4 sets.

**9. Side Plank:** Lie on your left side on a mat. Prop up your torso by resting your weight on your left forearm (which should be perpendicular to your body) and position your feet so they are stacked on top of each other. Lift your body off of the ground so it forms a straight diagonal line. You can rest your right arm along the right side of your body. Hold this position for 30 seconds and then switch sides. Perform 2-4 sets on each side.



By Robin L. Deal, FPR

## Robin's Recipes: Lighten Up!

**F**ood. We all love delicious food. Many times those delicious foods love us back in mysterious ways, sometimes in ways our body does not love. To many of these foods I say, I CAN'T QUIT YOU! But then I take a step back and say, heck yeah, I can quit you...because I'll find something better than you. I'm here to share a few of my favorite "lightened up" recipes that I use to keep myself in check.

See, I love bread. Like, I really love it. If we were in grade school, and not the amazing adult professionals we are today, you might ask me if I loved bread so much that I'd marry it. My answer would be a resounding yes. I think bread would have a different answer, though, because it does not love me as much as I love it. My body goes into full revolution mode when I have it.

Let me introduce you to my new friend, Cloud Bread. It really is like a cloud. I mean, is it bread? Well, no. Does it take away bread cravings? Fo sho! Another wonderful thing about this recipe (besides the fact that it's super easy to make) is that you can change the flavors up to make them sweet, savory, or something in between.



### Cloud Bread

- Preheat oven to 300 degrees.
- Separate 3 eggs.
- To the whites, add ¼ tsp cream of tartar and beat until stiff peaks form.
- To the yolks, add 3 tbsps of cream cheese, Greek yogurt, OR sour cream and mix. Add

seasonings to the yolks if desired and then mix again.

- Gently fold the yolks into the whites
- With a large spoon, scoop the mixture into 8-10 rounds on parchment paper on sheet trays about ¾ in thick and as round as a hamburger bun.
- Bake for 25-30 minutes (until they're golden brown)
- Cool on wire racks. They will get more "breadlike" the longer they sit.

How to change it up: use flavored cream cheese, add stevia and cinnamon to make it sweet, bacon bits and cheddar, "everything bagel" seasoning on top, etc. Really, the possibilities are endless! (Store in the fridge or the counter-top in between parchment paper for 3-4 days or freeze)

### "Everything Bagel" Cloud Bread – my favorite!

You know what kind of people the people that love bread are? They (we) are the same kind of people that love pasta. Again, pasta does not always love us back in the ways that we would prefer.

Currently, I'm in love with zucchini lasagna roll-ups. But, surprise, I hate zucchini! I absolutely detest it! But add ricotta and a meat sauce, and I'm just fine with it! Bye, extra carbs!



### Zucchini Lasagna Roll-ups

There's not really any "recipe" to this. You've all made lasagna before, right? Right. There's only a few tweaks to make this low-carb roll-up variation.

□ Use a mandoline (or a really sharp chef's knife) to make

long, thin slices of zucchini

- Lay slices on a plate and microwave for 30-40 seconds
- Line bottom of pan with sauce (meatless, meat sauce, mushroom sauce, whatever!)
- Spread ricotta mix on a slice of zucchini, spread a little sauce on top, and then roll up. Place rolls seam side down. Top with more sauce, then mozzarella, and bake 35-45 min @ 375 (depending on how "done" you like your zucchini. I like mine with a little bite to it).
- Broil for a few minutes to get that cheese all browned and bubbly.



There could be two missing keys in your job or life. I am not talking about the keys on your steno machine. I am talking about the keys that lead to your success. The two keys I feel are the most important in everything we do are “persistence” and “determination.” Each of us may have a different idea of what success is. To some it may be money or possessions. Others may feel success comes in their job position while others may feel it is the love of family and friends.

I recently had to test my own persistence and determination in a life-or-death matter. After not feeling well for several months, I was finally able to have a cardio catheterization after a stress test was inconclusive. The results were not what I expected. I had a 100 percent blockage and needed to have open heart surgery immediately.

Having gone through this procedure 10 years ago with what is deemed “The Widowmaker,” I knew how detrimental and necessary an immediate surgery was. I also knew I had to think ahead to what recovery would be like. Forcing myself to eat, drink fluids, and walk was very painful then. I was worried how was I going to get through this again, now 10 years later and I being 10 years older.

My doctors assured me that even though I was 73 years old, I was a strong, healthy woman and should come through the surgery with no problem. While that made me feel better, I was still scared and nervous. Upon my faith and the orders of the surgeon, I stayed positive and motivated toward a healthy recovery.

The day of my surgery came. My family was by my side as they had been days before my surgery. After saying a bedside prayer with my family and hospital staff and telling my family how much I loved them, I went into the operating room.

The next thing I remember was waking up and seeing my family at my bedside. It was one of the best sights I had ever seen.

Now came the time for the two important keys in my life, the persistence and the determination. It was also the most difficult of times as well. However, I knew that if I were to recover, I needed to do whatever was asked of me and more, which I did. Four days after the surgery I was released from the hospital and sent home. I did everything my doctors told me to do and nothing they told me not to do. I am a stubborn Italian by nature so following someone else’s orders is never easy for me but I knew just how crucial it was and I was counting on that discipline to pay off and it did. My cardiologist and my surgeon gave me a clean bill of health earlier than even they expected. Two weeks after my surgery, I was driving and cleaning my house and walking a mile a day. I still have a few limitations, but for the most part, I am living a normal life.

I will admit that the love of my family and friends had a very important part in my wanting to recover as quickly as I could. But if it were not for persistence and determination, that could not have happened.

There is no doubt that life is not easy. There are times we must dig deep down inside to accomplish the things we need or want in life. Each one of us has the ability to reach our goals. Persistence and determination will not only make that happen, but make it a lot easier.

*Felicetta “Chet” Sciré is a native New Yorker currently residing in Sarasota, Florida, along with her husband and family. She is the author of “The Other Side of the Menu,” a book about the years she and her husband owned The Villa Sciré Italian Restaurant in Long Island, NY. Felicetta considers her greatest successes her marriage of 46 years and raising three wonderful children, two of which are court reporters. She can be reached at Scire6@gmail.com.*







# MEMBERSHIP APPLICATION

## Florida Court Reporters Association

\*Name (Please print) \_\_\_\_\_ NCRA # \_\_\_\_\_ NVRA # \_\_\_\_\_

\*Company \_\_\_\_\_ ☐ Owner ☐ Co-owner ☐ Manager

\*Mailing Address \_\_\_\_\_ Website: \_\_\_\_\_

\*City/State/Zip \_\_\_\_\_

\*Telephone: Home (\_\_\_\_) \_\_\_\_\_ Office (\_\_\_\_) \_\_\_\_\_ FAX (\_\_\_\_) \_\_\_\_\_

CHECK ONE: ☐ OK to publish home phone number in directory. ☐ DO NOT publish home phone number.

\*Email address \_\_\_\_\_ Secondary Email Address \_\_\_\_\_

\*METHOD OF REPORTING: ☐ Stenographic ☐ Voicewriter ☐ Gregg ☐ Pittman ☐ Other \_\_\_\_\_

\*TYPE OF REPORTER: ☐ Freelance ☐ Official ☐ Deputy Official ☐ Federal ☐ Teacher ☐ Student ☐ Other \_\_\_\_\_

\*DESIG: ☐ CSR (List State(s) other than FL) \_\_\_\_\_ ☐ FAPR ☐ FPR ☐ RPR ☐ RDR ☐ CMRS ☐ RMR ☐ CLVS ☐ CRI ☐ CRR ☐ CPE

\*Asterisk indicates required information.

I make application for Membership as a: (CHECK ONE)

☐ **PARTICIPATING MEMBER** .....\$300.00

Open to anyone engaged in active practice of official or general court reporting by either stenographic or voicewriter method. (Please indicate method above.) **PAYMENT PLAN AVAILABLE**

☐ \*Pre-Authorized Payment Plan Attached  
(Participating Members Only)

☐ **STUDENT MEMBER** .....\$35.00

Open to any student of shorthand reporting who is endorsed by a court reporting training program instructor or director.

☐ **RETIRED MEMBER** .....\$45.00

Open to any participating member in good standing who has retired from the active practice of shorthand reporting.

☐ **ASSOCIATE MEMBER** ..... \$90.00

*This category is open to the following (please check one):*

- ☐ Teachers of shorthand reporting
- ☐ Individuals officially connected with a school or college conducting shorthand reporting course - **School Name & Location** \_\_\_\_\_
- ☐ Non-member individuals retired from active shorthand reporting
- ☐ Non-reporters professionally associated with or employed by a member of FCRA whose application is endorsed by a participating member in good standing (**please print sponsoring member's name below where requested**) \_\_\_\_\_
- ☐ Anyone qualifying for Participating membership, but residing outside of Florida - State of Residence \_\_\_\_\_

☐ **VENDOR MEMBER** .....\$500.00

Open to any firm or corporation engaged in selling products or services to FCRA members.

**PRO BONO:** Are you interested in donating time to the Pro Bono Program?

☐ Yes ☐ No

**FLORIDA MANUAL:** The guide to court reporting in Florida — sample forms, guidelines, and rules of court. Cost for members: \$75.00. Subscription to updates: \$25.00.

**MEMBERSHIP DIRECTORY:** Searchable geographical and alphabetical members' listing in Member's Only section of our website.

**The dues year is November 1 through October 31.** Annual dues must accompany application. Those joining in August, September, or October of a given year will be paid through October 31 of the following year. Dues payments are deductible by members as an ordinary and necessary business expense. In accordance with Section 6033(e) (2)(A) of the Internal Revenue Code, as amended, members of the FCRA are hereby notified that an estimated 10% of your FCRA dues will be allocated to lobbying and political activities, and therefore is not deductible as a business expense.

### For Administrative Use Only

Date Rec'd \_\_\_\_\_ Ref # \_\_\_\_\_ Amount \_\_\_\_\_

Date Approved \_\_\_\_\_ Computer \_\_\_\_\_

I hereby make application for membership in the Florida Court Reporters Association and pledge myself, if accepted, to abide by the requirements of the Bylaws and Code of Professional Responsibility of the Association as they are now and as they may be amended in the future.

I understand that all applications are subject to review and approval by FCRA. All applicants must be sponsored by an FCRA member in good standing per FCRA bylaws.

Signature of Applicant \_\_\_\_\_

Date \_\_\_\_\_

Name of Sponsoring Member (Please print or type) \_\_\_\_\_

How did you hear about FCRA? Code: \_\_\_\_\_ Other: \_\_\_\_\_

### PAYMENT ENCLOSED FOR:

**TOTAL ENCLOSED:** \$ \_\_\_\_\_

☐ Check # \_\_\_\_\_ ☐ MasterCard ☐ VISA ☐ AmEx

Account # \_\_\_\_\_

Exp. Date: \_\_\_\_\_

CVV: \_\_\_\_\_

Amount to charge: \$ \_\_\_\_\_

Authorized Signature \_\_\_\_\_

Billing Address: ☐ Same as above

Address: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_

\*Participating Members selecting the pre-authorized payment plan option will need to sign and complete the payment section of the pre-authorized payment plan form.

**Make check payable to FCRA and mail to FCRA Headquarters, 222 S. Westmonte Dr, Ste 101, Altamonte Springs, FL 32714**  
**Telephone 407-774-7880 • FAX 407-774-6440 (for charge payments only) • www.fcraonline.org**

Rev 3/2017



# Pre-Authorized Payment Plan Form

## Participating Membership Only

*Please complete and return payment plan form and membership application to:*

FCRA Headquarters  
222 S. Westmonte Dr, Suite 101  
Altamonte Springs, FL 32714  
Fax: 407-774-6440

The FCRA payment plan is available only through submission of this form and is not available online.

**INSTALLMENTS:** Plan is payable by credit card only. Check payments will not be accepted.  
All payments will be automatically processed as outlined below.

First Payment	Processed upon receipt of this form	\$100.00
Second Payment	Processed 30 days after first payment	\$110.00
Third/Final Payment	Processed 60 days after first payment	\$110.00

Member Name: \_\_\_\_\_

Member Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Terms of the Agreement: I hereby authorize FCRA to process the fees for my participating membership in three credit card transactions. All transactions will be processed to the credit card provided on this form. The first payment in the amount of \$100.00 will be processed upon receipt. The second installment in the amount of \$110.00 will be automatically processed 30 days following the first payment. The third and final installment in the amount of \$110.00 will be automatically processed 60 days following the first payment. Check payments will not be accepted under this agreement. I understand there will be NO REFUNDS for any installment (partial payment) processed under this agreement. I also understand that FCRA membership will not be considered active until all three plan payments have been processed successfully. The full amount paid under this plan for my FCRA Participating membership dues will be \$320.00 which includes a \$20 administrative fee for processing multiple payments.

☐ Please enroll me in the payment plan. I have included credit card information for all three installments below. I fully understand and agree to the Terms of the Agreement as stated above.

\_\_\_\_\_  
Signature

Payment Method:

☐ Master Card ☐ Visa ☐ American Express

Billing Address: *(If different from above)*

\_\_\_\_\_  
Account #: \_\_\_\_\_ Exp Date: \_\_\_\_\_

\_\_\_\_\_  
Cardholder's Name / Signature

Submit by Email

Print Form