

Seas the Day

NORTH CAROLINA COURT REPORTERS ASSOCIATION

Embassy Suites by Hilton – Wilmington Riverfront

9 Estell Lee Place, Wilmington, NC 28401

April 9-10, 2022

Saturday, April 9, 2022

7:00 a.m. to 8:30 a.m. Breakfast at hotel (included with price of sleeping rooms)

8:00 a.m. to 8:30 a.m. Conference Registration

8:30 a.m. to 10:00 a.m. .15 credits



*Julie Donnelly, B.S.,
L.M.T.*

Julie Donnelly, owner of Julstro Worldwide, is an internationally recognized expert specializing in the treatment of chronic pain and sports injuries since 1990. Her expertise of the muscular component of muscle pain and how to treat the source of the problem has helped over a million people worldwide. Julie is the developer of the Julstro Method, a unique series of successful self-treatment techniques for the symptoms of repetitive strain injuries.

Julie holds a bachelor's degree in Interdisciplinary Health Education and is a Continuing Education Provider for a number of governing boards, including the National Certification Board of Certified Massage Therapists, National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) and National Court Reporters Association. Julie maintains her license in Massage Therapy in New York and Florida.

Addressing the Physical Demands on Court Reporters and Working on Solutions (Part 1)

Are you suffering from pain that is nagging at you every day? Pain can also cause you to lose sleep and have a negative impact on your life. Court reporters are prime targets for low back pain, hand/wrist pain, trigger finger, and other aches that can hamper your ability to work. There are solutions to these problems, and with just a little direction, they are easy to do at home. This is the first of two sessions we will have with Julie.

10:00 a.m. to 10:30 a.m. Break

10:30 a.m. to 12:00 a.m. .15 credits



Pam Horton

Pam Horton is a spunky, tell-it-like-it-is Board certified personal coach, empowering people to calm their chaos and embrace peaceful productivity. Pam is also an author (you can find her books on Amazon) and has a YouTube Channel (Miss Pam Reads) where she reads books for children. As a speaker, Pam concentrates on helping others to clarify their priorities and plan them out efficiently. Most recently, she spoke at the Women's Inspire event in November. She has also presented for a PTA and a church women's ministry, as well as running small coaching groups and doing some one-on-one coaching around stress and time management.

Make Time Work for You

"Make Time Work for You" workshop is designed to help people get the most peaceful productivity from their day. Pam will take attendees through some prioritizing exercises, provide eye-opening information, and a few tips on how to #StressLess and #ChooseJoy. Attendees will learn how to take control of their time, instead of wondering, "Where did the time go?"

12:00 p.m. to 12:45 p.m. Lunch

12:45 p.m. to 1:15 p.m. NCCRA Business Meeting

1:15 p.m. to 1:30 p.m. Break

1:30 to 2:30 p.m. .10 credits



Erika Sjoquist

Erika Sjoquist is a court reporter with 29 years of experience of reporting in all areas of law. She holds the nationally recognized professional certifications of Registered Professional Reporter (RPR) and the Certified Realtime Reporter (CRR). She is certified in Georgia, Washington, and California. At the national level, Erika has attended numerous conferences. She is also a past president of the California Deposition Reporters Association.

Technology Presented by: NCRA Director

Today's new technology is yesterday's news. Staying at the top of your game is vital to your success in the court reporting and captioning arenas. We will explore the impact technology has had on our profession and the importance of staying current with new technology to ensure that you support the services you provide your clients.

2:30 p.m. to 2:45 p.m. Break

2:45 p.m. to 4:00 p.m. .125 credits



Mark Kislingbury
RDR, CRR, FAPR

Mark Kislingbury, CSR, RDR, CRR, started his career as a freelance court reporter in 1983 in Houston, Texas. He began working on realtime from the beginning and has won five NCRA realtime contests and seven NCRA speed contests, accomplishing both in the same year on two occasions. He also is the winner of NCRA's 2020 "Literary Lockdown Virtual Realtime Contest." Mark has the Guinness World Record for "Fastest Court Reporter" for passing a one-minute take at 360 wpm with 97.22% accuracy in 2004. He is going for a new world record of 370 on March 25! He is the author of four court reporting books and runs the popular internet training site for court reporters and students, the Magnum Steno Club. He opened a court reporting school in 2011 and has more than 30 graduates (or CSR/RPR passers) so far, averaging a graduation rate so far of about two years, and many of them were less than two years. Mark is married with three grown children and makes his home in Houston, Texas.

Macros

Mark will be sharing his favorite steno-machine-launches macros that he uses when providing realtime. He will demonstrate them and, where necessary, explain how they work. This kind of "on the fly" editing makes your realtime look much better as well as making a "rough draft" a piece of cake when the job is over. He hopes that you will be inspired to "up your game" of using macros in your work!

4:30 p.m. to 5:30 p.m. .10 credits

Traci Mertens
RDR, CRR, CRC

Traci Mertens has been a U.S. House of Representatives Court Reporter for the last 3.5 years and is an NCRA speed and realtime contest participant and winner. Traci has more than 30 years of experience as a court reporter.

A Day in the Life of a Congressional Reporter

Ever wondered what it was like to be a congressional reporter in Washington, D.C.? Traci Mertens, RDR, CRR, CRC, will take us through a day in the life of a court reporter for the U.S. House of Representatives.

Saturday evening

6:00 p.m. to 7:00 p.m. Dinner

7:00 p.m. to 8:00 p.m. .10 credits

Brief Bingo

Who doesn't love a good bingo game? Come prepared to learn MANY new briefs as we get creative on the bingo card and provide prizes for finding the matches – share your briefs as well with your tablemates and take home your bingo card after to learn all the new briefs!

Sunday, April 19, 2020

8:30 a.m. to 10:00 a.m. .15 credits



Julie Donnelly

Addressing the Physical Demands on Court Reporters and Working on Solutions (Part 2)

Learn why our work sets us up for pain, what muscles are involved, and simple techniques to stop pain fast! Julie will be showing us how to self-treat the muscles that causes wrist pain and numb fingers, and also how to self-treat a muscle in our thigh that is the keystone for low back pain and sciatica. These are two classes you do not want to miss!

10:00 a.m. to 10:30 a.m. Break | Last opportunity to bid on silent auction items

10:30 a.m. to 12:00 p.m. .15 credits



*Chief Clark A. Pennington,
MS, BA, FBINA #239
Matthews, NC, Police
Department*

Clark Pennington has dedicated his entire career to his passion for public service in the field of Law Enforcement and Education. He currently serves as the Chief of Police for the Matthews, NC, Police Department after retiring from the Frederick, MD, Police Department as the Commander of the Criminal Investigations Division and SWAT Team Commander. He earned his Bachelor of Arts Degree in Criminal Justice from Mount Saint Mary's University in Emmitsburg, MD, and a Master of Science Degree in Management with a focus in Leadership Studies, from Johns Hopkins University in Baltimore, MD. Prior to his employment with the Frederick Police Department, he served with the United States Army in the Military Police Corps for six years. Chief Pennington is a certified instructor through the Maryland Police and Corrections Training Commission (MPCTC) and obtained his Advanced Law Enforcement Certification through the State of North Carolina Law Enforcement Training and Standards Division. He is a graduate of the Federal Bureau of Investigations National Academy, an executive leadership program, Class #239, and of the Senior Management Institute for Police (SMIP) through the Police Executive Research Forum (PERF).

Civilian Response to Active Shooter Events

This seminar will provide direction and presentation on what should be done if confronted with an active shooter event.

Results of the silent auction

Thank you for joining us this year in Wilmington! Safe journey home.