

# VERBATIM REPORTERS OF LOUISIANA

Post Office Box 40062, Baton Rouge, Louisiana 70835

(225-315-8234) \* ([www.vrlaonline.org](http://www.vrlaonline.org))

Dear Fellow Court Reporter:

Verbatim Reporters of Louisiana is sponsoring two Continuing Education Webinars in the near future. These webinars were approved today by the CSR Board in light of the COVID pandemic. Come join us to meet your CE requirements for the 2019/2020 cycle!!

## **Saturday, August 29, 2020 Webinar**

## **Saturday, October 10, 2020 Webinar**

Enclosed is the registration form and the agenda for the topics to be presented for what's sure to be an informative day! (Awaiting approval on NCRA & NVRA credits. Check website for status update.)

**OR**

*Register Online at [www.VRLAONLINE.ORG](http://www.VRLAONLINE.ORG) using the PayPal option and receive an email confirmation of your registration.*

Download additional Registration forms from our Website/Seminar tab.

- **State-required Ethics Credits are included in these webinars.**
- **Please note Registration Deadline dates on forms.**
- **No Refunds!**
- **CCRs/CDRs 65 and older are exempt from Louisiana CE credits.**
- **VRLA Members in good standing by April 15th, 2020 pay the Member rate for the seminar.**

Please note that your membership in VRLA is separate from your licensure with the CSR Board. Only through your participation and leadership can this organization succeed, grow stronger, and benefit our profession. We hope that with greater numbers we can present our profession as an important and unified group with a strong voice.

*Please direct any seminar/membership questions to [Treasurer@VRLAonline.org](mailto:Treasurer@VRLAonline.org)*

***Looking forward to having you participate!***

**Verbatim Reporters of Louisiana  
Continuing Education Webinar - Saturday, August 29, 2020**

**AGENDA**

- 7:15 – 8:15**            **Registration Check-In (Working on Webinar parameters for this.)**  
**8:15 – 8:30**            **Opening Remarks and Welcome**
- 8:30 – 10:30**        **First Session: Ethics, Revised Statutes & CSR Rules & Regs**  
**Speaker: CSR Board Member**  
A review of Title 46, Professional and Occupational Standards for Certified Court Reporters, Chapter 13, Code of Ethics, and LA Revised Statutes and Rules and Regulations for Certified Court Reporters. This presentation will also include Q/A to allow attendees an opportunity to ask questions on guidelines and procedures, including how to handle difficult ethical and unusual situations.
- 10:30 to 10:45**      **Morning Break**
- 10:45 to 11:45**      **Second Session: 2020 Legislative Session Update**  
**Speaker: Kevin Hayes, Lobbyist**  
Mr. Hayes will speak on how bills and the legislative process affect the profession of court reporting. He will update the group on the 2020 session and explain how the Coronavirus Epidemic may impact the Louisiana Legislature, Judiciary and Executive branches for years to come.
- 11:45 – 1:00 LUNCH ON YOUR OWN**
- 1:00 – 2:30**            **Third Session: Ergonomics and Self-Care for the Court Reporter: Beyond the Basics**  
**Speaker: Claire M. Kantrow, PT, DPT**  
This course will focus on teaching reporters to be more mindful about their work postures and habits that may be causing pain, dysfunction and repetitive strain injuries. Also discussed will be what the body does in response to repetitive or chronic stressors and how to be proactive in preventing RSIs and pain. Pertinent self-care tools (releases, stretches, ergonomics) will be demonstrated.
- 2:30 – 2:45**            **Afternoon Break**
- 2:45 – 4:15**            **Fourth Session: Reporters and Gadgets and Apps – Oh, My!**  
**Speaker: Lynette L. Mueller, RDR, CRR, FAPR**  
Learn to be self-sufficient, productive, efficient, and courageous in your everyday professional life! Lynette will share the gadgets, apps, and other resources that assist her to meet many challenges that may arise in the deposition or courtroom setting. She will also talk about the workflow she uses after the job — work smarter, not harder! During this session, we will wind up with discussion from the audience and sharing other gadgets that have helped them along their “Yellow Brick Road.”

**Total Seminar Credits: CSR = 12 credits NCRA = .6 credits NVRA = 6 credits**

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## CE WEBINAR REGISTRATION FORM

WEBINAR DATE: AUGUST 29, 2020

PLEASE FILL THIS FORM OUT COMPLETELY TO ENSURE REGISTRATION

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

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

City/State/ZIP \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Reporter Type: (circle one) Freelance Official/Deputy Official Captioner CART Student  
Reporter Method: (circle one) Machine Voice Digital/Electronic Shorthand Other \_\_\_\_\_

(Important: Fill in license number for each certification you are seeking credit for)

CCR Number: \_\_\_\_\_ CDR Number: \_\_\_\_\_

NVRA Number: \_\_\_\_\_ (add \$25 fee+) NCRA Number: \_\_\_\_\_ (add \$25 fee+)

(+VRLA is responsible for turning in all required forms to NCRA & NVRA)

Other State Certifications: State \_\_\_\_\_ Number \_\_\_\_\_

### SEMINAR FEE:

\*VRLA Members: \$110

Non-VRLA Members: \$200

\*VRLA Members: Ethics Only \$80

Non-VRLA Members: Ethics Only \$100

Students/Associate Members: \$50

(\*VRLA Member rate applicable to reporters whose dues were paid by 4-15-2020.)

**Registration Deadline: August 21, 2020. No Refunds.**

Please direct any seminar/membership questions to [Treasurer@VRLAOnline.org](mailto:Treasurer@VRLAOnline.org)

Make checks payable to & return this form to: **VRLA, P. O. Box 40062, Baton Rouge, LA 70835**  
(Your cancelled check is your receipt and confirmation.)

Register Online at [www.VRLAONLINE.ORG](http://www.VRLAONLINE.ORG) using the PayPal option and receive an email confirmation of your registration. Download additional Registration forms from our Website under the Seminar tab.

**Official Reporters:** Please make sure your court has our correct P.O. Box on file.

Verbatim Reporters of Louisiana  
Continuing Education Seminar - Saturday, October 10, 2020

## AGENDA

- 7:30 – 8:15**      **Registration Check-In (Working on Webinar parameters for this)**  
**8:15 – 8:30**      **Opening Remarks and Welcome**
- 8:30 – 10:30**      **First Session: Ethics**  
**Speaker: CSR Board Member**  
A review of Title 46, Professional and Occupational Standards for Certified Court Reporters, Chapter 13, Code of Ethics, and LA Revised Statutes and Rules and Regulations for Certified Court Reporters. This presentation will also include Q/A to allow attendees an opportunity to ask questions on guidelines and procedures, including how to handle difficult ethical and unusual situations.
- 10:30 to 10:45**      **Morning Break**
- 10:45 to 11:45**      **Second Session: Being Efficiently Productive**  
**Speaker: Angela Ryder**  
Learn tools to work more quickly and efficiently, whether during takedown or scoping, from block files to briefs, and efficient dictionary use, including a round-table discussion for sharing your best tips.
- 11:45 – 1:00**      **LUNCH ON YOUR OWN**
- 1:00 – 2:30**      **Third Session: Sounds Like?**  
**Speaker: Angela Ryder**  
Audio backup is a critical part of a working reporter's toolbox. This session will focus on learning about microphones, sound cards and how to maximize your audio setup.
- 2:30 – 2:45**      **Afternoon Break**
- 2:45 – 4:15**      **Fourth Session: Being Your Security System**  
**Speaker: Angela Ryder**  
What's "Phishing"? What's "Ransomware"? How does it work? Should I download this file? Am I secure enough? This session will address understanding how to keep yourself secure and how you can protect yourself.

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## CE WEBINAR REGISTRATION FORM

WEBINAR DATE: OCTOBER 10, 2020

**PLEASE FILL THIS FORM OUT COMPLETELY TO ENSURE REGISTRATION**

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

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

City/State/ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Reporter Type: (circle one) Freelance Official/Deputy Official Captioner CART Student  
Reporter Method: (circle one) Machine Voice Digital/Electronic Shorthand Other \_\_\_\_\_

**(Important: Fill in license number for each certification you are seeking credit for)**

CCR Number: \_\_\_\_\_ CDR Number: \_\_\_\_\_

NVRA Number: \_\_\_\_\_ (add \$25 fee+) NCRA Number: \_\_\_\_\_ (add \$25 fee+)

**(+VRLA is responsible for turning in all required forms to NCRA & NVRA.)**

Other State Certifications: State \_\_\_\_\_ Number \_\_\_\_\_

### **SEMINAR FEE:**

**\*VRLA Members: \$110**

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**Students/Associate Members: \$50**

**(\*VRLA Member rate applicable to reporters whose dues were paid by 4-15-20.)**

**Registration Deadline: October 2, 2020. No Refunds.**

*Please direct any seminar/membership questions to [Treasurer@VRLAOnline.org](mailto:Treasurer@VRLAOnline.org)*

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