

# Agenda

**Virginia Court Reporters Association**  
**March 16, 2024, MAR Education Day, Henrico, Virginia**  
**Theme: When it Comes to Your Victory, it's Your Mindset that Counts**  
<https://pixabay.com/images/search/victory/>

Attendance/participation will be tracked by Board members punching a hole in a member's punch card after each session concludes. Each punch card will have the participant's name and NCRA ID number identified.

7:30 – 8:00 Registration and breakfast

NCRA CEUs and VCRA CCR credits

8:00 – 9:00 Mike Watkins 1.0

9:00 – 9:15 Break

9:15 – 10:15 Attorney Sean Byrne 1.0

10:15 – 10:30 Break with snack

10:30 - 11:30 Attorney Kevin Martingayle 1.0

11:30 - 11:45 Break with refreshments

11:45 - 1:00 – Annual Business Meeting/Bylaws Changes/Awards (CCR CREDIT ONLY 1.0)

CEUs and CCR credits

1:00 – 2:30 Michele Eddy 1.5

2:30 – 2:45 Break – push Silent Auction

2:45 - 4:15 MATT JONES (Inspirational) 1.5

4:15 - 4:30 Break with snack

4:30 - 5:30 NCRA Rep 1.0

5:30 - 5:45 Swearing in VCRA Officers, Silent Auction winners

7.0 TOTAL CEUS and 8.5 TOTAL CRR credits

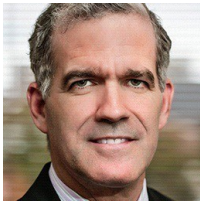


# Speakers



Michele Eddy has been a freelance court reporter for over 30 years, beginning her career in Cleveland, Ohio, in 1989, after graduation from the Academy of Court Reporting in Cleveland, Ohio. In August 2009, she moved to the D.C./Northern Virginia area. She has been a Certified Realtime Reporter since 2000 and earned the Realtime Systems Administrator Certificate in 2012.

Michele has served in all Board positions of the Ohio Court Reporters Association and is currently the President of the Virginia Court Reporters Association, having previously served as Secretary and Director over the last six years. She chaired the Education Committee and the Lawyers and Paralegals Liaison Committee of VCRA, having conducted A to Z classes and participated in school counsellor and school career day events. She received the Frank G. Tayloe Award by VCRA in March 2015 and the Outstanding Performance and Special Achievement awards in 2003 and 2007, respectively, by OCRA.



Kevin Martingayle is a partner in the Virginia Beach office of Bischoff Martingayle, P.C. He has a trial and appellate practice, handling a wide variety of matters, including business litigation, constitutional and civil rights cases, education-related disputes, defense of licensed professionals in administrative proceedings, land use and zoning matters, and cases involving covenants not to compete and other employment issues.

Mr. Martingayle is a past president of the Virginia State Bar (2014-15) and has held numerous committee and leadership positions with the VSB and other bar organizations. He received his B.A. in economics from Hampden-Sydney College (Cum Laude, Phi Beta Kappa) and a JD from the University of Virginia School of Law.



Sean P. Byrne, Esq. is a seasoned medical malpractice defense trial attorney with over 25 years of experience in civil litigation. He is the proud son of Sue Byrne, who has been a certified court reporter in NY for over 40 years. Sean is the founder and managing partner of Byrne Canaan law, a health care defense focused firm in Richmond with 11 attorneys. His team defends high exposure med mal cases and regulatory investigations, and they work with health care providers to provide risk reduction education and advice to help improve patient safety. He is also an adjunct faculty member at the University of Richmond where he teaches courses including trial practice and health law. Sean is involved in numerous community and professional service activities including as a member of the Board of Directors at Central Virginia Legal Aid Society, and the Richmond Bar Association.

# Speakers



Kelly Linkowski, who has worked as a captioner since 1993, holds the nationally recognized professional certifications of Registered Professional Reporter (RPR), Certified Realtime Reporter (CRR), and Certified Realtime Captioner (CRC). She has worked from the comforts of home and around the world, providing verbatim transcription and instant speech-to-text accessibility using the power of stenography.

At the national level, Linkowski has been an active volunteer, contributing to articles for publication, presenting seminars, and encouraging students through mentoring and as an advisory member of stenography programs. She has been involved with numerous NCRA committees, including the Student Community of Interest, National Outreach Committee, Court Reporting Program Advisory Committee (Student Liaison), Council on Approved Student Education, Intersteno Task Force, National Congress of State Associations (Regional Representative), Strategic Planning Task Force (Captioning Segment Chair), Nominating Committee, Captioning Committee (Chair), and Certified Realtime Captioner (CRC) Certification Committee.

At the state level, Linkowski began her service with the Ohio Court Reporters Association as a Director and Student Liaison in 2012 and completed her term as immediate past president in 2021.



Mike Watkins started his court reporting career in 1991, when he began working in Jasper, Alabama for Walker County Court Reporting. From there he moved to Florence, Alabama, to work with Clark and Bishop Court Reporting. He stayed on with Bishop Court Reporting until 1995 when he began an officialship for Lauderdale County, Alabama. There he worked for Judges Don Patterson, Alice Martin, and Mike Jones. In 2000, he moved to the Upstate of South Carolina, where he worked in Charlotte, freelancing with the firm of Adams and Holt.

In 2002, Mike realized he missed the courtroom and applied to the State of South Carolina to be an official court reporter. Mike still holds that position today. In the last 21 years, Mike has worked several high profile cases, two of which were State versus Jamie Baldwin (featured on Dateline) and the State versus Alex Murdaugh (featured on Court TV, Netflix, Dateline, 20/20, and others.)



Matt Jones is known as the "Eight Continent Marathon Man." He went from being a three-time cancer conqueror to relearning how to walk, to going through a bone marrow transplant, to completing eight marathons on eight continents. This includes Antarctica and the newly discovered continent of Zealandia. Matt was diagnosed with cancer on September 11, 2002. After spreading to the fluid in his brain doctors did not think he would live. After victoriously conquering cancer, he was told by his doctor, no one has gone through what he did and be alive one year later. Baseball Hall of Famer George Brett said, "Matt is a true champion and his story inspires others to be a true champion." Olympic Gold Medalist Scott Hamilton said, "Matt Jones has done what anyone would consider impossible. Conqueror. Overcomer. Champion. Superhuman. None of those words do him justice." Matt is the author of numerous books and his latest one is, "Happiness is a Marathon: 26.2 Ways to be Happier at Work and in Life. For more information about Matt please visit his website at [www.MatthewDJones.com](http://www.MatthewDJones.com)



# Topics

## **Realtime for Everybody - by Michele Eddy, RPR, CRR, CRI, CCR, 1.5 hours**

Michele Eddy will present realtime tips for using macros to edit from your steno machine for both Eclipse and Case CATalyst, tips on using Brief-It/Suggest a Brief, and tips about Boost/AI Live, with a mock demonstration in a deposition setting. Participants should bring their laptops and steno machines.

*Learning Objectives: 3.04 (a)(b) Goal: Encourage reporters to use macros and briefs using CATalyst and Eclipse.*

## **Proposed Legislation in Virginia and its Impact on Court Reporters by Kevin Martingayle, Esquire – 1.0 hour**

Kevin Martingayle will speak about recently proposed or passed legislation from the 2023 General Assembly session that may impact court reporters, likes and dislikes that lawyers and judges have when it comes to reporters, a few nightmare/funny stories, the importance of having a good relationship with the court reporter (or firm), how he learned to become a great speaker and create a clean record, and will answer any questions the audience may have.

*Learning Objectives: Article III, Section 3.02 (l) Goal: Bring reporters up to date on recent legislative updates on the reporting profession*

## **For the Record: what do attorneys want from court reporters, and what can we do together about the court reporter shortage? By Sean P. Byrne, Esquire, 1.0 hours**

Sean will discuss a litigation attorney's perspective on best practice and great service from a court reporter; the current and expected future court reporter shortage, why it matters and what we can do about it together.

*Learning Objectives: Article III, Section 3.02 (a) – Goal: Improve our understanding of courtroom and deposition procedures from an attorney's perspective*

## **When it Comes to Your Victory, it's Your Mindset that Counts by Matthew Jones, 1.5 hours**

Court reporting, like a marathon, can be an endurance event. Keynote speaker Matt Jones will inspire, encourage, and motivate us. From Matt's story and the lessons he learned from conquering cancer three times and completing a marathon on every continent after relearning how to walk, we will:

- a) Discover one of the most important and easiest ways to reduce anxiety and increase resilience
- b) Learn the three choices to develop a Marathon Mindset of Victory
- c) Experience revitalization for Court Reporting and Life

Matt's presentation is not only based on his story of overcoming insurmountable odds, but he also shares from the field of Positive Psychology, offering peer-review and evidence-based strategies for greater success in life and work.

*Learning Objective: 3.10 (f) and (c). Goal: Ways to reduce anxiety and improve our professional mental health with stress management as well as work/life balance*



# Topics

## **Inside the Alex Murdaugh Trial: Steps to take to maintain order in a chaos, by Mike Watkins, Court Reporter, 1.0 hour**

Mike will talk about keeping inventory of 800 plus exhibits...including many rifles and a lot of ammunition...in a very small area. How to ease stress by maintaining your daily routine while working out of town. Being able to navigate in a small town while being part of a high profile media event, Keeping your composure while the whole country...or world for that matter...watch daily. Trust your training when the pressure is on. Dealing with the prosecution and the defense in a professional manner

*Learning Objective: 3.02 (a) - Goal: Learning important courtroom procedures.*