

November 14, 2020

**VCRA Zoomvention 2020:
Moving Forward Together**

**More details and
information to come!**

STAY TUNED!

www.VCRA.net

8:00 to 9:30 a.m. Kristina Tan (.15/1.5)

Techy Tips and Tricks

Explore various tools, gadgets, and shortcuts to make our jobs faster, better, and easier new technology implemented in September of 2020 for remote depositions!

10:00 to 11:30 a.m. Michele Eddy (.15/1.5)

How To Write Technical Jobs With Ease

Ever wonder how you'll ever be ready to write a technical job with ease, without sweating bullets, without feeling like you want to throw in the towel at the end of the day? I'm here to help by sharing with you my personal system for preparing for a technical job, whether it's a pharmaceutical case or an intellectual patent case involving chemical terminology. We will then take the time during this session not only to go through the steps, but to put these skills into practice by simulating a real deposition experience. Bring your thinking cap and your machines and laptops, and let's get down to business.

11:45 to 12:45 p.m. Pilar Gerasimo (.10/1.0)

Healthy Deviance

In this talk, I'll offer an eye-opening look at the true nature of our current health challenges, and I'll present some practical suggestions for embracing Healthy Deviance as a means of escaping our unhealthy culture's deadly vortex.

Points of exploration include:

- How a limited view of our present circumstances has caused us to counterproductively respond to our most pressing health problems
- How embracing Healthy Deviance can help us overcome our limiting conditions, access new ideals of health and happiness, and blaze more rewarding paths forward
- The value of cultivating Healthy Deviance at work, and how "inspired noncompliance" can improve not just individual health but your organization's results and bottom line

2:00 to 3:00 p.m.

John Stirrup

(.10/1.0)

How the Sausage is Made in the General Assembly

How a bill works its way through the House and Senate to become law including patrons, writing a bill, the committee process, crossover day, etc.

The importance of keeping in contact with our legislators and forming and enhancing a relationship, so to speak, so we don't just pop in when we want something. That way they will know who we are, what we represent, and know a little bit about our industry. When it's best to meet with them, how to schedule through their legislative aid, how to keep your talk with them brief and concise, etc.

3:15 to 4:15 p.m.

Sindie Bragg & Lori McCoin Jones

(.10/1.0)

View from the Hill

Join Sindie Bragg and Lori McCoin Jones as they recap what happened in Richmond with VCRA's attempt at obtaining licensure of Virginia court reporters. We will go over what we wanted to accomplish with our bill as well as give a rundown of our presentations before the Judicial Subcommittees of the Senate and House. Finally, we'll talk about where we go from here and what we see in the future regarding court reporter licensure in Virginia. We will also be having a Q & A segment after our presentation. Questions can be submitted before the presentation by emailing vcraexecutivedirector@gmail.com, or you will be able to post questions during the presentation.

VCRA .6 ceu / *NCRA .6 ceu / NVRA 6.0 ceu

*pending approval

Speakers

Kristina Tan, CRR

Kristina is a certified court reporter and authorized Eclipse trainer based in Richmond, Virginia. Prior to becoming a court reporter, she worked as a resource coordinator at South Coast College in Orange, CA, training students and working court reporters in how to optimize their setups. She has conducted many presentations regarding using technology to help work efficiently, the most recent one being NCRA's Connect Virtual 2020. She enjoys sharing her passion for the profession through education and technology.

Lori McCain Jones, RPR, CRR

Lori graduated from Reporting Academy of Virginia in Richmond in 1992 and began her freelance career in the Richmond area. In 2012, she accepted a position in the Superior Court of Forsyth County, North Carolina, as an official. After leaving her official position, she freelanced in North Carolina from 2014 until she returned to the Richmond area in 2016.

She attained the NCRA RPR certification in 2004.

Lori served as a board member of VCRA from 2011 to 2012, and then from 2018 to present, where she currently holds the position of Vice President. She was awarded the Frank Tayloe award in 2019.

She also served as a NCSA representative from Virginia from 2019 to 2020.

Sindie Bragg, RPR, LCR, CCR

Sindie attended the Court Reporting Institute of Dallas, after which she moved to Roanoke, Virginia to begin her court reporting career. She had plans to move to Washington, DC and pursue reporting in the House or Senate; however, fate had other plans when she met her husband and moved to Southwest Virginia. Sindie ran a small reporting firm in Abingdon, Virginia for 12 years.

In 2002 she took a break from reporting to finish raising her children, and she returned to the reporting field in 2014. She is again operating a small firm in Abingdon where she covers work in Southwest Virginia and Northeast Tennessee. Sindie has been serving on the board of the

Virginia Court Reporters Association for three years and just began serving as a NCSA representative with NCRA.

John Stirrup

John T. Stirrup, Partner, has enjoyed a distinguished career of achieving successful legislative and public policy accomplishments, managing government affairs practices, leading grassroots efforts and winning public affairs strategies. He has worked with a wide range of elected officials in the Executive Branch, United States Congress, state and county governments and the private sector.

He served as a political appointee in the Reagan Administration, serving in Congressional Relations positions. Subsequently, he moved to Capitol Hill and served as Chief of Staff to then Representative Dr. Tom A. Coburn. During his tenure with Congressman Coburn, Mr. Stirrup was named a John C. Stennis Fellow.

Since leaving Capitol Hill, he has represented private and public sector clients before Congress, the Administration, the Virginia General Assembly, regulatory agencies, local governments and international organizations.

He was elected to serve on the Prince William County, VA Board of Supervisors, representing the Gainesville District, in 2003 and re-elected in 2007. His colleagues elected him Vice-Chairman in 2008.

Upon leaving the Board of Supervisors, he was appointed, by the Governor, to a five-year term on the Virginia Commission on Local Government.

A frequent lecturer at George Mason University's Graduate School of Public Policy, he is often asked to address audiences on current public policy issues. He has appeared on multiple news outlets including all the major national and local television networks to discuss public policy issues of the day.

His philanthropic work includes serving as Chairman of the Board of Directors of the Hylton Performing Arts Center and on the Boards of the Manassas Battlefield Trust and the Heritage Hunt Golf Classic.

Michele E. Eddy, RPR, CRR, CRI, CLR,

Realtime Systems Administrator Certificate

Michele has been a freelance court reporter for over 30 years, beginning her career in Cleveland, Ohio, in 1989, then moving, in 2009, 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 works as a high-volume reporter in deposition, trial, or arbitration settings on almost a daily basis, providing interactive realtime, rough drafts, daily copy, or rush transcripts. This past year, Michele had the privilege of serving as a temporary Reporter of Debates for the U.S. Senate for several weeks, quickly learning the basics of Case Catalyst software in order to have a part in creating the Congressional Record on a daily basis.

Michele and her scopist use Eclipse software, often working together in the cloud through Connection Magic. Creating a job dictionary and auto-briefing is one of Michele's favorite tools to writing realtime effortlessly. Good knowledge of Eclipse software enables her to provide stress-free rush transcripts, whether it's knowledge about block files and automatic indexing to create title pages and indexes quickly or editing tricks to produce fast rough drafts or a final product.

While in Ohio, Michele served as an instructor in the court reporting program at Cuyahoga Community College during the 2006-2007 academic year.

From 2014 through 2016, Michele participated in the Taking Realtime Awareness and Innovation Nationwide (TRAIN) program for the Virginia Court Reporters Association, providing realtime and technical training to fellow reporters. She has also conducted software-related seminars at VCRA's Education Day. In October 2015, she was awarded the Frank G. Tayloe Award by VCRA. From 2016 to the present, she has served on the Board of VCRA as Vice President, Secretary, and Director, currently chairing the Education Committee, having conducted several A to Z classes and has led efforts to bring awareness of our profession at the Virginia School Counselor Association's annual conference in Hampton Roads, Virginia, in October 2019 and October 2018.

Pilar Gerasimo

Pilar Gerasimo is an award-winning health journalist, social explorer, media innovator, and visionary shaper of this decade's burgeoning healthy-living movement.

She has a large and growing platform, a wildly enthusiastic fan base, a powerful professional network, and hardcore, healthy-revolutionary street cred. Here are just a few of her accomplishments and career

highlights:

- Founding Editor-in-Chief of the award-winning magazine Experience Life, a new-model, healthy-living print publication she created from scratch in 2001, then built to a national paid circulation of 770,000 and an estimated reach of 3.2 million (bigger than Yoga Journal —see the magazine’s media kit for details)
- Former Senior Vice President of Healthy Living for Life Time Fitness
- A veteran health journalist and columnist (visit <https://pilargerasimo.com/press/> for a list of awards) • Former Executive Editor of Healthy Living for Huffington Post and a longtime HuffPo blogger (visit <https://www.huffingtonpost.com/topic/pilar-gerasimo> for a selection of Pilar’s blogs) • Co-host (with Dallas Hartwig, co-founder of the Whole30 program) of the popular health podcast The Living Experiment (<http://livingexperiment.com>), which earned a top-five spot on iTunes in its first week, and currently gets 30,000+ downloads per weekly episode
- A popular speaker, presenter, and keynoter at respected venues, including Omega Institute, Kripalu Center for Yoga and Health, Sundance Institute, the Mindful Life Summit, Rancho La Puerta, and 1440 Multiversity
- A high-profile trainer and teacher whose video-based courses include How to Be Healthy in an Unhealthy World and How to Refine Your Life (or Change It Completely) with Brian Johnson’s Academy of Optimal Living, as well as a new Healthy Deviant video course, created in partnership with The Big Know (<https://www.thebigknow.com>), which will be rolled out in 2019, in advance of the publication of The Healthy Deviant

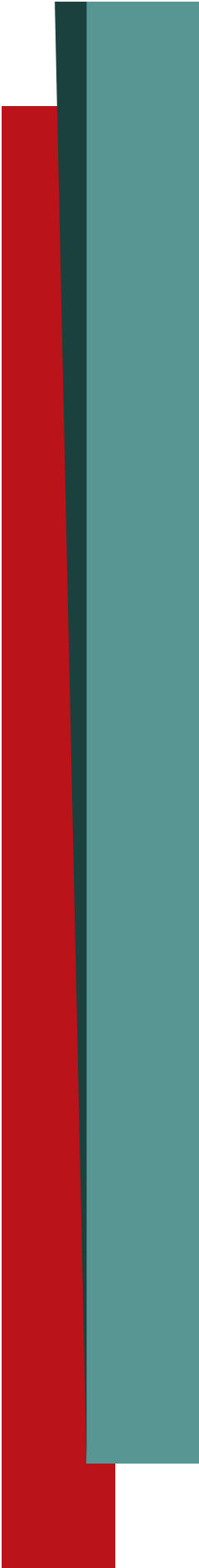
A frequent guest on major media, including Dr. Oz on Oprah & Friends Radio, CBS Radio, various NBC and CBS television affiliates, Mayo Clinic TV, and many others

Author of the long-running “Revolutionary Acts” column in Experience Life magazine, which earned a national 2015 FOLIO gold Eddie award for best series of articles

Creator of RevolutionaryAct.com, winner of a Web Intent award for “Best Health and Healthy Living Web Site”

Creator of the popular mobile app, “101 Revolutionary Ways to Be Healthy,” which has been downloaded more than 200,000 times and consistently earned five-star reviews

A popular expert guest for podcasts and online summits, including



those hosted by Mark Hyman, MD; Amy Myers, MD; Jonathan Bailor (The Calorie Myth); Elisha Goldstein, PhD; Terri Cole, PhD; Brian Johnson (Optimal Living 101), and others

A member of the Board of Directors for the Penny George Institute Foundation (<https://wellness.allinahealth.org/servicelines/802>)

An inventor of sticky social memes, including “Being Healthy Is a Revolutionary Act,” a phrase Pilar coined in the early 2000s, and which still gets regularly referenced and hashtagged via social media

At the personal level, Pilar has been steeped in Healthy Deviance most of her life. The daughter of a sociologist dad and a hippie mom, she has always walked between the so-called “normal” and outsider worlds. Having lived in New York, the Bay Area, and Paris, she chooses to make her home on an organic, communal family farm in Wisconsin. A Fulbright scholar with a degree in Comparative Literature from Mills College, she is a passionate fan of rescued pit bulls.

Win Amazing Prizes



ONE HOUR FREE
CATALYST/ECLIPSE
TRAINING

By registering for the VCRA Zoomvention 2020, you will be automatically entered into drawings to win one of three amazing prizes!

Winners will be drawn throughout the day.

Echo Dot (Gen 3)

(\$99 value)

Donated by Veritext

Stealth Ultra High Power USB High Gain Stereo Omnidirectional Microphone

(\$369.95 value)

Donated by Sound Professionals

One Hour Free Catalyst/Eclipse Training

Donated by Dave Stanley

50/50 Raffle for COEF Fund

We will be holding a 50/50 raffle during the VCRA Zoomvention 2020. Tickets are \$1 each. Buy as many tickets as you want for a chance to win 50 percent of the total pot. The other 50 percent of your generous participation goes to the Carolyn M. O'Connor Education Fund.

Tickets can be purchased when you register for the convention.



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Zoomvention Social



**Join us for a post
Zoomvention social from
the comfort of your couch.**

**Kick off your shoes and be
ready to chat with your
favorite fall beverage
and snacks!**

4:30 pm until...

