



# Vade Mecum



1. Something a person carries about for frequent or regular use.
  2. A book for ready reference; manual; handbook.
- [1620-30; < vade mecum lit., go with me]

**PRESIDENT'S MESSAGE  
BY  
WADE GARNER**

### If 1 is good, 99 must be better!!

This year, the Dubble Bubble chewing gum company celebrates its 75<sup>th</sup> birthday! This is quite an accomplishment for a company that makes its profit from selling items that cost merely pennies. I visited their website recently ([www.dubblebubble.com](http://www.dubblebubble.com)) and read some of their customer-submitted bubblegum stories. One in particular made me not only laugh but stand back to think.

Ronnie, age 8, from Maple Ridge writes the following:

One day I had a piece of Double Bubble gum in my mouth and I was blowing bubbles. I thought to myself that if I put two pieces in my mouth, I could blow even a bigger bubble. And guess what . . . it worked!!!!!! I just then had a great idea . . . I would love to go on a balloon ride. I wondered if I was to eat 99 pieces of gum.....could I.....maybe get off the ground??????

*The ASRA is committed to advancing the court reporting profession by promoting court reporters as experts in the field of verbatim shorthand reporting; by providing continuing education to its members; and by advocating quality service, high ethical standards, and state-of-the art technology.*

I chuckled when I first read this 8-year-old's thoughts, but then paused to reflect on the times that I have had similar thoughts. Maybe you can relate as well.

Have you ever thought of doubling the chocolate chips in your cookie recipe, thinking it would be so much better; but in reality, they just turn out like a mound of tasty mud?

How about marshmallows in Rice Krispie squares? They will be so much better with way more marshmallows, but then you can't even pick them up! They are still good when eaten with a spoon, right?!

My co-worker tells me that when she colours her hair, she figures the colour will last twice as long if she leaves the product on for double the time.

A very good friend of mine was over for dinner a few weeks ago. I had asked him to make some whipped cream in my whipped cream dispenser. When completed, I usually give the canister 10 shakes just to firm up the cream inside. I asked him to do that for me, and 20 shakes later, he handed the canister back. He thought if 10 shakes was good, 20 would be better. We enjoyed the slightly buttery whipped cream anyway!

As we approach another Christmas, it is my hope that each of us can strike a balance in our life, a balance between family, church, work, community, charity, and the many other things that demand our time and attention. Especially at this time of year when the all-out assault of

commercialism is everywhere, let's remember that a meaningful, thoughtful act for someone in need often means more than the biggest, prettiest package we could possibly buy. Maybe this is really a time of year when less is more.

Wishing you a very balanced Christmas and New Year.

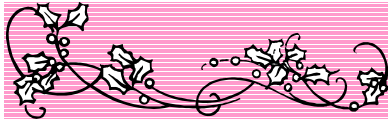
Wade Garner  
torch2@shaw.ca

## CONGRATULATIONS!

Recipients of the Alberta Shorthand Reporters Association Scholarships, as nominated by the Legal and Realtime Reporting program at NAIT, 2003 - 2004:

**Alberta Shorthand Reporters' Association Award:**  
Michelle Michaud – 2<sup>nd</sup> year student.

**Wendy Egbert Swann Memorial Award:**  
Candy Victor – 2<sup>nd</sup> year student.



## New ASRA Council

The following were either elected to Council positions during the Annual General Meeting on Saturday, September 20, 2003, or are finishing their terms:

**Wade Garner** Phone: (403) 347-8899  
**President** E-mail: torch2@shaw.ca

**Debra Watt** Phone: (403) 256-9061  
**Secretary** E-mail: debra.watt@gov.ab.ca

**Charlene Hodge** Phone: (403) 948-4806  
**Treasurer** E-mail: benex@telusplanet.net

**Sandra German** Phone: (780) 430-4130  
**Registrar** E-mail: sandragerman@shaw.ca

**Lorraine Nordstrom** Phone: (780) 513-3706  
**Communications Committee**  
E-mail: anrp@cablerocket.com

**Karola Ignacz** Phone: (780) 987-2471  
**Function Coordinator**  
E-mail: karola\_I@hotmail.com

**Jennifer Wilke** Phone: (780) 988-9305  
**Practice Review Committee**  
E-mail: jenniferwilke@shaw.ca

**Cindy James** Phone: (780) 487-7679  
**Communications Committee**  
E-mail: cynthiajames@shaw.ca



**ASRA**  
**38 Rutherford Drive**  
**Red Deer, Alberta**  
**T4P 2Z2**

<http://members.shaw.ca/asra>

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## SPRING SEMINAR

April 17, 2004  
Red Deer, AB ...

more info. to follow.

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### Better English

Having chosen English as the preferred language in the EEC, the European Parliament has commissioned a feasibility study in ways of improving efficiency in communications between Government departments.

European officials have often pointed out that English spelling is unnecessarily difficult; for example: cough, plough, rough, through and thorough. What is clearly needed is a phased programme of changes to iron out these anomalies. The programme would, of course, be administered by a committee staff at top level by participating nations.

In the first year, for example, the committee would suggest using 's' instead of the soft 'c'. Certainly, sivil servants in all sities would resieve this news with joy. Then the hard 'c' could be replaced by 'k' sinse both letters are pronounsed alike. Not only would this klear up konfusion in the minds of klerikal workers, but typewriters could be made with one less letter.

There would be growing enthusiasm when in the sekond year, it was announsed that the troublesome 'ph' would henseforth be written 'f'. This would make words like 'fotograf' twenty persent shorter in print.

In the third year, publik akseptanse of the new spelling kan be expekted to reash the stage where more komplikated shanges are possible. Governments would enkourage the removal of double leters which have always been a deterrent to akurate speling.

We would al agre that the horrible mes of silent 'e's in the languag is disgrasful. Therefor we

kould drop them and kontinu to read and writ as though nothing had hapend. By this tim it would be four years sins the skem began and peopl would be reseptive to steps sutsh as replasing 'th' by 'z'. Perhaps zen ze funktion of 'w' kould be taken on by 'v', vitsh is, after al, half a 'w'. Shortly after zis, ze unesesary 'o' kould be dropd from vords kontaining 'ou'. Similar arguments vud of kors be aplid to ozer kombinations of leters.

Kontinuing zis proses yer after yer, ve vud eventuli hav a reli sensibl riten styl. After tventi yers zer vud be no mor trubls, difikultis and evrivun vud find it ezi tu understand ech ozer. Ze dremms of the Guvermnt vud finali hav kum tru.

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### NCRA News

NCRA MIDYEAR CONFERENCE  
APRIL 2 – 4, 2004  
San Francisco, Calif.

NCRA ANNUAL CONVENTION  
JULY 29 – AUGUST 1, 2004  
Chicago, Ill.

NCRA Website – [www.NCRAonline.org](http://www.NCRAonline.org)

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### Classified Ads

#### For Sale:

**IBM laser jet printer** and two cartridges;  
**Hewlett Packard laser jet printer** and cartridge. Both in excellent condition and perfect for high-volume printing. Contact Denise Parent (780) 488-3610

#### For Sale:

**StenoRam II.** Spent \$500 having it put back into tiptop working order and used very rarely since servicing. Asking: \$400. Comes with hard case, tripod, paper tray, battery charger, and two real-time cables. A StenoRam II can be used for real-time display but the display is about a sentence behind the writing. Contact Edith at: [edmcn@telus.net](mailto:edmcn@telus.net)

### CaseCATalyst4 for sale!

All disks and updates from 2.0 - 4.0 including 3.2.0 for use with Windows XP. All updates and command summary cards and hardcopy manual included. Button extension cord and button holder included. Even the original box! \$4000. Please contact Shaayna Fuerst at 403-276-1981.

**FULL-TIME CART PROVIDER needed immediately by progressive agency in Vancouver, B.C. Will train in on-site and remote CART. Must be realtime-ready but not necessarily realtime-certified. If you love the educational environment, you will love this work! Please contact, in confidence, cakot@accuraterealttime.com**

Anyone who is willing to donate old steno equipment for a historical display at the courthouse in Calgary, please contact Debra Watt, listed in this newsletter under Council Directory.



Q Okay. Where were you born?  
A Saint Anthony, Newfoundland.

Q How long did you live in Newfoundland for?  
A 17 years.

Q When you moved to Canada, did you move directly to Fairview, Alberta?  
A Yes, I did.

MR. McVEY: I hope that was a slip of the tongue.

Submitted by Lorraine Nordstrom

Q: What I want to know, Ms. Dunn, is what you know, but also what you don't know. If you don't know the date, I'd like to know that, because I don't want you later testifying at a trial that you do know the date and you have a certain recollection of it. So it's important for me to know not only what you do know, but also what you don't know. And so if you don't know when the cattle were moved, it wasn't something you were in

involved in, then that's an acceptable answer. If you do know or if you have some inkling of a general time frame, that's an acceptable answer.

A: I don't know.

Submitted by Litsa Konicki

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Are you so-so about court reporting? Do you wish you had something to do with your extra time? Are you hardly busy at all and would like to get more involved? Then we don't need you – WE NEED THE OTHERS! It's a fact: If you need something done, get the busy people to do it. The ASRA is looking for a committee of court reporters who would be willing to offer insight, experience and vision while participating in a government liaison committee. We would like people who are interested in taking proactive steps towards educating the government and other users about the court reporting profession and also to educate ourselves about what our end-users are considering BEFORE they go ahead and make decisions. As changes to the Rules of Court and The Mechanical Recording of Evidence Act are imminent, let's not make the same mistakes we have in the past by being too busy and too out of touch to get involved. Please contact Lorraine Nordstrom (as listed in this newsletter under ASRA Council Directory) if you are willing to participate.

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**ASRA Evaluation and Comments**  
**Colours of CART**  
**September 20 – 21, 2003**

**FACILITIES (Food, meeting room, etc.)**

- Excellent all around. *(Although this comment was repeated many times, it only appears here once.)*
- Good continental breakfast and snacks. Shaw Theatre chilly.
- Food was great this time at the NAIT dining room. Shaw Theatre comfortable sitting and great to hear speakers and see screen too.
- Good seminar/meeting facilities. Keep doing this. Good food. Lunch was outstanding.
- Meeting room – how about lids for the coffee? I need my joe during meeting!
- Sound for Monette was not loud enough. Otherwise the meeting room was comfortable. Food was excellent.
- Always nice at NAIT.
- Would be nice to have coffee or water in meeting room. Very comfortable otherwise.
- Great facilities as always.
- I always enjoy coming back to NAIT. Food is delicious. I would have liked more to drink than water at lunch.
- Meeting room – very comfortable. Good acoustics. Too bad no beverages allowed, but understandable. Lunch was EXCELLENT! Comfy surroundings. Very pleasant.
- Food was good. Meeting room good.

**SPEAKERS (Monette Benoit, Marilyn Kingdon, Cindy Gordon, Clare Murphy, Colin Cantlie, Brennan Estell, Shannon Wiebe, Sandra German, Louella Webber)**

- Excellent, all, especially Marilyn and Clare putting personal perspective on day-to-day deaf problems.
- CHHA people - so willing, open, and supportive! CART providers - the same. Confidence building and fuel for the fire to keep going. Monette – so gracious and inspiring to become courageous, passionate, empowering.
- I enjoyed what they had to say. Quite informative. Good speakers. It was so inspirational and so touching. What a thing to start as a court reporter and have this whole world open up to us!!
- Very informative
- Excellent to hear from CART providers and users, giving insight to their individual challenges.
- I really loved to listen to Monette. All the personal experiences of the speakers added so much more to our understanding.

- Really opened my eyes!! Thanks!!
- Wonderful to hear of Monette's experiences and judos to Sandra for keeping up to her and was very motivating to hear from Marilyn and Cindy and Clare. Great job! This morning's session (Sunday) was extremely motivating. Thank you for bringing in people whose lives have been impacted (good and bad) by CART. Thanks.
- All very, very good. Sometimes Monette spoke a little rapidly and lowered her voice. Cindy – I loved listening to her. I was totally awed and inspired by the commitment of Monette, the clarity and passion of Cindy, and the courage of Brennan, the candor and enthusiasm of Shannon and Louella.
- Monette – disappointing. Cindy Gordon – well done. Colin Cantlie – good but too long. Brennan Estell – touching. Shannon Wiebe – excellent. Sandra German – good, as usual. Louella Webber – good. Monette – too long and boring. There should have been a handout of terms and a list of practical do's and don'ts. There really wasn't anything I could take home from this. Too much focused on religion, and her Catholic faith.
- Very informative. Good speakers.
- Speakers all spoke from the heart! Very informative, but not pertinent to me (pen writer).
- EXCELLENT! I wish Sandra could have had a longer time speaking.
- Speakers were informative and inspirational. I thought there would be more information on equipment needed and CART providers looking for reporters.
- Monette – great personality. Informative. Marilyn, Cindy, Clare – helpful to know what organizations are out there for CART. Brennan – very brave. Louella – inspiring stories. Shannon – great to hear from someone in the "biz". Colin – stresses the need for us – wonderful!
- Very interesting and informative. Enjoyed listening to Monette's stories. The stories from the consumers about how valuable the service they were provided with were very hear-warming.
- I really enjoyed the speakers from the Alberta Hard of Hearing associations. Their first-hand experiences were very interesting (Yay, Cindy). Monette was very interesting and funny. Also the speakers on Sunday. It was very interesting for me to hear about their experiences as I have none of my own!
- Very informative.

**OTHER COMMENTS**

- Uplifting to get together and recharge and rejuvenate/learn.

- Incorporate software training into a convention weekend in the future. Share captioning duties/exposure at all our events. It's what we do!
- The dinner theatre was WONDERFUL! The food was not so good, but the singing was great as was the acting.
- I thoroughly enjoyed this whole seminar. It was one of the most relevant as well as enticing topics to the future of court reporting.
- Loved the dinner theatre.
- What has happened with POARA? Any steps toward legislation for only CSR transcripts to be allowed in court? Where's the beef!
- I really enjoyed this weekend. Learned lots!
- Seeing CART in action was great. Sandra did a wonderful job.
- I am a captioner, and it was so great to hear how much people in the deaf community depend on what I do. Reawakens my commitment and desire to really do a good – sorry, great – job!
- Sandra was awesome to watch. She did great!
- I just wanted to say I think you council people do a great job. We know you are volunteers, and we appreciate the time and effort you put in. Thanks! I wanted to say bravo to Sandra G for doing the CART providing. You are very brave, Sandra. Good job!



## SOME FAVOURITE QUOTES

Fear is a question: What are you afraid of, and why? Just as the seed of health is in illness, because illness contains information, your fears are a treasure house of self-knowledge if you explore them.

[Marilyn Ferguson](#)

"Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable."

[Sydney J. Harris, \*Strictly Personal\*](#)

"Listen or thy tongue will keep thee deaf."

[-American Indian Proverb](#)

"The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it

is in yourself alone."

[-Orison Swett Marden](#)

Don't limit a child to your own learning, for he was born in another time.

[Rabbinical Saying](#)

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For a list of CE policies and article tests, visit our webiste at

<http://members.shaw.ca/asra>

