

CART-Yoga Retreat (0.5 CEUS)
Sunday, February 5, 2023



Presented by



Sponsored by the
New York State Court Reporters Association
in recognition of Court Reporting and Captioning Week

Join us in Midtown of New York City for an all-day retreat of CART and yoga. Learn about the differences between CART and court reporting. Be prepared to do hands-on intensive dictionary-building work to simulate preparing for CART assignments, as well as learn on-the-fly editing tips and tricks to improve your translation rate. PowerPoints will be provided. The morning will feature a speaker who is a lifelong CART consumer who will speak about how CART helped her get through her undergraduate, graduate, and current doctoral studies. The retreat concludes with a 90-minute yoga session led by a certified instructor to remind us to take care of our bodies and minds.

AGENDA

8:15-9:00	Arrive, setup equipment, coffee and light refreshments served, grounding exercise
9:00-9:55	Session 1: The differences between CART and court reporting
10:00-10:55	Session 2: Fingerspelling, punctuation tips, dictionary-building for phonetics
11:00-11:30	Speaker: Navena Chaitoo and audience Q&A (live captioning provided)
11:30-1:00	Lunch break
1:00-1:55	Session 3: Word parts—prefixes, suffixes, word “steno” families
2:00-2:55	Session 4: Dictionary-building exercise for college classes and sample dictations
3:00-3:55	Session 5: Streaming technology (Zoom, StreamText, ANSI, StenoKeys, iPads, TV screens), exporting files and file types (RTF, ASCII, PDF)
4:00-5:30	Yoga: Nodira Akhmedova, ending with yoga nidra

Speakers: Wendy Baquerizo & Joshua Edwards, co-owners, StenoCaptions LLC
Navena Chaitoo, CART consumer, Deaf and hard of hearing lived experience expert
Nodira Akhmedova, yoga instructor

Location: Balance Arts Center, 151 W 30th Street, NY, NY 10011

Cost: \$99 for NYSCRA members, \$129 for nonmembers

Bring with you: (1) steno writer, (2) CAT laptop, (3) yoga mat

Attire: Gym/yoga attire are encouraged. Be relaxed and comfy.

Register: nyscra.org/upcomingevents
SPACE IS LIMITED. REGISTER EARLY TO GUARANTEE A SPOT.

Users of all CAT systems are welcome.



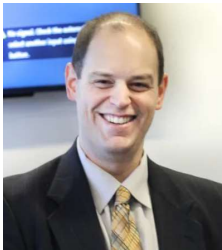
Presented by



PRESENTER BIOS



Wendy Baquerizo works closely with the Deaf and Hard of Hearing community providing access as a CART captioner for the past 16 years. Wendy feels her biggest accomplishment is cultivating these lifelong friendships within this community. Wendy finds fulfillment in helping others gain accessibility. Her captions can be seen across the TriState area at various schools and institutions including NYU, Columbia, School of Visual Arts, and Rutgers but can also be found virtually around the world.



Joshua Edwards is the president of the New York State Court Reporters Association (2019-2021) and is a full-time CART captioner. He works in accessibility providing high-quality stenographic captioning for colleges, public and private events, board meetings, plays, and lectures, both in-person as well as online. Prior to captioning, Joshua was an official court reporter in New York federal court and spent five years reporting depositions in New York City. He is the founding member of StenoMasters



Navena Chaitoo is a Senior Health Care Program Policy Planner and Analyst at New York City Health + Hospitals Correctional Health Services. Previously, she held research positions at the New York City Mayor's Office of Criminal Justice, Vera Institute of Justice, and the Center for Alternative Sentencing and Employment Services. She is currently a PhD candidate at the CUNY Graduate Center/John Jay College of Criminal Justice, holds a MS in public policy and management from Carnegie Mellon University, and a BA in economics and political science, magna cum laude, from Fordham University. Navena also has a profound hearing loss and over a decade of experience using computer assisted real-time captioning services in academic and professional settings.



Nodira Akhemodva is a yoga teacher, a professional dancer, a humane educator at Catskill Animal Sanctuary, and a communications specialist at the United Nations. She's been teaching yoga for over 10 years. Her teaching skills and repertoire are versatile, ranging from restorative to power yoga to meditation. In her free time, she makes delicious vegan desserts and hikes with her dog.