



GENERAL INFORMATION

ICRA's 2008 Annual Convention will take place at Iowa's first themed indoor waterpark, Dubuque's Grand Harbor Resort and Waterpark. www.grandharborresort.com. The Grand Harbor Waterpark offers 25,000 square feet of wet fun for your family while you earn CE points! Located in the Port of Dubuque, the Grand Harbor is the perfect spot for our ICRA convention. It is on the banks of the Mississippi River and is within walking distance of the Diamond Jo Casino, the National Mississippi River Museum and Aquarium, Stone Cliff Winery and the Grand River Center. Visit the Dubuque Chamber of Commerce's website to learn more about the Tri-State's offerings at www.dubuquechamber.com.

General Information

Attire for the convention is casual. Only those persons who have registered and paid the registration fees will be allowed into the seminar/convention rooms.

All-Inclusive Registration

Fee includes all general sessions, seminars, refreshment breaks, handout materials and two lunches.

One-Day Registration

Special one-day packages are available for those wishing to attend one day rather than the entire convention. One-day registrations include all general sessions and seminars, refreshment breaks, handout materials and lunch for that day.

Non-Member Registration

This fee includes a \$110 membership to ICRA and a subscription to *In Verbis*.

Out-of-State Registration

For reporters attending who do not practice reporting in Iowa or reside in the State of Iowa and are not members of ICRA.

Deadlines

To qualify for convention "early bird" discounted registration and avoid paying the \$25 late fee, registrations need to be received by June 6, 2008.

Cancellation Policy

Cancellation with full refunds will be made through June 6, 2008. Since commitments have been made for meals, refreshments, space and equipment, we will be unable to make refunds after that date.

Vendors

Anyone wanting to rent a table can do so for \$75. Please contact Alda for a reservation form at icra@assoc-serv.com or 515/225-2323.

Hotel Information

Rooms have been reserved at Grand Harbor Resort and Waterpark, 350 Bell Street, Dubuque, Iowa, 563/690-4000 or 866/690-4006. A block of rooms is being held for convention registrants until May 18, 2008 at 5 p.m. **After this date and time rooms are subject to availability. You are encouraged to book early as Dubuque tourism picks up during this season and will greatly impact room availability after that date. Please book early as you can always cancel your reservation.** Room rates are as follows: \$99 for a standard room with two double beds OR one king-size bed. This rate does include admission to Grand Harbor's waterpark.

Teachers / Students

Court reporting instructors who are professional or associate members should register and pay the member fees.

AIB students who are members of ICRA may attend the convention at no charge. If you are not a student member, send \$15 dues along with your registration to ICRA at the address on the registration form. Transportation and lodging costs are the responsibility of the student. Lunch will be provided at no cost for one day of the seminar. If attending two days, include \$15 for a second lunch ticket.

Golf Outing

A 9-hole two-person best shot tournament will be held on Wednesday, June 18 starting at 1 p.m. at The Meadows Golf Club in Dubuque. Feel free to visit www.meadowsgolf.com. Anyone wishing to play in the event but cannot be available for the 1 p.m. tee time, please contact The Meadows Golf Club to set up your own tee time. Green fees for 9 holes will be \$22 with a cart and \$13 without. Anyone wishing to play 18 holes, green fees will be \$37 with a cart and \$24 without. Prize money will only be distributed for a score on the front 9. A registration fee of \$10 per person for prize money will be required, and green fees will be paid at the club house. Spouses and families are welcome to participate. We will meet in the lobby of the Grand Harbor at 12:15 and caravan out to the course. Prize money for flights will be distributed at the convention's registration desk on Thursday, June 19. To make a reservation, contact Beth Ehrlich at Beth.Ehrlich@jb.state.ia.us.

Realtime Contest

The Realtime Contest will be held on Wednesday, June 18 at 3 p.m. at the Dubuque County Courthouse, North Courtroom. (Location subject to change.) The contest consists of 180 wpm straight matter for five minutes. 96% accuracy (36 errors) will earn members an additional .4 CE points once per three-year cycle. NCRA Realtime Contest Rules apply. The topic and preview words will be sent to contestants in advance of the contest. The top contender will be given an award on Friday during the luncheon. Admission to this event is separate and apart from your convention registration.

Silent Auction

Miriam Leute will coordinate this year's silent auction. If you have an item to bring, or if your district wants to donate an item, please contact Miriam at Miriam.Leute@jb.state.ia.us. Money from the silent auction goes to the Mary L. Brown Scholarship Fund.

SPEAKERS

Bob Smith, Stone Cliff Winery - .1 CE point

Kick off your convention with a true taste of Dubuque. Stone Cliff Winery and vineyard is owned and operated by Bob and Nan Smith of Dubuque. The first vineyard was planted in 1998 and today encompasses 10 acres of vines to blend with California varietals. The winery started selling in 2001. Four of their six wines have received a variety of awards. All six of their wines are top sellers in Dubuque. Bob Smith will educate us on his winery and vineyard's background, the wine industry in Iowa, their competition, laws affecting the industry, and obstacles they have faced and overcome in the business along the way. We will be able to taste test the wine in a complimentary wine glass in conjunction with Bob's presentation. Stone Cliff Winery is located next to the Grand Harbor. This event is included in your full convention registration. Bob's presentation will last an hour, but we will be able to enjoy live music in the winery for the remainder of the evening. Find a wine you can't leave without? You'll be able to buy by the bottle. This is an opportunity you won't want to miss!

Jim Wand, PhD, Hypnotist - .3 CE points

Jim Wand is the owner and Founder of Wand Enterprises. He has been involved in the field of hypnosis for over 20 years and holds a PhD in the field of psychology. Jim has worked with Jay Leno, Chris Rock, Jeff Probst with TV's Survivor series, and Larry the Cable Guy.

With vitality and enthusiasm, Jim will share with us in his first segment the many ways hypnosis can improve our lives. From the time we get up until the moment we call it a day, we may be overwhelmed with responsibilities such as job duties and personal issues with friends and family. As a result, we may experience increased stress, a difficult time falling asleep and/or remaining asleep, a lack of energy and an inability to concentrate, among other things. Jim will teach us how to better multitask and deal with each of the above-mentioned issues to maximize our output on any given day. Jim is a motivational speaker who will encourage us to improve the quality of our lives.

During his second segment Jim will perform hypnosis on brave volunteers who want to unlock their hidden potential, lose weight, stop smoking or improve their writing skills. You will be truly energized after a morning with Jim Wand. Visit Jim's website at www.hypnotism.com.

Jim Romagna, Natural Fit, Inc. - .1 CE point

What's an ICRA convention without a bit of health news? Jim Romagna is a certified strength coach, certified personal trainer and freelance fitness writer with a bi-weekly column in Dubuque's Telegraph Herald newspaper. He is an adjunct instructor of physical education at Loras College and the University of Dubuque. Jim has appeared in many fitness magazines and has done modeling work. He and his wife Jennifer operate a personal training business out of their home called Natural Fit, Inc. Jim will share his passion for fitness with us and will educate us on ways to sneak fitness into our busy lives. He'll share exercises with us that will help prevent job-related injuries we face in our industry. We'll walk away from Jim's presentation with exercises designed to prolong our careers. Jim's background in health and fitness is truly most impressive. Learn more about him at www.jimromagna.com.

Paul Sodders, Iowa Donor Network - .15 CE points

The Iowa Donor Network (IDN) is a nonprofit organization that operates as the primary contact for organ, tissue and eye donation services for the State of Iowa. The IDN also serves as the tissue recovery agency for the State. It works with more than 100 hospitals across the State and with the Iowa Lions Eye Bank to promote eye donation. The IDN also provides resources and assistance to various volunteer organizations and support groups throughout the State. Over 90,000 people in America are currently waiting for a life-saving organ transplant. Over 360 of those are Iowans. 17 people on the national waiting list die every day because there are not enough donated organs. Up to 50 people can benefit from one person's decision to be an organ and tissue donor. In this segment we'll learn facts about organ and tissue donation, how to sign up to be a donor, how to discuss your wishes regarding the donation process with loved ones and promote awareness of this organization, as well as the state and federal laws governing the organization.

American Lady Yacht with

William Hainstock, Lockmaster - .2 CE points

After your first full day of convention, what better way to end the day than by relaxing aboard Dubuque's American Lady Yacht? There is no better way to take in the beauty of the mighty Mississippi River. Amenities include a richly-appointed, climate-controlled main salon and upper deck, full-service bar and galley, and a large open-air deck and bow. Mississippi Lockmaster William Hainstock from Bellevue will accompany us and share with us his vast knowledge of lock and dam procedures, navigation of the upper Mississippi, major maintenance and rehabilitation of structures, and news on the Water Resources Development Act. There will also be a Q & A session afterwards. You'll be proud to learn ways you can help protect America's River.

Be sure to check "Yes" to attend this event on your registration. Admission is separate and apart from your convention registration. However, we will allow "walk-on" registration as well. For \$25 you can unwind with us while enjoying 2-for-1 margarita drink specials or choose your own cocktail at the open cash bar. Appetizers will also be included in your admission fee. Adult guests are welcome to join us for an additional \$10 apiece. Sorry, but no children will be allowed as Mr. Hainstock deserves our full attention with no distractions. Boarding takes place at the Port of Dubuque right outside the Grand Harbor from 7 to 7:30 and we will cruise the Mississippi from 7:30 to 9:30. Discover for yourself why Dubuque is the Masterpiece on the Mississippi!

Kelly S. McMahon, ARNP, Women's Wellness Center - .15 CE points

Kelly is president of Dubuque's Women's Wellness Center providing primary health care to women of all ages. Kelly's presentation will emphasize disease prevention and health promotion. She has given numerous presentations on menopause, hormone replacement therapy, birth control options, PMS, STDs, nutrition, eating disorders, sexual dysfunction and depression. Aging is something we cannot prevent or hide from. Kelly will educate us on how to cope with our aging bodies and how to support those aging around us as well.

Bev Wagner/Chuck Goddard – Go Green - .15 CE points

Bev and Chuck are Dubuque's Green Team. Chuck is Dubuque's Metropolitan Area Solid Waste Agency Administrator and has over 20 years of experience with landfills and recycling programs in Iowa. He'll share with us how he's worked with local contractors to reduce the construction and demolition debris that is sent to the landfill.

Bev is Dubuque's Metropolitan Area Solid Waste Agency Education Coordinator. Bev coordinates education efforts through the DMASWA's education office at Loras College. This office is a partnership between the agency and Loras College and provides support and programs to reduce waste and increase sustainable behaviors in the community.

This session will highlight simple things we can all do to create a "greener" lifestyle. Specific topics covered will include household hazardous material disposal, recycling opportunities and debris management. You'll also learn how you can get involved in greening up your own neighborhoods and communities.

Eileen Loan, KWWL Weather PLUS Meteorologist - .15 CE points

Being a broadcast meteorologist isn't easy. First you have to outguess Mother Nature. Eileen Loan is a full-time member of Eastern Iowa's KWWL Weather PLUS team. With Iowa's near record-breaking snowfall last winter, Eileen will have plenty to share with us. Her presentation will include her educational background, training and work history, how things work in the KWWL studio behind the scenes and what she does in a typical day. We'll also learn about different jobs you can have as a meteorologist. Eileen will also share her knowledge of captioning the weather. As we will no doubt have questions for Eileen, she'll end her session with Q&A.

Jane Bahl, RN - .15 CE points

Somewhere in each and every one of us is a strong will to survive. Would you be able to fight off an attacker? Jane will share with us her gutwrenching experience of being kidnapped in the parking lot of Dubuque's Kennedy Mall and being rescued from her own car trunk. She'll share her experience as it started that fateful day and how it ended in trial in Dubuque County. No doubt this traumatic ordeal has changed her life in many ways. Her story will inspire you and educate you on how to not be a victim. We often fall into routines as we go about our daily lives. Maybe Jane will make you think twice about your daily habits and routines.