



CAPE
MEDIATION

Mediator's Break

Monthly news & updates

August, 2022

**"Instead of fighting in
the darkness, you bring
in the light."
- Echhart Tolle**



EVENTS AND HAPPENINGS AT CAPE MEDIATION



Mediator's Break
-- our monthly newsletter --
is now accessible on our website



Want to reference an old newsletter but your inbox is, well, a little overwhelming and you'd rather not scroll back to find the needle in the haystack?! Don't fret -- now you can access our Newsletter from our website, www.CapeMediation.org, along with archives.

[Click Here to View Newsletters](#)

Skill of the Month

The skill of the month will return in September!

We'd love to hear your feedback on how we can make it better, such as:

- Zoom meeting protocols (try breakout rooms, try raised hand feature, etc.?)
- Skills you'd like to focus on?
- Use of prompts vs. an article to use as a basis of discussion?

We're looking forward to our next Skill of the Month feature in September. Please don't be shy about sharing your feedback with us – we want our next Skill of the Month Discussion to be even better!



Please send any feedback to Peter at: peterkelsey@capemediation.org

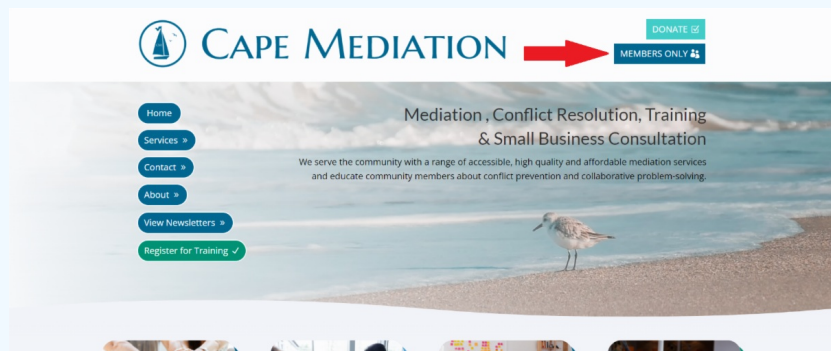
Our Cape Mediation website Members Only Page is Live!

We're excited to share that the Members Only page on the Cape Mediation website has launched!

The page includes an events calendar for all Cape Mediation events – workshops, debriefs, open board meetings, etc.

NEW

We have also added a section for open job positions directed towards our volunteers.



To request access to this page please email Peter at: peterkelsey@capemediation.org

Debrief Notes on Website!

See what you missed in this month's debrief by visiting our Members Only page for active volunteers and staff. Don't have the password? No problem, contact peterkelsey@capemediation.org to join!

What other volunteer activities are you involved with? *We want to know!*



What other volunteering or continuing education activities have you been up to? How do you use your mediation skills in your personal or professional life? Have you completed new conflict management trainings since you joined Cape Mediation? We want to know!

[Click Here for Brief Survey](#)

Share Your Conflict Resolution Stories with

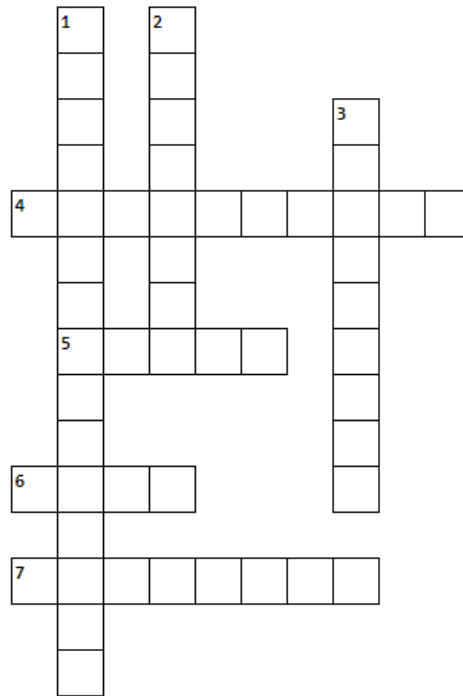
Our Volunteers!

As many of you are aware, our Google Groups chat is a great forum for sharing activities related to mediation. If you're doing something you think other volunteers would be interested in, we encourage you to share information about it – either on our Google Groups Discussion or email [Anne](#). (She will happily post in on Google Groups for you.)

We appreciate your willingness to share these opportunities with our community!

Process Crossword Puzzle

Have fun and learn a few new things!



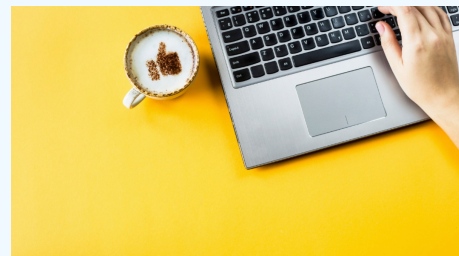
Across

4. Thanks for agreeing to try mediation. Is it okay if we use_____
5. Mediators take these, and the parties can too.
6. What we do at the end of each session.
7. This is voluntary - you can _____ at any time.

Down

1. We remind about this at the beginning of each session.
2. Done during later privates, think information.
3. We do this after we hear each side in the first joint.

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We're on Amazon Smile if you'd like to make donations at no cost to you - just follow [this link](#) and for every purchase you make on Amazon, Amazon will donate 0.5% of the price to Cape Mediation. It may not seem like much, but it all adds up!

Want to stay in touch on a platform that isn't email? Follow us on Instagram or Facebook where you'll find up-to-date information, workshop and training announcements, and more!

THE BOARD'S CORNER

At the July Board Meeting many topics were discussed. The Board discussed the upcoming fiscal years budget and approved the 2022-2023 budget. Though approved, it is understood that Cape Mediation will look to reduce upcoming costs with finding more efficiencies and increase possible donation efforts. Anne shared some great news that though we will still need to determine our permanent home in the future, we are able to stay in our current location for roughly another year which will allow the team to take the proper time to determine our next space. One another note, Ellen Kapinos has resigned from the board after 4.5 years. We appreciate all of her time and guidance while serving as the Board Secretary. Thank you Ellen for your service. With the vacancy we will post the open seat on a number of websites to help locate a new Board member.



JOIN OUR DISCUSSION & DEBRIEF ON THURSDAY AFTERNOONS

Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about our remote process, please join us as we debrief our sessions and discuss what is important to you.

During the debriefing we talk about which mediation skills worked best and what other skills might have been used in a mediation. We start by giving a brief summary of the case, and then focus on challenges and skills without rehashing facts and parties in a case.

For those of you who like to plan ahead, debrief dates scheduled for August will be on the 4th and 18th from 4:00 p.m. - 5:00 p.m.



National Lighthouse Day is August 7th!

On August 7th, 1787, Congress ordered for “beacons, buoys, and public piers” to be built along our coasts. However, lighthouses did exist in the United States prior to this order. In 1716, Boston Light was constructed on Little Brewster Island about nine miles east of the city and was rebuilt in 1784 after the British destroyed the original monument. While few lighthouses today have someone living in them, Boston Light remains as the only lighthouse with an actual keeper in the country. Here on Cape Cod, we have more than 20 lighthouses which are quintessential landmarks seen some at some of our most popular shores.

As Mediators, we try our best to help spread light and show direction to those seeking resolution. Like each rotation of a lighthouse and each session with party, we can turn to provide new, updated information. There may be multiple directions to a mutual agreement, and while it is

not our decision to choose the path, we can help each party sail closer to settlement.



SUPPORT CAPE MEDIATION

Your donations help us continue to provide high quality dispute resolution services to our community. For a small organization like Cape Mediation, the cliché "every dollar counts" holds true.

[Click Here to Donate](#)



A FEW WORDS FROM THE EXECUTIVE DIRECTOR

This past month we learned that Ellen Kapinos was resigning from the Cape Mediation Board of Directors. While serving as a member of the Board Ellen made it a point to get to know as many volunteers as she could, going out to visit each court program and taking the time to talk with volunteers to learn what was working and what could we do better. When some of the volunteers mentioned that they would like to hear from the board more often Ellen volunteered to write the monthly column, the Board's Corner, in our newsletter. At a recent debrief, Jim Duane said "I think people just want to be heard... it's effective...". I think Ellen would completely agree! Ellen took the time to actively listen to volunteers and then would get to work to address their concerns. We have truly been lucky to have Ellen serve on the board and I have really enjoyed working with her. Ellen's ability to actively listen is one of the skills that also makes her a talented mediator. We will miss seeing you at the board meetings each month, Ellen, but look forward to mediating with you soon!

CYBER SECURITY UPDATE

At Cape Mediation we take cybersecurity very seriously, so when we were notified that a link we shared in our July newsletter had been hacked we immediately took action. In addition to notifying everyone on our mailing list as soon as we were made aware of the situation, we also deleted the link, thoroughly re-checked all other links in the newsletter, and sent a revised issue. Peter also immediately researched why this had happened and discovered the issue was that the link had been taken over by a malicious site. This information confirms what we all know, the battle against cyber threats is ongoing. In light of this latest incident we will share online addresses in addition to any embed third party links in our emails and in the newsletter, so that you may choose to follow the link or type the address in the address bar yourself. We also encourage everyone to keep your malware up-to-date. We hope you continue to enjoy our monthly newsletter. If you have any questions or comments, please email me at annetessier@capemediation.org.

Anne Tessier
Executive Director



August 2022

Cape Mediation Discussion & Debriefs are offered on Thursday afternoons at 4:00 PM.

Thursday, August 4, 2022, 4:00 PM - Discussion & Debrief for Mediators and Conciliators. Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about the remote process please join us. **Contact us** to join the discussion or look for the notice in your inbox.

Thursday, August 18, 2022, 4:00 PM - Discussion & Debrief for Mediators and Conciliators. Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about the remote process please join us. **Contact us** to join the discussion or look for the notice in your inbox.

Coming in August! - DEI Informational Meeting. Thank you to everyone that participated in our DEI Surveys! We had a great response from our staff, volunteers and board members. Please watch your inbox for information on our upcoming informational meeting in August.

VOLUNTEER AVAILABILITY FOR AUGUST

If you have not already signed-up, please send us your available volunteer dates by clicking the button below. We offer mediations and conciliations remotely Tuesdays through Fridays.

If you have not mediated or conciliated remotely, consider giving it a try. We will pair you with an experienced remote volunteer and we are sure once you try it, you'll like it!

MY AUGUST AVAILABILITY DATES



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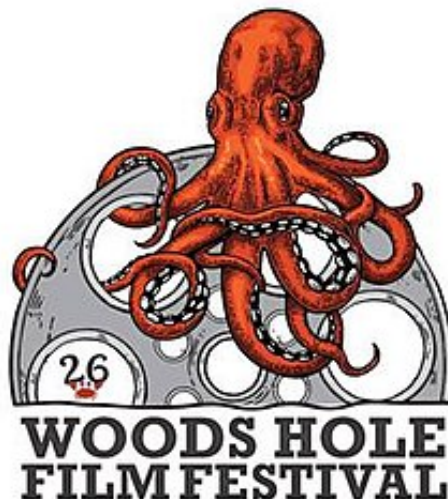
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BUILDING BRIDGES NOT WALLS WORKSHOP

We've hosted a number of successful in-person workshops this spring at the Truro Public Library. If you missed out, not to worry! We plan to offer more workshops at the Library this fall — stay tuned for dates and times.

To learn more about the Workshop visit our website at CapeMediation.org or visit Truro Public Library at TruroLibrary.org.



The Woods Hole Film Festival is back for it's 31st year with enough variety for everyone's taste! Support another local non-profit organization and see a new film!

Dates:

July 30 - August 6, 2022

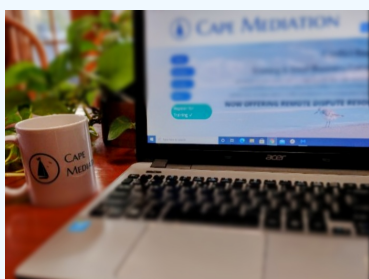
Location:

Multiple locations. Virtual attendance available - See link below for details.

Details:

Prices vary - \$10/ticket and up

Visit <https://woodsholefilmfestival.org/> to learn more.



YOU CAN NOW SUBMIT YOUR REQUEST FOR MEDIATION OR CONCILIATION SERVICES ONLINE

Submitting a request to schedule a Mediation or Conciliation is now easier than ever, just visit our website at CapeMediation.org and fill out a **Request for Services** form. After we receive your request, one of our experienced case coordinators will contact you to learn more.

*You may also reach us by phone at 508-240-1717 or by **email**.*

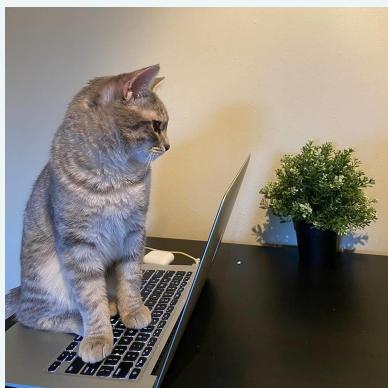


BOOKS & BEYOND

What does Rowing across The Pacific got to do with Dispute Resolution? By CYNTHIA ALKON, Mediate.com, July 30, 2022. In a recent article in Mediate.com, Cynthia Alkon teaches us that "... learning how to work together by focusing on their communication and interpersonal relationships and not exclusively on their physical skills and endurance." was an important part of the success of this four-woman rowing team. To read the full article, visit Mediate.com.

Have you read any good books or online articles lately? Do you have a favorite book or article on Dispute Resolution? If so, please **contact us** and we'll share it in the next issue of Mediator's Break.

Please visit **CAPEMEDIATION.ORG** for up-to-date information, current job openings and more!



INTERESTED IN BECOMING MORE INVOLVED?

If you are interested in becoming more involved in any of our programs, please **reach out!**

Additionally, if you are interested in volunteering in our Remote Dispute Resolution programs, but are unsure about the process or technology, we want to help! We will schedule you for to observe or pair you with someone with experience in telephone and videoconferencing to help. **Contact us.**

JOIN THE DISCUSSION ON CAPE MEDIATION'S GOOGLE GROUPS DISCUSSION BOARD!

We invite you to join our virtual Dispute Resolution email discussion group where we share information about job opportunities, news and articles about the world of Dispute Resolution with the volunteers, mediators, conciliators and staff at Cape Mediation. This group is open to all Cape Mediation staff and volunteers. If you have not already joined, please **contact us to join.**

Not Receiving Our Email Notices?

We send out notices during the month including our monthly volunteer sign-up sheet and workshop updates, and we share other news and information that arises. If you are not receiving these emails, try checking your Email Promotions and Spam settings. If that doesn't do the trick, let us know, so we can be sure you are on the right lists. **Contact us.**

Crossword Answers

-----1 Down: Confidentiality----- 3 Across: Firstnames-----

-----2 Down: Notes----- 4 Across: Task-----

-----4 Down: Transmit----- 5 Across: Withdraw-----

-----6 Across: Summarize-----

More Information

Quick Links

About Us

Visit: CapeMediation.org/About/

National Association for Community Mediation

COVID-19 Information on Cape Cod

Barnstable County Helpline for COVID-19

Related Questions: 1-774-330-3001

Monday through Friday, from 8 AM to 4 PM

Information Surrounding the Pandemic

Visit: NAFCM.org

**Community Action Committee of Cape Cod
and the Islands**

visit: CACCI.cc

Resolution Massachusetts

Visit: ResolutionMA.org

Mass Law Libraries

Visit: <https://www.mass.gov/orgs/trial-court-law-libraries>

For up-to-date information on changes as a result of circumstances surrounding the pandemic, visit the Mass.gov website.

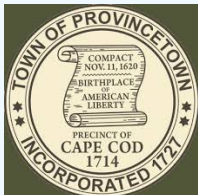
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**Massachusetts Office of
Public Collaboration (MOPC)**

