

How well the dynamic silence works, that was the single most important tool that we used."

Maggie Fern

## EVENTS AND HAPPENINGS AT CAPE MEDIATION



### New Skill-of-the-Month!

#### Reflections on a Successful Mediation

Cape Mediation's Skill-of-the-Month workshops for volunteers are back! We invite all of our volunteers to Join Ellen Kapinos as she presents her workshop, "Reflections on a Successful Mediation" at our next Skill-of-the-Month. This one-hour workshop will be held on Zoom on Thursday, February 16th, at 4:00PM. Mediation can be successful despite not reaching an Agreement. As the process moves along many issues may be resolved, potential options clarified, and there may be a positive reorientation of the parties relationship. In this workshop we will discuss the many positive aspects of mediation and look forward to hearing about your experiences. Ellen has been volunteering with Cape Mediation since 2013 as a mediator and conciliator, is a trainer for Cape Mediation's Conciliation Program, a patent attorney, and former member of Cape Mediation's Board of Directors. Ellen divides her time between her home in South Dennis on Cape Cod and South Hadley, Massachusetts. We look forward to seeing you there!

### Meet Our Newest Intern

In January we welcomed Daisy O'Neil as an intern in our Youth Dispute Resolution Program. "My name is Daisy O'Neil and I am a senior at Nauset Regional High School. I have been fortunate enough to be given the opportunity to intern for Cape Mediation, specifically working with Maura Smith Stein on youth program coordinating and mediating! I was introduced to mediation my junior year of high school, and was certified in youth conflict resolution by Cape Mediation. With the knowledge I acquired, along with four of my peers, I helped start Nauset Conflict Resolution: a peer mediation program that helps bring peace and respect to the Nauset community. I look forward to continuing this journey with Maura and everyone else at Cape Mediation!"



### Impact of Mediation in Massachusetts

The Massachusetts Office of Public Collaboration (MOPC) serves all people in the Commonwealth of Massachusetts through their Community Mediation Center (CMC) Grant Program, supporting Community Mediation Centers throughout the state, including Cape Mediation. The program has been a tremendous success; the MOPC has found that the return on investments in mediation state-wide amounts to \$22.1 million in cost savings and leveraged resources. On January 24th, the MOPC once again presented their annual Community Mediation Briefing for Legislators in support of state-funded Community Mediation Centers. We wish to express our gratitude to the MOPC and to the legislative supporters, Senator Paul Mark and Representative Manny Cruz, as well as to our own Barnstable Representative Sarah Peake. To learn more about the MOPC and Community Mediation throughout Massachusetts, please visit them on the web at [ResolutionMA.org](https://ResolutionMA.org).

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## Building Bridges -- Not Walls

Thank you to AmeriCorps Cape Cod for inviting us to present our Building Bridges -- Not Walls workshop this past week! It was such a pleasure to work with this engaging group of young adults! The workshop is designed to help people better understand conflict and improve communication through the use of highly interactive exercises and role plays. We were excited to have Susan Carroll join us as the newest member of our Building Bridges team. Susan brings more than 15 years of mediation experience to the program. To learn more about our workshops, contact us at [info@capemediation.org](mailto:info@capemediation.org).

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## Cape Mediation Seeks Candidates for Membership on its Board of Directors

Cape Mediation is dedicated to providing dispute resolution services and mediation skills training in the communities and district courts on Cape Cod. Cape Mediation, through its team of volunteer mediators, offers a variety of dispute resolution services to individuals, businesses and non-profit organizations. The largest portion of our services address landlord-tenant disputes, small claims cases and certain civil cases referred to Cape Mediation by Barnstable District Court. We are seeking candidates for our Board of Directors. Contact [johnotoole@capemediation.org](mailto:johnotoole@capemediation.org).

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## The Board's Corner

Housing Mediation. Governor Maura Healy in her recent inaugural address described the cost and shortage of housing in Massachusetts as unacceptable and pledged to take action to address this issue. As anyone who lives or spends time here on Cape Cod is well aware the demand for affordable housing has and continues to exceed the supply of such housing. Cape Mediation's Housing Mediation Program has been very active in mediating disputes between landlords and tenants since 2021. In light of the Governor's comments we expect Cape Mediation will continue to be very active in mediating housing disputes. If you are aware of a dispute between a landlord and tenant, we recommend that you encourage either or both parties to contact Cape Mediation to discuss the possibility of mediating the dispute before the landlord takes formal legal action. One or both parties in a housing dispute can contact Anne Tessier, Cape Mediation's Executive Director at [annetessier@capemediation.org](mailto:annetessier@capemediation.org) or by phone at 508-240-1717 to discuss possible approaches to resolving the dispute.

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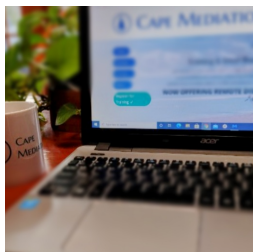
## February 2023

**Thursday, February 2nd, 2023, 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. The Discussion & Debrief is open to all Cape Mediation volunteer Mediators and Conciliators. **Contact us** to join the discussion or look for the notice in your inbox.

**Thursday, February 16th, 2023, 4:00 PM - Skill-of-the-Month: Reflections on a Successful Mediation.** Our first Skill-of-the-Month workshop for volunteers for 2023 will be presented by Ellen Kapinos. In this workshop we will discuss the many positive aspects of mediation and look forward to hearing about your experiences.. **Contact us** to join the discussion or look for the notice in your inbox.



## Visit CapeMediation.org



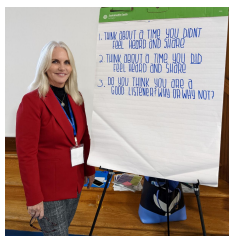
### Submit Your Request for Mediation and Conciliation Services Online!

Submit your request to schedule a Mediation or Conciliation on our website at [CapeMediation.org](http://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 at [info@capemediation.org](mailto:info@capemediation.org).***



### Advanced Dispute Resolution Skills Practice Training

Cape Mediation's Advanced Dispute Resolution Practice Training Program is for newly trained neutrals and for neutrals that wish to gain additional advanced hands-on experience. This program provides an invaluable opportunity to practice mediation and conciliation skills. You will be paired with experienced neutrals under the supervision of our Volunteer Development Coordinator. It is an important next step for anyone involved in the field of Dispute Resolution. This program is held remotely by Zoom. Completion of at least a 30-hour Basic Mediation Skills Training or an 8-hour Conciliation Training is a prerequisite. ***To register or learn more about the program, please contact us by email at [info@capemediation.org](mailto:info@capemediation.org) or by phone at 508-240-1717, ext. 100.***



### Cape Mediation's Youth Conflict Resolution Programs

Cape Mediation now offer programs in Youth Conflict Resolution training, Youth Peer Mediation, and Youth Conflict Management workshops. **To start a Youth Conflict Management Program or host a workshop at your school or organization, please email our Youth Coordinator, Maura Smith Stein, at [mauras@capemediation.org](mailto:mauras@capemediation.org).**



### Mediator's Break is Online

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](http://www.CapeMediation.org), along with archives. **[Click Here to View Current and Past Newsletters](#).**

*Books & Beyond*

## Self-Determination

***Self-Determination in Mediation, The Art and Science of Mirrors and Lights***, by Dan Simon and Tara West, Rowan & Littlefield Publishers, 2022. Mediators are often pulled in many directions—they want to help their clients reach a speedy agreement, ensure the agreement is fair, and avoid coercion so they can honor mediation's primary value of party self-determination. Can we have it all?

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*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.*

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### Building a Dispute Resolution Practice

On **Tuesday, February 7, 2023** from 4:30 to 6 pm. please Join the Massachusetts Bar Association's Dispute Resolution Section along with a diverse panel of dispute resolution practitioners coming from very different backgrounds. These practitioners will discuss: How they have built or are building their DR practices, The challenges they have faced, How they have refined and marketed their skills. In addition, these experts will offer tips and advice to those who wish to develop a successful dispute resolution practice. This webinar will be hosted using Zoom. Registration is required by noon on Monday, Feb. 6, in order to participate in this program. To register visit [massbar.org upcoming events](https://massbar.org/upcoming-events/) or by clicking the MBA link [Registration](#).

### Managing Secondary Trauma, a Virtual Roundtable from CDSC

Join the Community Dispute Settlement Center (CDSC) by zoom on Wednesday, **February 15, 2023 from 12-1 pm** for a discussion of managing secondary trauma and thinking about self-care for mediators and their allies. You'll learn from Erin Miller, chief strategy officer at the well-known nonprofit organization for homeless and nearly homeless women - Rosie's Place. To receive the Zoom information, [RSVP](#) by February 12th to [cdscinfo@communitydispute.org](mailto:cdscinfo@communitydispute.org).

### Nantucket Historical Association Black History Month

Whaling Museum, Williams Forsyth Gallery. This is a story of inspiring individuals who moved Nantucket—and the nation—towards a more just and equitable distribution of political power. It begins with a simple will written in 1710 endowing a formerly enslaved man with property and runs up to the enactment of the 19th Amendment to the Constitution in 1920 granting voting rights to women. Visit the Nantucket Historical Association at [NHA.org/whats-on/exhibitions](https://NHA.org/whats-on/exhibitions) or view by clicking the NHA link [Click here](#).

### Wellfleet Public Library Black History Month Movie Nights

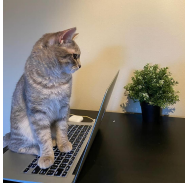
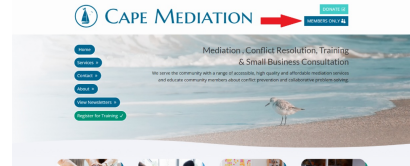
Tuesday nights in February at 5:00 PM, free to the public. Visit the library online for a list of movies and more information, at <https://www.wellfleetlibrary.org/calendar/black-history-month-movie-nights> or by clicking [Wellfleet Public Library Movie Nights](#).

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**For Cape Mediation Staff and Volunteers**

**Cape Mediation Website Members-Only Page**

The Members Only page on the Cape Mediation website is open to all Cape mediation active volunteers and staff. Find: Events Calendar, Open job positions, Debrief Highlights, and more! This page is open to Cape Mediation staff and volunteers. **To request access to this page, please email Peter at: [peterkelsey@capemediation.org](mailto:peterkelsey@capemediation.org)**



### 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.**

### Cape Mediation's Google Groups Discussion Board

We invite all Cape Mediation volunteers 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. **This group is open to Cape Mediation staff and volunteers.** If you have not already joined, please **contact us to join.**

### Discussion & Debrief

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. During the debrief we talk about which skills worked best and what other skills might have been used, focusing on challenges and skills. **Debriefs are open to Cape Mediation staff and volunteers.**

### Skill-of-the-Month

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](mailto:peterkelsey@capemediation.org)*

### Volunteer Availability for February 2023

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 weekdays, both in the morning and afternoon.

**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 FEBRUARY  
AVAILABILITY**

### Our Coordinators are There!

Our coordinators are always there to help and to answer any questions that may come up when you volunteer.

### We Will Take Care of the Tech!

Don't know how to run breakout rooms? Never hosted a Zoom meeting? No problem! A tech person is available for **ALL** programs to take care of the tech so you don't have to!

**SUPPORT CAPE MEDIATION**



## **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.

**amazonsmile**  
You shop. Amazon gives.

## **Donate to Cape Mediation with Amazon Smile**

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!

**Donate Today**

**Follow us on Social Media**  
Follow Us on Social Media

**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!**



## **More Information**

### **About Us**

Visit: [CapeMediation.org/About/](https://CapeMediation.org/About/)

### **National Association for Community Mediation**

Visit: [NAFCM.org](https://NAFCM.org)

### **Resolution Massachusetts**

Visit: [ResolutionMA.org](https://ResolutionMA.org)

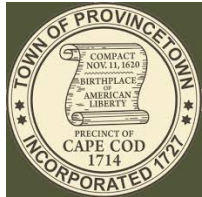
### **Mass Law Libraries**

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

**COVID-19 Information on Cape Cod  
Barnstable County Helpline for COVID-19 Related Questions: 1-774-330-3001**

### **Information Surrounding the Pandemic**

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



**Eastham**  
MASSACHUSETTS



Massachusetts Office of  
Public Collaboration (MOPC)



Cape and Islands United Way



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