



CAPE
MEDIATION

Mediator's Break

Monthly news & updates

January, 2022

"If we can humanize the situation, parties are more likely to come to an agreement."

-- Jane Lea



POSTPONED: THE PROCESS IS YOUR FRIEND

Due to the rising number of COVID cases over recent weeks, we have decided to postpone the workshop, The Process is Your Friend, until mid-March in the hopes that we will be able to present it as a hybrid workshop. As always the safety of our staff, volunteers, and community continues to be our top priority. Please watch your inbox for up-to-date information.

To ensure you are on our contact list for this and other workshops, please **EMAIL US** today.



DISCUSSION & DEBRIEF IS MOVING BACK TO THURSDAY AFTERNOONS

We are moving back to Thursdays. Our mediators and conciliators are keeping busy and morning sessions are often when mediations are scheduled. Our Discussion & Debrief will now be held twice each month on Thursdays at 4:00PM. We look forward to seeing you there.

For those of you who like to plan ahead, debrief dates scheduled for January will be on the 6th and 20th.



ANNUAL APPEAL

Our Annual Year-End Fundraising Appeal is in full swing. Thank you to all those who have supported Cape Mediation. If you would like to donate but haven't had a chance to, there's still time!

SUPPORT CAPE MEDIATION

MEET THE BOARD

Cape Mediation has welcomed several new members to the board this year. We have asked each of them to share a little about themselves each month in our newsletter. This month, we would like to introduce you to Jane Lea.

JANE LEA

I have lived in Truro since 1987. I live there happily with my wife, two cats and dog. Prior to living here, I was born and raised in the Philadelphia area. I have done many things in life. I have a Bachelor of Science in Nursing and I practiced in-home nursing (Visiting Nurse), hospice and administrative positions. I did all of that in the Philadelphia



area.

I have a Masters of Arts degree in Fiction writing, which has never been put into action. I write in my mind, but it always fails to make it to paper. That being said, I am an avid reader and love fiction and memoir.

I am very active in The Provincetown UU Meeting House and have been for many years. Being a part of a spiritual community is my lifeblood.

I went through the mediation training in the very wet spring of 2010 and jumped in with both feet. Mediation put all my skills to work and also demanded a lot of flexibility and creativity. I love how every case is different and how it all boils down to our human-ness. If we can humanize the situation, parties are more likely to come to an agreement. I mediated, almost exclusively, Summary Process cases in the Orleans Court. I also served as coordinator for one year, while our esteemed leader was away. As with nursing, I much prefer the actual mediating to the more administrative jobs. I have also made dear friends with many of those involved with Cape Mediation. Those who are drawn to this work are often the folks I would chose to be friends with, as it turns out.

When asked to serve on the board, it took very little persuading. Cape Mediation changed my life for the better, and I am happy to give back! It is an exciting time for Cape Mediation, and I am honored to be a part of it.

THE BOARD'S CORNER

The Board is happy and grateful to report that there are now seven members of the Board. On another positive note the finances are in good shape and the Annual Appeal may only improve our financial situation ahead of the new year!

Wishing everyone a Healthy, Happy 2022.

-- from the Cape Mediation Board of Directors

A FEW WORDS FROM THE EXECUTIVE DIRECTOR NEW YEAR'S RESOLUTIONS

As we approach the end of the 2021 I find myself thinking about New Year's resolutions, and that at the heart of a New Year's resolution is the wish to make a positive change in our lives. When I think of resolutions I think about the work we do as mediators bringing people together by helping them resolve their differences and settle disputes, making a positive change in their lives. As mediators we believe that a good resolution is one that all all sides can live with. Mediators encourage people to find their own solutions to the problems they are facing by discovering the interests behind their position and the position of others involved. Once a person learns what a conflict is really about, they open the door to resolution. So this year my New Year's resolution is a wish for a good Resolution in the New Year for all.



JANUARY 2022

Cape Mediation Discussion & Debriefs are now

Thursday, January 6, 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.

Wednesday, January 12, 2022 - POSTPONED: The Process is Your Friend. Please watch your inbox for new date to be coming soon. To ensure you are on our contact list for this and other workshops, please **EMAIL US** today.

Thursday, January 20, 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.

VOLUNTEER AVAILABILITY FOR JANUARY

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, won't you 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 JANUARY AVAILABILITY DATES



CAPE MEDIATION'S BUILDING BRIDGES WORKSHOPS OFFERED AT THE TRURO PUBLIC LIBRARY

Don't miss your chance to attend Cape Mediation's two-hour *Building Bridges Not Walls* Workshops sponsored by the Truro Public Library! The Library is sponsoring a series of Cape Mediation's workshops each month throughout the winter. We all have conflict in our lives, and this workshop will teach you skills to help manage those conflicts whether they occur at work, in your business relationships, or with family and friends. To find out more about our workshops, visit our website: **CAPEMEDIATION.ORG**. To register with for the workshops at the Truro Library, please **CLICK HERE TO REGISTER**.

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 at info@capemediation.org.





Constructive Communication by Charlie Young, (2017)
FriesenPress, www.friesenpress.com

Remote Mediation - Contact us for a link to watch our video and see how it works.

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 coming soon!



INTERESTED IN BECOMING MORE INVOLVED?

If you are interested in becoming more involved in any of our programs, please **Contact Us**.

Remote Dispute Resolution Practice

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!

Cape Mediation's Email GoogleGroups Discussion Group

Please join us for our virtual Dispute Resolution email discussion group where we share information and ideas about job opportunities, news and more 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, as well as share news and information with our Cape Mediation community, staff and volunteers. If you are not receiving our 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**

More Information

Quick Links

About Us

**National Association
for Community Mediation**

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

Resolution Massachusetts

Information Surrounding the Pandemic

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

Court System Resources

COVID-19 Eviction Information

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

Barnstable County Medical Reserve Corps.

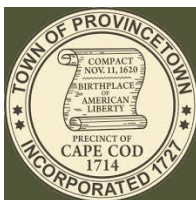
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