

Mediator's Break

Monthly News & Updates

October 2024

"The courts of this country should not be the places where resolution of disputes begins. They should be the places where the disputes end after alternative methods of resolving disputes have been considered and tried."

Sandra Day-O'Connor



Events and Happenings at Cape Mediation



Mediation Insights from Cape Mediation's Student Intern Daisy O'Neil

Daisy O'Neil, a sophomore at McGill University and Nauset Regional High School graduate, shares her insights on mediation skills and their real-world applications

My name is Daisy O'Neil and I am a current sophomore at McGill University and a graduate of Nauset Regional High School. I have interned/ been involved with Cape Mediation for a couple years now, but this past June I had the opportunity to complete the full remote mediation training. Mediation skills have deemed themselves so useful and important in my day to day life. One realm in particular in which I find myself constantly relying on my conflict resolution knowledge is at work, as I am a waitress in Provincetown every summer. Transactional relationships, such as the relationship between a customer and an employee, always require a little extra navigation and patience from the parties involved. I am able to actively listen and find solutions for unsatisfied customers. Additionally, creating a comfortable environment between my coworkers is extremely valued. With how busy and hectic it gets in the summers on the Cape, it is so important to be able to remain unbothered and unbiased amid the stress. The ability to work alongside others without taking their actions personally is crucial to not only restaurant work, but in school. I use these same skills in group or partner projects and when conversing with professors and teaching

assistants. Overall, I am so grateful to have been a part of the Spring 2024 Mediation Training, and am excited to see where and when else I can utilize my new skills! - Daisy, O'Neil



Captains Leadership Workshop at Nauset Regional High School!

Thank you to the staff and faculty at NRHS for having us.

In September, the Cape Mediation Youth Program team had the pleasure of leading a workshop for the fall athletic team captains at Nauset High School. Our aim was to equip these young leaders with essential conflict management skills that they can use both on and off the field. The workshop was interactive, featuring group activities and role-plays that made the learning process engaging. Participants learned valuable strategies for resolving conflicts and fostering teamwork, all of which are crucial for effective leadership. We would like to extend our sincere gratitude to Nauset Regional High School for hosting us, and a special thanks to Athletic Director John Mattson and Principal Patrick Clark for their support in making this workshop a success. We look forward to continuing our partnership with Nauset and are excited about future workshops that will positively impact our youth. For more information about the Cape Mediation Youth Program, please visit our website. Together, we can create a positive impact in our community!

Cape Mediation Volunteer Appreciation Event!

A special thank you to Sea Dog Brew Pub in Yarmouth and to the First Citizens Federal Credit Union.



We had a fantastic time at our Volunteer Appreciation Event on September 30th! A huge thank you to everyone who joined us for a fun evening of trivia, delicious food, and connecting with our fellow mediators and conciliators.

Thank you to First Citizens Credit Union for sponsoring our Volunteer Appreciation Event! Your support means so much to us. And a huge shoutout to Sea Dog Brew Pub for letting us use their awesome space. Together, you helped make this celebration unforgettable! We appreciate you.

We were thrilled to honor Susan Largay, John O'Toole, and Robin Reid for their incredible hard work and dedication to Cape Mediation over the years. Their commitment has made a lasting impact, and we are so grateful for all they've done. Thank you, Susan, John, and Robin, for your unwavering support and dedication!

It was a wonderful opportunity to celebrate the hard work and dedication of our volunteers. Our volunteers make a real difference, and we are grateful for each

one of you. Here's to more great times together!



Meet Our Newest Volunteer Intern: Margaret Harris!

We're thrilled to introduce Margaret Harris, our new volunteer intern! She will be joining us while she finishes her final semester at UMass Law, bringing fresh energy and ideas to our team.

Margaret brings a diverse skillset to the team with prior work experience in environmental conservation, natural resource management, and government administration. Before law school, Margaret received her bachelor degree in geography from the University of Vermont and her master of public administration from the University of Alaska. At law school, Margaret has focused on access to justice, researching non traditional legal services that assist underserved populations in obtaining legal advice and resolving legal disputes. Margaret wants to see more Cape Codders resolve their disputes outside of traditional court settings and hopes to do that with Cape Mediation.

In her free time, Margaret enjoys beachcombing at Rock Harbor and walking at Nickerson State Park, making her a great fit for our community. We're excited to see the contributions she will make during her time with us! Please join us in welcoming Margaret to the team!



A Captain's Duty, Captain Richard Phillips with Stephan Talty, Hyperion, New York, 2010. Captain Phillips' tale of adventure and courage as hostage off the gun-plagued shores of eastern Africa. Read the book that inspired the movie, "Captain Phillips", and then be sure to join us on October 17th at the Chatham Orpheum movie theater for the show!



Cape Mediation MOVIE NIGHT at the Chatham Orpheum!
October 17, 2024 at 7:00pm

A promotional poster for a movie night. At the top, it says 'CAPE MEDIATION MOVIE NIGHT' in large white letters on a blue background. Below that, a red banner says 'Join us at the Chatham Orpheum! for a screening of'. Underneath, another red banner says 'CAPTAIN PHILLIPS with Tom Hanks'. The main text reads 'Embark on an Adventure with the screening of Captain Phillips and Enjoy a free small popcorn and exciting door prizes as we celebrate Dispute Resolution Week!'. It lists the date as 'Thursday October 17th, 2024', start time as '7:00pm (doors open at 6:00pm)', and location as 'Chatham Orpheum, 637 Main St, Chatham, MA 02633'. At the bottom, it says 'BUY YOUR TICKETS TODAY!' in blue and white. The background features a film reel, a red and white striped popcorn bucket, and a small logo of a sailboat with 'CM' on it.

**CAPE MEDIATION
MOVIE NIGHT**

Join us at the Chatham Orpheum!
for a screening of

CAPTAIN PHILLIPS
with Tom Hanks

Embark on an Adventure with the screening of Captain Phillips and Enjoy a free small popcorn and exciting door prizes as we celebrate Dispute Resolution Week!

Thursday
October 17th, 2024

Start At
7:00pm (doors open at 6:00pm)

Chatham Orpheum
637 Main St, Chatham, MA 02633

**BUY YOUR TICKETS
TODAY!**

We are rolling out the red carpet for our very first fundraising event at the Chatham Orpheum Theater! We invite you to bring your family and friends for a movie night you can't miss and a chance to support our mission. We will be showing Captain Phillips! Doors will open at 6:30pm. We hope to see you there!

Enjoy a free small popcorn with the movie thanks to our friends at First Citizens' Federal Credit Union!

To purchase tickets online visit the Chatham Orpheum online ticket sales by clicking the link below and selecting October 17th on the calendar bar for **Captain Phillips!**

[CLICK HERE TO PURCHASE TICKETS](#)

The Board's Corner

Celebrating our Volunteers!

As you receive this Newsletter, Cape Mediation will have just held its first Volunteer Appreciation event since pre-COVID days. Several dozen past, present, and future mediators and conciliators gathered at the Sea Dog Brew Pub in Yarmouth on September 30 to socialize and catch up on all that Cape Mediation is involved in. Appreciation awards were also presented to Susan Largay, John O'Toole and Robin Reid, who have all made significant contributions to our organization over many years. A good time was had by all! We hope to continue this as an annual event. Anyone who missed the gathering, and would like to become more involved in our activities, please reach out to Anne or Allyson at the office.



October 2024

Thursday, October, 3 2024, 9:00 AM - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

Thursday, October 3, 2024, 4:00pm - Discussion and Debrief. We invite all mediators and conciliators to join our discussion and debrief remotely on Zoom! Beginning this month will be meeting once a month on the First Thursday of every month.

Thursday, October, 10 2024, 9:00 AM - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

Monday, October 14, 2024, - Columbus Day The Cape Mediation office will be closed in observance of the Holiday.

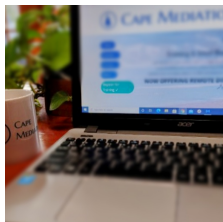
Thursday, October, 17 2024, 9:00 AM - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

Thursday, October 17, 2024, 7:00 PM- Cape Mediation MOVIE NIGHT at the Chatham Orpheum. Come join us at the Chatham Orpheum to watch Captain Phillips! Doors open at 6:30pm. We look forward to seeing you there! To purchase tickets online visit the Chatham Orpheum online ticket sales by clicking the link below and selecting October 17th on the calendar bar for **Captain Phillips!** [CLICK HERE TO PURCHASE TICKETS](#)

Thursday, October 24, 2024, 9:00 AM -Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

Thursday, October 31, 2024, 9:00 AM -Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

[Visit CapeMediation.org](http://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 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](mailto:info@capemediation.org) at 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, and is held remotely by Zoom. 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. [READ MORE.](#)

To Register visit us on the web at CapeMediation.org or click [Register.](#)



Cape Mediation's Youth Conflict Resolution Programs

Cape Mediation now offers 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 us at, info@capemediation.org.**



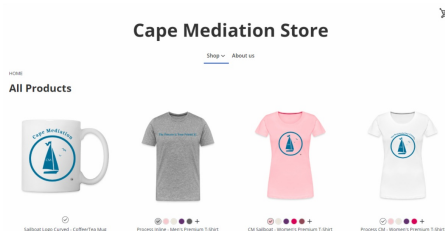
Mediator's Break is Online

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, along with archives. [Click Here to View Current and Past Newsletters.](#)



Stay Up-to-Date on Cape Mediation News and Events

Stay up to date with news and information, articles and our calendar of events at Cape Mediation and in our community. [Click Here to View News and Events.](#)



VISIT THE CAPE MEDIATION STORE!

Show your passion for The Process!

Wondering where to get a Cape Mediation t-shirt, mug or more? Visit the Cape Mediation store for all things Cape Mediation. Proceeds support Cape Mediation services in our community.

[Visit the Cape Mediation Store](#)

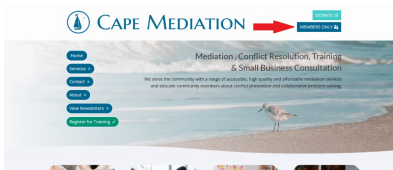
For Cape Mediation Staff and Volunteers



Keep Us Updated!

Don't miss out! Do you have a new email address, phone number or mailing address? Would you like to mediate in person? Are you interested in getting more involved with Cape Mediation or have an idea for a workshop? We want to know! Click the link below to share your updated information with us.

Click here for the survey!



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.

Volunteer Sign-Up!

Volunteers can now sign-up to volunteer to mediate and conciliate through the link on our Members-Only Page.

Volunteer Calendar

See important dates and happenings listed on the Volunteer Calendar located on the Members-Only Page.

To request access to this page, please email Peter at:

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.**

VOLUNTEER AVAILABILITY FOR OCTOBER 2024

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. We also are excited to be back in-person offering mediations at the Orleans District Court House on Thursdays.

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 NOVEMBER 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 services to our community. For a small organization like



Donate 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,

Cape Mediation, the cliché "every dollar counts" holds true.

Amazon will donate 0.5% of the price to Cape Mediation. It may not seem like much, but it all adds up!

Show your passion for The Process!

Visit the Cape Mediation store for all things Cape Mediation. Proceeds support Cape Mediation services in our community. [Visit the Cape Mediation Store](#)

[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/

National Association for Community Mediation

Visit: NAFCM.org

Resolution Massachusetts

Visit: ResolutionMA.org

Mass Law Libraries

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

Cape Mediation | [Website](#)



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