

From: Cape Mediation <info@capemediation.org>
Sent: Saturday, February 1, 2025 12:15 PM
To: annetessier@capemediation.org
Subject: February 2025 Mediator's Break



Mediator's Break

Monthly News & Updates
February 2025



"Failure is a reality; we all fail at times, and it's painful when we do. But it's better to fail while striving for something wonderful, challenging, adventurous, and uncertain than to say, 'I don't want to try because I may not succeed completely.'"

Jimmy Carter

Events and Happenings at Cape Mediation

THE ANNUAL MASSACHUSETTS LEGISLATIVE BRIEFING ON THE COMMUNITY MEDIATION GRANT PROGRAM

by Daisy O'Neil

This past January I was asked to participate on the Massachusetts Office of Public Collaboration's (MOPC) Youth Panel at the annual Virtual Legislative Briefing on the

Community Mediation Center Grant Program hosted jointly by Senator Manny Cruz and Senator Paul Mark. I am honored to have been asked to present and showcase Cape Mediation's Youth Program at this meeting. I was fortunate enough to meet with two other student panelists to compare and contrast our experiences with meditation and different conflict resolution practices in preparation for the briefing, along with the MOPC Program Manager, Esther Martinkovsky, and Director of Youth Programs and Restorative Practices at Collaborative Resolution Group, Kit Sabo. The hard work and support of the MOPC helps makes it possible for Cape Mediation to do the important work that we do. The MOPC provides much needed funding for Community Mediation centers throughout Massachusetts.. It was so rewarding to be there today with our state legislators, members of MOPC, and members of other community mediation centers. Thank you to Anne, Allyson, and Karen for being present at this briefing for support and encouragement!

CAPE MEDIATION HELD OUR FIRST EVER POP-UP!

On Tuesday, January 21st, Cape Mediation held our first ever Pop-up Discussion & Debrief. We had a lively discussion around real-life challenges our volunteers have faced over the past year. The Pop-up is a guided discussion offering mediators the opportunity to share experiences and strategies together. All Cape Mediation volunteers, past and present, are invited to join the discussion. Keep an eye on your inbox for details on the next session.

THANK YOU TO THE MASSACHUSETTS EXECUTIVE OFFICE OF THE TRIAL COURT

We want to once again thank the Massachusetts Executive Office of the Trial Court for their generous support of our dispute resolution services. This funding helps to ensure that we can continue to offer high-quality conflict resolution services in the district courts on Cape Cod at no charge regardless of income to people involved in legal action in Small Claims, Evictions, and on the Civil Docket. We are grateful to the Trial Court for their commitment to helping to ensure equal access to justice for everyone in our communities.

WELCOME TO THE NEWLY ELECTED BOARD OFFICERS



Karen Wallace
President



**Cape Mediation
2025
Board of Directors**



Jim Duane
Vice President



Jane Lea
Board Member



Courtney West
Clerk



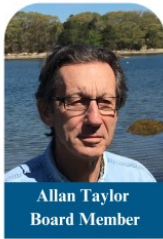
John O'Toole
Board Member



Adrienne Watson
Treasurer



Russ Wilkins
Board Member



Allan Taylor
Board Member

Cape Mediation is pleased to announce the election of officers for the 2025 Board of Directors at their Annual Meeting.

Officers: Karen Wallace, Board President; James Duane, Vice President; and Courtney West, Clerk.

Directors Jane Lea, John O'Toole, Allan Taylor, Adriene Watson, and Russell Wilkins will continue on the board for 2025.

NEW SERIES Volunteer in the Spotlight

Our Volunteer in the Spotlight! series is our way of expressing gratitude to each of our Cape Mediation volunteers for their dedication and hard work. Every month, we feature a different volunteer, showcasing their contributions to Cape Mediation and giving you a chance to get to know the incredible individuals who make our work possible.

Randi is in the Spotlight This Month!

This month, we are excited to feature Randi, a dedicated volunteer with Cape Mediation since 2014. Randi's journey with us began after completing our training program, where she found the mediation process to be both challenging and rewarding. Thriving on challenges, she enjoys the opportunity to continually learn and grow through her volunteer work.

Randi's passion for helping others in the Cape Cod Community extends beyond her volunteer efforts. Randi is a Criminal Defense Attorney, serves as the Speaker of the Barnstable County Assembly of Delegates, and is the Chair of the Zoning Board of Appeals in Chatham. Randi is also a proud mother of two children and grandmother to

two granddaughters. She balances her professional and personal commitments with a passion for running and spending time with her Boxer dog.

Throughout her time with Cape Mediation, Randi has been actively involved in mediation and conciliation, helping individuals resolve disputes and avoid costly litigation. She finds it most rewarding to know she's making a difference by helping people find solutions outside of the courtroom.

Through her volunteer work, Randi has developed invaluable skills, especially in patience and the importance of allowing time for reflection during mediation sessions. "Using breaks to give the parties time to think and come to their own conclusions is a key part of conflict resolution that people often overlook," she shares.

When asked for advice to those considering volunteering, Randi emphasized the supportive and welcoming community at Cape Mediation. "Everyone is friendly and kind, and you feel heard and valued," she says. We are deeply grateful for Randi's dedication and the positive impact she continues to make. Thank you, Randi, for your hard work, leadership, and commitment to helping others!

If you'd like to be featured in the "spotlight," please contact Allyson Rogers at allysonrogers@capemediation.org for more details.



Books & Beyond

Communication Means Paying Attention: The Four Pillars of Active Listening, by Julian Treasure, Think Fast Talk Smart, Available on major platforms like Amazon, Spotify, Barnes & Noble, You Tube, and more.

This month, take a listen to The Four Pillars of Active Listening: This podcast episode, author Julian Treasure discusses tools useful in practicing healthy communication, specifically regarding productive listening. Active listening is something we discuss and work on immensely in conflict resolution at Cape Mediation. This episode is helpful when combining skills practiced everyday and shares a new perspective on how to execute those skills. Use this podcast as a refresh on active listening or to learn something new!

Do you have a reading, podcast, or other media that you want to share with the Cape Mediation community? If so, email us at info@capemediation.org!

Happenings



February Blood Drive - Cape Cod Hospital and Falmouth Hospital are in urgent need of blood donations, and are hosting blood drives throughout February on Cape Cod. All the blood collected at Cape Cod Healthcare blood drives stays on Cape Cod to help our families, friends and neighbors. Visit them on the web at capecod.gov to find a blood drive near you.

The Right Question Institute is holding a **free legal empowerment** webinar on **Tuesday, February 18, at 1 p.m.** This webinar is called "Foster client agency through building self-advocacy skills: a practical strategy for lawyers, advocates, and service providers." You'll learn a practical method to:

- Strengthen your clients' sense of agency and voice as they navigate systems.
- Build people's capacity to advocate for themselves and take action on their own behalf — in the legal system and beyond.

To learn more or register at **[LEARN MORE OR REGISTER](#)**.

The Board's Corner

Although the start of a new year is usually focused on looking forward and new beginnings, the Cape Mediation Board spent some time at its January meeting looking back at all the things our organization accomplished last year. It was a long list!

Beginning with our long awaited return to in-person court mediation in Orleans, we also continued doing remote mediation and conciliation for the Courts and community clients; gave our Basic, Advanced and Refresher mediation training; delivered several individualized "Building Bridges, Not Walls" workshops; assisted several Cape organizations through our Partnership Program; developed our workshop on the Fundamentals of Managing Workplace Conflict for college students; and focused our Youth Program on providing effective communication and conflict resolution training for high school leaders and team captains.

In addition, we offered more opportunities to connect with our past, present and future mediators and clients through our revived Volunteer Recognition gathering and our first ever Movie Night. Best of all, we did all this (and more) with a balanced budget.

**We hope to see you involved with us
in one or more of these activities in 2025!"**



February 2025

Calendar Change: Our Discussion and Debrief sessions will now be held once each month on the First Thursday of the month.

Thursday, February 6, 2025, 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, February 6, 2025, 4:00 PM - Discussion and Debrief. We invite all mediators and conciliators to join our discussion and debrief remotely on Zoom!

Thursday, February 13, 2025, 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.

Friday, February 14, 2025 - Happy Valentine's Day from Cape Mediation.

Thursday, February 20, 2025, 9:00 AM - Orleans District Court In-Court Mediation.

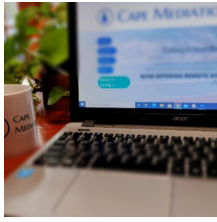
Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

Thursday, February 27, 2025, 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.**



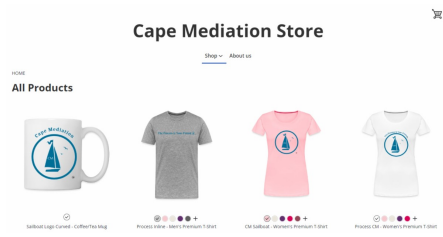
Mediator's Break is Online

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](#)

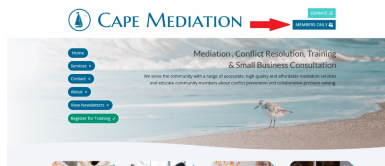
For Cape Mediation Staff and Volunteers



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 DECEMBER 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 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 services to our community. For a small organization like Cape Mediation, the cliché "every dollar counts" holds true.



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, 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.

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](#)



THANK YOU TO OUR SUPPORTERS

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Ellen Kapinos
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John W. Lea
Sydney Lea

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John and Karen Townsend
David Veach & Naomi Turner
Karen Wallace
Martin Webb

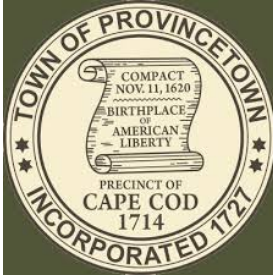
Foundations and Businesses



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COMMUNITY MEDIATION

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