

Anne Tessier

From: Cape Mediation <info@capemediation.org>
Sent: Saturday, March 1, 2025 11:58 AM
To: Anne Tessier
Subject: March 2025 Mediator's Break



Mediator's Break

Monthly News & Updates
March 2025



*"There is grace in being willing to know and hear others.
This for me is how we become."
Michelle Obama*

Events and Happenings at Cape Mediation

MEDIATION IN UKRAINE

Presented by MetroWest Mediation Services

On February 20, 2025 Cape Mediation staff attended a Zoom presentation hosted by MetroWest Mediation. This presentation featured Iryna Kordunian, a mediator from Ukraine who is currently studying at Brandeis University.

Iryna shared her experiences working as a mediator in Ukraine, including her work with refugees, war veterans, and internally displaced persons. She discussed the challenges of mediation in a war zone and its crucial role in post-war reconciliation and community rebuilding.

A key takeaway from the presentation, as paraphrased by Gail Packard, was how Iryna's presentation helped attendees "look at the Ukraine differently, on a more human level." Iryna's powerful insights and resilience inspired all who joined, reminding us of the profound impact mediation can have, even in the most difficult circumstances.

We are grateful for the opportunity to learn from Iryna's work and look forward to applying her lessons to our own mediation efforts. Find Iryna on LinkedIn to learn more about her work.

REVISED SMALL CLAIMS RULES

Recently the Massachusetts implemented revised rules for Small Claims Sessions, effective on February 2, 2025, with a focus on ensuring that low-income people are not ordered to pay debts out of income that is protected. On Cape Cod, Small Claims sessions are offered weekly in Barnstable, Falmouth, Nantucket and Orleans District Courts. The Small Claims sessions are designed to provide a simple, inexpensive and faster court process, and to make justice more accessible to all. Cape Mediation is working closely with the Trial Court and the District Courts as they implement the revised rules. Our mediators are available each week in the District Courts on Cape Cod to help people involved in Small Claims matters to resolve their disputes, both in person and remotely. Mediation offers the chance for people on opposite sides of a dispute to talk together privately and to resolve the conflict on their own terms, without the need for trial. We offer this service to litigants at no charge, regardless of ability to pay. To learn more about the revisions, visit [Mass.gov](https://www.mass.gov). To learn more about our Mediation services please visit us online at CapeMediation.org. If you would like to schedule a Mediation with us, you can visit us on the web and fill out our [online form](#).

Cape Mediation's new REMOTE CASE COORDINATOR

We are excited to announce that our Program Specialist, Allyson Rogers, has recently expanded her role at Cape Mediation and has taken on the position of Remote Case Coordinator for our Small Claims and Summary Process mediations in the District Courts. Allyson's dedication and experience over the past year exemplifies Cape Mediation's commitment to delivering high quality mediation services. Allyson will be working together with our experienced Case Coordinators helping to strengthen our mission to promote positive change and peaceful resolution to conflict. Please join us in congratulating Allyson!

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.

Rob is in the Spotlight This Month!

Rob has been familiar with Cape Mediation and its impact on the community for some time, thanks to a friend who has served as a mediator in the Orleans District Court. After retiring from his active law practice in Boston, Rob sought a way to become more involved in the Cape Cod community. With years of experience in mediations and conciliations throughout his legal career, he found these processes to be incredibly effective in resolving disputes that appeared to be at an impasse.

Since 2023, Rob has been volunteering as a Conciliator with Cape Mediation. He finds great satisfaction in working alongside a talented and dedicated group of mediators and conciliators. As Rob puts it, "The most rewarding part of my volunteer work is helping litigants reach a resolution and get to the finish line."

In addition to his role with Cape Mediation, Rob is involved with The Family Table Collaborative in Yarmouth and has been a Board Member of The Lenny Zakim Fund , a Boston based social justice agency since its founding in 1995. Outside of his volunteer efforts, Rob enjoys golfing, traveling, and gardening.

As Rob wisely advises, "Trust the process!"

Thank you, Rob, for being a dedicated member of our volunteer panel at Cape Mediation!

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

The logo for "Books & Beyond" features the text in a white, cursive font centered over a blurred background of colorful book spines. The entire logo is set against a solid blue rectangular background.

New Rules Aim to Protect Low-Income People in Mass. Small Claims Courts, WGBH, Jenifer B. Kim, January 6, 2025. The article talks about the new rules that went into effect on February 3rd. Find the article online at WGBH.org.

Types of Mediation: Choose the Type Best Suited to Your Conflict

By [Katie Shonk](#), Featured article in Program on Negotiation's, The Negotiation Insider, February 6, 2025 edition. When parties involved in a serious conflict want to avoid a court battle, there are types of mediation can be an effective alternative. In mediation, a trained

mediator tries to help the parties find common ground using principles of collaborative, mutual-gains negotiation. We tend to think mediation processes are all alike, but in fact, mediators follow different approaches. Before choosing a mediator, consider the various styles and types of mediation that are available. Find the article online at pon.harvard.edu.

Transforming Conflict Resolution: The Case for Women Peacebuilders, Grit Daily, February 25, 2025. Read "Transforming Conflict Resolution: The Case for Women Peacebuilders" to take a look at the need for conflict resolution practices in the global sphere. Peace building, peace keeping, and peace making all use skills comparable to those used by us in local mediations. These are important to resolving ethnic, religious, or cultural conflicts, anywhere in the world. This article gives some insight into why these practices deem such importance and how the involvement in women in this regard is crucial to success. Find the article online in the [Grit Daily](#).

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!



Peacemaking is in Trouble - What Now? How to strengthen mediation effectiveness in a dangerous new era, Held Tuesday, March 18, 2025 from 12:00 - 1:00 PM. This is A virtual talk with: Matthew Waldman, Expert Adviser, European Leadership Network, Senior Adviser, European Institute of Peace Associate, Department of Politics and International Relations, Oxford University. What if the world's peacemaking system has fundamental flaws? Today, armed conflicts are at their highest level since World War II, and civil wars have surged since 2011. Many peacemaking initiatives are failing. Mediation specialist Matt Waldman will share research that indicates these failures stem from both the complexities of conflict resolution and flaws in the mediation system itself. Download "Peacemaking in Trouble" [here](#) and read an interview with the author from Oxford University [here](#). **To register visit them online at the [Program on Negotiation](#).**

The Board's Corner

One of the most important programs offered by Cape Mediation is our Youth Program. The Program has been redesigned this year and focuses on providing conflict

resolution and effective communication skills to student leaders at the high school and community college level. Workshops can be provided for those in student government, team captains, student clubs, and any other peer groups. The skills training can be provided in one or more sessions and each workshop is customized to meet the needs of the educational entity. "The most important takeaway is that I think I'm a lot better during conflicts... I understand it more." -student. For more information, please contact Allyson Rogers, Youth Program Specialist, by email at allysonrogers@capemediation.org.



March 2025

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

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

Thursday, March 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.

Monday, March 17 2025 - Happy St. Patrick's Day from Cape Mediation.

Thursday, March 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, March 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.

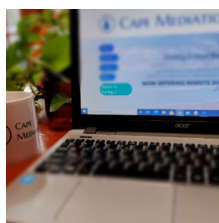
COMING IN SPRING

Cape Mediation SPRING 2025 BASIC MEDIATION TRAINING

We are thrilled to announce that we will be hosting another Basic Mediation Training this Spring. Stay tuned - more information coming soon!

[Click here to inquire and learn more!](#)

[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.**



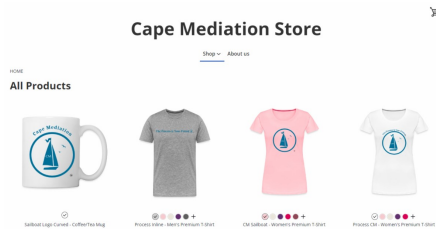
Mediator's Break is Online

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.**

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 MARCH AVAILABILITY

MY APRIL 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](#)

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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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Massachusetts Office of
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