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Sent: Thursday, October 2, 2025 12:18 PM
To: annetessier@capemediation.org
Subject: Revised Edition



Mediator's Break

Monthly News & Updates
October 2025

REVISED EDITION

*One of our sharp-eyed readers spotted a typographical error in the spelling of the name of the film, Thirteen Days: A Memoir of the Cuban Missile Crisis in our October 2025 Newsletter. We have corrected the error in this **Revised Edition of Mediator's Break, October 2025**. Thank you.*

We're Celebrating Conflict Resolution Month!



“Let both sides explore what problems unite us instead of belaboring those problems which divide us.”

President John F. Kennedy

Events and Happenings at Cape Mediation

CAPE MEDIATION LESSONS IN ECUADOR!

Leif Thesen, Cape Mediation Intern

Es que nosotras mujeres pertenecemos a la cocina” – “It’s that we women belong in the kitchen”. My host mom comments. I tense, my brain ready to judge her and try to

come up with a fast rebuttal in Spanish– but then I breathe, relax and ask her with curiosity “¿Porque dices eso?” – “What makes you say that?”.

I’m studying abroad in Quito, Ecuador for the semester and have been living with a host family for the past few months. Though I’m not working tech for our online mediations while I’m here, the lessons I learned watching our skilled volunteers work magic in our virtual mediations and conciliations has stuck with me. Remembering to keep my heart and mind open and to ask genuine questions has proven valuable as I’m immersed in a new culture with different traditions and expectations.

It’s easy to fall into the mindset that what I know and the ways I perceive the world are the “right” ways, but I know that this isn’t the case. Listening to two different parties in a mediation speak just as passionately about their opposing positions has taught me to stay open and to question my own conviction.

With this recent interaction with my host mother, my ability to pause my judgment and ask a genuine question instead was vital. Instead of getting into what could have been a polarizing argument trying to push my preconceived beliefs against my immediate interpretation of her statement, I learned about her history and childhood. In the end, I left the conversation filled with empathy, awe and a new understanding of her life and her experience with Ecuador’s gender norms.

I’m grateful to have these lessons with me and am looking forward to continuing to learn more about the culture here without my own assumptions or judgments clouding my vision.

REAL LIFE LESSONS: THE IMPORTANCE OF DIALOG and NEGOTIATION

On October 27, 1962, U.S. airman, Rudolf Anderson Jr., was shot down while flying a top-secret reconnaissance mission over Cuba that confirmed the existence of Soviet missile sites just 90 miles from the American mainland. *Thirteen Days: A Memoir of the Cuban Missile Crisis*, tells the story of how U. S. President John F. Kennedy, and Soviet leader, Nikita Khrushchev, and their advisors, came up with a plan to avoid war through dialogue and negotiation.

We can learn real life lessons in managing conflict from studying the conflicts of the past like the Cuban Missile Crisis. We believe conflict can become an opportunity for positive change when we use tools such as empathy and active listening, often leading to a resolution both sides can live with and creating positive changes along the way. Following the Cuban Missile Crisis, both the United States and Soviet Union agreed to install a direct line between Washington and Moscow, a hotline. The hotline established a direct line of communication between the leaders to communicate quickly in the event of another potentially catastrophic situation.

Please join us for a showing of *Thirteen Days: A Memoir of the Cuban Missile Crisis*, on Thursday, October 30th at the Chatham Orpheum Theater. All proceeds we receive from the showing will go to support Cape Mediation's Youth Programs. Tickets can be

purchased at the Chatham Orpheum box office or online at chathamorpheum.org (scroll down the page to choose **SPECIAL EVENTS**).

Mark your calendars, watch your inbox, and follow us on social media to hear about more ways to celebrate Conflict Resolution month.

For more information, and to stay updated on other Cape Mediation events, please visit us at CapeMediation.org and follow us on Instagram, Facebook and LinkedIn!



Cape Mediation at the PROVINCETOWN HOUSING FAIR

We were excited to participate in Provincetown's first annual Housing Fair on September 30th. Housing support services from around the Outer Cape were there to share information for housing support, food access, legal aid seasonal workers, community development, ongoing housing projects, and affordable homeownership. We look forward to joining them again next year.



WELCOME MAGGIE FEARN TO THE CAPE MEDIATION BOARD OF DIRECTORS

A message from Maggie

Curiosity, a fascination with “why,” love of storytelling and analytical ability have guided me through a 30-year international career, spanning a post-graduate economics degree from the London School of Economics; real estate development consulting (UK); property research; business and financial journalism (Hong Kong); senior corporate communications advisory roles, running my own communications consultancy (Australia and the US); and as a licensed Massachusetts real estate broker. A firm believer that strong institutional governance strengthens society, I’ve been a graduate member of the Australian Institute of Company Directors since 2009. In 2017 I was lucky to discover Cape Mediation’s introduction to conflict management skills workshop and was immediately hooked: the principles brought a new dimension to my lifelong interest in negotiating, problem-solving and advocacy. Since then I’ve continued to build my skills, experience and relationships with colleagues as an active Cape Mediation volunteer and, now, as a board director. I find contributing to our community’s welfare highly rewarding, and I’m also a director of the Indian Ponds Association (indianponds.org), which looks after the welfare of Marstons Mills’ three ‘great ponds.’ Since settling here a decade ago to be closer to family, my husband and I have embraced the ponds

lifestyle - making numerous friends and exploring by kayak, canoe, and in our 'tinnie' runabout every chance we get.



WE ARE ON THE MOVE!

Last month we shared that we are moving to our new and bigger location at 58 Main Street, Post Office Square, in Orleans! We continue to provide all of our services and programs during the transition. We are very excited to see you there at our upcoming Open House in December! Follow us on Instagram, Facebook and LinkedIn, and keep an eye on your inbox for updates!

Neutral Grounds Coffee Chats



WE ENJOYED CHATTING WITH YOU!

In September, we continued our Neutral Grounds Coffee Chat at Cape Cod Coffee in Mashpee Commons! We were so happy to see and chat with some of our beloved volunteers and members of our community. Cape Mediation started this monthly series with the overall goal of community building. Not only expanding our community here at Cape Mediation, but engaging with the Cape Cod community as a whole. By going to different local coffee

shops in different towns every month, and with this more casual way of connecting, we hope to do just that.



Please Join Us for Our 3rd Monthly NEUTRAL GROUNDS COFFEE CHAT WELLFLEET

Each month we are gathering at different local coffee shops around Cape Cod to meet with you! We welcome past and present volunteers, and members of the public, to join Cape Mediation staff and board members to share your ideas and learn about our many different programs and opportunities! Whether you are new to Cape Mediation, want to get involved, or are a past volunteer hoping to reconnect, we would love to see you there! Let us know you are coming by [CLICKING HERE](#) or **just stop by!**

DATE: Monday, Oct. 6th

TIME: 8:30-10:00am

LOCATION: The Flying Fish, Wellfleet

Series **VOLUNTEER IN THE SPOTLIGHT**

Our Volunteer in the Spotlight Series includes Cape Mediation's staff and volunteers.

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.

PAULA IS IN THE SPOTLIGHT THIS MONTH

For the month of October, we are celebrating our amazing volunteer, Paula! Paula has been a part of Cape Mediation since 2022, and although she has mediated both small claims and summary process cases in the past, she was initially drawn to our conciliation program. The evaluative standpoint conciliators are allowed to take when helping parties intrigued Paula because it allows her to use both the tools of a mediator and the case evaluation skills she has developed over many years practicing law.

Paula expressed delight at the working relationship she has developed with her co-volunteers and the Cape Mediation staff—even though she mostly sees them on Zoom!

While mediating and conciliating has allowed Paula to develop many skills, she reminded us that there are some skills she still works to master. One of these is patience. Mediation and conciliation are both processes, and it is important to let them play out at the parties' own pace. Empowering parties to create a resolution themselves makes it much more likely that they will respect that resolution. When a mediation goes well and an agreement is reached, Paula notices that parties are often anxious to perform and move on with their lives.

Along with her interest in mediation and conciliation, Paula spends her free time cycling, gardening, and conducting historical research. We are so happy to have Paula be part of our team! Thank you, Paula!

THANK YOU TO OUR FUNDERS!



THE COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT

We wish to thank the Massachusetts Trial Court for their continued support of Alternate Dispute Resolution (ADR) in the the District Courts in Massachusetts. The program supports Mediation programs in Small Claims and Summary Process (eviction) matters and Conciliation Programs on the regular civil docket. The Trial Courts' support of ADR helps to ensure equal access to justice at no charge to litigants regardless of income and provides an alternative to the win or lose process of the court room.

The Board's Corner

October is Dispute Resolution month, a time particularly relevant to all of us at Cape Mediation.

In addition to our weekly court mediations and training, this month we are hosting our second annual movie night fundraiser at the Chatham Orpheum theatre. Come and join us on Thursday, October 30th at 6 pm for the 2000 movie *Thirteen Days: A Memoir of the Cuban Missile Crisis*, starring Kevin Costner. This historical political thriller depicts the 13 days of the Cuban Missile Crisis in October, 1962, when the U.S. was at the brink of WWII. It will be interesting to see how this movie affects us today with all the daily crises we've been experiencing!!

Tickets for the movie are just \$15 and are available at the Chatham Orpheum box office or online at the chathamorpheum.org (scroll down the page to choose **SPECIAL EVENTS**). All of the proceeds from movie night this year will be used to fund our growing Youth Program.

If you haven't been to the Chatham Orpheum, it is a very comfortable theatre with a bar and food to order. Checkout their website chathamorpheum.org for details.

We hope to see you there!



Books & Beyond

Thirteen Days: A Memoir of the Cuban Missile Crisis, by Robert F. Kennedy (Author), 1969, W. W. Norton & Company. During the thirteen days in October 1962

when the United States confronted the Soviet Union over its installation of missiles in Cuba. Senator Robert F. Kennedy describes each of the participants during the negotiations, with particular attention to the actions and views of his brother, President John F. Kennedy.

The Kennedy Tapes: Inside the White House During the Cuban Missile Crisis, by Ernest R. May and Philip D. Zelikow, 1997, Publisher Belknap Press. The book that the film *Thirteen Days* is based on. It contains some information that was not revealed when *Thirteen Days: A Memoir of the Cuban Missile Crisis* was written because it was classified at the time.

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!



MORE WAYS TO CELEBRATE CONFLICT RESOLUTION MONTH

Free District Court Conciliation Training

The Executive Office of the Trial Court is offering another free conciliation training for Massachusetts Attorneys to support the District Court Department. The District Court is interested in expanding the use of conciliation to resolve civil cases. The current training is virtual and is done on-line and suggest some of your previously trained conciliators may benefit from this new format. The Trial Court is working with MWI to provide the on-line conciliation training program on Thursday, October 9 and Friday, October 10, 2025. [CLICK HERE](#) to complete the registration form and send to timothy.linnehan@jud.state.ma.us.

The MBA Celebrates Conflict Resolution Week

Join the MBA during Dispute Resolution Week on Thursday, October 16, 2025, at 4:00 - 6:00 PM on Zoom for a panel discussion of outstanding dispute resolution (DR) professionals as they share their knowledge of alternative dispute resolution (ADR and the use of technology and how it is changing the DR process and the world. Registration is required by October 14, 2025. [CLICK HERE](#) for the MBA flyer with more information.

ResolutionMA.org

Visit the Massachusetts Office of Public Collaboration (MOPC) on the web on their Calendar Page at <https://www.resolutionma.org/take-action> and scroll to the

calendar at the bottom of the page for information on other Conflict Resolution Month activities throughout October from mediation centers around Massachusetts.



CELEBRATE CONFLICT RESOLUTION MONTH WITH US!

We are celebrating all month long! During Conflict Resolution Month we join peacemakers from around the world in celebrating peaceful conflict resolution practices. This year please join us as we host our 3rd Neutral Grounds Coffee Chat on October 6th in Wellfleet, and at the Chatham Orpheum for a special showing of *Thirteen Days: A Memoir of the Cuban Missile Crisis* on October 30th in Chatham. We look forward to seeing you there!

October 2025

*Our Discussion and Debrief sessions are held once each month
on the Second Thursday of the month.*

Thursday, October 2, 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, October 6, 2025, 8:30am - **Neutral Grounds Coffee Chat.** Join us at **The Flying Fish, Wellfleet**, for an informal get together, all are welcome!

Thursday, October 9, 2025, 9:00 AM - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday in-person at the Orleans District Court House for Small Claims and Summary Process matters.

Thursday, October 9, 2025, 4:00 PM - **Discussion and Debrief.** We invite all mediators and conciliators to join our discussion and debrief remotely on Zoom!

Monday, October 13, 2025, 4:00 PM - **Columbus Day / Indigenous People's Day.** The Cape Mediation office will be closed in observance of the Holiday.

Thursday, October 16, 2025, 9:00 AM - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday in-person at the Orleans District Court House for Small Claims and Summary Process matters.

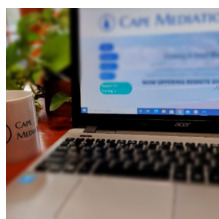
Wednesday, October 22, 2025 - Board of Directors Meeting. The Cape Mediation Board of Directors invites you to join their upcoming meeting, contact the Cape Mediation office by emailing us at info@capemediation.org today for more details.

Thursday, October 23, 2025, 9:00 AM - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday in-person at the Orleans District Court House for Small Claims and Summary Process matters.

Thursday, October 30, 2025, 9:00 AM - Orleans District Court In-Court Mediation. Our volunteers are available to mediate every Thursday in-person at the Orleans District Court House for Small Claims and Summary Process matters.

Thursday, October 30, 2025, 6:30 PM - Cape Mediation Movie Night at the Chatham Orpheum. Come join us at the Chatham Orpheum to watch *Thirteen Days: A Memoir of the Cuban Missile Crisis*. Tickets can be purchased online at the Chatham Orpheum box office or online at chathamorpheum.org (scroll down the page to choose SPECIAL EVENTS).. We look forward to seeing you there!

[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 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.**



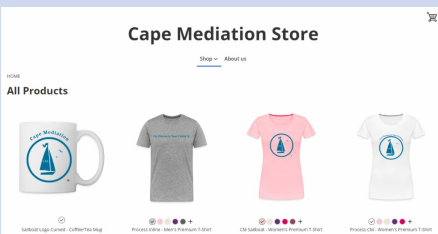
Mediator's Break is Online

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 to 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.

[Click Here to 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.



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 OCTOBER AVAILABILITY

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 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](#)



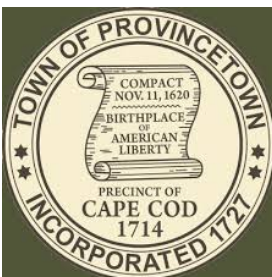
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