

From: Cape Mediation <info@capemediation.org>
Sent: Sunday, March 1, 2026 11:19 AM
To: annetessier@capemediation.org
Subject: March 2026 Mediator's Break, revised



Mediator's Break

Monthly News & Updates
February 2026 and March 2026 Issue
Revised Edition



"When angry count to ten before you speak. If very angry count to one hundred."

Thomas Jefferson

February and March 2026 Issue of Mediator's Break

You may have noticed that the February issue of Mediator's Break did not make it to your inbox. February came in like a lion for us and we have been working hard preparing to return to in-person mediation in Barnstable Small Claims, updating our website and training pods, and searching for new office personnel, all between snowstorms!. We hope you enjoy the combined issue format, we have a lot of news to share.

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

Events and Happenings at Cape Mediation



The Blizzard of '26: Thank You to All Who Helped Out During the Storm

We would like to take a moment to thank everyone who helped out during and after the storm last week. People worked tirelessly clearing the roads, removing downed trees, and restoring power; others opened warming centers and storm shelters; health care workers somehow managed to get to the hospitals; people checked on their neighbors, shoveled driveways, walkways, and fire hydrants; businesses welcomed us in to get warm, and folks kept us informed on social media when our cable and electricity were out. One of the most important reasons mediators do what we do, is because we believe that when people work together we strengthen our community. That is what we saw this past week, friends, neighbors, and strangers coming together to help each other during the worst storm of recent memory, building a stronger community together. Thank you.



Annual Legislative Briefing

Once again the Massachusetts Office of Public Collaboration (MOPC), joined our champions in the state house in January at the annual Legislative Briefing, for funding to support essential services that strengthen our community.

Courtney Breeze of the MOPC joined Sen. Paul Mark of Pittsfield, Rep. Manny Cruz of Salem, and Rep. Hannah Bowen of Beverly, In the briefing focusing on the essential role of conflict resolution services in our communities. These services happen thanks to the dedication and commitment of community mediation centers throughout Massachusetts. To learn more about the MOPC and community mediation throughout Massachusetts, please visit them on the web at ResolutionMA.org.



We're Back In-Person for Small Claims in Barnstable

On March 12th Cape Mediation volunteers will once again be available in-person at the Barnstable District Court for Small Claims matters. Our volunteers are there to help parties resolve their case on their own terms and avoid the need for trial. We will be there for the call-of-the-list at 10:00 AM in addition to being available for cases on the Summary Process cases at 9:00 AM. As always, parties have the option of contacting our office to schedule a remote mediation prior to their court date.

Experienced Cape Mediation Volunteers that would like to join us on Thursdays in Barnstable for Small Claims, Summary Process, or both, can sign up by clicking this Volunteer in Barnstable link: **VOLUNTEER IN BARNSTABLE**.

We Have Updated to Our Members Only Page!

We have been busy updating our Members Only Page for active Cape Mediation volunteers on our Website. Volunteers can now sign-up to volunteer in-person in Barnstable, in addition to signing up to volunteer in Orleans and remotely. We have also added a brand new in-person volunteer schedule to the page so you can see where you are needed most. We have updated the calendar to include the dates for in-person Small Claims and Summary Process mediation, and gave the page more stream-lined look that is easier to navigate. If you have not visited the page in a while, be sure to check it out! This is your resource page, so let us know if there is something you would like us to add. Remember, the page is password protected, so if you have forgotten the password, please reach out to Anne.

Welcome Cape Mediation's Newly Elected Board Officers

Correction: Cape Mediation is pleased to announce the election of officers for their 2026 Board of Directors at their Annual Meeting in January. Officers: James Duane, President; Jane Lea, Vice President; Adrienne Watson, Treasurer; and Karen Duffy Wallace, Clerk. Directors John O'Toole, Maggie Fearn, Russell Wilkins, and Courtney West, will continue on the board for 2026.

Wishing Allyson Farewell

We would like to share that our Program Specialist, Allyson, has accepted a wonderful opportunity off Cape to pursue her passion. We are very excited for her and we know that she will meet with much success in her next chapter. Allyson has been a rising star at Cape Mediation since she joined us in 2024, taking advantage of every opportunity to learn about Cape Mediation and ADR, she quickly became one of our star mediators. Allyson was soon accepted into our Upward Mobility Program, assuming the role of Program Specialist, where she took on more responsibility under the mentorship of our experienced staff and mediators. Allyson worked in every facet of ADR at Cape Mediation, including helping us to revise our Partnership Program and re-creating our Youth Leadership Workshop series. Allyson was always looking for new ways to connect with staff, volunteers, and our community, and in 2025 she launched our Neutral Grounds Coffee Chats. Allyson worked closely with our interns, as well as with staff, volunteers and the people we serve. She made a big impact during her time with Cape Mediation and left very large shoes to fill, indeed. Allyson, we wish you great success in your new endeavors, and will miss you.

Wishing Cape Mediation All That's Good

We are excited about new beginnings and starting the new year in our wonderful new office, but with new beginnings also come the inevitable goodbyes. We were sorry to learn that Pat has decided to step-away from mediating after 17 years. Pat was one of my mentors when I started, and truly a master mediator and kind soul. She mediated with kindness and compassion, patiently listening as she helped people work through their conflicts. Pat will no longer be volunteering with us, but she has promised to stop by now and again and keep in touch. We look forward to seeing you at our next gathering, Pat, and we wish also you and your family all that's good and worthwhile in this world.

With deep appreciate for the 17 wonderful years I have spent volunteering for Cape Mediation, I am submitting my resignation from the organization.

I have other priorities now that I didn't have when I started mediating, mainly 6 grandchildren.

Though I will miss many aspects of mediation, most specifically I will miss the camaraderie of my fellow mediators.

Wishing Cape Mediation and all its people all that's good and worthwhile in this world for now and in the future.

Sincerely,

Pat

Neutral Grounds Coffee Chats



Neutral Coffee Grounds Chat We Enjoy Chatting with You!

We will be resuming our Neutral Grounds Coffee Chats again this year, but remain on pause while everyone recovers from the storm.

We are looking forward to seeing and chatting with you soon. Cape Mediation started this monthly series with the overall goal of community building to not only expand our community here at Cape Mediation, but also to engage with our Cape friends and neighbors. This is our hope, by visiting different local coffee shops around the Cape every month with this more casual way of connecting.

**Keep on eye on your inbox for the information on the next
Neutral Grounds Coffee Chat!**

Thank You to Our Funders!



Thank you everyone at the Massachusetts Office for Public Collaboration for their support of community mediation centers across the Commonwealth. generosity in supporting Cape Mediation.

The Board's Corner

At its January 2026 Annual Meeting, in addition to re-electing directors and electing officers, the board also recognized Karen Wallace for her extraordinary two-year term as the organization's president. Karen not only oversaw Cape Mediation's mediation efforts but was active in and supported our other programs, workshops, and events, including Partnerships, Youth Conflict Resolution, community workshops, movie night, and an open house at our new office space, just to name a few. Speaking of new office space, it was in large part due to Executive Director Anne Tessier's, Executive Assistant Allyson Rogers's and Karen's efforts that we were able to find, renovate and move into our new office space in Post Office Square in Orleans. It took a tremendous amount of work, but Karen, Anne and Allyson tackled the task with boundless enthusiasm and hard work to accomplish the move. It was just one example of Karen's leadership which was always by example. The board and the whole organization owe Karen our deep gratitude. However, Karen is not going anywhere. She is not only serving another term as a board member, but also volunteered to serve as the board's secretary in 2026. Thank you, Karen!

Jim Duane, President, Cape Mediation Board of Directors

The Cape Mediation Board of Directors met for its Annual Meeting at our office at Post Office Square on January 28, 2026. This also marked our first meeting in our 50th year of existence as an organization - yes, we have been around since 12/26/1976! We will be celebrating this significant milestone in many ways this upcoming year, so stay connected to celebrate with us!

At the January meeting, Jim Duane was elected Board President, Jane Lea will serve as Vice-President, Adrienne Watson will continue as Treasurer, and Karen Wallace will be the Clerk. All officers serve a one-year term. Also re-elected as Directors of the organization were Jim Duane, Karen Wallace and Russ Wilkins, each serving a three-year term.

Last year, our programs touched over 1000 people on Cape Cod, and this year we hope to increase that number. The Board is energized to make this 50th year our best one yet!!

Correction: Please reach out if you'd like to assist us in any way - send an email to info@capemediation.org and we will get back to you.

Karen Wallace, former President, Cape Mediation Board of Directors



Books & Beyond

With Valentine's Day fresh in our memories, we are sharing some articles on how conflict resolution plays a huge role in all kinds of relationships. Healthy communication and active listening are vital parts of romantic relationships, friendships, or workplace dynamics. We hope you had a Happy Valentine's Day! Find the articles by clicking the article name in bold below.

Avoiding Conflict can Quietly Damage your Closest Relationships
Why Communication in Love is a Public Health Issue
Self Love!

Thank you, Daisy, for sharing these articles!

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

Face-to-Face Mediation Returns to Small Claims at the Barnstable District Court

Many of you know that our face-to-face mediations resume in the Barnstable District for Summary Process this past Fall. We are excited to share that beginning on March 12th, we will expand our services to include include small claims cases, as well. We invite all of our experienced Cape Mediation mediators to join us. If you are interested, please watch your inbox for our sign-up sheet or click the **VOLUNTEER** button below to sign-up.

VOLUNTEER IN BARNSTABLE



March 2026

Our volunteers are available to mediate in-person each Thursday at the Barnstable District Court and the Orleans District Court.

Thursday, March 5, 2026

Our volunteers are available at the court each Thursday.

Thursday, March 12, 2026

Our volunteers are available at the court each Thursday.

Monday, March 16, 2026

For UMass Law Students

Thursday, March 19, 2026

Our volunteers are available at the court each Thursday.

Tuesday, March 24, 2026

For participants in the Local Catch Network's SAIL Catalyst Program

Wednesday, March 25, 2026

Thursday, March 26, 2026

Our volunteers are available at the court each Thursday.

Tuesday, March 31, 2026

For students at NRHS

Orleans District Court

9:00 AM - Orleans Summary Process (in-person)
10:00 AM - Orleans Small Claims (in-person)

Barnstable District Court

9:00 AM - Orleans Summary Process (in-person)
10:00 AM - Orleans Small Claims (in-person)

Orleans District Court

9:00 AM - Orleans Summary Process (in-person)
10:00 AM - Orleans Small Claims (in-person)

Barnstable District Court

9:00 AM - Orleans Summary Process (in-person)
10:00 AM - Orleans Small Claims (in-person)

10:00 AM - **UMass School of Law ADR Workshop**

Orleans District Court

9:00 AM - Orleans Summary Process (in-person)
10:00 AM - Orleans Small Claims (in-person)

Barnstable District Court

9:00 AM - Orleans Summary Process (in-person)
10:00 AM - Orleans Small Claims (in-person)

4:00 PM - **Discussion & Debrief**

1:00 PM - **SAIL Catalyst, Conflict Management Workshop**

9:30 AM - **Board of Directors Meeting**

Orleans District Court

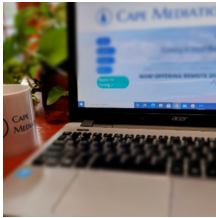
9:00 AM - Orleans Summary Process (in-person)
10:00 AM - Orleans Small Claims (in-person)

Barnstable District Court

9:00 AM - Orleans Summary Process (in-person)
10:00 AM - Orleans Small Claims (in-person)

10:00 AM - **NRHS Captain's Leadership Workshop**

[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.**



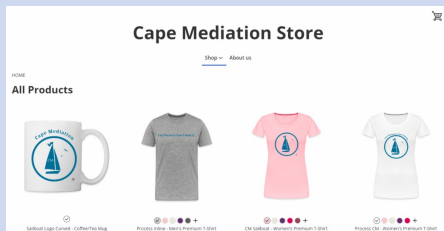
Mediator's Break is Online

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 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!

MARCH - VOLUNTEER IN ORLEANS & REMOTELY

MARCH - AVAILABILITY TO VOLUNTEER IN BARNSTABLE

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

President's Circle

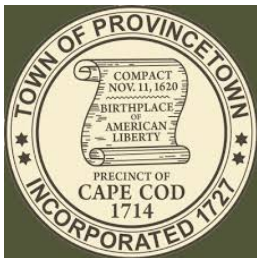
Lois Andre
Jim & Michelle Duane
Deborah Felix

Michael & Rob Normandy
John O'Toole
Scott Parr

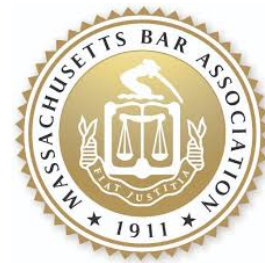
Kathleen Heffernan
Ellen Kapinos
Jane Lea
John W. Lea
Sydney Lea

Allan E. Taylor & Kathryn F. Plazak
John and Karen Townsend
David Veach & Naomi Turner
Karen Wallace
Martin Webb

Foundations and Businesses



Massachusetts Office of
Public Collaboration (MOPC)



Owners Peace
Landscape & Design



508-524-9965





Cape Mediation | P. O. Box 193 | Orleans, MA 02653 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!