

Dispute Resolution Center of Yakima & Kittitas Counties

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TO:

RECYCLE and Earn Money for the DRC

With the help of Susan Erickson, one of our Board members, the DRC has set up an account with Central Washington Recycling (102 N. 2nd Ave. Yakima). People can take their recyclable items there and the money earned will go to the DRC. When you drop things off you just need to let them know it is for the DRC of Yakima & Kittitas Counties.

They only accept certain items, as follows: Paper, including newspaper, office, magazines, mixed pa-

per and computer paper, can all be mixed together; Corrugated cardboard only, (no brown chip board, waxed, oily, or foil boxes); Aluminum cans, empty and dry; Plastic, #1 pop and water bottles and #2 milk and water jugs, but the two types must be separated; Scrap metal (if you happen to have any of that lying around); Pallets; and Computer Towers (no monitors or any other computer parts). So **RECYCLE** and help the DRC earn much needed dollars to support our services to the community! Thank you!

DRC 2009 Training/Activities Calendar

Here is our Training/Activities Schedule for the remainder of the 2009 year.

October

October 15 **National Conflict Resolution Day** DRC Activities Planned
October 19 **Mediator's Roundtable Brown Bag Lunch** 12:00 Noon at the DRC
October 23-25 **Part 1: 40 Hour Basic Mediation Training**, Yakima (the first 20 Hours)

November

November 6-8 **Part 2: 40 Hour Basic Mediation Training** Cont., Yakima (The second 20 Hours)
November 12 **Mediator's Roundtable Brown Bag Lunch** 12:00 Noon at the DRC
November 18 **Mediation A Path to Peace Luncheon Fundraiser**, Ellensburg 12:00 Noon (CWU Lombard Room)

Interested in a workshop for your workplace or other organization? Contact Meredith to design a workshop to meet your needs at 453-8949 or coordinator@drcyakima.org



Dispute Resolution Center of Yakima & Kittitas Counties

Issue 6

April 2009- August 2009

DRC CONTACT INFORMATION:

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D.R.C. Newsletter

Issue 6- April 2009 - August 2009

Director's Message

Dear friends,
I have good news and bad news (and no, this isn't that start of an oft' heard joke).

First the good news. In our last newsletter, we shared information about our upcoming Mediation a Path to Peace breakfast in Yakima on May 7th. I am excited to report that over 200 people attended, far more than any of our previous fundraising event attendances and together contributed, \$18,770 to support our work. They also committed to contributing \$10,680 over the next four years. We appreciate all that everyone contributed and are thankful for the chance to highlight the great work of the DRC.

Since the early morning time frame didn't work well for our Kittitas County supporters, we are holding a Mediation: A Path to Peace lunch in Ellensburg on Wednesday, November 18th. Please see the notice below. Our Kittit-

tas County supporters will receive an invitation in the mail later this fall to attend. Anyone from outside Kittitas County who would like to attend is invited to e-mail or call me to request an invitation.

Now for the bad news. Our state funding that had looked good last spring has suffered some set backs as the state's budget forecast continues to worsen. At this point, a reduction in state dollars to the Yakima County Juvenile Court will reduce or eliminate funding for our Victim Offender meeting program. This important program is helping change the lives of troubled young people in our communities. If you have ideas to share on how we can find other financial support for the program, please let me know as soon as you can.

Thank you for your support of mediation, the DRC and peaceful conflict resolution here in Central Washington.

Matt Fairbank

Mediation a Path To Peace: Ellensburg

November 18, 2009, 12:00 noon to 1:30 pm

On November 18, 2009 at noon the DRC board and staff will host our first annual Mediation: a Path to Peace Fundraising Lunch for Kittitas County in the Lombard Room in Sue Lombard Hall at Central Washington University. This event is part of our new developmental approach to fundraising. At the event we'll be highlighting the DRC's work, and inviting those present to support it with their time, talent and financial support. DRC board member Tom Clayton, retired mental health professional, will be the Keynote speaker.

This event takes the place of our previous "Jazz in the Cellar" fundraising auction. We hope you will be able to join us as we come together to celebrate the DRC's

mission and work of creating more peaceful families, productive workplaces and smooth functioning agencies and organizations here in Central Washington

Wednesday, November 18, 2009

12:00 noon to 1:30 p.m. Lombard Room, CWU,

400 East University Way, Ellensburg, WA

No cost for lunch

Please let us know by November 6, 2009

if you will be joining us. 925-5123 or info@drcyakima.org



DRC Statistics: January-August 2009



We are having a very busy year here at the DRC. So far this year, through the end of August, we have had a total of 113 mediation sessions. That is seven sessions more than we mediated for all of 2008! If business keeps up as it has for the last several months, we are on our way to a record breaking year.

We have also had 40 VOM meetings, many of these meetings were held with just the offenders, but 12 cases (that's 30%) were those in which the victims chose to take part. These have been a great success, helping to change the lives of the youth in our community in a posi-

tive and lasting way.

Our volunteer mediators have already logged, for just mediation and VOM time, 784 hours, and we are just over half way through the year! That is 416.5 hours more than logged for the same time period last year! Incredible work Mediators!

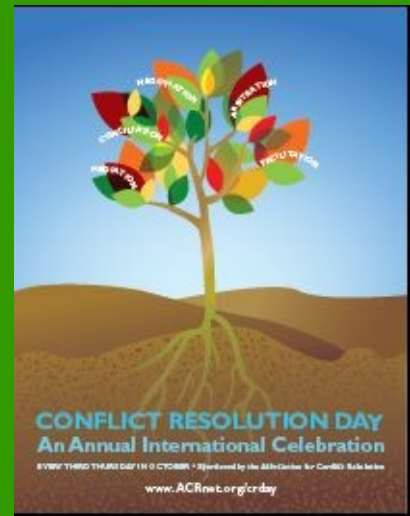
Finally, we have had 643 inquiries for services. We are some busy people!

We truly appreciate the help and assistance of every DRC volunteer and supporter. We enjoy working with such a broad spectrum of people, and your individual talents vastly benefit the DRC, our clients and our communities.

Thank you!

Mediation/VOM Volunteer Hours	784
Service Inquiries	643
DRC In-House Mediations	113 Sessions 96 Resulting in Settlement (85% Settlement Rate)
Small Claims Mediations	224 96 resulting in Settlement (43% Settlement Rate)

Celebrate CR Day on October 15. Call the DRC to learn more!



DRC Mission Statement

The DRC of Yakima and Kittitas Counties provides mediation services, training and other ways for people to peacefully solve disputes themselves.

Profile of a DRC Volunteer Mediator/ Mediator's Corner: Rick Mains

Rick Mains has been a mediator with the DRC since 2007. In just two years he has completed his mediator certification and volunteered over 52 hours of mediation time. We are very grateful for his dedication to the work of mediation. Thank you Rick! Here is what Rick has to say:

"Not many people will admit it, but I am from Southern California. My wife Vickie and I have lived in Yakima since 1985 and plan to stay here as we enjoy 4 seasons and a lot fewer people. We have been married for almost 28 years and both our daughters were born here and believe it or not, I still have half a mind. Which half I have changes from day to day.

My background is in Forestry and Soil Science and I am the Supervisory Soil Conservationist for the BIA (Bureau of Indian Affairs) on the Yakima Nation. So I work with all phases of farming from apples to cattle. One of my other jobs at the BIA was being an EEO (Equal Employment Opportunity) counselor for 14 years. While doing

EEO I saw that most of the complaints were based on communication problems and not discrimination. Since I have known Matt Fairbank for many years I decided to try my hand at mediation.

At first it was difficult because in EEO I was both mediator and problem solver. With mediation we let the clients be the problem solvers and it was very hard to keep my mouth shut when I saw an obvious solution and the clients did not see a solution right away. However I knew that through mediation the clients need to find the light on their own. And like in cartoons, the clients, with a little help from the mediators, see their solution and a light bulb turns on over the heads. This is what makes mediation so rewarding. It is something that I can give to the community and, through the DRC, can hopefully reach out to the schools and the community at large to help others learn about the benefits of mediation and make our community a better place."

-Rick Mains

Try This At Home: Give yourself A Time Out

We all get angry. Anger is useful. It tells us when we have a need that is not met. It is a great indicator. But, too often we fail to take the time to address the need and instead indulge the anger. We snipe, we say mean things, we are rude to others, or we just huff about inside our own skins, angry. That does no one any good. What we need to do is to learn to use that anger to help us.

So, next time you get angry, give yourself a Time Out. Stop, and ask yourself, what am I angry about? What do I need? Or what is my goal? Do you need peace and quiet, or solitude? Love, or understanding? Is your goal to accomplish a certain task, and do you need time and space to do that?

Once you have identified what your need or goal is, think about several ways that you can reach your goal, or get what you need. Think of things you can ask the other people in your life to do to help you. Maybe your spouse can take care of the kids while you step outside for 20 minutes for a walk. Or maybe a co-worker can answer the telephone while you complete certain tasks. Or do you just need someone to sit and listen to you, and then reflect back to you what you have said? And what can you do yourself to remedy the situation?

Once you have some ideas for how you can reach your goal or meet your need, think of ways to ask for these things, using "I messages", like "I need some time alone. Can you help me with that?"

Are you willing to ...?" Or "I am feeling frustrated and angry because I don't feel as though I have accomplished anything today. Will you help me by?" Or maybe, "I need someone to listen to me, I need to vent a bit. Are you willing to listen?"

Once you have come up with a way to convey your thoughts to those around you, go and talk to them. Ask for what you need. And if they can't give it to you in one way, propose another way that would also help. Or ask them if they have a way they think they could help you. Chances are you will get what you need, your anger will dissipate, and those around you will have the satisfaction of helping you.

Basic Mediation Training This October-Don't Miss It!

Our Annual Basic Mediation Training Course is upon us. On October 23-25 and November 6-8, 2009 we will be training community members in the practice of facilitative mediation.

This annual training is the first step in the process of becoming a certified and practicing mediator. The cost of the training for residents of Yakima or Kittitas Counties is \$450, and \$500 for residents of other counties. Some partial scholarships are available to those

who are willing to become volunteers for the DRC.

As our recent statistics show, we have an increased need for mediators due to a large increase in the demand for mediation services. We also have a need for mediators who live in Kittitas County and those with language skills in English and Spanish. Additional scholarship dollars may be available to those who are bilingual in English and Spanish and will volunteer for the DRC.

This training is great for anyone who wants to improve their communication skills for use in the work place, or at home. Individuals from occupations of all sorts have taken our training and use it to improve their communication in the work place and improve the personal and professional relationships in their lives.

Contact Meredith at 453-8949 or coordinator@drcyakima.com for information, a brochure or registration form.

Don't Forget: GoodSearch.com

Do you remember that great way we mentioned for you to help donate money to the DRC, at no cost to you personally, just by using the internet? Its through the website GoodSearch (www.goodsearch.com). It works in two ways.

First, whenever you use GoodSearch to do an internet search they will donate a small amount of money to the DRC. Every time you click that Search

button, you help the DRC. The search engine is actually Yahoo, so you will always get a good search result.

The second way is through the GoodShop site of GoodSearch. If you intend to buy something over the internet, do so starting from the GoodShop site (www.goodsearch.com/goodshop.aspx) and a percentage of the money you pay for your item will be donated to the DRC.

All you have to do is go to their web site and enter the "Dispute Resolution Center of Yakima" as the charity you wish to donate to. Then do your search, or buy your products, and money is donated to the DRC.

We recommend you consider adding GoodSearch to your toolbar, or making it your home page. So in your searching on the net, Search, Shop and **Click for Peace.**