



Central Susquehanna  
Valley Mediation Center  
713 Bridge Street, Suite 3  
Selinsgrove, PA 17870  
570-374-1718

**Center office hours:**

Monday – Friday  
9:00 a.m. – 2:00 p.m.

**Mediation appointments  
available:**

Monday through Saturday  
10:00 a.m. and 1:00 p.m.

Monday through Thursday  
6:30 p.m.

**To request an appointment:**

Call our program coordinator  
Susan Jordan  
at 570-374-1718  
or email Susan at  
casecoordinator@  
csvmediation.org

**General email inquiries:**

info@csvmediation.org

**Visit us online:**

www.csvmediation.org

**Board of Directors:**

Elayne Sobel, *President*  
elaynesobel@csvmediation.org

Jerry Spegman, *Vice President*  
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Bob Shabanowitz  
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## Mediation Center expanding services



After three successful years facilitating primarily court custody mediations, CSVMC is working to expand services to aid with other types of conflicts. With 30+ hard-working, passionate mediators prepared to mediate more kinds of cases, CSVMC is eager to spread the word about how mediation can be of service. New outreach efforts focus primarily on Children and Families, Community Mediation, including neighbor, landlord-tenant and small claims disputes, and Elder Mediation.

Center representatives have begun meeting with community groups to educate them about conflict mediation and how people can access our services. With referrals from partner agencies, people can seek mediation earlier in their conflicts, likely preventing worsening of the conflict and the damage it may cause.

If you know of a group who would like to learn more, please contact a board member (in the column at left) or program coordinator Susan Jordan at 570-374-1718 or susanjordan@csvmediation.org.

## Support CSVMC March 12-13 during



Raise the Region 2014 is a 30-hour match challenge sponsored by the First Community Foundation Partnership of Pennsylvania to raise funds online for local non-profit agencies. The event begins at 6:00 p.m. on Wednesday, March 12, 2014 and ends at 11:59 p.m. on Thursday, March 13, 2014.

To donate, visit [www.RaiseTheRegion.org](http://www.RaiseTheRegion.org) during the designated time and make your donation to Central Susquehanna Valley Mediation Center. A \$125,000 donation from Blaise Alexander Family Dealerships will be used to match a portion of every donation.

*We appreciate your support!*

## Golfers, mark your calendars!

The 2nd Annual Allan D. Sobel Memorial Golf Tournament will be held Monday, August 11, 2014 at the Susquehanna Valley Country Club. The tournament will benefit the Mediation Center and support expansion of services. Sponsors and golfers are invited to join us for a fun day on a beautiful golf course.

Contact the mediation center at 570-374-1718 – or watch for future issues of this newsletter – for more details. Meanwhile, pencil us in!



*You should know...*

Central Susquehanna Valley Mediation Center, Inc. is classified by the Internal Revenue Service as a 501(c)(3) organization, and your donation is fully tax-deductible as allowed by law.



Mediators Bob Shabanowitz and Kim Kazakavage role play a conflict conversation during a mediator check-in session. Mediators attend quarterly checkins to sharpen their skills, connect with other mediators and discuss challenges they've encountered in mediation.

## About mediation...

Mediation is a voluntary, confidential process in which a neutral third party, the mediator, assists people in conflict.

People find that mediation helps them to:

- Improve communication, understanding and empathy.
- Improve relationships.
- Clarify areas of agreement and disagreement.
- Define next steps.
- Avoid, minimize or enhance involvement of the legal system.
- Work toward mutual understanding.
- Resolve a specific problem, dispute or underlying conflict.
- Prevent problems from recurring.

## CSVMC by the numbers

In 2013...

**532** individuals were referred to CSVMC for mediation.

**31** volunteer mediators served at CSVMC.

Volunteers donated more than **1,000** hours of mediation services.

**63%** of mediations resulted in the parties coming to some kind of agreement (53% court agreements, 10% other)

**81%** of parties felt mediation helped them communicate better with the other person.

**83%** of parties felt mediation helped them become more clear about the situation they face.

**73%** of parties felt mediation helped them understand the other person's point of view.

**70%** of parties felt mediation helped the other person understand their point of view.

**89%** of parties felt mediation helped them understand the next steps they need to take.

## Advanced training opportunity offered to center mediators

Advanced Mediator Training will be held at CSVMC on May 3 & 4, 2014 from 9 a.m. to 4:30 p.m. each day. The training is available free of charge to CSVMC volunteer mediators who have already completed Basic Mediator Training. The sessions will be facilitated by Winnie Backlund, a respected mediator and trainer and a Fellow at the Institute for the Study of Conflict Transformation. Advanced training gives mediators an opportunity to deepen and expand their mediation skills and improve the center's service to the community. Mediators who wish to participate in the May training should contact Susan Jordan at 570-374-1718 or [susanjordan@csvmediation.org](mailto:susanjordan@csvmediation.org).

### Mediator Profile:

*Bob Shabanowitz*

Bob Shabanowitz trained at CSVMC as a volunteer mediator in 2012 and joined the Board of Directors in January, 2014. Bob has a PhD from Kent State University and did postdoctoral studies in Reproductive Biology at UNC Chapel Hill. He has been the Laboratory Director for the Advanced Reproductive Technologies/Andrology Laboratories at Geisinger Medical Center since 1991. His current interests are in organizational ethics and the ethics of medical marketing and advertising.



Bob Shabanowitz

Bob was initially drawn to take mediation training out of a desire to enhance his clinical ethics consultations. After taking the training, he decided to join the Center as a volunteer mediator. When asked about his experience, Bob said: "I look forward to doing mediations, even after a full day at work because I not only find this a meaningful community contribution, but I also am able to become engaged with people. I am humbled by the couples who share their conversations with us and this increases my desire to develop my mediation skills." He has also found that mediation and the transformative philosophy have improved his ability to listen both professionally and personally.

"I am thrilled to be working with such a great group of dedicated individuals and it is a pleasure to see the Center grow and become recognized within the community for the good work it does," he said.

Bob and his wife of 37 years, Christine, live in Lewisburg and have three grown children, all graduates of Penn State University. In his spare time he enjoys motorcycling.