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# YUBA SUTTER BAR ASSOCIATION

## NEWSLETTER

March 2020

[www.yubasutterbar.org](http://www.yubasutterbar.org)

Courtney E. Gengler, President

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Tuesday, March 17, 2020, at 12:00 p.m.



The Refuge Restaurant

1501 Butte House Road, Yuba City, CA 93993

In preparation for Child Abuse Awareness month in April, our presentation this month will be about Adverse Childhood Experiences (ACEs). We have included information for you to review before the meeting, then at the meeting on March 17, we will be watching part of a Town Hall meeting from November 22, 2019 in Humboldt County where the California Surgeon General gave a presentation on ACEs. The article from that Town Hall meeting is attached.

Adverse Childhood Experiences (ACEs) are stressful or traumatic events experienced by age 18. Examples of traumatic events are: experiencing violence or abuse, witnessing violence in the home or community, having a family member attempt or die by suicide. ACEs also include aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with: substance misuse, mental health problems, instability due to parental separation or household members being in jail or prison.

ACEs can have lasting, negative effects on health, well-being, and opportunity. These experiences can increase the risks of injury, sexually transmitted infections, maternal and child health problems, teen pregnancy, involvement in sex trafficking, and a wide range of chronic diseases and leading causes of death such as cancer, diabetes, heart disease, and suicide.

In 2019, the Governor created the role of California Surgeon General, to advise the Governor, serve as a leading spokesperson on matters of public health, and drive solutions to our most pressing public health challenges. As California's first Surgeon General, Dr. Nadine Burke Harris has established early childhood, health equity, and ACEs and toxic stress as key priorities. Dr. Burke Harris has set a bold goal to reduce ACEs and toxic stress by half in one generation.

For more information, take a look at the following websites and the articles attached:

<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/ace/>

<https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/>

<https://health.ucdavis.edu/health-magazine/issues/summer2019/features/surgeon-general/first-surgeon-general-california.html>

This meeting and the review of written materials beforehand qualifies for **0.75 hours of MCLE credit**.

Lunch is **\$15.00** per person. Please RSVP by 4:00 p.m. on Friday, March 13, 2020 to Secretary Melissa Poulos, [mpoulos@suttercourts.com](mailto:mpoulos@suttercourts.com), (530) 822-3368.

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## REMINDER NOTES AND ANNOUNCEMENTS

- Our next meeting will be April 21, 2020 at the Refuge Restaurant in Yuba City. Our speaker is Christopher Barnett, M.D. and the topic is, "This is your Brain on Drugs." This presentation will qualify for **0.5 hours of MCLE specialty credit for Prevention, Detection and Treatment of Substance Abuse.**
- Bar dues for 2020 are **\$75.00** per person and are now due.
- Applications for the Donald E. Huckins Memorial Scholarship are now available to local high school seniors. Applications with supporting documents are due April 3, 2020.
- If you have any announcements that you would like included in the Newsletter, please send an email to Secretary Melissa Poulos at [mpoulos@suttercourts.com](mailto:mpoulos@suttercourts.com).

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## 2020 YUBA SUTTER BAR ASSOCIATION MEMBERS

Amy Byrne	Robert Gengler	Letty Litchfield	Jack Taylor
Penelope Changaris	John Guth	Melissa Poulos	Doug Tibbitts
Laura Ferree	Tom Hill	Mindi Reid	Susan Townsend
Courtney Gengler	Jessica Hiller	Terry Spies	Mark Van Den Heuvel

We are currently updating our list for 2020. If you haven't paid yet, you can mail a check for \$75 to P.O. Bo 204, Marysville, CA 95901, or bring it with you to the meeting.

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### Yuba Sutter Bar Association Meeting Minutes, February 18, 2020, The Refuge Restaurant

1. Courtney Gengler, President, began the meeting with welcoming remarks and announcements.
  - a. Our next meeting will be March 17, 2020 at the Refuge Restaurant in Yuba City. Speaker and topic to be determined.
  - b. Bar dues for 2020 are **\$75.00** per person and are now due. Let Jessica know if you need us to send an invoice.
  - c. Applications for the Donald E. Huckins Memorial Scholarship are now available to local high school seniors. They've been sent out to the schools and are also available on our website. Applications with supporting documents are due April 3, 2020.
  - d. The Sutter County Grand Jury art contest: The winner's artwork will be featured on the cover of the Grand Jury report and the artist will be awarded a \$200 cash prize.
  - e. Susan Townsend announced the 25<sup>th</sup> Annual Italian Dinner for the Yuba-Sutter Legal Center for Seniors on March 6, 2020 at the Veteran's Hall.
2. Elections for the 2020 YSBA Board: With no opposition, the current three members of the board will remain on for 2020. Courtney Gengler is President, Jessica Hiller is Treasurer and Melissa Poulos is Secretary. The position of Vice President remains vacant.
3. Our speakers for the first two meetings of this year are the Yuba County Superior Court Judicial Officer candidates. Melanie Bendorf is our speaker today.

Melanie Bendorf graduated from Chico State and Cal Northern School of Law. She has dedicated her entire legal career, almost two decades, to seeking justice for Yuba County residents. As a Deputy District Attorney, she has achieved numerous life sentences for convicted murderers, attempted murderers and sex offenders. She has conducted domestic violence training for local law enforcement and sexual assault awareness training for enlisted personnel at Beale Air Force Base. Twelve years ago, she and her husband started an annual fundraiser to help local non-profits provide gifts for children in Yuba County.

Melanie shared with us her background and qualifications. She asked the group what they would like to see in a judge and she answered several questions from the group.

4. Courtney Gengler, President, thanked the speaker and adjourned the meeting.