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# YUBA SUTTER BAR ASSOCIATION

## NEWSLETTER

January 2023

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

Courtney E. Gengler, President

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**Tuesday, January 17, 2023, at 12:00 p.m.**

### **Carmine's at the Hillcrest Plaza**

229 Clark Avenue, Yuba City, CA 95991

Meet the new Sutter County District Attorney, Jennifer Dupré.

The MCLE presentation for the month's meeting will be provided by Jennifer Dupré, the newly elected Sutter County District Attorney. Jennifer Dupré attended law school at the University of San Francisco School of Law and was admitted to the California State Bar in 1997. She has spent the last 18 years prosecuting criminals. Prior to being elected Sutter County District Attorney, she was a Supervising Deputy District Attorney in Butte County, assigned to homicides, gangs, and hate crimes. She has prosecuted all types of cases, including prosecuting PG&E to conviction on 81 counts of manslaughter in the Paradise Camp Fire.

The cost is \$20.00 for members who have paid their 2023 dues and \$25.00 for everyone else, payable by cash or check to YSBA.

Please RSVP by Wednesday, January 11, 2023

to Melissa Poulos, [mpoulos@suttercourts.com](mailto:mpoulos@suttercourts.com), (530) 822-3368.

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### 2023 YSBA Board Member Elections

**It's time to elect YSBA board members for 2023.** Courtney Gengler, Tamara Squires, and Melissa Poulos are willing to stay on as President, Treasurer, and Secretary, unless someone else wants to run for one of those offices. We are also looking for a Vice President.

**Email any nominations to [mpoulos@suttercourts.com](mailto:mpoulos@suttercourts.com) by January 10, 2023,** and we'll organize the election for January.

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### REMINDER NOTES AND ANNOUNCEMENTS

- YSBA Member Dues for 2023 are \$75.00 and are now due! Please send a check payable to YSBA to P.O. Box 204, Marysville, CA 95901, or bring it with you to the next meeting.
  - We are looking for speakers and education topics. If you have any ideas or contacts, please reach out to Courtney, Tami, or Melissa.
  - 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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## 2022 YUBA SUTTER BAR ASSOCIATION MEMBERS

Brant Bordsen	Noel Garcia	Tom Hill	Landon Little
Eleanor Bordsen	Tom Geddes	Paulla Hyatt-McIntire	Daniel Martinez
Amy Byrne	Courtney Gengler	Ilene Jacobs	Deborah Micheli
Amy Carlson	Robert Gengler	Fritzgerald Javellana	Amanda Pedrett
Penelope Changaris	Steve Gimblin	Sydney Johnson	Melissa Poulos
David Collins	Jennifer Granger	Taylor Kayatta	Mindi Reid
Maria Davari	John Guth	Steve Lamon	Nicole Rosser
Nicholas Deal	Stephanie Hansel	David Lane	Kelly Smith
Ron Erickson	Jared Hastey	Craig Leri	Tami Squires
Anthony Galyean	Diego Heimlich	Letty Litchfield	Kimberly Steffenson Geoffrey Wander

It's a new year! Next month's newsletter will be updated to show those who have paid their dues for 2023. It's easy to join - Just send in your dues of \$75.00 or bring them with you to the meeting.

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Yuba Sutter Bar Association  
Meeting Minutes  
November 15, 2022  
Carmine's at Hillcrest Plaza

1. Courtney Gengler, President, began the meeting with welcoming remarks, announcements, and an introduction of the speaker, Meredith Evans, LMFT.

Announcements:

- a. We will not have a regular meeting in December.
  - b. Our next regular meeting will be on January 17, 2023. Our speaker will be the new Sutter County District Attorney, Jennifer Dupré.
  - c. YSBA Board Member elections for 2023 will be in January. Courtney, Tami & Melissa are willing to stay on as President, Treasurer, and Secretary, unless someone else wants to run for one of those offices. We are also looking for a Vice President. Email any nominations to [Melissa](#) by January 10, 2023.
  - d. We will start collecting Member Dues for 2023 of \$75.00. The member dues pay to keep YSBA running: our P.O. Box, our website, our MCLE certification, pay our tax preparer, and they supplement our lunch meetings.
  - e. If you have any ideas or suggestions for speakers and/or topics, please let us know.
2. The speaker, Meredith Evans, LMFT, Chief Behavioral Health Officer for Peach Tree Health, presented on Managing Stress and Building Resiliency. She defined and talked about vicarious trauma and compassion fatigue as well as the Fight, Flight, Freeze, and Fawn responses. She offered ways to build resiliency, by practicing mindfulness, breathing, grounding, and we had an open discussion about self-care.
  3. Courtney Gengler, President, thanked the speaker and adjourned the meeting.