
YUBA SUTTER BAR ASSOCIATION

NEWSLETTER

November 2025

www.yubasutterbar.org

Courtney E. Gengler, President

Composure in the Courtroom

Tuesday, November 18, 2025, at noon.

Location: Carlito's Mexican Restaurant, 885 Richland Road, Yuba City, CA

Composure in the Courtroom is a training designed for legal professionals to strengthen resilience, reduce secondary trauma, and improve the quality of justice through nervous system regulation and trauma-informed practice. It explains how chronic exposure to high-stress and traumatic material affects the nervous system, decision-making, and empathy, and offers simple, science-based tools to stay grounded and effective under pressure. The session introduces trauma-informed care principles tailored for attorneys and judges, emphasizing clear communication, regulated leadership, and humane courtroom practices. At its core, this training reinforces that regulating your own nervous system isn't just self-care—it's a professional responsibility that directly influences fairness, ethics, and the experience of everyone in the courtroom.

Meredith Evans, LMFT, is a seasoned mental health leader, therapist, and currently the Director of Clinical Services at Hope Haven Counseling & Support Center, an extension of Casa de Esperanza. Born and raised in the Yuba-Sutter area, she has dedicated over two decades to advancing trauma-informed services, strengthening family systems, and championing equitable access to mental health care for survivors of violence and abuse. Previous experience includes developing and leading the Behavioral Health program at Peach Tree Healthcare, managing Forensics and Psychiatric Emergency Services at Sutter-Yuba Behavioral Health, and a mental health clinician at River Oak Center for Children. Meredith leads with clarity, compassion, and a forward-thinking approach to program design and clinical excellence. She has trained and mentored clinicians, shaped organizational policy, and built collaborative initiatives designed to improve outcomes for children, families, and communities. Her expertise spans trauma-informed practices, leadership development, CalAIM implementation, and community-based clinical care. Meredith recently graduated from the California Healthcare Foundation's Leadership Program as a member of cohort 2023.

Known for her warmth, humor, and ability to make complex topics accessible and real, Meredith brings a grounded, relational presence to every room she enters. She is committed to transforming systems, empowering professionals, and ensuring every individual has access to the support they need to heal and thrive.

MCLE: This meeting qualifies for 0.75 hours of specialty MCLE, Competence Issues.

Cost: **\$20 per person** for lunch.

Please RSVP to mpoulos@suttercourts.com, by 4:00 p.m. on **Wednesday, November 12, 2025**.

2026 YSBA Board Elections

We will be having elections for the 2026 YSBA Board at the November meeting. All positions are open. If anyone is interested or has any questions about the positions and duties, contact Courtney, Omar, or Melissa for more information.

Please consider joining the YSBA Board!

SAVE THE DATE

On **Wednesday, March 25, 2026, at 10:00 a.m.**, the California Court of Appeal, Third Appellate District, will hold oral argument at Sutter County Superior Court, followed by a Q&A session, then a meet and greet luncheon with the Bench and Bar. This event is open to the public.

REMINDER NOTES AND ANNOUNCEMENTS

- We will not have a regular meeting in December. Our next regular meeting will be in January. More information coming soon.
 - We will be having a holiday party in December. Details to be announced soon!
 - If anybody has any ideas for meeting topics and speakers, please let us know!
 - Newsletters, events, and Fee Arbitration program information are posted on: www.yubasutterbar.org.
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2025 YUBA SUTTER BAR ASSOCIATION MEMBERS

Janet Bender	Courtney Gengler	Landon Little	Nicole Rosser
Brant Bordsen	Robert Gengler	Deborah Micheli	Ami Scarfe
Eleanor Bordsen	John Guth	Tahmina Morrow	Kelly Smith
Ryan Buresch	Stephanie Hansel	Monica O'Neil	Tamara Sowles
Amy Byrne	Jared Hastey	Sukhraj Pamma	Kim Steffenson
Joe Carrico	Tom Hill	Amanda Pedrett	Michael Trezza
Judge Chandler	Sydney Johnson	Donna Peter	Bill Vanasek
Penelope Changaris	Cameron King	Melissa Poulos	James Vasquez
Maria Davari	David Lane	Andrew Ramos	Geoffrey Wander
Omar Figueroa	Lettie Litchfield	Mindi Reid	Corina Yetter
Anthony Galyean			

Membership dues for 2025 are \$100. Mail a check payable to YSBA to P.O. Box 204, Marysville, CA 95901, or bring cash or check with you to the next meeting.

Yuba Sutter Bar Association
Meeting Minutes
October 28, 2025
Wheatland Room, Yuba County Government Center
915 8th Street, Marysville, CA 95901

1. Omar Figueroa called the meeting to order.
2. Omar Figueroa made the following announcements:
 - a. November 18 meeting: Meredith Evans, Director of Clinic Services for Hope Haven Counseling and Support Center, will present on managing stress, building resilience, vicarious trauma, and compassion fatigue.
 - b. Elections for 2026 YSBA Board will be held at the November 18 meeting. All positions are open. If anyone is interested or has any questions about the positions and duties, contact Courtney, Omar or Melissa for more information.
 - c. The Sutter County Law Library is having a ribbon-cutting ceremony on Monday, November 3, 2025, at noon, with light refreshments. Located in the California Room at the Main Branch of the Sutter County library on Forbes Avenue in Yuba City. There is also a request for artwork donations to enhance and decorate the walls. Community members and local artists are invited to contribute pieces that reflect the spirit of law, justice, or the local community.
 - d. Judge Dennis Buckley passed away on October 2 at the age of 82, after 26 years on the bench in Yuba County, from 1986 to 2012, and then as an Assigned Judge after retirement until October 2025. There is a celebration of life at Peach Tree Golf and County Club on Saturday, November 2, 2025, from 2-5 p.m.

3. Omar Figueroa introduced the speaker, Maria Davari.

Maria provided an overview of immigration law, including the regulatory framework, agencies, key concepts and current issues. Types of border entries, as well as removal, were discussed, including defenses to deportation. The presentation concluded with information about temporary, humanitarian, and special statuses.

Many questions were asked and answered. The PowerPoint handout was provided.

4. Judge Javellana made an announcement regarding volunteers for mock trial.
5. Melissa Poulos thanked the speaker and adjourned the meeting.