
YUBA SUTTER BAR ASSOCIATION

NEWSLETTER

January 2026

www.yubasutterbar.org

Courtney E. Gengler, President

**No Meeting in January.
Stay Tuned for information about our February meeting.**

2026 YSBA Board Member Elections

Elections for 2026 were held at the November 18, 2025, meeting. The 2026 YSBA Board is:

President: Courtney Gengler
Vice President: Omar Figueroa

Treasurer: Melissa Poulos
Secretary: Melissa Poulos

REMINDER NOTES AND ANNOUNCEMENTS

- 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.
 - All of our newsletters and events are posted on our website: www.yubasutterbar.org, as well as our Fee Arbitration program information, and a page for employment opportunities.
 - We are now accepting YSBA Member Dues for 2026. Please send a check in the amount of **\$100.00** payable to YSBA, to P.O. Box 204, Marysville, CA 95901, or bring it with you to the next meeting. Please note: our dues increased this year due to increasing operating costs and lunch meeting costs.
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2026 YUBA SUTTER BAR ASSOCIATION MEMBERS

YOUR NAME HERE

Membership dues for the Yuba Sutter Bar Association are **\$100** per year. 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.

Please remember to pay your annual YSBA dues! These funds pay for our operating costs, including the P.O. Box, our tax preparation, our website, our MCLE provider fees, and they supplement our lunch costs. Without these fees, we cannot operate.

YSBA has been approved as a continuing legal education provider of
Minimum Continuing Legal Education credit by the State Bar of California.

Yuba Sutter Bar Association
Meeting Minutes

November 18, 2025
Carlito's Mexican Restaurant, 885 Richland Road, Yuba City, CA

1. Omar Figueroa called the meeting to order.
2. Omar Figueroa made the following announcements:
 - a. We will not be having a regular meeting in December. We will be having our holiday party. Stay tuned for details.
 - b. 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.
3. Omar Figueroa introduced the speaker, Meredith Evans, LMFT, Director of Clinic Services at Hope Haven Counseling and Support Center.

Meredith spoke about the importance of empathy in the criminal justice system, tools for regulating the nervous system, secondary trauma and trauma informed care, and the application in the legal setting. Meredith also spoke about the costs of ignoring trauma within the justice system and mindfulness practices for a quick reset.

4. Melissa Poulos announced the board member elections for 2026 and asked for nominations. Hearing none, Melissa nominated Courtney Gengler for President, Omar Figueroa for Vice President, and herself for Secretary and Treasurer. Omar Figueroa seconded the nomination. By unanimous vote, the nominations were approved.

No regular meeting in December.

**Thank you to those of you who attended the Holiday
Party on December 17, 2025!**