Volume 4 No. 4 FALL 2026 women in banking

BankHER Bulletin

Encourage . Support . Inspire

Sweater Weather



There's just something about fall in South Dakota. Crisp mornings, falling leaves, cozy hoodies, Friday night lights, and pumpkin spice everything. Also, can we circle back to “sweata weatha”?! If you are an SNL fan, you read that title as Amy Poehler and Maya Rudolph!!

September was another busy month for us at the SDBA, and one of the highlights was our annual Lead Strong: Women in Banking Conference. While the conference is certainly a highlight of our year, I hope it isn't the only time you connect with the SDBA.

We have so many opportunities throughout the year to get involved, whether that's attending a conference or training, serving on a committee, participating in advocacy efforts, or encouraging someone else at your bank to take advantage of what the SDBA has to offer.

It’s easy to get caught up in the day-to-day. There are customers to take care of, deadlines to meet, meetings to attend, and about a hundred other things competing for our attention. Sometimes professional development and networking end up at the bottom of the list. BUT, I hope you'll make room for them. You never know when a conversation with another banker will give you a new idea, help solve a problem, or simply remind you that you're not the only one dealing with a particular challenge.

2026 LEAD STRONG: Women in Banking Conference

CHANGING THE GAME: A RECORD-BREAKING CONFERENCE!

The energy was high, the connections were meaningful, and the turnout was one for the record books! A record 370 attendees came together for the SDBA’s 2026 Lead Strong: Women in Banking Conference, embracing this year’s theme, CHANGE THE GAME!

An outstanding lineup of speakers kept the inspiration flowing! Ginny Priem kicked things off with a powerful message, while Kristina Schaefer joined bank CEOs Pennie Lutz, Jodi Eich and Valerie Anderson for an engaging conversation about leadership. Cathy Nestrick of the American Bankers Association and digital banking expert Eric Cook, brought valuable industry perspectives. SDBA President & CEO Karl Adam reminded us about the importance of engagement and Kate Gladdin rounded out the program with an inspiring message about resilience and choosing how we respond when life changes the rules.

Attendees also had the opportunity to recharge and try something different through breakout sessions led by Bri Fiedler, Amy Fordyce, Alesha Berning, and Lexie Feterl. From yoga and gratitude to meal planning and personal reflection, there was something for everyone!

This year's attendees also made an impact beyond the conference walls by generously donating games, puzzles, art supplies and more to the Children's Home Society of South Dakota, supporting its mission to prevent, treat, and heal trauma.

Thank you to our attendees, speakers and sponsors for helping make this year's conference one to remember. Together, we're not just playing the game—we're changing it!




DROP OFF
YOUR
DONATIONS
HERE!











2026 Women in Banking
change
GAME
Lead strong
Women
in banking






2026 Women of Impact Awards

At the 2026 LEAD STRONG: Women in Banking Conference, we were honored to celebrate two remarkable women whose leadership and dedication continue to make a lasting impact in South Dakota banking.

Deb Weddingfeld of First Dakota National Bank in Yankton and Haley GrandPre of Dacotah Bank in Aberdeen have been named this year's Women of Impact Award recipients. Their contributions remind us that when women support and elevate one another, the entire industry grows stronger.



DEB WEDDINGFELD

For 34 years, Deb has made a profound impact on First Dakota National Bank through exceptional leadership, unwavering integrity, and a genuine commitment to helping others succeed. Beginning her career as a teller in 1990, she advanced through numerous positions before becoming Senior Vice President of Compliance and Deposit Operations. Throughout her career, she earned a reputation as a trusted leader, problem solver, and advocate for both employees and customers.

What makes Deb especially deserving of this recognition is that she never sought it. Throughout her career, she has simply seen needs, solved problems, served others, and made every organization she touches stronger. Her legacy is measured not only in stronger processes, stronger teams, and a stronger institution, but in the countless lives she has impacted along the way.



HALEY GRANDPRE

Haley Grandpre leads in a way that creates lasting impact on both people and organizations. As Director of Talent Management at Dacotah Bank, she has played a significant role in strengthening how the organization recruits, develops, and retains talent, while also investing deeply in the future of banking across our region.

What makes Haley especially deserving of the Women of Impact Award is not just what she accomplishes, but how she accomplishes it. She leads with humility, curiosity, and a genuine desire to help others succeed. Whether she is mentoring students, coaching young athletes, developing leaders, or strengthening the future workforce in banking, Haley consistently leaves people, teams, and communities better than she found them. She represents the future of leadership in banking and the kind of impact this award was designed to recognize.

2026 NOMINEES

- Marissa Brinkman, First Bank & Trust
- Dr. Becky Burke, BankWest
- Yvette Christion, The First Nat'l Bank of Sioux Falls
- Leslie Davis, CorTrust Bank
- Haley Grandpre, Dacotah Bank
- Cassie Hopper, Plains Commerce Bank
- Kristie Martin, Dacotah Bank
- Kerri Meyer, Rivers Edge Bank
- Kristina Schaefer, Dacotah Bank
- Deb Weddingfeld, First Dakota National Bank

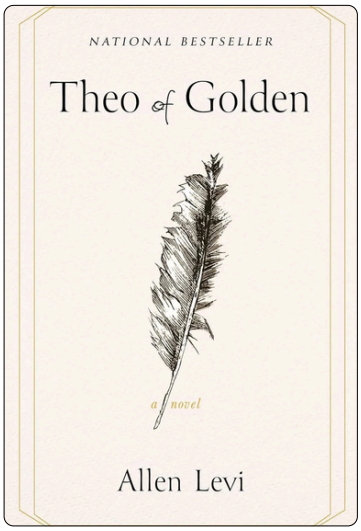






Entertainment

NIGHTSTAND



Theo of Golden

Allen Levi

Every once in a while, a book comes along that just makes you feel good about people. Theo of Golden is one of those books. When a mysterious stranger arrives in the small town of Golden, he begins buying portraits of local residents from a coffee shop and giving them to the people pictured. What starts as a simple gesture turns into something much bigger. Through Theo, we're reminded of the power of kindness, friendship and simply taking the time to notice others. This is a charming, heartfelt story that will stay with you long after the last page.

WHAT BOOKS ARE ON YOUR NIGHTSTAND?
ARE YOU HOOKED ON A PODCAST OR TWO??
Send a note to LNorton@sdba.com and let's feature it in the next BankHer Bulletin!

Update Your SDBA Profile

WHY IS THIS IMPORTANT?

YOUR SDBA PROFILE ALLOWS YOU TO:

- RECEIVE TAILORED EMAILS & EVENT NOTIFICATIONS
- REGISTER FOR EVENTS
- PAY INVOICES
- RESPOND TO CALLS TO ACTION

sdba.com

QUOTE TO CONSIDER

"Whether you think you can or you think you can't, you're right." — Henry Ford

Connect

@SDBANKERS





Beef Stew

SPEND WITH PENNIES

There's nothing quite like a warm, hearty bowl of beef stew when the temperatures start to drop!
And this goes without saying, but a little bread on the side never hurt anyone...

INGREDIENTS

- 2 pounds stewing beef trimmed and cubed
- 3 tablespoons all-purpose flour
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 tablespoons olive oil more as needed
- 1 onion chopped
- 6 cups beef broth
- ½ cup red wine optional
- 1 pound potatoes peeled and cubed
- 4 carrots cut into 1 inch pieces
- 4 ribs celery cut into 1 inch pieces
- 3 tablespoons tomato paste
- 1 teaspoon dried rosemary or 1 sprig fresh
- 2 tablespoons cornstarch or as needed
- 2 tablespoons water or as needed
- ¾ cup peas

INSTRUCTIONS

- Combine flour, garlic powder, salt, and pepper. Toss beef in flour mixture.
- Heat olive oil in a large Dutch oven or pot over medium-high heat. Shake off any excess flour from the beef and brown in small batches. Remove and set aside in a bowl.
- Add the onions to the pot, adding more oil as needed, and cook until they begin to soften, about 3 minutes.
- Add beef broth and red wine while scraping up any brown bits in the pan.
- Stir in browned beef, potatoes, carrots, celery, tomato paste, and rosemary. Reduce heat to medium-low, cover, and simmer 1 hour or until beef is tender (up to 90 minutes).
- Mix equal parts cornstarch and water to create a slurry. Slowly add the slurry to the boiling stew to reach desired consistency (you may not need all of the slurry -- if you'd like a thicker stew, you can add extra).
- Stir in peas and simmer 5-10 minutes before serving.
- Season with salt & pepper to taste.

www.spendwithpennies.com/beef-stew-recipe

Upcoming Events

NEXT STEP: Emerging Leaders Summit
October 28-29 | Deadwood

Understanding Bank Performance
January 8, 9, 15, 16, 22, 23, 29, 30 | Virtual

2027 SDBA State Legislative Day
February 10, 2027 | Pierre

2027 Breaking Into Banking 101
February 24, 2027 | Virtual

2027 Breaking Into Banking 201
March 24, 2027 | Virtual

2027 SDBA/NDBA Annual Convention
June 6-8, 2027 | Sioux Falls

2027 National School for Experienced Ag Bankers
June 21-24, 2027 | Spearfish

WWW.SDBA.COM/EVENTS



Wellness

31 TIPS TO BOOST YOUR MENTAL HEALTH

mhanational.org/resources/31-tips-to-boost-your-mental-health

1. Write down three specific self-care goals for the month and post them where you'll see them.
2. Spend some time in nature today. Whether it's taking a walk, smelling the flowers, or sitting by a tree, nature can make you feel calmer.
3. Check in on your own mental health. Take a mental health test at mhascreening.org. It's free, anonymous, and confidential.
4. Try sharing your mental health story on social media or with close friends. This brave act can help reduce stigma in your community.
5. Our physical health is linked to our mental health. Find some time to move your body today in whatever way feels right for you.
6. Take some time today to de-stress and unwind. Do a hobby you enjoy — or try a new one if you don't have a go-to hobby.
7. Practice good sleep habits. Resist the urge to zone out on social media or watch TV and make your room cool, dark, and quiet. Aim for 8 hours of sleep.
8. Create a "calm space" in your home. Include things that help you relax, like your favorite blanket or book. Use this space when you need time to yourself.
9. Take some time to reflect on the causes you care about. Think of one way you can support these causes whether it is with your time, donations, etc.
10. Spend 10 minutes doing a journaling exercise. Write down whatever is on your mind and notice how you feel when you finish.
11. Mother's Day: Send a "thank you" card or text to someone in your life today. Sharing gratitude can help you feel more positive too.
12. Help yourself while helping others: Declutter by donating old clothes, toys, books, etc. Clearer spaces can help your mind feel clearer as well.
13. Try a breathing exercise to feel more calm and grounded. Inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4. Repeat as needed.
14. Read this affirmation today whenever you need it: "We're all first-time humans. Give yourself grace as you keep learning and changing."
15. Today is Mental Health Action Day! Check out our latest action alerts to find out more about how you can take action to support mental health efforts.
16. Go somewhere you've never been. This could be as simple as taking a different route home. Mixing it up can be refreshing and open you up to new possibilities.
17. Spend some time with a furry friend to lower stress hormones and boost your mood. If you don't have a pet, see a friend who does or volunteer at a shelter.
18. Your mind functions best when your basic needs are met. Do your best to drink at least 64 ounces of water today to stay hydrated.
19. Think of one person who you'd like to strengthen your relationship with. Schedule a time to connect on the phone or to meet in person.
20. You deserve rest and you do not need to earn it. Take a nap, sit quietly in nature, or enjoy your lunch break without working.
21. Try a new coping skill today. Some examples are: belly breathing, progressive muscle relaxation, playing with a pet, or watching your favorite movie.
22. What causes matter to you? Think of one way you can support these causes whether it is with your time, donations, etc.
23. Reflect on what boundaries you need to live a more peaceful life. If you feel ready, communicate your boundaries to the people involved.
24. Connect with your spirituality if this is something you want to explore. Try joining a faith community, spending time in nature, volunteering, etc.
25. Look for a community event to attend. Some examples of this might include a local film festival, a community potluck, a sports game, etc.
26. Memorial Day: Plan a cookout or game night with loved ones. Connecting with people you care about can increase your happiness.
27. Experiment with a new recipe, write a poem, paint, color, or try a Pinterest project. Creative expression and overall well-being are linked.
28. Try asking someone: "How are you, really?" today to get a better sense of how they're doing, deep down.
29. Make a list of your strengths! If this feels hard, try asking people close to you what they think your top 3 strengths are.
30. Plan a break for yourself. You could ask your boss for time off, think of things you might want to do on vacation, consider a "staycation," etc.
31. Write a letter to yourself to celebrate all the actions you've taken this month to support mental health.

