



BankHER Bulletin

Encourage . Support . Inspire

Spring into Action: Embracing Growth

Spring is a season of renewal and opportunity. It's the perfect time to focus on wellness, both personally and professionally, as we embrace all that 2025 has in store.

This season also brings exciting opportunities to stay engaged with the South Dakota Bankers Association. From educational programs to networking events, SDBA provides invaluable resources to help you grow in your career while strengthening connections within the banking industry. Visit www.sdba.com/events for a full list of what's happening in 2025.

Looking ahead, the Quad States Convention is on the horizon, promising another year of collaboration, learning, and innovation. Mark your calendar and make plans to be part of this dynamic gathering! Psst...you can view more Quad States information on page 2.



LEAD STRONG: Women in Banking Conference

September 9-10, 2025

Sioux Falls Convention Center | Sioux Falls, SD

Join us for the 2025 Lead Strong: Women in Banking event, where women in banking come together to learn, network, and grow! This empowering event features inspiring keynote speakers, engaging breakout sessions, and invaluable networking opportunities with industry peers and leaders.

Connect with like-minded professionals, gain fresh perspectives to elevate your career, and celebrate the achievements of extraordinary women at the Women of Impact Awards. Whether you're looking to sharpen your leadership skills, build lasting connections, or be inspired by the stories of trailblazing women in banking, this event is designed to help you lead strong.

Don't miss this chance to invest in yourself and your future!
Mark your calendars now: September 9-10 in Sioux Falls.

THE BIG BANK THEORY

2025 QUAD STATES CONVENTION

JUNE 8-10 | RAPID CITY

... DISCOVER MORE!



REGISTER TODAY!

WWW.SDBA.COM/CONVENTION

Discover more at **THE BIG BANK THEORY** Quad States Convention in Rapid City, SD!

We're excited to welcome women in banking to the Quad States Banking Convention, where industry leaders, innovators, and professionals come together to connect, learn, and grow. This year, we have an incredible lineup of events, networking opportunities, and inspiring speakers designed to empower and elevate women in the banking industry.

Hotels are open and FILLING FAST! Visit www.sdba.com/convention to LEARN MORE and REGISTER!



2025 SDBA WOMEN OF Impact Award

The SDBA Women of Impact Award has been established to celebrate South Dakota Bankers Association members who have made significant contributions and positive impacts in their organizations, communities, and industry.

These awards will be presented at the 2025 Lead Strong: Women in Banking event on September 10 in Sioux Falls, SD.



**Nominations must be
received by August 1**

www.sdba.com/women-in-banking



2024 WOI recipients:

Jill Luque

Plains Commerce Bank

Pennie Lutz

Richland State Bank

Entertainment

EAR BUDS

Armchair Expert with Dax Shepard Dr. Mary Claire Haver

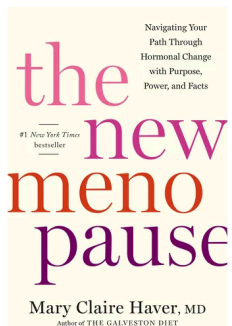
Mary Claire Haver (The New Menopause, The 'Pause Life) is a board-certified OBGYN, culinary medicine specialist, and best-selling author.

Dr. Mary Claire joins the Armchair Expert to discuss how she ended up as one of eight children to restaurateur parents, the reason she became an OBGYN being that delivering babies never gets old, and how she misinterpreted her own menopause as grief amid the death of her brother.

armchairexpertpod.com/pods/mary-claire-haver

WHILE WE'RE LISTENING TO "ALL THINGS MARY CLAIRE HAVER..."

NIGHTSTAND



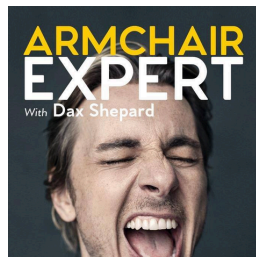
Dr. Mary Claire Haver The New Menopause

"The New Menopause: Navigating Your Path Through Hormonal Change with Purpose, Power, and Facts" is a comprehensive guide authored by Dr. Mary Claire Haver, a board-certified OB/GYN and women's health advocate.

In this work, Dr. Haver addresses a wide range of topics pertinent to menopause, including:

- Physical changes such as alterations in appearance and sleep patterns.
- Neurological, musculoskeletal, psychological, and sexual health issues.
- Strategies to mitigate risks associated with decreased estrogen levels, like diabetes, dementia, osteoporosis, cardiovascular disease, and weight gain.
- Guidance on preparing for midlife wellness visits and effectively communicating with healthcare providers.
- An exploration of the latest research on hormone replacement therapy, including its benefits and potential side effects.

Dr. Haver's approach emphasizes self-advocacy, encouraging women to take charge of their health during this pivotal life stage. Her insights are informed by her extensive experience in women's health and her commitment to addressing the gaps in menopause care.



Wellness

HOW TO BOOST YOUR WALKS TO BUILD BETTER MUSCLE

Kayla Blanton

There are too many benefits of walking to count—but is muscle growth one of them? Walking to build muscle is possible, especially if you're new to fitness. However, the cardio staple needs to be combined with strength training and other factors to achieve noticeable, full-body gains. [...]

What muscles walking works

According to Justin Kraft, CPT, founder and trainer at Aspire 2 More Fitness, walking activates multiple muscle groups with a primary focus on legs, glutes, and core, Kraft says. Over time, that engagement enriches stability, posture, and overall mobility, he adds. The more specific heavy hitter muscles walking engages, according to D'Orazio, are:

- **Quadriceps:** These muscles in the front of the thigh help straighten the knee and extend the leg.
- **Hamstrings:** The hamstring muscles in the back of the thigh help bend the knee and flex the leg.
- **Glutes:** The gluteal muscles in the buttocks help extend the hip and stabilize the pelvis.
- **Calves:** The calf muscles in the lower leg help flex the foot and stabilize the ankle.

Benefits of walking

- Increased bone density, reducing osteoporosis risk
- Breath regulation
- Decreased anxiety and depression
- Greater longevity
- Diabetes management
- Lower blood pressure
- Improved circulation
- Weight management
- Reduced chronic disease risk

www.prevention.com/fitness/fitness-tips





Greek Salad

themediterraneandish.com

[Full Recipe](#)

**FRESH, VIBRANT,
AND CRISP!**

INGREDIENTS

- 1 medium red onion, thinly sliced into half moons
- 4 medium juicy tomatoes, sliced into bite-sized pieces or wedges
- 1 English cucumber, partially peeled to make a striped pattern and sliced into half moons
- 1 green bell pepper, cored and sliced into rings
- 1 handful [pitted Kalamata olives](#)
- 1 1/2 teaspoons [dried oregano](#)
- Kosher salt
- 1/4 cup [extra virgin olive oil](#)
- 1-2 tablespoons red wine vinegar
- 1 (7 ounce) block Greek feta cheese in brine, torn into slabs

DIRECTIONS

1. Shock the onion (optional). If you'd like to mellow the onion's raw taste, fill a small bowl with ice water. Add about 1 teaspoon of red wine vinegar to the water, then add the sliced onion. Set aside to soak for 10 minutes or so.
2. Combine the veggies. Place the tomato, cucumber, bell pepper, and olives in a large serving dish. Remove the onions from the water and add to the dish with the rest of the vegetables.
3. Season. Sprinkle the vegetables with 3/4 teaspoon of oregano and a pinch of kosher salt. Add the oil and vinegar (to your liking) then give everything a gentle toss.
4. Finish and serve. Top the salad with slabs of feta and sprinkle with the remaining 3/4 teaspoon of oregano and enjoy!

Contact

If you have any questions for us, or content suggestions for the next bulletin, please share!



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Scenes of South Dakota

2026 CALENDAR PHOTO CONTEST



CALLING ALL AMATEUR PHOTOGRAPHERS!

Do you have a favorite photo that captures the beauty of South Dakota? Whether it's a stunning sunset over the prairie, historic architecture, the daily life of ranching, or the magic of the changing seasons, we want to see it!

We're inviting amateur photographers from across the state to submit their best shots for our annual Scenes of South Dakota Calendar. You don't have to be a professional—just someone who loves capturing the essence of our great state.

Selected images will be featured in our 2026 calendar, with full photographer credit.



PHOTO SUBMISSIONS ARE DUE JULY 31

www.sdba.com/calendar



QUOTE TO CONSIDER

"What's the greatest lesson a woman should learn? That since day one, she's already had everything she needs within herself. It's the world that convinced her she did not." – Rupī Kaur

CONNECT



@sdbankers



**Join the "Women in Banking"
Facebook group and connect
with fellow SD bankers!**