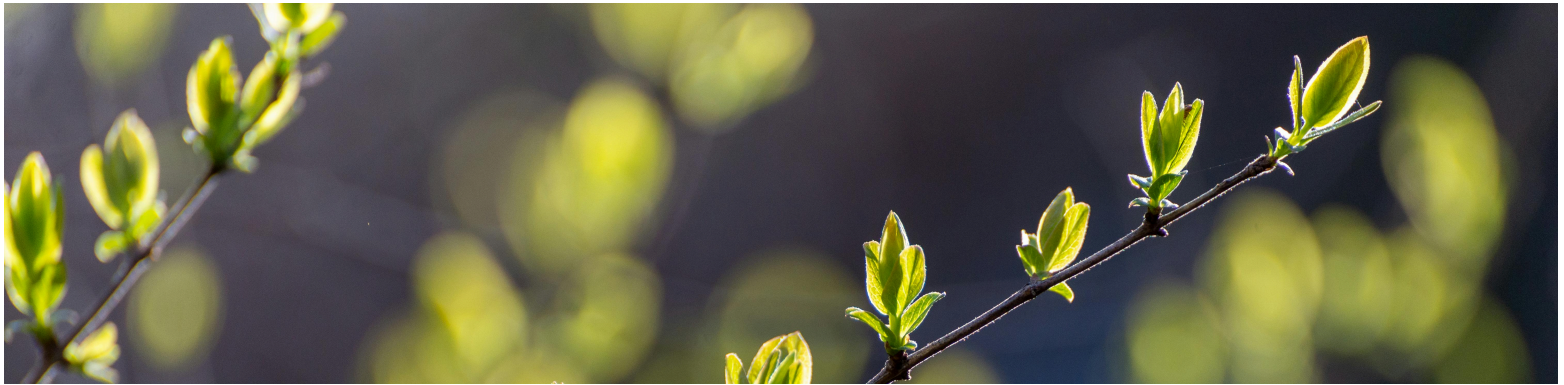




BankHER Bulletin

Encourage . Support . Inspire



Fresh Starts, Bold Perspectives

Spring has a way of waking everything up. After months of routine, of powering through short days, something shifts. The light changes. And it's not just the season—it's a mindset. A reminder that growth doesn't always require a dramatic overhaul. Sometimes, it starts with a simple decision: to see things differently.

Maybe it's rethinking how you are empowering those around you. Maybe it's raising your hand to an opportunity that you once talked yourself out of. Or maybe it's simply giving yourself permission to refresh your goals.

Whatever it looks like for you, this season is an invitation to stay curious and keep growing. That's where your SDBA community comes in! Join us for opportunities designed to energize your work, expand your network, and challenge your thinking. Head to page 3 for a list of upcoming events, offering you an opportunity to step away from the day-to-day and return with renewed energy and perspective. How will you grow this year?!?

★★★ **STRONGER**
Together ★★★


2026 NDBA/SDBA Annual Convention
June 15-17, 2026 ★ Radisson Hotel, Bismarck ND

Convention Registration is OPEN!

Registration is open for the 2026 NDBA/SDBA Annual Convention, June 15-17 in Bismarck, North Dakota! This year's **STRONGER Together** theme brings bankers from across the Dakotas together for a celebration of connection, learning, and community—complete with can't-miss events like the Welcome Party, Red, White & Blue Bash, Exhibit Hall, BankPAC Golf Tournament, Fraud Panel, and engaging sessions designed to inform and inspire. From start to finish, it's all about building relationships, sharing ideas, and celebrating the strength of community banking—so grab your spot and join us!

REGISTER TODAY! → [SDBA.COM/EVENTS](https://sdba.com/events)



How Can You Be Involved in the SDBA?

The SDBA is seeking bankers to serve on four standing committees and four work groups for 2026-2027. Committee and work group terms are for one year, beginning May 1, 2026.

- **Agricultural Credit Committee:** Provides timely information to SDBA agricultural lenders and keeps them informed of developments, regulations and legislation in agricultural lending. Also helps plan the annual Ag Credit Conference.
- **Credit Card Committee:** Represents the credit card industry in South Dakota.
- **Legislative Committee:** Represents the interests of the banking industry in South Dakota. The committee sponsors legislation and also reviews existing law and proposed legislation that may be detrimental to the industry.
- **Trust Committee:** Keeps members abreast of any legislative changes in South Dakota as well as proposes legislation necessary to assure an efficient and effective fiduciary responsibility to its clients and member banks.
- **Education Work Group:** Helps to determine the SDBA's educational platform, offerings, and methodologies.
- **Emerging Leaders Work Group:** Helps to grow South Dakota's future bank leaders.
- **Technology Work Group:** Assists in planning and implementing the technology-related events.
- **Women in Banking Work Group:** Encourages, supports and inspires women to succeed in the workplace.

If you are interested in serving on a committee or work group, please complete the Committee/Work Group Appointment Form at: www.sdba.com/committees by April 30, 2026. Contact the SDBA with any questions: 605.224.1653 or email SDBA Member Services Coordinator, Natalie Likness: nlikness@sdba.com.



Years of Service Awards

40 AND 50 YEAR BANKER AWARDS

The SDBA will honor and recognize those bankers with 40 and 50 years of service in banking during its Annual Business Meeting at the 2026 NDBA/SDBA Convention in Bismarck, ND. Years of service awards can also be awarded at the bank. Service awards that will be awarded at the bank can be ordered at any time. To request an award for someone who has been in banking for 40+ years, please visit www.sdba.com.

The deadline to submit an award to be presented is May 22, 2026.

CONVENTION MEMORIAL SERVICE

Bankers who have passed away since the last Annual Convention (June 2025) will be remembered during the SDBA's Annual Business Meeting at the NDBA/SDBA Annual Convention in Bismarck, ND.

The deadline to submit a name for the memorial service is also May 22, 2026.

Entertainment

NIGHTSTAND



Shelby Van Pelt

Remarkably Bright Creatures

Blending gentle humor with themes of loss, loneliness, and connection, this story gradually unravels a long-held mystery while celebrating the ways even the most unexpected relationships can bring healing and hope. And yes, an octopus is one of the main characters.

For those of you who enjoy a movie adaptation, you're in luck! "Remarkably Bright Creatures" is coming to Netflix on May 8.

2026 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.



**NOMINATIONS
DUE AUGUST 3**

sdba.com/women-in-banking

SAVE THE DATE

ABA Women Lead Symposium

JULY 30, 2026 | VIRTUAL

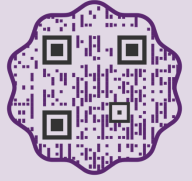
During the virtual, half-day event, attendees will hear from experienced speakers, engage in thoughtful discussions and leave empowered to cultivate a better banking industry. www.aba.com/training-events/conferences/womens-leadership-forum/program

SDBA Lead Strong: Women in Banking Conference

SEPTEMBER 22-23, 2026 | SIOUX FALLS



2026 Upcoming Events



This is How We Roll

Virtual - April 16 | Sioux Falls - April 22

SDBA New Accounts Seminar

April 21 | Sioux Falls

UMACHA's 2026 South Dakota Fraud Forum

May 14 | Sioux Falls

FDIC Directors College

May 28 | Sioux Falls

NDBA/SDBA Annual Convention

June 15-17 | Bismarck, ND

National School for Beginning Ag Bankers

June 22-25 | Spearfish

Understanding Bank Performance

July 9, 10, 16, 17, 23, 24, 30, 31 - Virtual

SDBA Intro to HSAs

July 14 - Virtual

2026 SDBA Ag Credit Conference

July 15-16 | Pierre

Lead Strong: Women in Banking Conference

September 22-23 | Sioux Falls

SDBA IRA School

September 22-24 | Sioux Falls

NEXT STEP: Emerging Leaders Summit

October 28-29 | Deadwood

WWW.SDBA.COM/EVENTS



BANKERS
EQUIPMENT
SERVICE

Cash.

ARE YOU READY FOR
WHAT'S NEXT?

Arriving
2027.

ABA Washington Summit

RECAP WITH PICS

Bankers from across the country gathered in Washington, D.C., March 9-11, for the 2026 ABA Washington Summit to advocate for policies that support banks and their communities. The South Dakota Bankers Association brought a delegation of 23 bankers, staff, and guests, including several emerging leaders.

Attendees heard from industry and policy leaders and took part in sessions designed for Emerging Leaders and Women and Allies in Banking.

A key highlight was meeting with South Dakota's congressional delegation, including Senators John Thune and Mike Rounds, and Congressman Dusty Johnson's staff. Conversations focused on important issues such as regulations, ACRE, stablecoin, and fraud. The group also connected with North Dakota bankers during a joint reception. The Summit continues to be a valuable opportunity to share our industry's perspective and build relationships on Capitol Hill.



SCENES OF
SOUTH DAKOTA
PHOTO
CONTEST

SUBMIT BY JULY 31

SDBA.COM/CALENDAR



Scenes of South Dakota Calendar

We're excited to share that the 2027 Scenes of South Dakota photo contest is officially underway—and we'd love to see South Dakota through your lens! This annual calendar highlights the beauty, character, and everyday moments that make our state special—and it wouldn't be possible without submissions from our members and communities.

Whether you're capturing wide-open landscapes, life on the farm or ranch, wildlife, small-town charm, city scenes, or your favorite hunting, fishing, or camping spot—we're looking for it all. (And don't forget those stunning winter shots!) The best part? You don't have to be a professional photographer to participate. Some of our best submissions come from everyday moments and amateur photographers who simply enjoy capturing what makes South Dakota unique.

- Submit your photos: www.sdba.com/calendar
- You can also purchase 2026 calendars at the link above

If you have questions or want more details, please contact Laura Norton LNorton@sdba.com.



Healthy Burger Bowls with Special Sauce

ALLTHEHEALTHYTHINGS.COM

These burger bowls with special sauce are the perfect way to get your burger fix with even more fresh veggies and flavor! They're so easy to make, use only real food ingredients, and the delicious "special sauce" dressing pulls everything together.

FOR THE BURGER MEAT

- 1 pound ground beef
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 1/4 teaspoon black pepper

FOR THE SALAD

- Romaine lettuce
- Tomatoes
- Pickles
- Red onion

SPECIAL SAUCE

- 1/4 cup mayo
- 1 tablespoon ketchup
- 1 teaspoon yellow mustard
- 1 tablespoon pickle juice
- 1 tablespoon dill relish
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 teaspoon paprika

INSTRUCTIONS

- Heat a skillet over medium high heat. Add the ground beef and spices. Brown the beef, breaking it up as it cooks, until it is fully cooked through.
- While the beef is browning, make the special sauce. Add all of the ingredients to a small bowl and whisk together until well combined.
- Assemble your burger bowls. Start with romaine lettuce then add the toppings and cooked ground beef. Drizzle the special sauce over everything and then enjoy!

EDITOR'S CHOICE

"I love to make burger bowls for my family! We take turns using sweet potato fries or waffle fries and serve them right in the same bowl. YUM!" - Laura

Wellness

DOC TALKS DETOX

Drainage & Detox Specialist | Dr. Caitlin Czezowski

If you're looking for a fresh wellness follow, check out Instagram account doc.talks.detox. Created by a drainage and detox specialist, this page is packed with simple, DIY tips to support your body's natural detox pathways—especially the lymphatic system.



From easy facial massage routines to full-body techniques, the content focuses on helping your body move lymph fluid more efficiently, which plays a key role in removing toxins and cellular waste.

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Why it matters: lymphatic drainage can help reduce puffiness and fluid retention, boost immunity, support circulation, and promote overall wellness. Many people also notice improved energy, clearer skin, and a calmer nervous system when lymph flow is supported regularly.

Bottom line—this account makes wellness approachable, with quick, practical techniques you can incorporate into your daily routine. A great follow for anyone looking to feel a little lighter, healthier, and more energized.



Connect

