



BankHER Bulletin

Encourage . Support . Inspire



What Are You Waiting For? SDBA LEAD STRONG: WOMEN IN BANKING CONFERENCE

SEPTEMBER 25-26, 2024 | SIOUX FALLS

We are only three months out from our Annual SDBA Lead Strong: Women in Banking Conference! Ecstatic doesn't begin to describe it. Mark these days in your calendar and be sure to [GET REGISTERED SOON](#).

Lead Strong: Women in Banking is an annual gathering that celebrates and empowers women in the financial industry. Join us for an engaging and enlightening event that focuses on the achievements, challenges, and opportunities for women in the world of banking. This conference provides a unique platform for networking, sharing knowledge, and fostering meaningful connections among leading professionals in the field.

Watch for
Registration
Information



Featured Speaker: Dr. Melissa Furman

President and Founder, Unlock Career Potential | Augusta, GA

"NAVIGATE, ELEVATE, ACCELERATE"

ABA Women Lead Symposium

JULY 17, 2024 | VIRTUAL CONFERENCE

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/programa subheading

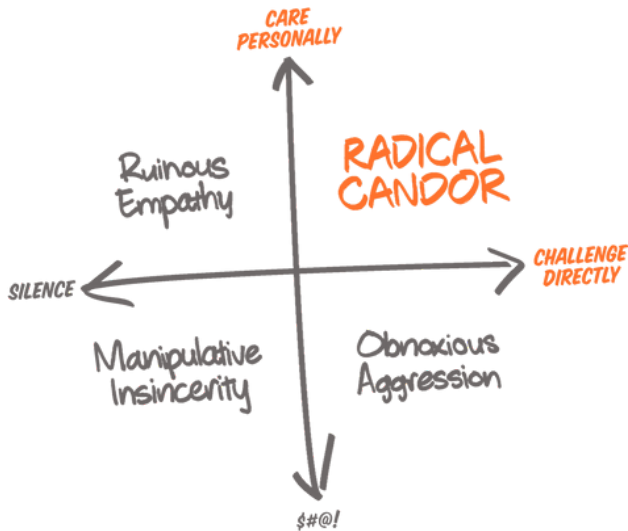
Sessions

- DEVELOPING A STRATEGIC OUTLOOK FOR WOMEN IN BANKING
- PATHWAYS TO SUCCESS FOR WOMEN BANKERS
- INVESTING IN YOUR FUTURE: UNLOCKING THE POWER OF NETWORKING FOR GROWTH
- INDUSTRY UPDATES

Entertainment

EAR BUDS

RADICAL CANDOR



Radical Candor features a blog, podcast, and books to offer news, tips, and advice on everything from communication, leadership, and support in the workplace to being a boss and the challenges that go with it. Tune in!

www.radicalcandor.com

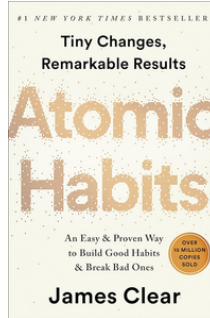
SAVE THE DATE!

EMERGING LEADERS SUMMIT

October 29, 2024
Sioux Falls, SD



NIGHTSTAND



James Clear

Atomic Habits

Tiny Changes, Remarkable Results

“Atomic Habits” is a comprehensive and practical guide on how to change your habits and improve by 1% every day.

Key Takeaways

- Small Habits Make a Big Difference
- Forget About Setting Goals, Focus on Systems Instead
- Build Identity-Based Habits

“No matter your goals, Atomic Habits offers a proven framework for getting 1% better every day. James Clear, one of the world’s leading experts on habit formation, reveals practical strategies that will teach you exactly how to master the tiny behaviors that lead to remarkable results.” - *TheReadathon*

Inspiration



QUOTE TO CONSIDER

“The most courageous act is still to think for yourself. Aloud.” - Coco Chanel



Join the “Women in Banking” FB group and connect with fellow SD bankers!

Caribbean Jerk Chicken Bowls

tastesbetterfromscratch.com



Ingredients:

- 1 pound boneless skinless chicken breasts
*cut in half and then into strips
- 1/4 cup Jamaican jerk seasoning (or homemade)
- 1 Tablespoon olive oil
- 1 red bell pepper , sliced thin
- 15 ounce can red beans , drained and rinsed
- 2 avocados, peeled, seeded, mashed
- 1 mango, peeled and sliced around the pit
- 5-6 cups hot cooked rice, or coconut rice, for serving

For the pineapple sauce:

- 2 Tablespoons honey
- 1/2 cup fresh pineapple, with juices, diced
- 2 teaspoons ketchup
- 1 teaspoon dijon mustard
- 1 teaspoon lime juice
- 1 chipotle pepper in adobo plus 1 tsp of the adobo sauce
*or just the sauce, if you like mild heat
- 1/2 teaspoon garlic powder
- 1 teaspoon granulated sugar
- salt and freshly ground black pepper, to taste

Instructions

Combine the pineapple sauce ingredients in a small saucepan over medium-low heat. Simmer for 5-10 minutes. Remove from heat and set aside.

Cook rice according to package instructions and add the red beans to the pot. Fluff everything with a fork to toss it all together. Return the lid to keep it warm while you cook the chicken.

Season chicken breasts all over with jerk seasoning. Add olive oil to a large skillet over medium heat. Add chicken and cook for 3-4 minutes on each side, flipping once, until cooked through.

Add olive oil to a large skillet over medium heat. Add chicken and cook for 3-4 minutes on each side, flipping once, until cooked through. Add bell peppers to the pan during the last few minutes of cooking and sauté until tender.

Spoon rice and red beans into bowls. Add some chicken and bell pepper, a scoop of mashed avocado, and a spoonful of fresh mango. Spoon a little of the pineapple sauce on top.

The SDDBA 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 2024 Lead Strong: Women in Banking event on September 26 in Sioux Falls, SD.

Nominations must be received by August 2

sdba.com

Arts

SCENES OF SOUTH DAKOTA 2025 CALENDAR



We're putting together a captivating calendar for 2025, and we want **YOUR** talent to be front and center! Everything from landscapes, plants, and animals, to camping fun, monuments, outdoor activities, and views. And don't forget about the winter months...we would love to see some frosty pics!

Submit your photos here! sdba.com/calendar

Deadline for submissions: July 31, 2024

Contact

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



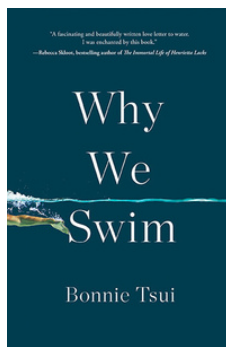
LNorton@sdba.com

Self Care

5 QUESTIONS WITH BONNIE TSUI

on diving in, getting in the flow, and other reasons why we swim

Written by Laura Mayes



Swimming. It's one of those happy nouns that can spark a flood of sensory memories — of warm afternoons, of the smell of coconut sunscreen and watermelon bubblegum and chlorinated pools and salty oceans. A lifeguard's whistle. The song of the summer blaring from a boom box. That feeling at the end of the day of being pleasantly exhausted, your skin still a little cool from the water, winding down to sleep well. But is swimming just a luxury of childhood, past lives, and rare vacations — a pastime that exists only in our memories?

Bonnie Tsui, a writer and avid swimmer, doesn't think so. For her, swimming is like breathing, like life. A meditation, an adventure, an expansion. And she makes a really good case for the practice in *Why We Swim*. Because whether we swim regularly or not, the action of it, and the reactions it creates, Bonnie argues, have a hold on us.

1. The connection between mind and body is significant in swimming. Have you found any strategies or practices that help you stay present and in tune with your body while swimming?

I always give myself a decompression window at the start of a swim — the first 500 yards in a pool, say, or the initial leg out to a buoy in a lake or an ocean. That's the part of the swim that helps me to relax out of my busy brain and into a more fluid state of being. Swimming is different for me in a pool versus open water. If I'm in a pool, I have a regular workout that I like to do — in this circumscribed space where the environment is a known quantity, I can put my body on autopilot and let my mind wander. It's very meditative. If I'm in the Pacific Ocean, swimming is much more about being present and acutely aware of my surroundings. The variables of temperature, weather, currents, and other water conditions make it so that I can't be totally checked out when I swim, but that also means that I'm paying attention. I'm noticing the light, the play of water on the sand, the way my fingers might catch a thread of seaweed. I feel how I'm getting nourishment from the ocean, in nature, in the world — I feel very much alive and connected to wonder.

2. In your personal experience, how has swimming shaped your own understanding of resilience

and the willingness to embrace challenges?

The water is always changing; when you swim, you adapt and move with it. Swimming is an exercise in understanding that you're not in control of everything — and that's OK. A particular swim can be a big challenge: swimming from Alcatraz, say, and learning how to deal with the cold and the currents. But it can also be a smaller, daily challenge. If it's chilly on any given morning, you might hesitate getting in. Once you plunge, you might move a little more briskly. Maybe your breath doesn't come as easily. But you figure out how to get comfortable in the conditions presented to you, and in the end, you're proud that you did. That sense of capability carries through to the rest of life.

3. Have you observed any cultural or societal differences in the way swimming is approached or valued around the world? How have you seen that influence people's relationship with the sport?

There is a beautiful richness of mythologies and stories around swimming and how people traditionally have learned to do it around the world, but these days, the main influence on whether someone does or does not swim is socioeconomic. Does your community have access to a safe body of water and swim instruction? Can your family afford the time and money to find you a pool, a teacher, transportation to that pool? Learning how to swim is not just a one-time deal; it requires time and reliable access in order to practice. Pools are a privilege, and this is true regardless of geography. As I see it, improving global access to public pools would be the single-most-important factor — not just to influence people's relationship with the sport but also, and more importantly, to reduce the incidence of drowning around the world.

4. Water can be a powerful symbol in our lives, representing both freedom and fear. How do you interpret the symbolic aspects of swimming?

One of the things I find so fascinating about our relationship to water is that we humans aren't born knowing instinctively how to swim; unlike most terrestrial mammals, we have to be taught. And we have taught ourselves to do this over and over again in human history. We've also told ourselves stories in order to pass down the culture, knowledge, and values around that skill. We're so drawn to water; just looking at it stimulates brain wave activity that's calming and pleasurable. We need water to survive, and yet it can kill us. That porousness between states is always (thrillingly, terrifyingly!) present. In a way, a regular practice of swimming is confronting that existential fact.

Continue reading:

<https://brenebrown.com/articles/2024/04/26/5-questions-with-bonnie-tsui/>