



BankHER Bulletin

Encourage . Support . Inspire

Sun, Sand & Staying Connected

There's something special about summertime in South Dakota. The longer days, warm sunshine, and weekend road trips call us outside—to the lake, the backyard grill, or an evening on the patio with friends. It's a season of togetherness and the perfect time to recharge with the people we love most.

Whether you're wrangling little ones, planning getaways with family and friends, or simply taking a break to breathe in the fresh prairie air, summer gives us permission to slow down and savor life a little more. We hope you're soaking it all in—ice cream cones, barefoot walks, and all.

As you enjoy this season of sunshine, we also encourage you to stay connected with your Women in Banking community. Check out the upcoming networking opportunities, such as the Women in Banking Conference this fall, and a variety of others that can be found at www.sdba.com/events. There are plenty of ways to stay inspired and engaged.

So go ahead—lean into the joys of summer. We'll be right here, cheering you on, sharing stories, and building each other up all season long.



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.

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



**Nomination deadline
extended to August 15**

www.sdba.com/women-in-banking



2024 WOI Recipients

Jill Luque

Plains Commerce Bank

Pennie Lutz

Richland State Bank



LEAD STRONG: WOMEN IN BANKING CONFERENCE

September 9-10, 2025

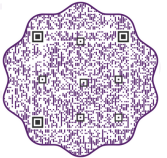
Sioux Falls Convention Center | Sioux Falls, SD

COLOR OUTSIDE THE LINES

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.

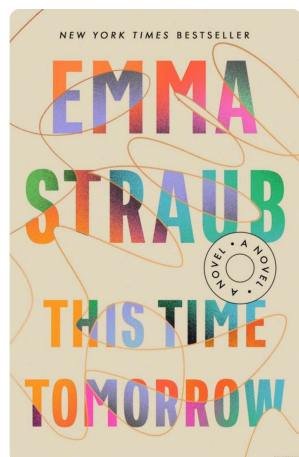
Connect with like-minded professionals, gain fresh perspectives to elevate your career, and celebrate the achievements of extraordinary women at the Women of Impact Awards. Whether you're looking to sharpen your leadership skills, build lasting connections, or be inspired by the stories of trailblazing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

**LEARN MORE
AND REGISTER**



Entertainment

SUMMER READ



Emma Straub ***This Time Tomorrow***

Though time travel mechanics echo classics (*Groundhog Day*, *Peggy Sue Got Married*), this story uses that framing to deeply explore family, love, loss, and regret.

Set on Manhattan's Upper West Side in the '90s and present-day, the narrative is rich in nostalgia you're sure to appreciate!

EAR BUDS



The Mindful Minute ***Meryl Arnett***

www.merylarnett.com

Welcome to a nature-inspired meditation podcast aimed at easing anxiety, stress, and overwhelm while deepening self-connection—especially helpful for caregivers, healers, and those facing compassion fatigue.

Wellness

THE 437 PROJECT

A 437 MILE RUN ACROSS SOUTH DAKOTA FOR SUICIDE PREVENTION AND MENTAL HEALTH AWARENESS



Every fall since 2022, a group of 12 runners embarks on a 437-mile relay across the state of South Dakota, starting at the Wyoming border and finishing right across the border in Iowa. However, The 437 Project is not a race for medals or personal bests – it's a mission to raise funds and awareness for mental health and to spark meaningful conversations across communities. The funds raised in connection with The 437 Project benefit the Helpline Center, the only accredited suicide crisis center in the state of South Dakota.

The event kicks off with a community event on September 24, at the Hilton Garden Inn in Rapid City. On September 25, the runners will depart from the west side of the state to begin the 437-mile relay style journey. Along the way, the team visits small towns and rural communities, sharing not just their footsteps but their voices. They run to reduce stigma, to promote resources, and to remind every South Dakotan that they are not alone. The group has stops planned in Pierre on September 26 and Mitchell on September 27, before finishing up in and returning to Sioux Falls for a finish line reception on September 28.

"For me, I became involved because I've served on The Helpline Board of Directors for many years ---and have seen the critical work they do in terms of mental health support. The Helpline provides crisis services, but it also provides support to businesses, communities, and those impacted by suicide.

From January 1 - June 30, 2025, the Helpline has had 8,478 total contacts to 988 (calls, text, chat, and transferred calls). That's six months --- and almost 8500 people who contacted 988. I AM SO THANKFUL that resources like 988 exist --- and want to do my part to not only support the work that they are doing and hopefully remind people that they are not alone.

I hope that this run continues to reduce the stigma and brings awareness across the entire state." - **Kristina Schaefer**

This year, The 437 Project features three bankers on the team: Tony Nour (First PREMIER Bank), Tony Goettsch (The First National Bank in Sioux Falls), and Kristina Schaefer (Dacotah Bank).



SOUTH DAKOTA SUICIDES

- 10th leading cause of death
 - Leading cause of death for individuals aged 20-29 years
 - 40% of deaths by suicide were aged 25-44 years
 - 15% of students made a plan for suicide
 - 6th leading state for suicide deaths in the nation
- * 2023

FOR MORE INFORMATION, VISIT [THE437PROJECT.ORG](https://the437project.org)



Smash Burger Tacos

Delish.com

[Full Recipe](#)

BURGER SAUCE

Step 1

- In a small bowl, mix mayonnaise, ketchup, relish, mustard, and hot sauce until combined.

Step 2

- Make Ahead: Sauce can be made 3 days ahead. Cover bowl and refrigerate.

SMASH BURGER TACOS

Step 1

- Divide beef into 6 portions about 2 1/2 ounces each. Top each tortilla with a portion of beef. Using a fork, flatten beef on top of tortilla into an even layer, leaving a 1/2" border. Sprinkle with 1/2 teaspoon burger seasoning; season with a pinch of salt.

Step 2

- In a large skillet over medium-high heat, heat 2 tablespoons oil and swirl pan to coat. Arrange 2 tacos beef side down and press into skillet to flatten with a sturdy spatula or burger press. Cook, undisturbed, until beef is browned and cooked through, 2 to 3 minutes. Flip tacos, top each with a slice of cheese, and cook until cheese is slightly melty, about 1 minute more. Transfer to a baking sheet. Repeat with remaining 4 burger tacos.

Step 3

- Top each taco with burger sauce, pickles, lettuce, onion, and sesame seeds.

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



YOU'RE JUST ONE CLICK AWAY!

The South Dakota Bankers Association is creating a customized calendar from photographs of South Dakota submitted by South Dakota bankers, their family members and customers. These calendars are exclusive to SDBA member banks and make a great gift for your customers!

Amateur photographers from across the state are invited to showcase the beauty and heritage of South Dakota.

All photos submitted will be judged and those selected will be featured throughout the 2026 Scenes of South Dakota calendar.



ENTRY DEADLINE: JULY 31, 2025

www.sdba.com/calendar

For more information, contact SDBA's Laura Norton:
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QUESTION TO CONSIDER

"What would you do if you knew you'd never fail?"

CONNECT



@sdbankers

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

