



BankHER Bulletin

Encourage . Support . Inspire



Soak It In

Summer has a way of reminding us that life isn't only about checking off the next task on our to-do list. As women, we're used to juggling a lot. We take care of customers, coworkers, families, communities—and sometimes we forget to make time for ourselves.

Maybe this summer you've crossed something off your bucket list. Maybe it was a big trip you've been planning for months (years!!), or maybe it was finally taking a day off without checking your email. It seems the best parts of summer usually aren't the ones we spent time planning. They're the unexpected moments—the kids jumping off the dock one more time, ice cream melting faster than you can eat it, long conversations on the patio, or laughing until your stomach hurts around a campfire.

Those are the memories that stick.

Before the pace picks up again this fall, give yourself permission to enjoy what's left of summer. Take the extra day. Watch one more sunset. Say yes to the family photo, even if your hair is a mess from the humidity (cue Monica Geller hair!). Make the memories now—you'll never regret having them.

We hope your summer has included a little fun, a little rest, and maybe even something you've always wanted to do. If not, there's still time. The bucket list can wait until next year, but this summer is happening *right now*.

Enjoy every minute.

SDBA Board of Directors Welcomes Marnie Herrmann of Security First Bank in Rapid City



Marnie Herrmann is Chief Banking Officer of Security First Bank, a \$2.3 billion community bank serving customers across Nebraska and South Dakota. She also serves as Chair of the bank's Board of Directors and President of its holding company, Stockmens Financial Corporation.

Before joining Security First Bank, Herrmann held executive marketing leadership positions with Conesco and Swanson Russell. Throughout her career, she has been actively engaged in community and economic development initiatives across South Dakota. She currently serves as Vice Chair of the Sanford Health Board of Trustees, is a member of the South Dakota Governor's Council of Economic Advisors, and volunteers with the Black Hills Forum & Press Club. She is also past president of the Mount Rushmore Society Board of Directors.

Herrmann's previous leadership roles include serving as chair of the Rapid City Area Chamber of Commerce, Youth & Family Services, and the Rapid City Convention & Visitors Bureau boards. She has also served on the boards of the Black Hills Area Community Foundation, Community Health Center, and Black Hills Works, and was named an Honorary Commander at Ellsworth Air Force Base.

A graduate of the University of Oregon with a degree in journalism, Herrmann is also a graduate of the Stonier Graduate School of Banking and executive leadership programs at The Wharton School.

Marnie and her husband, Doug, hail from Custer but have called Rapid City home since 1997. Their two daughters and their families live in Sioux Falls.



Update Your SDBA Profile

WHY IS THIS IMPORTANT?

YOUR SDBA PROFILE ALLOWS YOU TO:

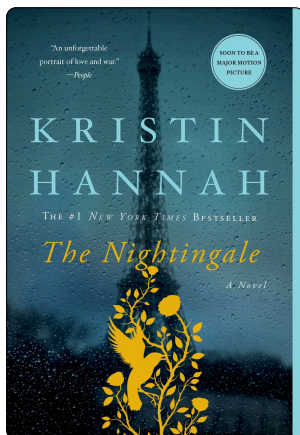
- RECEIVE TAILORED EMAILS & EVENT NOTIFICATIONS
- REGISTER FOR EVENTS
- PAY INVOICES
- RESPOND TO CALLS TO ACTION



sdba.com

Entertainment

NIGHTSTAND



The Nightingale

Kristin Hannah

The Nightingale follows two sisters in Nazi-occupied France who each navigate World War II in their own way. As they face heartbreak, impossible choices, and moments of hope, the story shows how ordinary people found incredible strength, courage, and resilience during an extraordinary time. Bonus: a film adaptation is currently scheduled to be released in 2027!

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

2026 SDBA LEAD STRONG: Women in Banking Conference

September 22-23

Sioux Falls Convention Center



**SD BANKERS
ASSOCIATION**

**change
the
GAME**

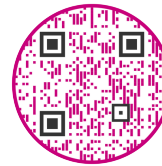
2026 SDBA LEAD STRONG: Women in Banking Conference

**SEPTEMBER 22-23
SIOUX FALLS**

Join banking professionals from across South Dakota for an energizing event designed to inspire growth, spark new ideas, and celebrate the power of leadership at every level. This year's theme, ***Change the Game***, challenges us to think differently, embrace new opportunities, and redefine what's possible—for ourselves, our organizations, and our industry.

You'll hear from presenters who are breaking barriers, creating impact, and leading change in banking and beyond. Whether you're an emerging leader, a seasoned executive, or somewhere in between, you'll leave with fresh perspectives, practical insights, and the confidence to make your next move.

Because changing the game doesn't require a title—it starts with a decision to *lead*.



REGISTER TODAY!

www.sdba.com/events

**WHAT BOOKS ARE YOU READING?
ARE YOU HOOKED ON A PODCAST??**

Send a note to LNorton@sdba.com and let's feature it in the next BankHer Bulletin!



**BANKERS
EQUIPMENT
SERVICE**

Cash.

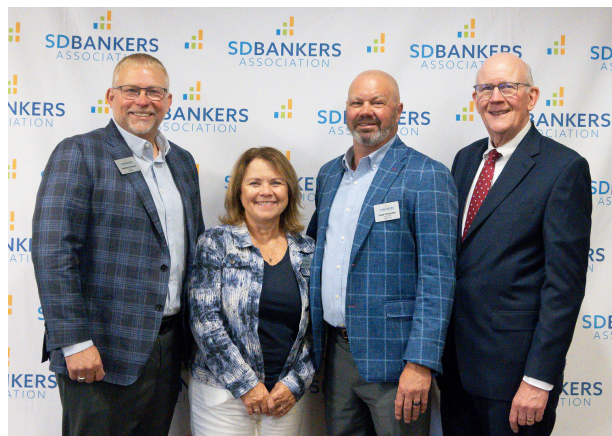
ARE YOU READY FOR
WHAT'S NEXT?

Arriving
2027.

2026 NDBA/SDBA Annual Convention

STRONGER TOGETHER

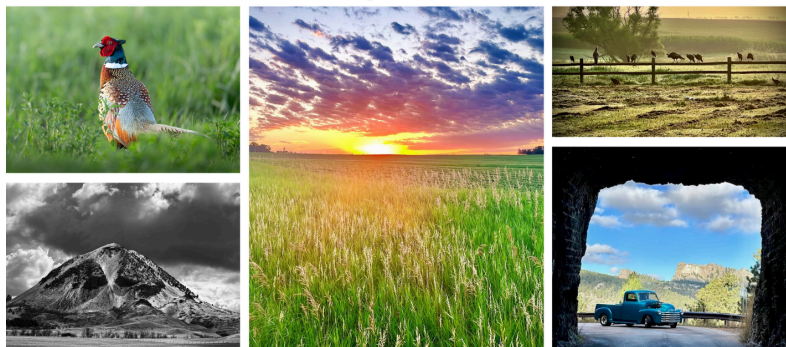
Another great convention in the books! We enjoyed a fun few days catching up with bankers from across North and South Dakota, while fitting in some great speakers along the way. It was a sunny day on the golf course, and the potted plant class was a hit! Afterward, the Red, White & Blue Bash gave everyone a chance to relax, visit, and get festive together! We also took care of association business, including electing our new officers and recognizing those who have served. Thanks to everyone who attended, sponsored, exhibited, and helped put the event together. We appreciate ALL of you and are already looking forward to next year!



2026-2027 SDBA Officers: Chair Nate Franzén, Chair-Elect Pennie Lutz, Vice Chair Todd Christoffer, Immediate Past Chair Pete Mehlhaff

SCENES OF SOUTH DAKOTA PHOTO CONTEST

SUBMIT BY JULY 31 | [SDBA.COM/CALENDAR](https://sdba.com/calendar)



The deadline is almost here! If you've been meaning to submit photos for the 2027 Scenes of South Dakota Calendar, now's the time.

Every year, our calendar showcases the people, places, and landscapes that make South Dakota such a special place to live and work—and we need your help to make next year's edition our best yet.

[SUBMIT YOUR PHOTOS](https://sdba.com/calendar)

Upcoming Events

2026 ABA Women Lead Symposium

July 30 | Virtual

2026 Fraud Academy

August 18-20 | Virtual

2026 WBA Commercial Lending Development Pgm

August 20-November 6 | Virtual

2026 GSB Financial Managers School

September 21-25 | Madison, WI

Lead Strong: Women in Banking Conference

September 22-23 | Sioux Falls

SDBA IRA School

September 22-24 | Sioux Falls

SDBA Annual Security Seminar

October 8 | Sioux Falls

Understanding Bank Performance

October 22, 23, 29, 30, November 5, 6, 12, 13 | Virtual

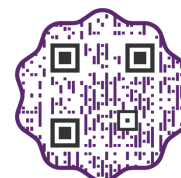
NEXT STEP: Emerging Leaders Summit

October 28-29 | Deadwood

2027 SDBA State Legislative Day

February 10, 2027 | Pierre

[WWW.SDBA.COM/EVENTS](https://www.sdba.com/events)





Peach and Ricotta Crostini with Balsamic Drizzle

THE HUNGRY GODDESS

FOR THE CROSTINI BASE

- Baguette or rustic Italian bread, Extra-virgin olive oil, salt

FOR THE RICOTTA LAYER

- Whole-milk ricotta cheese
- Lemon zest
- Fresh lemon juice - Optional
- Salt and freshly ground black pepper - Season gently

FOR THE PEACH TOPPING

- Fresh peaches - Ripe but firm
- Honey or maple syrup - Used sparingly
- Butter or olive oil
- Fresh thyme or basil - Optional

FOR THE BALSAMIC DRIZZLE

- Balsamic vinegar - Use a good-quality balsamic
- Honey or brown sugar - Just a touch

INSTRUCTIONS

- **Step 1:** Start with the balsamic drizzle so it has time to cool and thicken. Pour the balsamic vinegar into a small saucepan over medium heat. Bring it to a gentle simmer, then reduce to low. Simmer until it reduces by about half and coats the back of a spoon. Stir in honey or brown sugar, then remove from heat and let it cool. It will thicken more as it cools.
- **Step 2:** Toast the bread. Preheat your oven to 400°F (205°C). Slice the baguette into ½-inch thick pieces and arrange them on a baking sheet. Brush both sides lightly with olive oil and sprinkle with salt. Bake until golden and crisp, flipping halfway through (around 10 min total).
- **Step 3:** Prepare the Ricotta. Combine the ricotta, lemon zest, a small squeeze of lemon juice, salt, and black pepper. Stir until smooth and creamy. The ricotta should be savory with a hint of brightness, not overly salty.
- **Step 4:** Slice the peaches into wedges. Heat a skillet or grill pan over medium heat and add butter or olive oil. Place the peaches cut-side down and cook until lightly caramelized, about 2-3 min per side. Drizzle with honey if desired. Remove from heat and set aside.
- **Step 5:** Spread ricotta onto each toasted bread slice. Top with a few peach slices.
- **Step 6:** Drizzle the balsamic reduction over the assembled crostini. Finish with fresh herbs, flaky sea salt, cracked pepper, and nuts if using. Serve immediately while the bread is crisp and the peaches are still slightly warm.

Wellness

WELLNESS AT WORK: TIPS FOR OFFICE, HOME AND HYBRID SUCCESS

Workplace wellness is an essential part of maintaining productivity, job satisfaction and overall health. Whether you work in a traditional office, from home or in a hybrid setting, the way you care for your body and mind throughout the workday directly impacts your energy, focus and resilience. The good news is that wellness doesn't require major changes — just small, intentional habits that fit into any environment.

Here are several workplace wellness techniques you can practice no matter where you log in from:

Prioritize Movement Throughout the Day

Sitting for long periods can lead to stiffness, fatigue and even long-term health issues. Building movement into your work routine helps counteract these effects.

- **Set movement reminders.** Use your phone, smartwatch or computer to remind you to stand, stretch or walk every hour — this works just as well at the office as it does in a home workspace.
- **Desk stretches.** Shoulder rolls, neck stretches and wrist rotations can ease tension whether you're at your kitchen table or a cubicle.
- **Walking meetings.** If you're in the office, suggest walking meetings with coworkers; if you're remote, take a call while walking around your neighborhood.
- **Mini workouts.** A few minutes of squats, calf raises or yoga poses can be done at home or in a break room.

Providing a simple way to stay active during the day, Keith Waldrep, MD, a BayCare family medicine physician and director and assistant chief medical officer of Ambulatory Services, noted: "I use a walking pad (an under the desk treadmill) to combine work and exercise. They are low-cost and available from most major online retailers."

Continued on page 6



Connect



Wellness cont.

Optimize Your Workstation

An ergonomic workspace reduces physical stress and keeps you comfortable throughout the day regardless of the setting.

- **Chair and desk height.** At home, avoid working from the couch or bed long-term — use a supportive chair or add cushions for proper posture. In the office, adjust your chair, check that your monitor and keyboard are at comfortable heights, or use a footrest for comfort. “If possible, use a desk that rises up and down,” suggested Dr. Waldrep. “Stand when you can for work or meetings.”
- **Monitor placement.** Keep your screen at or slightly below eye level to prevent neck strain. Use a laptop riser or stack of books if you’re working from home.
- **Keyboard and mouse setup.** Position them so your elbows are close to your body and your wrists are straight.
- **Lighting.** Natural light is ideal, and a small desk lamp with soft lighting can help reduce eye strain.

Take Breaks

Taking breaks prevents burnout and boosts focus across all work environments.

- **Deep breathing or meditation.** Just two minutes of slow breathing and finding a quiet place can reset your mind.
- **Step outside.** Take a quick walk around the block or your office building for some fresh air.
- **Digital pause.** Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds to rest your eyes.

Stay Hydrated and Nourished

Food and hydration choices influence concentration and stamina.

- **Keep water handy.** A refillable water bottle keeps you hydrated throughout the day.
- **Smart snacking.** Nuts, fruit or yogurt travel well to the office and are just as easy to grab from your home fridge.
- **Balanced lunches.** Packing a lunch for the office or preparing a balanced plate at home supports steady energy.
- **Limit caffeine.** A morning coffee is fine, but too much caffeine can disrupt sleep and hydration.

Strengthen Mental Well-being

No matter where you work, supporting mental health is essential.

- **Set boundaries.** For remote and hybrid workers, establish start and stop times to prevent overworking. In the office, use breaks to disconnect mentally when you can.
- **Practice gratitude.** Write down one or two things you’re thankful for each day — it can shift your perspective in any setting.
- **Build connections.** If you’re remote, set up quick check-ins. In the office, stop by a colleague’s desk. Hybrid workers can do both.
- **Seek support.** Many employers offer Employee Assistance Programs (EAPs) or mental health resources — accessible no matter where you’re based.

Manage Workload and Expectations

Feeling overwhelmed is one of the biggest obstacles to wellness.

- **Prioritize tasks.** Digital task lists work well in both office and remote environments.
- **Break down projects.** This makes large tasks manageable, regardless of where you complete them.
- **Communicate openly.** Whether by email, chat or face-to-face, share concerns with your supervisor before they become stressful or overwhelming.
- **Use time wisely.** Time blocking and focus periods are equally valuable for office, home and hybrid workers.

Create a Positive Work Environment

Your surroundings shape your mood, no matter the location.

- **Personalize your space.** Add photos or small décor pieces to personalize your office cubicle or home desk.
- **Keep things tidy.** A clutter-free area helps reduce stress in both work settings.
- **Encourage positivity.** Share encouragement with coworkers — whether in person or virtually.

baycare.org/newsroom/2026/february/wellness-at-work-tips-for-office-home-and-hybrid-success