



BankHER Bulletin

Encourage . Support . Inspire



Amplifying Impact

SHAPING THE FUTURE THROUGH LEGISLATIVE ENGAGEMENT

As legislative season takes shape, women bankers have a powerful opportunity to shape the future of the industry. By staying engaged, building connections, and advocating for meaningful change, you can ensure your voices are heard—not just for yourselves, but for the communities and customers you all serve. And legislative advocacy is a critical avenue for amplifying your voices!

Attending ABA Washington Summit, Quad States Convention, LEAD STRONG: Women in Banking Conference, and NEXT STEP: Emerging Leaders Summit are impactful ways to stay informed and engaged. These gatherings not only offer educational opportunities but also create spaces for women bankers to connect with peers and share strategies for advocacy. It's a win-win!

Staying engaged during legislative season, and year 'round, begins with building and leveraging robust networks. Reach out to your legislators, and be on the lookout for **SDBA Calls to Action** in your inbox. When you receive a *Call to Action*, we urge you to act on those requests as promptly as possible. Your voice matters -- use it to make a difference!

Let this be the year that women bankers lead the charge in legislative advocacy, proving that when diverse voices come together, the entire industry thrives.



THE BIG BANK THEORY

2025 QUAD STATES CONVENTION

JUNE 8-10 RAPID CITY

... DISCOVER MORE!



AGENDA & REGISTRATION WILL BE AVAILABLE IN MARCH!



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

Are you ready to uncover the science behind banking success? The South Dakota Bankers Association, in collaboration with the North Dakota, Montana, and Wyoming Bankers Associations, is thrilled to bring you "The Big Bank Theory"! This quad states convention offers an event filled with innovation, discovery, and networking that will spark your curiosity and ignite your passion for all things banking. Expect a fusion of ideas that will leave you inspired and equipped to tackle the forces shaping the future of the banking industry. Get your calendars out and be sure to get these dates marked!

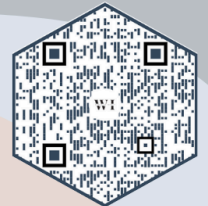
More information, including registration details, will be released in March. Don't miss this opportunity to be part of a dynamic system of industry leaders and innovators. We CAN'T WAIT to see you there!

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.

Nominations must be received by August 1

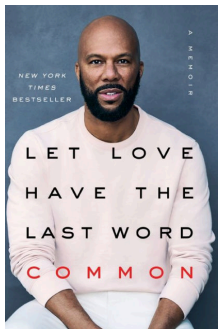


Women of Impact Eligibility Requirements: Nominee must be a member of the SDBA.

For questions or clarifications, contact the SDBA at info@sdba.com | 605.224.1653 | www.sdba.com/women-in-banking

Entertainment

EAR BUDS



Common

Let Love Have the Last Word: A Memoir

"Let Love Have the Last Word" has been praised for its candidness and depth, offering readers a glimpse into Common's personal evolution and his commitment to letting love guide his actions and relationships.

In this memoir, Common delves into various facets of love, including self-love, familial relationships, and love within the community. He shares personal anecdotes, notably his relationship with his daughter, Omoye, and the challenges they've faced, offering insights into his journey toward becoming a more present and understanding father.

NIGHTSTAND



Marnie Stockman & Nick Coniglio

Lead It Like Lasso

"Lead It Like Lasso" is a leadership guide by Marnie Stockman and Nick Coniglio, inspired by the character Ted Lasso from the television series. The book emphasizes that effective leadership focuses on helping others become the best versions of themselves, rather than solely on wins and losses.

The authors present lessons applicable in various settings—boardrooms, locker rooms, and living rooms—encouraging readers to:

- Define their core values and understand how culture influences personal growth.
- Create a clear vision and purpose to achieve goals.
- Develop a personal operating system and communication guide.
- Adopt effective communication strategies to expand their network.
- Envision their legacy and plan to realize it.

Disclaimer:

If you haven't seen all 3 seasons of Ted Lasso, this may fall short for you. If you have, ENJOY!

Wellness

MINDFULNESS

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you.

What are the benefits of meditation?

Meditation has been studied in many clinical trials. The overall evidence supports the effectiveness of meditation for various conditions, including: stress, anxiety, pain, depression, insomnia, and high blood pressure.

Meditation can help you experience thoughts and emotions with greater balance and acceptance. Meditation also has been shown to: improve attention, decrease job burnout, improve sleep, and improve diabetes control.

Examples of mindfulness exercises:

- **Pay attention.** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.
- **Live in the moment.** Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- **Accept yourself.** Treat yourself the way you would treat a good friend.
- **Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

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Bacon Cheeseburger Soup

The Pioneer Woman
Ree Drummond



INGREDIENTS

- 8 slices bacon, cut into 1-in. pieces
- 1 lb. lean ground beef
- 2 medium carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 medium onion, chopped
- 2 tsp. kosher salt
- 1/2 tsp. black pepper, plus more for serving
- 2 garlic cloves, finely chopped
- 1/4 cup all-purpose flour
- 1/2 tsp. mustard powder
- 1/2 tsp. paprika
- 4 cups chicken broth
- 2 lb. russet potatoes, peeled and diced (about 4 medium)
- 2 1/2 cups shredded cheddar cheese (about 10 oz.)
- 1 cup heavy cream
- 1/4 cup sour cream, plus more for serving
- 4 green onions, thinly sliced
- Hot rolls and butter, for serving

DIRECTIONS

1. In a large Dutch oven, cook the bacon over medium heat, stirring occasionally, until crisp and the fat is rendered, 4 to 6 minutes. Using a slotted spoon, remove the bacon to a paper towel-lined plate, leaving the bacon fat in the Dutch oven.
2. To the bacon fat, add the beef, carrots, celery, onion, salt, and pepper. Cook, stirring frequently, until the meat is brown and crumbly, 5 to 7 minutes. Add the garlic and cook until fragrant, about 1 minute.
3. Sprinkle in the flour, mustard powder, and paprika. Cook, stirring frequently, until the raw flour smell disappears, 1 to 2 minutes. Gradually stir in the chicken broth and 1 1/2 cups of water, ensuring there are no lumps of flour. Stir in the potatoes.
4. Bring the mixture to a simmer. Cook until the potatoes start to become tender, 10 to 12 minutes. Use a potato masher or a wooden spoon to break up the potatoes a bit; the soup should have some lumps and not be smooth.
5. Remove from the heat and slowly stir in 2 cups of the cheese. Stir in the heavy cream and sour cream until well combined.
6. Divide the soup among bowls and top with some sour cream, green onions, bacon, the remaining 1/2 cup cheddar, and a sprinkle of black pepper. Serve with hot rolls.

[Full Recipe](#)

MINDFULNESS CONT.

Examples of mindfulness exercises:

You can also try more structured mindfulness exercises, such as:

- **Body scan meditation.** Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.
- **Sitting meditation.** Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.
- **Walking meditation.** Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

[Article provided by mayoclinic.org](http://mayoclinic.org)



QUOTE TO CONSIDER

"Believe you can and you're halfway there" – Theodore Roosevelt

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



Contact

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



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