

SPWP News



This month's meeting will be held on June 13th, 2019 at the Norris Conference Center, beginning at 7:30 a.m.

Please respond to the PunchBowl Invite letting us know if you will be joining us or not. Regrets and RSVPs should be sent to membership@spwp.com via email or the PunchBowl Invite. If you do not RSVP, we may not have the space to accommodate you. If you RSVP yes and do not attend, you will be charged the cost of the breakfast.

Reservations can be made by credit card (MasterCard, Visa or American Express) at the breakfast meeting or via PayPal on our Web site: www.spwp.org.

Please remember to turn cell phones off or to silent during meetings.



*Happy
Summer!*



PRESIDENT'S NOTE

Hello Ladies,

Happy Summer! Another Derricks & Dice Casino Night is in the books and I want to thank all of you for attending and for your hard work leading up to it. We could never have done it without you! I received a lot of great feedback about the event and venue, and I'm already looking forward to making next year's event even better.

To follow up on one of the board action items that I mentioned last month, we are still working on picking a web developer to redesign our website and our plan is still to have the new site operational within the next several months. We are really excited about this as a board, because we feel it will help to raise SPWP's profile as an organization.

I hope you will all be joining us this month for our special extended-length breakfast meeting. We have a great panel and moderator who will be facilitating an insightful discussion on changes in our industry. In addition, Sylvia Garcia will be collecting donations for the Bluebonnet Youth Ranch kids to attend the Oilfield Helping Hands fishing tournament at our June breakfast meeting. You can also mail your cheque to OHH. Please contact Sylvia for more details.

Unfortunately, we had to postpone Bingo in the Heights, our first planned social event of the year. Stay tuned for other SPWP social events in the future!

As a reminder, please connect with us on Facebook at the "Society of Professional Women in Petroleum, Houston" as well as on LinkedIn at "Society of Professional Women in Petroleum". This will help you stay updated on our upcoming events, and will also help to grow our social media presence in order to expose our organization to potential new members.

Sincerely,

Erin Stroud

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MAY MINUTES

President Erin Stroud called the meeting to order at 7:36 am on May 9th, 2019 at the Norris Conference Center. Erin welcomed all SPWP members and then introduced the 2019 Board of Directors.

Erin asked for a motion to approve the April 2019 minutes as written in the newsletter. Kim Gonzales approved and Renee Brown seconded. No one opposed, so the minutes were approved as written.

Erin turned the meeting over to Second VP, Rhonda Bean, for introduction of the May speaker, Claudia Espinosa, Editor of ICIS.

Erin gave an update on the Casino Committee. The event will be held on May 17th at the Majestic Metro. Erin reminded the membership to purchase tickets for the event as we will need to provide a headcount for event preparations (food, tables, etc). A Casino Committee meeting is to be held after the Breakfast meeting. A special thank you to Suzanne Short for donating a toolset for the event courtesy of Edward Jones.

Erin turned the meeting over to Secretary Suzette Olivan to introduce new members Shay Jones and Audra Seanghok. Suzette presented seniority badges for all eligible members.

Erin announced the Volunteers of the Month as the Scholarship Committee for all of their time and efforts in the recipient selection process.

Erin announced the upcoming SPWP social as Bingo in the Heights, to take place on June 6th. The AADE 2019 Saltwater Fishing Tournament will take place on May 31st, 2019; they are in need of sponsors and fisherman, contact Sylvia Garcia for more information. Krause is looking for volunteers for their Field Day and their mentorship program if anyone would like to participate.

Erin wished a happy birthday to all of the members born in May.

Erin wished a happy anniversary to all of the members that joined SPWP in the month of May.

Erin opened the floor to announcements. Renee Brown thanked all the volunteers that helped during the API Clay Shoot Tournament.

Erin asked guests to introduce themselves; there were three guests in attendance.

The meeting was adjourned at 8:14 am.

Respectfully submitted,

Suzette Olivan

JUNE FEATURED MEMBER

Kara Ellis

1 How did you get started in the Oil & Gas Industry? *I was looking for opportunities outside the electrical industry, where I started my career, and I was hired on at NOV. I have since moved to BHGE where I have been for 5 years*

2 Area of Specialty (i.e. Sales, Engineering, Accounting, etc.)? *Commercial Operations and Order Management*

3 When people come to you for help, what do they usually want help with? *Overall process improvement help or who to go to for what they need help with, proposal offering knowledge, terms and conditions knowledge*

4 Most influential person in your career and why? *Honestly, my husband. He is an extrovert while I'm an introvert. He has helped me come out of my shell by forcing me to be in situations where I'm left to fend for myself in social settings. He's also a great sounding board whenever I have an issue or want to bounce ideas off someone.*

5 Best career advice you've received? *Keep things to the point. You do not have to always explain yourself, others will ask if they want to see how you arrived at what you are presenting.*

6 Were you born in Houston? If not, what brought you here? *No, I'm from East Texas. I came to Houston out of college to start my career in the electrical industry.*

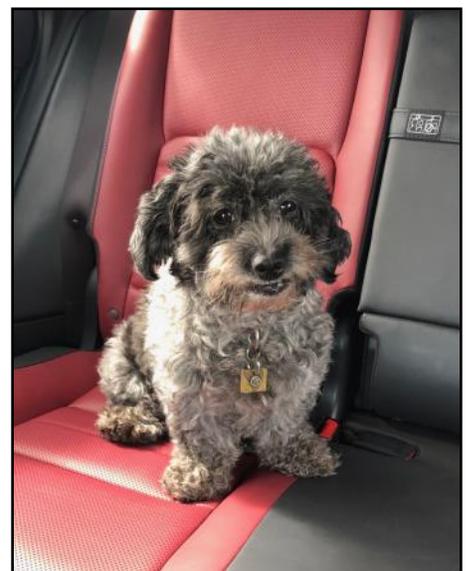
7 Favorite place in the world? *Exuma, Bahamas*

8 Favorite book or movie? *Love Actually or James Bond Series - Sean Connery era especially*

9 What hobby would you get into if time and money weren't an issue? *Travel. I try to do as much as I can now, but would love to see and experience as much as possible!*

10 How did you become involved with SPWP? *When I started working at NOV several people were a part of SPWP and invited me to a meeting. I was instantly hooked!*

Pictured from left to right is Kara with her husband Kody at their deer ranch, 8 year old Callie and 11 year old Mia.



JUNE SPEAKERS

“Changes in Oil & Gas Culture”

A Panel Discussion Moderated By:

Mark LaCour - *Director at ModalPoint*

Panelists:

David Reid - *Chief Marketing Officer at National Oilwell Varco*

Collin McLelland - *Digital Wildcatters*

Massiel Diez - *Sales Engineer at Wireline Sales & Rentals*

Deanna Zhang - *Associate at Tudor, Pickering, Holt & Co.*




SPWP ANNOUNCEMENTS

OHH FISHING TOURNAMENT BLUE BONNET YOUTH RANCH SPONSORSHIP

Sylvia Garcia and Lellany Conaway are once again volunteering to chaperone several children from the Blue Bonnet Youth Ranch so they can participate in a weekend of fishing and fun during the annual Oilfield Helping Hands Fishing Tournament held June 20-21, 2019 in Port O'Connor, Texas. They will be accepting donations at our June breakfast meeting to go towards the children's accommodations, food and games to ensure a great time is had by all. Please consider a donation of any amount and contact them directly for more information.

Happy *Membership*
Anniversary!

HAPPY
Birthday



- Kelsey Hulett** **12 years**
- Renee Brown** **6 years**
- Suzanne Short** **1 year**

- June 13** **Suzette Olivan**
- June 22** **Jerri Babin**
- June 28** **Shay Jones**

SPWP SCOOP

So what is going on with you?



On Saturday, June 1st, Amber Vrabel, Erin Stroud, and other members of DistributionNOW's RAD Women affinity group volunteered at the Houston Food Bank. Through the collective efforts of the RAD team and other volunteers, 10 pallets of food and supplies were completed, equating to 13,828 lbs. or 11,523 meals.



Erin Stroud, her husband, and 8 friends traveled to the Bahamas over Memorial Day Weekend. The weather was beautiful and the color of the water was even better!



Suzanne Short adopted a 6 month old cat from HOUSTON PETS ALIVE! and named her Dolly.



Michelle Muse was promoted to Organizational Development Manager for Nabors.

Mary Petricko accepted a new position as a Buyer for Kinder Morgan.

Alma Sastre's daughter, Lluvia Barraza, graduated from Heights High School. She will attend HBU Houston Baptist University in pursuit of a degree in nursing and join the Air Force ROTC.

Once she graduates from College, she will join the Air Force as a Nurse and will be a Ranked Officer as part of her participation in ROTC in college.



SCHOLARSHIP UPDATE

An update from one of our 2013 Scholarship Recipients, Grace Howley...

I received the SPWP scholarship in 2013 when I graduated from Kingwood High School and began studying Petroleum Engineering at UT -Austin. While in college, I was President of the UT student chapter of the Society of Petroleum Engineers, and I was a member of the UT PetroBowl team where I got to compete at the SPE Annual Technical Conference and Exhibition in 2015 and 2016. I was also a member of AADE and active in the Texas Running Club.

I graduated with a BS in Petroleum Engineering in May 2017, and I began working at Noble Energy in July 2017. Noble has a rotational engineering program where college hires move through three different roles within their first three years at the company. I started in the Operations Excellence group where I helped with field audits. In December 2017, I moved over to the Permian drilling team as a field engineer working a rotation out of Pecos, TX. I am now working on the deepwater completions team preparing to complete an offshore well in Equatorial Guinea. We will be getting a rig in June, and I will go out to the rig for the operations phase as a completion engineer. I am looking forward to this as I enjoy being out in the field where the action happens.

In my free time, my main hobbies are traveling and running. When I was working a rotational schedule (14 days on/14 days off), I traveled on every days off. I love to explore new places and do anything outdoors. I am an avid runner and try to run two marathons a year. I love to travel to a new city to run a marathon; my most recent race was the Newport Marathon in Rhode Island in April. I enjoy running because it keeps me healthy and gives me time to be alone with my thoughts every day.

I am very grateful for the SPWP scholarship. It allowed me to focus on my studies and development during school instead of having to work to make ends meet. It was also a great feeling to know a group of women in my industry saw potential in me and believed I could succeed.



CAREER CORNER

How To Really Unplug From Work

Nearly 70% of people admit to checking work emails while on vacation, according to LinkedIn Summer Vacation data. The number one reason people don't disconnect from work while on vacation is that they don't want to fall behind.

While most people say career success is spending time with their family and disconnecting from work (53%), most of them struggle to completely go off the grid when on vacation. If you can relate, make an effort to digitally detox and unplug while on vacation. Wondering how? LinkedIn Career Expert Blair Decembrele has just the tips for you:

Perfect the Out Of Office Email

An "out of office" (OOO) email reply is key when it comes to disconnecting from work. Before you head out, discuss a plan with your team and align on a point of contact so you know someone is available, should anything urgent come up. Short and sweet is the name of the game for OOO messages -- include the dates you'll be out, who they should reach out to if there's an emergency, and relevant contact information. Step 1: Make the plan with your team. Step 2: Set up the auto-responder. Step 3: Go enjoy your time off!

Let your team disconnect

More than two-thirds (67%) of people say they would contact a colleague about work-related matters while the colleague is on vacation. But it's important to think twice before hitting send! We all want our coworkers to give us the same courtesy when we're away, so work with your colleagues to ensure you're all able to disconnect during time off so everyone can come back refreshed.

Turn FOMO into JOMO

According to LinkedIn research, millennials have vacation request FOMO (Fear Of Missing Out). In fact, 15% did not take time off because they're scared of things coming up at work. Instead of feeling FOMO, find the joy in missing out - JOMO - and be present on vacation. Do the things you love to do without checking your email or even social media. Read, go sailing, learn a new culture—there is so much adventure out there that can make you better at your job. Rather than worrying about what is going on at work, make the most of out your time out of the office, so that you can come back energized, inspired and at the top of your game.

This information has been adapted from an article by Shelcy V. Joseph which can be found at <https://www.forbes.com/sites/shelcyvjoseph/2018/07/31/how-to-really-unplug-from-work/#6358cb277e9d>



The **Society of Professional Women in Petroleum** was formed in early 1981 to support professional career women in the Petroleum Industry through networking, education and the distribution of technology and information. SPWP is incorporated as a 501(c)(3) tax exempt non-profit organization.

All aspects of drilling and production operations are covered through topical monthly breakfast meetings and industry speakers and we constantly seek to further expand the knowledge of our members. We also feature professional development speakers and hold roundtable discussions on a rotating basis.

SPWP's membership consists of women who have active careers in the Oil & Gas Industry in fields including Engineering, Geology, Sales, Research, Finance, Law, Quality Assurance, Purchasing, Advertising and Marketing.

SPWP is dedicated to furthering the careers of women in the Oil & Gas Industry and as part of our mission, we have a merit-based scholarship program that provides financial assistance to female Houston-area high school seniors entering a Texas college. Our annual fundraisers on behalf of this program are made possible through the tremendous support of companies within the industry, as well as through the tireless dedication of our members.

Mission Statement

Supporting career women in the petroleum industry through technology and information.



July Breakfast Meeting 07/11

Presentation of scholarship awards

August Breakfast Meeting 08/08

Annual joint meeting with AADE

Speaker: Bri Robinson – BP

Topic: Deepwater Gulf of Mexico Drilling

BOARD OF DIRECTORS

President

Erin Stroud
DistributionNOW
713.254.8752
erin.borstmayer@gmail.com

First Vice President

Gina McGinn
Baker Hughes, a GE Company
281.734.5930
Gina.McGinn@BHGE.com

Second Vice President

Rhonda Bean
Archdiocese of Galveston–Houston
713.907.5653
rhondabean93@gmail.com

Treasurer

Mary Petricko
Kinder Morgan
832.596.4198
finance@spwp.org

Secretary

Suzette Olivan
NEORig
713.430.6984
Suzette.Olivan@Neo-rig.com

Member at Large

Suzanne Short
Edward Jones
281.777.5544
suzannecshort@yahoo.com

Social and Development Director

Becky Lamson
DHL
281.704.5871
Blamson05@yahoo.com

COMMITTEES & CHAIRS

Scholarship Committee

Chair – Kara Ellis Karawebbellis@gmail.com

Golf Committee

Co-Chair – Reneé Brown Renee.brown@battcables.us
Co-Chair – Sherry Adams Sadams@wabtec.com

Casino Committee

Chair – Reneé Brown Renee.brown@battcables.us

By-Laws Committee

Co-Chair – Lauren Brooks Lauren.Brooks@nov.com
Co-Chair – Jerri Babin Jerri.Babin@nov.com

Please forward newsletter updates,
comments, or questions to Gina McGinn at
Gina.McGinn@BHGE.com