

SPWP News



This month's meeting will be held May 9th, 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.



PRESIDENT'S NOTE

Hello Ladies,

Between OTC and our upcoming 33rd annual Derricks & Dice Casino Night, May is proving to be a busy month! Speaking of Derricks & Dice, we are approaching the final countdown for this year's event. Our casino committee has been hard at work over the last several months obtaining sponsorships and prizes, selling tickets, and coordinating with our vendors, all to ensure a successful and profitable event for SPWP. Remember that all funds raised go toward our scholarship program!

We are required to provide a final headcount for Derricks & Dice by Friday, May 10th. Please purchase your entry tickets soon to ensure you have a spot. We need the support of each and every member! You can purchase your tickets through our website or through Treasurer Mary Petricko at our May breakfast meeting. The event will be held on Friday, May 17th at the Majestic Metro in Downtown Houston. You don't want to miss this amazing new venue!

To let you know some of the other things your 2019 board has been working on, we are currently in the process of reviewing proposals for a much-needed redesign of our website. Our goal is to make a decision by June and roll out our new SPWP website within the next several months. We are also planning our first social event of the year, Bingo in the Heights, to be held on Thursday, June 6th. Lastly, we will have a special extended-length breakfast meeting in June, featuring a panel discussion on the topic of Changes in Oil & Gas Culture. Don't miss it!

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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APRIL MINUTES

1st Vice President Gina McGinn, in President Erin Stroud's absence, called the meeting to order at 7:31 am on April 11, 2019 at the Norris Conference Center. Gina welcomed all SPWP members and then introduced the 2019 Board of Directors.

Gina asked for a motion to approve the March 2019 minutes as written in the newsletter. Becky Lamson approved and Sherry Adams seconded. No one opposed, so the minutes were approved as written.

Gina turned the meeting over to Second VP, Rhonda Bean, for introduction of the April speaker, Jeff Beach, Senior Global and Key Accounts Manager at Baker Hughes, a GE Company.

Gina turned the meeting over to Kara Ellis, Scholarship Chair, who gave an update on the Scholarship Committee. She mentioned that interviews were held on April 6th, where 4 candidates were chosen. We will honor this year's scholarship recipients at the July breakfast meeting. SPWP is looking to bring past scholarship recipients to speak at our breakfast meetings. Members are encouraged to send in suggestions.

Gina gave an update on the Casino Committee. The event will be held on May 17th at the Majestic Metro. Rene Brown, Casino Committee Chair, encouraged all membership to promote the event for ticket sales and sponsorships. A Casino Committee meeting is to be held after the Breakfast meeting.

Gina turned the meeting over to Secretary Suzette Olivan to introduce new member Shay Jones. She was not in attendance and will be announced at the May Breakfast meeting

Gina announced the Volunteers of the Month as all of the ladies that volunteered at the AADE Golf Tournament on April 1st.

Gina announced the API Sporting Clays Tournament will be taking place on May 4th, 2019 at the American Shooting Center. They are looking for sponsors, cooking teams, and volunteers. She also mentioned that the Oilfield Helping Hands 16th Annual Sporting Clays Tournament on April 12th, 2019 is looking for teams and sponsors. Renee Brown will be selling squares and mentioned there are more positions available for anyone else who is interested in participating as a volunteer. In addition, The AADE 2019 Saltwater Fishing Tournament will be taking place on May 31st, 2019. They are in need of sponsors and fisherman. Contact Sylvia Garcia for more information.

Gina wished a happy birthday to all of the members born in April.

Gina wished a happy anniversary to all the members that joined SPWP in the month of April.

Gina opened the floor to announcements, but there were none.

Gina asked guests to introduce themselves; there were five guests in attendance.

The meeting was adjourned at 8:28 am. Some members and guests remained after the meeting to network.

Respectfully submitted,

Suzette Olivan

MAY FEATURED MEMBER

Shay Jones

1 How did you get started in the Oil & Gas Industry? *I recently transitioned into the oil and gas industry after pursuing an MLS degree in Oil, Gas, and Energy Law.*

2 Area of Specialty (i.e. Sales, Engineering, Accounting, etc.)? *Oil, Gas, and Energy Law*

3 When people come to you for help, what do they usually want help with? *Colleagues and peers usually ask for detailed notes (from meetings) or advice on how to effectively communicate written objectives.*

4 Most influential person in your career and why? *The most influential person in my career is my mother. Regardless of life's unexpected twists and turns, she established a foundation of putting her family first. She has always remained positive in the face of adversity and communicated the same message at every turn in my career. Time and time again, she has echoed the following words "never be afraid of change" which has been my motto throughout my career. My mother is easily recognized as the most influential person in my life, as seen through her strength, drive, and determination.*

5 Best career advice you've received? *"Being uncomfortable presents opportunities for growth and leads to success".*

6 Were you born in Houston? If not, what brought you here? *I'm originally from North Texas but moved to this Houston shortly after getting married.*

7 Favorite place in the world? *Although it may sound cliché, my favorite place in the world (regardless of the time or place) is surrounded by my entire family.*

8 Favorite book or movie? *Although it doesn't have a happy ending, Terms of Endearment (staring Shirley MacLaine and Debra Winger), remains my most favorite movie of all time. At a young age, I watched the challenges, beauty, love, and sadness of a mother-daughter relationship play out on screen. Terms of Endearment was the first movie my mother, sister, and I watched together.*

9 What hobby would you get into if time and money weren't an issue? *I have quite a few hobbies, so this is a difficult question. Although I love to write poetry, bake, and have sung at several events in the past – I would become a fiction writer full time.*

10 How did you become involved with SPWP? *As a new employee with DNOW, I was introduced to SPWP through Erin Stroud. Erin's ability to effectively communicate, mentor colleagues, and empower women throughout the industry led to my becoming a member of SPWP.*





MAY SPEAKER

Claudia Espinosa is editor of the ICIS Mexico Energy Report (MER), which is focused on pricing, news and analysis of the natural gas and power markets. It is also where the first over-the-counter (OTC) pricing indications for power and clean energy certificates (CEL) were published. Prior to joining ICIS, Claudia consulted on Latin American political and economic issues for organizations in the US and Mexico. She holds a bachelor of arts degree from the University of St. Thomas in international relations and obtained her master's in international relations from the University of California, San Diego with a specialization in Latin American politics and business management.

SPWP ANNOUNCEMENTS

CASINO COMMITTEE UPDATES

May 10th is the deadline to purchase tickets! <http://www.spwp.org/derricks-dice>. If you are interested in volunteering at Derricks & Dice please contact First Vice President, Gina McGinn. We have a need for volunteers for set up, casino money sales during the event, and tear down.

AADE SALT WATER FISHING TOURNAMENT

Sponsors and participants are requested for the tournament on Friday, May 31st at Sea Star Base in Galveston. Please contact Sylvia Garcia for more information.

Happy *Membership!*
Anniversary!

Kayla Honza **8 years**

Rhonda Bean **6 years**

HAPPY
Birthday



May 3 **Denise Kraus**

May 12 **Lellany Conaway**

May 29 **Michelle Muse**



Welcome Aboard!

New Member

Name: Audra Seanghok
Title: Buyer/ Planner
Company: TAM International, Inc.
Sponsored By: Sherry Adams
Committee Interests: Casino



SPWP SCOOP

So what is going on with you?



Katherine Culbert spoke on The Business Case for PSM at the Gas Producers Association (GPA) annual conference in San Antonio. Way to go, Katherine!



Erin Stroud and her husband, Ryan, spent two weeks in April exploring Vietnam.



Brenda Myers purchased her first home after saving for 10 years. It was love at first site and she closed 23 days after the first visit. The backyard of her new bachelorette pad backs up to woods and includes trees for a hammock. The whole process was less painful than she expected due in part to her wonderful real-estate agent and broker. Congratulations Brenda!



SCHOLARSHIP UPDATE

An update from one of our 2016 Scholarship Recipients, Bidisha Nandi...

I am a rising senior at Rice University majoring in Bioengineering. My dad is an engineer, thus science and math have always been important parts of my life and engineering made sense for me to major in since it requires both. I've always been interested in the healthcare field and helping people, so bioengineering is one way that I could potentially do that through building medical devices or research.

I am the Publicity Committee Head for Rice Student Volunteer Program (RSVP), a College Representative of Red Cross, a member of the Society of Women Engineers (SWE), and a member of Rice Rasikas, a classical Indian dance team. Rice Rasikas performs at cultural events and competes in national competitions. We won 1st place this year at Navarasa, a competition in North Carolina.

I'm also a volunteer at the Ronald McDonald House at Texas Children's Hospital where I help take care of the family rooms where the families of patients eat, rest and wait.

I've also been interning through Girlstart, a nonprofit organization, for the last two years which I will continue in the fall. At Girlstart, we work with economically disadvantaged 4th and 5th graders to teach them about the STEM field and encourage them to pursue a higher education through fun STEM activities pertinent to different careers.

Being involved in so many things while in college can be pretty exhausting but it's amazing and worthwhile being involved in both the Rice community and the Houston community, helping out different people and making a difference.

This summer I will be applying for medical school and will continue research at Baylor College of Medicine. Engineering is a huge part of who I am so I hope to continue to use the skills I've gained as a bioengineering major in my career for research.

SPWP made it possible for me to go to Rice and thus receive these opportunities so that I can follow my dreams of becoming a physician.



CAREER CORNER

6 Secrets for Surviving a Business Trip

Long delays and cramped hotel rooms. Travel has its drawbacks, but it's usually more than worth the hassle to spend a few enjoyable days with your family or friends. But what about work trips? Suddenly, the inconveniences of travel are mixed with the potential awkwardness of spending 24/7 with your co-workers. Like it or not, though, you're bound to have conferences, client trips, or company meetings on the calendar at some point. So before you pack your bags, here are a few tips on making it tolerable and even—dare we say it—fun.

1. Stay Ahead of the Game

Careful planning is the secret to every successful trip, and work travel is no different. It's actually even more important to be uber-prepared when you have the eyes of your boss and co-workers on you. So map out the route to the hotel and double-check the dates on your rental car reservation. Bring an extra alarm so that you don't miss your flight or show up 20 minutes late to your meeting. Try to carry on your luggage so that your bags don't end up in Anchorage when you're headed to Atlanta. Acting on the theory that "whatever can go wrong, will go wrong" will help keep the trip running smoothly.

2. Pack Smart

Don't forget to bring a few essential items to help save your sanity while traveling with co-workers. A pair of earplugs can be a lifesaver if you need to catch some zzz's on a flight or block out the sound of your snoring roommate at night. Headphones are a universal "I don't feel like chatting" sign, great for when you just need five minutes of quiet time. And a pack of cards are easy to fit in the pocket of your purse and can keep you and your officemates occupied during a layover or a lunch break.

3. Dress the Part

While we're on the subject of packing, remember to fill your suitcase with clothing appropriate to the occasion. Most importantly—if you're going to be flying with co-workers or meeting clients at the airport, make sure that your travel outfit can't be described using the words "velour" or "sweatsuit." Ditch the Uggs and opt for something cozy yet professional—ballet flats and a soft maxi skirt, for example. Sharing a room with a co-worker? Don't count on the hotel providing you with a robe. Pack a pair of respectable PJ's.

4. Make it Fun

*Even if you aren't headed to a beachside city or major metropolis, work trips don't have to be total snooze-fests. Every destination, no matter how small, has something to keep you and your co-workers entertained. Find the local hot spots using TripAdvisor and Fodor's, or search by city on the Food Network website for restaurants featured on shows like *Diners, Drive-ins, and Dives*. At the very least, you'll avoid an overpriced meal at a mediocre chain restaurant, and you may even become the office hero for discovering that the sleepy southern city you're visiting is home to the world's best hickory-smoked ribs. For something a little more unique, pay a visit to www.RoadsideAmerica.com. This website lists unusual landmarks and tourist attractions by state. Convincing your co-workers to do something silly or partake in the local culture will provide some surprisingly good team bonding time (not to mention photos for the break room).*

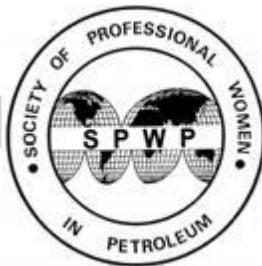
5. But Not Too Much Fun

*That said, remember that a work trip isn't your own personal spring break. Even if you're technically off the clock, after-hours events with your co-workers are not the time to ride the mechanical bull, challenge a local to a drinking contest, or re-enact your favorite scene from *Coyote Ugly*. What happens at the regional sales conference doesn't necessarily stay at the regional sales conference—and you don't want to run the risk of your bad behavior making it back to your boss. A good rule of thumb is not to drink more on a work trip than you would at any other business function.*

6. Keep Smiling

Ask any experienced traveler for tips, and they'll probably mention the benefits of having a positive attitude. Flight cancelled? Accidentally reserve a Smart Car instead of a rental van? Instead of having a meltdown, try to calmly look for ways to solve the problem. Anticipate that there might be a few delays or uncomfortable moments during your journey, and resolve not to let them get to you. Attitudes are infectious, and a good one or a bad one can set the tone for everyone on your trip. Plus, not only will your positive attitude impress your co-workers, it'll increase your chances of getting an upgrade. And hey, that's the real key to business travel! Have fun!

This information has been adapted from an article by Lynze Wardle Lenio which can be found at <https://www.themuse.com/advice/6-secrets-for-surviving-a-business-trip>



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.



June Social 06/06

Bingo in the Heights

June Breakfast Meeting 06/13

(extended meeting)

Panel Discussion led by Mark LaCour - modalpoint
Topic: Changes in Oil & Gas Culture

July Breakfast Meeting 07/11

Presentation of scholarship awards

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