

# SPWP News



This month's meeting will be held on December 12th, 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](mailto: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](http://www.spwp.org).

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



## PRESIDENT'S NOTE

Hello Ladies,

It is hard to believe it is already December and another year is soon to draw to a close. I've had a fantastic year serving SPWP as President and I'm honored to have been elected to do so again in 2020. Thank you to my amazing outgoing 2019 Board of Directors. None of what SPWP accomplished this year would have been possible without you! Also, a big welcome to the newly elected 2020 Board of Directors. I am excited to work with you next year!

Our last breakfast meeting of the year, to be held on December 12th, is our annual Christmas celebration – don't miss it! Instead of a speaker, we will have fun and games. We will also be doing an ornament exchange so if you would like to participate please bring an ornament valued at \$10.

I dropped off SPWP's donations to BEAR...Be a Resource for CPS Kids this past weekend. A big thank you to everyone who donated. BEAR was very appreciative, and I know the children going through the CPS system will be as well.

I would also like to thank Erin Williams, who has stepped forward into the role of Scholarship Co-Chair, along with Ingrid Cooper. I can't wait to see what both of you ladies accomplish this year!

As always, 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.

Merry Christmas and Happy Holidays!

Erin Stroud



### INSIDE THIS ISSUE:

NOVEMBER MINUTES	2
FEATURED MEMBER	3
DECEMBER BIRTHDAYS	3
DECEMBER ANNIVERSARIES	3

ANNOUNCEMENTS	4	CAREER CORNER	7
SPWP SCOOP	4	MARK YOUR CALENDAR	8
SCHOLARSHIP UPDATE	6	BOARD OF DIRECTORS, COMMITTEES, & CHAIRS	9

# NOVEMBER MINUTES

President Erin Stroud called the meeting to order at 7:45 am on November 14th, 2019 at the Norris Conference Center. Erin welcomed all SPWP members.

Erin then introduced the 2019 Board of Directors.

Erin asked for a motion to approve the October 2019 minutes as written in the newsletter. Sylvia Garcia approved and Amber Vrabel seconded. No one opposed, so the minutes were approved as written.

Erin turned the meeting over to the 2020 Board Member Candidates to give their election speeches.

Erin then turned the meeting over to the Nominating Committee to initiate 2020 Board elections by distributing and picking up ballots.

Erin presented a review of all 2019 Board accomplishments. Erin addressed the members and asked for feedback regarding what type of social events the organization would like to see. Sherry Adams mentioned she would like to see more educational tours as these outings are job related and will expand our professional knowledge. Veronica Rhodes mentioned a lot of the membership is new and would like to see opportunities where the members could get to know each other more via events like happy hours; the members expressed City Centre would be the best location. Erin encouraged social media presence, liking and sharing to expand our membership.

Erin turned the meeting over to Treasurer Mary Petricko to review the 2019 Financial Report.

Erin mentioned the Scholarship Committee is looking for a Committee Co-Chair, if anyone is interested please contact Erin.

Erin mentioned the Golf Committee Chairs are starting to research venues for the Tournament, a tentative date has been set for April 17th, 2020.

Erin then turned the meeting over to Secretary Suzette Olivan to announce SPWP t-shirt orders. A sign up sheet was passed around for anyone to sign up and submit payment to Mary Petricko. T-shirts are \$14.00 for sizes S- XL and \$17.00 for 2XL and larger.

Erin then turned the meeting over to Sylvia Garcia, from the Nominating Committee, to announce the 2020 Board Member election results. All candidates were unanimously elected.

Erin wished a happy birthday to all members born in November.

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

Erin thanked the organization for all the items donated so far for our Christmas charity, BE A Resource – BEAR and reminded everyone that the deadline for donations is December 6th. If you wish to donate, feel free to coordinate with Erin Stroud for drop-off or make a monetary donation via the internet.

Erin reminded the organization that the next meeting will be our Christmas party taking place on December 12th , 2019, she asked members to bring an ornament valued at \$10.00 for the ornament exchange. She also reminded everyone to follow SPWP on social media.

The meeting was adjourned at 8:22 am.

Respectfully submitted,

Suzette Olivan

# DECEMBER FEATURED MEMBER

## Nikki Jones

**1 How did you get started in the Oil & Gas Industry?** *I'm a numbers person – always have been. When I was offered a Controllership role at Maersk nearly 10 years ago, I was thrilled. At the time, I was handling Maersk Line (container shipping) as well as various other business units. Shortly after, I moved into solely handling the Drilling side of Maersk's business. Working for such an innovative Oil & Gas organization and traveling the world has been such a great experience.*

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

**3 When people come to you for help, what do they usually want help with?** *Most people that come to see me just need a bit of guidance or a sounding board. Throughout my career I have led many that I didn't directly manage. I get solicited regularly on various topics whether business, career-focused, or even personal. I listen a lot and many times I just guide people to the answer they already had within before they came to me in the first place.*

**4 Most influential person in your career and why?** *I've had so many leaders who have influenced my professional and personal development at different phases in my career, all equally important. Most recently, my former direct manager. Shadowing her helped me learn how to lead people with influence rather than authority.*

**5 Best career advice you've received?** *Pick your battles. I've had to learn to let some things "just be" so that at the right time I could really get the win I needed.*

**6 Were you born in Houston? If not, what brought you here?** *No, but I have lived here most of my adult life.*

**7 Favorite place in the world?** *Manila, Philippines*

**8 Favorite book or movie?** *Five Things Successful People Do Before 8am, By Terri Savelle Foy*

**What hobby would you get into if time and money weren't an issue?** *Full time travel. I love to see different parts of the world, experience the culture, and eat the food!*

**10 How did you become involved with SPWP?** *I was looking for a place to collaborate and learn from other women in the industry as well as a place that provided opportunities to volunteer and give back.*



**December 2 Amber Vrabel**

**Gina McGinn 10 years**

**December 17 Kayla Honza**

**Kimberly Gonzales 5 years**

# SPWP ANNOUNCEMENTS

## SPWP DECEMBER MEETING ORNAMENT EXCHANGE

If you would like to participate in this annual SPWP tradition please bring a gift-wrapped ornament valued at \$10 to our December Christmas Breakfast meeting on December 12th.

## NEW WEBSITE

Stay tuned for the official launch date of our new website at [SPWP.org](http://SPWP.org)!

## WE'RE MOVING...

Beginning in January 2020 we will be meeting at Norris Conference Center Westchase for our monthly breakfast meetings. Meetings will continue to be held on the second Thursday of the month at 7am.

## AADE CASINO NIGHT

AADE's Houston Chapter will be holding their 25th Annual Casino Night on Saturday, January 25th, 2020 at the Marriott Marquis Downtown. Visit <http://www.aade.org/chapters/houston/> for more details.

## SPWP SCOOP

So what is going on with you?



Becky Lamson ran her 7th Turkey Trot on Thanksgiving Day.



President Erin Stroud dropped off SPWP's Christmas Charity donations to BEAR...Be a Resource for CPS Kids this past weekend. Thanks to everyone who contributed!



Erin Williams began her own business in November as a Life Coach in the area of simplicity and intentional living. The business will equip busy women with the tools to slow down and make space for the things that matter, both in their homes and in their lives. Her company, Starting Simple™, is now a reality and she's thrilled about the opportunities it will provide to overwhelmed women across the US.

# SPWP SCOOP

...Continued...



Amber Vrabel spent the week before Thanksgiving in Hot Springs, Arkansas where she hiked 5 miles to Balanced Rock and visited a few breweries.



Kadie Rose has changed careers from the O&G industry to real estate. If you or anyone you know is interested in buying, listing and/or renting a home or apartment, she is the woman for the job. Additionally, she is recruiting for current and new real estate agents in the greater Houston area. Reach out to her if you would like her assistance (713-775-7719).

Rhonda, Oliver (5 months old) and Jeff Bean wish everyone a Merry Christmas and a healthy, happy New Year!



Veronica Rhodes and her cousin hiked in the Adirondacks Mountains this past weekend.



# SCHOLARSHIP UPDATE

## An update from one of our 2019 Scholarship Recipients, Sarah Dalby...

*Hello SPWP members! You may remember me, you may not, but SPWP awarded me a scholarship this year. Since then I have started college life and adventures at UT Austin where I am studying Architectural Engineering. So far, my first semester of college has been full of new experiences and adventures!*

*My classes are very different from high school, but not too difficult to handle. I have really enjoyed my geology class where we learned about a wide spectrum of things ranging from plate tectonics to oil production and fracking to climate change. I am also taking a really cool class that discusses interpersonal relationships (identity, marriage, friendships) that requires us to attend a tango lesson every week! Dancing tango is definitely something new to me, but it has really pushed me out of my comfort zone and I have really enjoyed it!*

*I attained a leadership position in a professional organization, Women in Civil, Architectural, and Environmental Engineering at UT Austin and I am the social chair. I have really enjoyed that and am grateful to them for giving a freshman the chance to hold a leadership position. I also joined Habitat for Humanity where I have been able to participate in construction projects that benefit those in need, similar to the tiny home that I built during high school.*

*One of my favorite adventures I've had this semester thus far has been joining an intramural volleyball team! I wanted to push myself outside of my comfort zone and stay active and I have gained some great friends and lots of fun memories because of that team. I have also enjoyed going to UT football and volleyball games this semester even though our volleyball team has been much more successful than our football team. I am looking forward to baseball, softball and track and field season coming up! I also had the opportunity to go see The Tonight Show Starring Jimmy Fallon a few weeks ago when they filmed at UT (pictured below), and that was a lot of fun!*

*I have already registered for classes next semester and I will be taking 15 hours with many of those being engineering physics...yay! But I'm looking forward to beginning a new semester with new classes and new adventures! Overall, college has been a huge adjustment, but has allowed me to grow in so many ways. Thank you again to SPWP for helping me financially so that I can focus on the adjustment to college and surviving my first semester!*



# CAREER CORNER

## New Year, New Career: Tips for Setting Career Goals for the New Year

### 1. Reflect on Your Year.

Take some time to consider your career in the year that just ended. If you dislike your job, try to figure out why. Is it due to the work itself, or something about the workplace, such as a poor relationship with your manager, lack of growth opportunity for you, or a poor organizational structure? If you like what you do, and it's outside factors that you find limiting, it might make sense to make your goal to find a new position. The same holds true if you feel positive about your field, but are ready for more significant responsibilities. Spend some time assessing what you like and dislike about your current situation. This is also an excellent time to reflect on where you see yourself in several years, from a career standpoint.

### 2. Inventory Your Skills.

Review your work, volunteer, extracurricular, and academic history to identify activities or elements of your past roles that you found energizing or enjoyable. What did you like the best? Inventory the skills which you have enjoyed using. Develop a preferred skills list of six to nine skills or activities that you would like to utilize in a new career.

### 3. Engage in Career Research.

The more you learn, the easier it will be to make decisions and set goals for yourself. Start to read about careers of interest by browsing websites or publications at your local bookstore or library. Identify two new careers to research each week, and keep a diary of your interest in each. Measure the careers against your preferred skills list. For those fields with a genuine appeal, compile a list of questions to research so that you can fully appraise the suitability of that career for you. If your goal is a new job in the upcoming year, research companies in your industry, and spend some time doing research on salaries as well.

### 4. Check Out What Your Friends Do.

Activate your curiosity about the work lives of friends and people in your social network. Think about the roles of colleagues, suppliers, or clients that might be a good fit for you, and interview them about the nature of their work. Share your skills list with them, and ask for help brainstorming career options that might be worth considering within their sector. Ask your contacts for introductions to people they know who are in fields that interest you, and inquire about the possibility of meeting for an informational interview.

### 5. Set Up a Job Shadow (or Two).

Set up some job shadowing opportunities with contacts in fields of interest during your vacation time to gain more concrete exposure to the field. It will give you real-life exposure to what the occupation is really like.

### 6. Volunteer to Gain Experience.

If possible, look for volunteer positions within your chosen field. For example, if you are considering geriatric social work, help out at a senior center. If you are in school, unemployed, or working at home, consider a part-time internship in your target field. Besides helping others, you'll get some relevant experience to add to your resume. You might even be able to turn your volunteer position into a job.

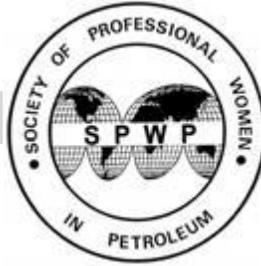
### 7. Go (Back) to School.

If attractive options require further education, take a class online to boost your career skills, consider earning a certificate in a career that interests you to boost your employability, review the offerings of local colleges, or consider taking a course at a local community college or adult education center to get a feel for your field of interest. Schedule meetings with faculty chairs from relevant departments to learn more about how the program might work for you. Completing a degree mid-career may seem daunting, but with the right support from family and friends, it can be feasible.

### 8. Contact Your College.

If you need further help, contact your alma mater (or an area college career office) for a referral to a local career counselor.

This information has been adapted from an article by Alison Doyle which can be found at <https://www.thebalancecareers.com/setting-career-goals-for-the-new-year-2059751>



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.*



#### **January Breakfast Meeting 01/09**

Speaker: Lee Gilley with Docmo

Topic: "Productivity & Excel"

#### **February Breakfast Meeting 02/13**

Speaker: Chris Bayardo with Bayardo Safety LLC

Topic: "Training Compliant & Competent Workers"

## 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

Co-Chair – Ingrid Cooper icooper@tex-fin.com  
Co-Chair – Erin Williams Erin.Williams2@nov.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**