

SPWP News



PRESIDENT'S NOTE

This month's meeting will be held February 13th, 2020 at the Norris Westchase location 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 Suzanne Short 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.



Hello Ladies,

As many of you have likely already seen, SPWP has been chosen as one of four featured charities for February at OKRA Charity Saloon in downtown Houston! This is exciting for a few reasons. First, if by the end of the month SPWP has collected the most votes, we will receive OKRA's proceeds for March. That in turn means we'll be able to award more money in scholarships this year! Second, even if we do not receive the most votes, this will still hopefully increase public awareness of SPWP. A special thank you to Audra Seanghok, Suzette Olivan, and Veronica Rhodes, who dedicated their Saturday to decorating our voting booth at OKRA so that we can show the world who we are and what we're all about!

We are hosting a Happy Hour at OKRA on Wednesday, February 19th in an effort to increase our chances of earning the most votes in support of our scholarship fund. Please make a special effort to attend, and please forward the invitation to your network. This event is open to your contacts, family, and friends, and it should be a fun evening and a great networking opportunity! Remember, you will receive 1 vote for each drink or food purchase so even if you are unable to attend our Happy Hour you can still visit OKRA at any other point during the month and cast your vote in exchange for a drink!

Speaking of scholarships, please continue to spread the word about our open scholarship applications with everyone you know! To be eligible, applicants must be female, graduating from a Houston-area high school, and planning to attend a college or university in Texas. Applications will close on March 13th, and the interviews will be held on April 25th. Please also continue sharing information about our 23rd Annual Golf Tournament, which will be taking place on Friday, April 17th at Windrose Golf Club. We are still looking for teams, sponsors, and prizes. Please let the committee chairs know if you would like to volunteer for either the scholarship or golf committees.

I will close with two final reminders. First, please remember to pay your annual SPWP dues if you have not already. The deadline is February 28th, after which a \$25 late fee will be incurred. The final deadline is March 31st. Also, don't forget to go to our new meeting location for our breakfast meeting this month! The address is: Norris Westchase, 9990 Richmond Avenue, South Building, Ste. 102, Houston, TX 77042.

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.

Sincerely,
Erin Stroud

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JANUARY MINUTES

Submitted by Suzette Olivan

President Erin Stroud called the meeting to order at 7:39 am on January 9th, 2020 at the Norris Conference Center - Westchase. Erin welcomed all members and introduced the 2020 Board Members.

Erin asked for a motion to approve the December 2019 minutes as written in the newsletter. Erin Williams approved, and Shay Jones seconded. No one opposed, so the minutes were approved as written.

Erin turned the meeting over to Second VP, Veronica Rhodes, for introduction of the January speaker, Lee Gilley with Docmo, to speak on Productivity and Excel.

Erin reminded all members about Dues being due on February 28th. A late fee of \$25 will be applied after that day until March 31st at which point membership will be terminated if dues are not paid.

Erin then turned the meeting over to the Scholarship Committee Chairs Erin Williams and Ingrid Cooper. They gave an update on the Scholarship recipient selection timeline and the need for volunteers throughout the process. Interviewers, Greeters, and Graders are still needed, please contact Erin Williams or Ingrid Cooper if interested.

Erin then turned the meeting over to Golf Committee Co-Chair Renee Brown. She announced the date of the Golf Tournament as April 17th. We will soon have a flyer including all tournament details to post and send everywhere. Everyone is encouraged to start obtaining sponsorships and collecting prizes. The Committee is in need of volunteers, please contact Renee or Sherry if interested.

Erin recognized Suzanne Short for her volunteer efforts in researching a new venue for Breakfast Meetings. Suzanne then reminded everyone to please park on the 3rd floor as the facility is strict on parking. She also mentioned we will have more breakfast variety to look forward to at our meetings.

Erin mentioned to everyone that the new website is now live and mobile friendly. The membership was encouraged to explore it and give any feedback.

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

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

Erin opened the floor to announcements. Suzette Olivan reminded everyone to pick up t-shirts from her if they have not done so.

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

Erin reminded the organization that the next meeting will be taking place on February 13th, 2020.

The meeting was adjourned at 8:37 am.

Happy *Membership*
Anniversary!

Sandra Mourton 38 years

Evalyn Shea 17 years

Jerri Babin 16 years

Sherry Adams 7 years

Maria French 7 years

Maria Lehner 1 year

HAPPY
Birthday



February 4 Erin Williams

February 7 Christine Vongxay

February 15 Katherine Culbert

February 21 Margaret Hare



Welcome Aboard!
New Member

Name: Tania Rezanka

Title: Senior Sales Engineer

Company: Oceaneering

Sponsored By: Lellany Conaway

Committee Interests: Casino
Night & Golf Tournament

FEBRUARY FEATURED MEMBER

Amber Vrabel

1 How did you get started in the Oil & Gas Industry? *I was a student at Texas A&M looking to enter a job market that provided a sense of purpose and impacted society for greater good. Growing up, I always joked with my parents that I wanted to wear a hard hat and pointed high-heels. Little did I know then, this type of field was possible if I decided to start my career in the energy realm. I went to a career fair with an open mind and a vision for how I saw myself wanting to grow up, and envisioned the opportunities I could possibly take advantage of. Entering a field rotation straight out of the gate helped me see the 'boots on the ground' impact of the oil & gas industry.*

2 Area of Specialty (i.e. Sales, Engineering, Accounting, etc.)? *I graduated Texas A&M with a Bachelor of Science in Industrial Distribution – Funny enough, I work for DistributionNOW. Area of expertise? I wouldn't say I've captured hold of one just yet. I've experienced multiple roles, from working in the field at our branches to designing Conex containers that were used as on-the-go warehouses, to analyzing pricing trends in our international markets, to now helping with inventory planning. Maybe, just maybe, one of these days I'll find my specialty but for now, I'm learning something new every single day.*

3 When people come to you for help, what do they usually want help with? *I find my strengths in being able to bring new perspective and positive energy to any aspect of the supply chain business that will help it thrive. I played soccer growing up and really ran ALL OVER the field being a utility player. I think that's the way my bosses see me now – "put her somewhere and she will make the best of any situation."*

4 Most influential person in your career and why? *So far, I find myself leaning on personal development books often. Any issue that I'm struggling with, I know someone else is smarter than me and has more experience than me, so I learn from the successes they've had. As far as face to face contact goes, I'm in the process of building new relationships to have a business mentor and know this will be beneficial in the long run. When I admire something someone else does, I let them know and share how I might be able to adapt my routine to follow through on what was taught; I think this cycle of consistently learning and growing is something that never grows old.*

5 Best career advice you've received? *Two pieces of advice I've lived by lately: 1) Success leave clues. Don't reinvent the wheel but rather, take it and make it better. 2) Control what you can control – a. Energy b. Action Items. c. Effort.*

6 Were you born in Houston? If not, what brought you here? *Work brought me here! I'm working on exploring the area and finding new weekend adventures to immerse myself into this city's culture – ideas and suggestions are always welcome!*

7 Favorite place in the world? *As I've just begun traveling and experiencing life outside of Texas, I would say my fondest memories have been surrounded by great people. Trips are about the company you keep and making the most of them! A few of my recent favorites: Hot Springs, AR; Red River, NM; Indio, CA.*

8 Favorite book or movie? *Seriously so many good ones! My Top 4 (currently): The Compound Effect by Darren Hardy, The Miracle Morning: 6 Habits that Will Transform Your Life Before 8AM by Hal Elrod, The Universe Has Your Back by Gabrielle Bernstein, How to Win Friends & Influence People by Dale Carnegie.*

9 What hobby would you get into if time and money weren't an issue? *So many good adventures to consider! Travel obviously... But one you might not hear so often - I'd probably open a gym and lead fitness classes. We would also source local coffee, sell graphic tees, and brew our own beer. It's an unbelievable dream let me tell ya!*

10 How did you become involved with SPWP? *During my time at Texas A&M, I was heavily involved in women's organizations – both focused on professional and personal growth. I have found being surrounded by good work ethic and people who uplift your spirit helps us all grow internally as well as externally. I first heard of SPWP through Erin Stroud. Participating in this organization that provides legacy alongside new growth in perspective excites me for the future members and those we provide scholarships for. I see good times and new opportunities to come!*

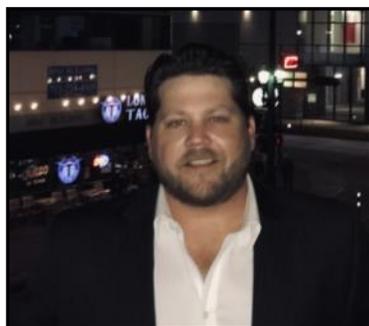


FEBRUARY SPEAKER

Chris Bayardo

Chris Bayardo is the Founder and CEO of Bayardo Safety LLC. He started in the industry as a laborer on a pipeline maintenance crew, and became a supervisor by learning the business from the ground up. He was asked to run the safety department for his employer at that time, and found his calling with safety and compliance. Chris has gained a full understanding of just how hard the work is, and what it takes to get the job done right. It is this mentality, paired with extensive training, that drives his passion for safety in the workplace and has led him to become invaluable to the contractors he works with.

Bayardo Safety LLC was founded during the summer of 2017 when Chris decided to leave the contractor he had been employed with for over 8 years to start his own Oil & Gas Safety company. Armed with only his work experience, determination, and zero outside funding, Chris took a “bootstraps” approach to building his company from the ground up with ZERO DEBT. He took on every client he could, as long as it did not sacrifice quality service for the client. In the beginning he was the sole employee at Bayardo Safety LLC acting as the Trainer, the Manager, and the Business Development team. As the work load and client base grew, so did the team at Bayardo Safety. Multiple revenue streams, zero debt and strong initial profits persuaded Chris that it was time to “give back.”



Chris decided to form the Veterans Training Initiative, in order to support United States Veterans returning home from various deployments that are seeking a career path after military service. All training and certifications offered through Bayardo Safety LLC are offered 100% FREE to US Veterans in order to help them pursue a career in the Oil and Gas sector. Bayardo Safety LLC has currently donated thousands of dollars worth of training and credentials to this day and will continue to do so as long as the company is up and running.

In his free time Chris Bayardo is a Dad and Husband first, as well as an avid outdoorsman and entrepreneur. He will be the first to tell you he is truly a lucky man, and is simply thankful for the opportunity to grow the company, and his family.

SPWP ANNOUNCEMENTS

AADE Golf Tournament

We are looking for 4 volunteers to assist with the AADE Golf Tournament on behalf of SPWP. The tournament will be held on March 30th, 2020 at Blackhorse Golf Club. Please see Erin if interested.

Scholarships

Please keep sharing the word about our scholarship program! Applications will close on March 13th, and eligibility requirements are listed on our website

SPWP UPCOMING EVENTS

TEE UP FORE SCHOLARSHIPS!

Society of Professional Women in Petroleum Presents:
23rd Annual Golf Tournament

Sponsorships Available!

<p>WHERE Friday April 17, 2020 Windrose Golf Club 6235 PineLakes Blvd Spring, TX 77379</p>	<p>CONTESTS AND PRIZES Prizes will be awarded for 1st, 2nd & 3rd Place. We will also hold a raffle and award prizes for Closest to the Pin, Longest Drive, and more!!</p>	<p>FOR MORE DETAILS Visit: spwp.org Email: golf@spwp.org</p>
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JOIN US HAPPY HOUR

IN SUPPORT OF SPWP'S SCHOLARSHIP PROGRAM

WEDNESDAY FEBRUARY 19TH

4:30 PM

OKRA Charity SALOON

SPWP SCOOP

So what is going on with you?



Suzanne Short attended the Dallas Safari Club Convention on January 10th and 11th. The DSC Convention and Expo is one of the biggest fundraising events in Texas. Over the past five years, the event has generated more than \$5 million for conservation, education, and hunter advocacy initiatives around the world.



Becky Lamson completed the Aramco Houston Half Marathon! Her 8th to date!



Erin Williams was selected as Employee of the Month at MSI Pipe Protection Technologies, an NOV company. This comes after taking on the added responsibility of business unit lead for NOV's fundraising efforts to support United Way of Greater Houston. It's been a great start to the year!



Bucket List:

-Attend Super Bowl ✓

Reneé Brown attended Super Bowl LIV in Miami, FL. It was an experience of a lifetime!



Katherine Culbert has gone back to school! She is at Northwestern Law in Chicago finishing her Master of Science in Law degree to help transition her business to working with Process Safety Management policy.



SCHOLARSHIP UPDATE

An update from one of our 2018 Scholarship Recipients...

Hi SPWP members! My name is Amanda Saxman and I was awarded a scholarship in 2018. I am currently a sophomore attending The University of Texas at Austin. When I entered UT as a freshman business major, I didn't know which specific major I would choose for myself. After taking my first accounting class freshman year and interning with Deloitte last summer, I decided to major in accounting. This summer, I am excited to be returning to Deloitte where I will complete two rotations: one in tax and one in audit. I am looking forward to learning more about a potential career at Deloitte.

When I am not in class, I enjoy exploring Austin, volunteering at the Ronald McDonald House, and actively participating in my sorority. I joined Alpha Delta Pi my freshman year and immediately knew I wanted to be as involved as possible. Last year, I served my chapter as Finance Specialist, and this year I am serving as Vice President of Finance. In these roles, I manage our chapter's budget and financial actions. Although these positions have been challenging, they have taught me valuable skills that I hope to apply in the future.

As my second semester of sophomore year begins, I am excited to continue working towards my degree. I am so grateful for your support in my education.

Thank you all!



CAREER CORNER

How to Turn Any Social Event Into a Networking Opportunity (Without Being Creepy About It)

Picture this: You're at a friend's birthday party and chatting with a new acquaintance. As the conversation goes on, you discover they're in a senior-level position at your dream company. You know it's obnoxious to immediately start selling them on your qualifications and career history, but you also really, really want to connect with them professionally. What should you do?

We all know networking is essential to position ourselves for future career opportunities. But for a lot of us, it still feels weird to do, especially when you're not at an explicitly networking-oriented event. You don't want to be the jerk rattling off your 60-second elevator pitch to a perfect stranger. At the same time, you don't want to miss an opportunity to connect with someone who could be helpful to your career.

The good news: Since networking is ideally about forming genuine relationships, a social gathering can be the perfect place to make those connections.

Listen More Than You Talk

Your first step in non-networking is to actually pay attention to what the other person is talking about. Instead of reciting your most impressive resume bullet points in your head, stay in the moment and ask questions about them. Allow the conversation to naturally segue into career territory. Even then, target your questions toward the individual rather than their industry or company.

Not only will this show that you're genuinely interested, but you get the chance to flex your industry knowledge without being super obvious.

Focus on Building a Relationship

Don't just talk about work, either. It's great to find common ground, so look for commonalities you share, whether it's a personal hobby or maybe you both really value time with family. Find those things to connect on. People love talking about their children or pets, so build rapport around that.

If you want to go a step further, take a few minutes after the conversation to make a note of anything unique for future reference. When you follow up or see the person again, briefly mention one of the highlights you talked about previously. Remembering small details can help you make a good impression.

Prioritize Quality Over Quantity

You might think you need to work the room to strengthen your chances of gaining valuable contacts, but Muse career coach Heather Yurovsky advises having in-depth conversations with just a few people to get started. Talk with one or two people and focus on making a deeper connection. When it comes to setting yourself up for future opportunities, one really meaningful conversation is better than 10 superficial exchanges.

Think of What You Can Offer

To avoid giving off too much of a "me, me, me" vibe, don't ask for any big favors from a new person right away. It's best to steer clear of any major asks during your first encounter. Rather than focus on what another person can do for you, think of how you can be a resource as well. It doesn't have to be anything major, but even giving recommendations for a good restaurant or dentist in the area can show you're not just talking to them for your own personal or professional gain.

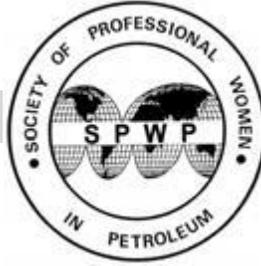
Suggest a Casual Way to Keep in Touch

If you're meeting someone for the first time in a casual setting, it could feel a bit stuffy to whip out your business card at the end of a conversation. Instead, ask if it's okay to exchange phone numbers or social media info.

Wait a few days, then reach out with a quick text or DM saying how nice it was to meet them and that you'd love to take them out for coffee or lunch to continue the conversation, or invite them to connect on LinkedIn if they have a profile. As you build the relationship, eventually you can feel more comfortable inviting them to take a look at your website or portfolio or asking them to make an intro to other professional contacts.

Bottom line: Networking in a casual setting doesn't have to feel gross. As long as you remember these key points for your next social gathering, you'll not only set yourself up for some promising future opportunities—you might just make a new friend or mentor, too.

This information has been adapted from an article by Quinisha Jackson-Wright, which can be found at <https://www.themuse.com/advice/how-to-network-at-social-event>



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 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.



March Breakfast Meeting 03/12

April Breakfast Meeting 04/09

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