

# SPWP News



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

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



## PRESIDENT'S NOTE

Hello Ladies,

Thank you to everyone who attended SPWP's Happy Hour at OKRA on Wednesday, February 19<sup>th</sup>! It was a fun evening and a great networking opportunity. Hopefully we will be able to hold a few more events like this throughout the year!

February is officially over, and unfortunately, SPWP was not the charity that received the most votes at OKRA for the month. I would like to issue a big congratulation to the winning charity, RAICES, on behalf of SPWP. We were up against three very worthwhile charities, and no matter what, the money is going to a great cause! Even though SPWP was not the ultimate winner, I still see this as a win because it was a great opportunity to increase our exposure. Plus, we will be eligible to participate in OKRA's Second Chance Tournament in December, so there is still a chance of winning funds for our 2021 scholarship program!

Speaking of our scholarship program, don't forget that applications close on Friday, March 13<sup>th</sup>. Please keep sharing the scholarship poster with your network! To be eligible, applicants must be female, graduating from a Houston-area high school, and planning to attend a college or university in Texas.

We are also a little over one month out from our Golf Tournament, which will be held on Friday, April 17<sup>th</sup> at Windrose Golf Club. We are still in need of sponsors, teams, and prizes so as with our scholarship poster, please keep sharing! In addition, please remember to bring alcohol to our March breakfast meeting, which will go toward a prize basket for the tournament.

Also, we are still in need of two people to volunteer at AADE's Golf Tournament on Monday, March 30<sup>th</sup>. Please let me know as soon as possible if you are able to help. AADE is a big supporter of SPWP – let's show our support for them!

Lastly, please remember to pay your annual SPWP dues if you have not already. The deadline was February 28<sup>th</sup>, and a \$25 late fee will now apply. The final deadline is March 31<sup>st</sup>. If you have already paid, thank you!

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

## INSIDE THIS ISSUE:

FEBRUARY MINUTES	2	SPWP SCOOP	5	CAREER CORNER	7
FEATURED MEMBER	3	SCHOLARSHIP UPDATE	6	MARK YOUR CALENDAR	8
MARCH SPEAKER	4	MARCH BIRTHDAYS	6	BOARD OF DIRECTORS,	9
ANNOUNCEMENTS	4	MARCH ANNIVERSERARIES	6	COMMITTEES, & CHAIRS	

# FEBRUARY MINUTES

Submitted by Suzette Olivan

President Erin Stroud called the meeting to order at 7:46 am on February 13th, 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 January 2020 minutes as written in the newsletter. Shay Jones approved and Amber Vrabel 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 February speaker, Chris Bayardo with Bayardo Safety, to speak on Training Complaint and Competent Workers.

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 reminded the membership to keep sharing the scholarship information on social media. The deadline for application is March 13th; the requirements are that the candidates be female, graduating from a Houston-area High School, and starting education this Fall at a Texas University. If interested in joining the Scholarship Committee, please contact Erin Stroud.

Erin then turned the meeting over to Golf Committee Co-Chair Renee Brown. She announced we currently have 2 teams and are in need of more players and sponsorships. If interested in being on the Committee or volunteering to help on the day of the event contact Renee Brown and Sherry Adams. There will be a quick meeting following the Breakfast meeting.

Erin then turned the meeting over to Secretary Suzette Olivan to present two new members.

Erin recognized Suzette Olivan, Audra Seanghok, and Veronica Rhodes for their volunteer efforts in decorating the SPWP Voting Booth at OKRA Charity Saloon.

Erin then mentioned that SPWP has been chosen as a featured charity for the month of February by OKRA Charity Saloon. For every purchase made by anyone in the month, they will receive a ticket that can be used to vote for a featured charity. The charity that receives the most votes through the month will win OKRA's proceeds for the following month. SPWP will be having a happy hour on February 19th from 4:30 to 8pm.

Erin mentioned the AADE Golf Tournament will be on March 30th. AADE is looking for 4 volunteers from SPWP to help with registration and hole monitoring. SPWP will receive the profits from the Mulligan sales. If interested in volunteering, contact Erin Stroud.

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

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

Erin mentioned the new business cards and encouraged everyone to take some and share to recruit members and get our name out in the community.

Erin opened the floor to announcements. Evalyn Shea mentioned the Integrity Management Exhibition this month. Everyone is invited to obtain a free pass and attend a reception on Tuesday and Wednesday to view the exhibit. A second announcement was made by Renee Brown, she requested that everyone bring booze to our next breakfast meeting to fill up the Booze Box for the golf tournament.

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

Erin reminded the organization that the next meeting will be taking place on March 12th, 2020.

The meeting was adjourned at 8:37 am.

# MARCH FEATURED MEMBER

## Jenny Wilson

### **1 How did you get started in the Oil & Gas Industry?**

My son left home for college in 2018, and as an empty nester, I turned all my attention on growing a career in the Oil and Gas Industry. I got my start at Drillformance as a Marketing Assistant, and I've had the opportunity to expand that role as a Marketing Coordinator. What I do encompasses all departments of the company, and I often find myself directing Marketing initiatives punctuated by actions as a Sales Support or Executive Assistant.

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

My areas of specialty are Marketing, Sales, Paralegal work, and of course Accounting. One of the things I enjoy about Marketing is having an excuse to be on social media. If you see a LinkedIn post on Drillformance, I was most likely the one who created the content, edited and posted it.

### **3 When people come to you for help, what do they usually want help with?**

When people need my help, they are usually needing sales collateral made to present to customers or they are looking for help on advertisements, logos, graphic design, event planning, or social media work. I was accepted to Chicago Art Institute at one time in my life, and I've developed a strong artistic talent and a good eye for design. This coupled with my appreciation for data makes my job a pleasure as it taps into my natural strengths and interests.

### **4 Most influential person in your career and why?**

The most influential person in my career and my life has been my husband, Tim. He truly has been a stable, solid force in my life. He has supported and loved me despite the many long hours and sometimes days and nights spent apart due to our careers as well as picking up the slack in our home life whenever I ask. He has seen me beat down, exhausted, frustrated, and unappreciated, and has done all he could to lift me up in those times. He's celebrated my successes and is always the first to cheer me on. We've been through some very tough times, but he has loved me despite it all. At the end of the day, he reminds me of who and what is important, and I'm grateful to have a partner like this in my life.

### **5 Best career advice you've received?**

The best Marketing advice I've been given is, "Don't worry about that guy." My line of work allows for a certain amount of creativity, and I am often dealing with opinions of other people that are not always in the best interest of the company or company vision. I have found the most success in staying focused despite the opinions of competitors or even co-workers. It is my responsibility to not only promote the company but to establish the company in a certain way in people's minds and hearts. This means every message we produce needs to have a spirit that is recognizable and unique to the company. Consistency is key, and in branding it is an anchor of clarity in a sea of confusion.

### **6 Were you born in Houston? If not, what brought you here?**

I have history in Texas. My great grandfather was born in Rosenberg to Czechoslovakian immigrants. They settled in Georgetown, and he later started a dairy farm in Moore, Oklahoma. I was born and raised in Kansas. My family and I moved to the Houston area in 2011 for my husband's work. We built our first house here. I can't imagine living outside of Texas. It would be a very sad day if we ever moved away.

### **7 Favorite place in the world?**

My most favorite place in the world is Texas of course.

### **8 Favorite book or movie?**

My most favorite book, besides the Bible, is The Odyssey by Homer. It's not really a book but an ancient, epic poem about a man's persistence to get home to his family and a couple's love withstanding the greatest trials imaginable. One time I was quite sick and had my husband read it to me. Hearing it in a man's voice made the story come alive in a very unique way. I absolutely recommend it.

### **9 What hobby would you get into if time and money weren't an issue?**

If I had all the time and money available to me, I would get into physique competitions, deep sea fishing, and treasure hunting.

### **10 How did you become involved with SPWP?**

I came to my first SPWP meeting as an AADE member for the AADE/SPWP breakfast.



## MARCH SPEAKER

### Ann-Louise Good

Ann-Louise Good is currently the US Strategic Account Manager for Hilcorp Energy and the Artificial Lift Wholesale Distribution Business at Weatherford International. Over the last two years, Louise has been a full time member of the Weatherford Transformation with roles first in the Western Hemisphere working on the highest value initiative in the Transformation and most recently in 2019, as the Workstream Lead for Global Sales. During her 17 + year career at Weatherford, she has held several sales and leadership roles across different business units including a combined Operations and Sales Manager position in Artificial Lift in Canada prior to her relocation to the US in 2017.



Her education and experience are in sales, marketing, and strategy development. She is a graduate of the Business Essentials Management program at the University of Calgary and has just completed the Advanced Management for Business Program at Yale University.

Louise has worked and lived in the US, Canada, and the Middle East and is mother to one adult son and has a 3 year old granddaughter.

## SPWP ANNOUNCEMENTS

### Scholarships

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

### AADE Golf Tournament

We are looking for 2 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.

2020  
Innovation  
& Inclusion  
Annual Summit and Awards Dinner

### Innovation & Inclusion Annual Summit and Awards Dinner

April 23, 2020 | Corinthian Houston | Houston, Texas

For more information please see <https://www.innovation-summit.org/2020-agenda/>

### HOUSTON ENERGY BREAKFAST

SPWP is a sponsor for the Houston Energy Breakfast on March 20, 2020. For more information please visit [www.houstonenergybreakfast.com](http://www.houstonenergybreakfast.com).

**SPEAKER REVEAL**  
Embracing the Evolving Market Landscape  
March 20, 2020  
SPEAKERS REVEALED WEEKLY!

**Melody Boone Meyer**  
Non-Executive Director BP, AbbVie, NOV  
President - Melody Meyer Energy LLC  
President - Women with Energy LLC

**KCA**  
KINETIC PARTNERSHIP - ENGINEERING RESULTS

[www.houstonenergybreakfast.com](http://www.houstonenergybreakfast.com)

**HOUSTON ENERGY BREAKFAST**

# SPWP SCOOP

So what is going on with you?



Kim Sayre and Erin Stroud, along with a group from DistributionNOW, participated in the Katy Feed the Hunger Packathon on Thursday, February 27th. 103,680 meals were packed over the course of this evening, which will be sent to the less fortunate around the world.



Erin Williams just recently launched her website. Since then she has been working to gain exposure to potential clients in the area of simplicity life coaching. She has begun building her e-mail list and has managed to book some sessions!



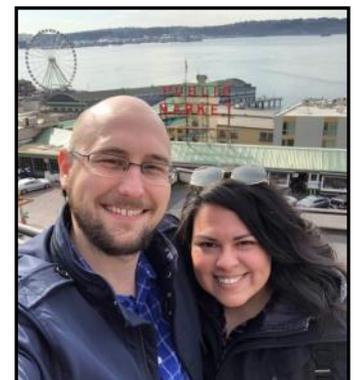
[www.startingsimple.com](http://www.startingsimple.com)



Erin Stroud ticked an item off of her bucket list when she visited New Orleans for Mardi Gras at the end of February! Erin and her husband watched multiple parades and caught countless beads, but the highlight of the trip was attending the Endymion Extravaganza (the Mardi Gras ball held by the Krewe of Endymion)!



On February 19th, SPWP participated in a networking Happy Hour at Okra Charity Saloon. In attendance for the SPWP Happy Hour were Erin Stroud, Sylvia Garcia, Katherine Culbert, Becky Lamson, Suzette Olivan, Audra Seanghok, Amber Vrael, Ingrid Cooper, and Brenda Myers. It was a great networking event and exposure for SPWP.



Suzette Olivan took a short getaway trip to Seattle, WA. It was a nice break and a fun trip!

# SCHOLARSHIP UPDATE

An update from one of our 2018 Scholarship Recipients, Shalom Akinwunmi...

Hello all!

My name is Shalom Akinwunmi and I am a 2018 recipient of the SPWP scholarship. I am a sophomore Nutrition Honors major also pursuing a certificate in Social Inequality, Health and Policy at UT Austin.

At UT I have been very involved with the Health Science Scholars Program, Women in Medicine, Students Expanding Austin Literacy, and my church, Antioch. I have also enjoyed working as an undergraduate TA for a freshman course and as a study facilitator for my advanced genetics course. Outside of school I love to hike around Austin, find new coffee shops to spend the afternoon in, go to Austin Public Library, and just enjoy the beautiful scenery of the city. I am excited to be participating in an internship and preceptorship at Baylor College of Medicine this summer as part of the Joint Admissions Medical Program and to continue working towards being a physician.

I am grateful to be studying at a university that I love and to have the support of the SPWP, who have been instrumental in my educational career.

Thank you!



**March 24**     **Evalyn Shea**  
**March 30**     **Audra Seanghok**



**Mary Petricko**     **7 years**  
**Michelle Vincent**     **6 years**  
**Veronica Rhodes**     **1 year**  
**Amber Vrabel**     **1 year**

# CAREER CORNER

## Courage, Creativity, And Connection: Key Ingredients In A Confidence Cocktail

In this latest edition of Confidence Conversations, the theme of courage again looms large. Julie Baker, Head of Enterprise and Community Finance at NatWest & RBS Group, shares some insights from her 35 years in banking and how she negotiated hurdles and overcame challenges as a woman in very much a man's world. Here are eight practical lessons on how to thrive and not just survive.

### Lesson #1: Command Attention and Get Yourself Noticed

The first challenge Baker faced was getting her voice heard: "I was very much in a minority; I was the first female assistant manager in Jersey for NatWest. And when you're around a table with 14 other assistant managers, all male, it was a real challenge." Baker's advice: Ask lots of questions. Volunteer for things, like piloting new services: that in itself increases your profile and gets you the right reputation.

### Lesson #2: Smart Networking Is About Listening

Learn to network in a smart way. You don't have to go to every event but find out what works for you. "It's not about talking, it's about listening. People think it's about pitching; actually, it's about listening to people and finding out what they need."

### Lesson #3: Be Brave and Negotiate On Pay

"The one thing that I didn't do until about three or four years ago when the whole world was talking about it was negotiation. I didn't negotiate in pay reviews or promotions because I was always happy with what I got. I thought I was fairly paid, and I always liked a new challenge. In hindsight, I'm one of those guilty women that didn't negotiate; that makes us responsible for the gender pay gap. So, I always advise women today to negotiate and have the conversation with the boss. Ask for transparency. Check that any offer is in line with what everybody else gets, based on the job regardless of gender. Don't be afraid to have those discussions."

### Lesson #4: Delegate Fiercely

"The other thing that I'm much better at now is delegating. In the early days I took on too much. With hindsight and experience I see that delegation gives us all opportunities. It doesn't mean you lose responsibility. It gives you more time to be productive and, in turn, helps others to develop themselves and take on more responsibility."

### Lesson #5: Find Positive Alternatives To Saying No

"I didn't say 'No' enough in my early days. Challenge yourself to say no in a positive way. Introduce somebody who would welcome a new opportunity." When you're starting out, understand what others in your wider team do. Are you the most appropriate person, would it be better if you collaborated with somebody else, or would somebody else be better? It's part delegation, part communication, and part co-operation.

### Lesson #6: Use Social Media To Build Your Profile

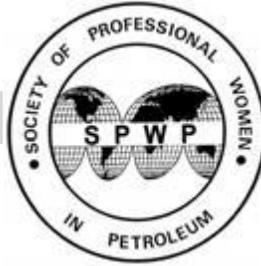
Start getting to know people on social media. Follow them on LinkedIn, see their posts and Twitter and Instagram feeds. "There are so many senior women who still don't use social media. And yet these days we all have a digital footprint. It can be quite scary, but you can take control over what's posted so that people understand what your passions are. Recruiters often look at social media: so, use that opportunity and make sure the message is a positive one. It's really important."

### Lesson #7: Build Confidence From Support Networks And Events

"There is a plethora of networks and events that you can go to. Even though the thought of networking can seem daunting, don't be afraid of it. It really builds confidence and gives you more courage in your day job and can set you apart. Get yourself along to those events and hear stories from inspiring people, because they're all real people. There are a lot of incredible female leaders out there that are just like you. You've just got to get yourself out there and meet some of them."

### The Confidence Cocktail: Courage, Creativity, and Connection

The Confidence Cocktail combines courage (to step up), with creativity (in tackling obstacles), and strong personal connections, that are bound together with conviction and commitment.



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.*



**April Breakfast Meeting 04/09**

**May Breakfast Meeting 05/14**

## BOARD OF DIRECTORS

### President

Erin Stroud  
DistributionNOW  
713.254.8752  
erin.borstmayer@gmail.com

### First Vice President

Audra Seanghok  
TAM International, Inc.  
832.942.0009  
Audra.Seanghok@tamintl.com

### Second Vice President

Veronica Rhodes  
Zurich  
713.206.1400  
veronica.rhodes@zurichna.com

### Treasurer

Brenda Myers  
Canrig Drilling Technology  
281.466.7292  
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 – Erin Williams [erin.williams2@nov.com](mailto:erin.williams2@nov.com)  
Co-Chair – Ingrid Cooper [icooper@tex-fin.com](mailto:icooper@tex-fin.com)

### Golf Committee

Co-Chair – Reneé Brown [renee.brown@battcables.us](mailto:renee.brown@battcables.us)  
Co-Chair – Sherry Adams [sadams@wabtec.com](mailto:sadams@wabtec.com)

**Please forward newsletter updates,  
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[Audra.seanghok@tamintl.com](mailto:Audra.seanghok@tamintl.com)**