

SPWP News



This month's meeting, which was to be held on April 9th, 2020 at the Norris Westchase location at 7:30 a.m., has been canceled.

For future meetings, please respond to the PunchBowl Invitation 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.

Next breakfast meeting information will be announced as soon as it has been confirmed.



PRESIDENT'S NOTE

Hello Ladies,

First off, I sincerely hope that you and all of your loved ones are healthy and safe. We are living through an unprecedented period of uncertainty that has impacted not only our industry but all of humanity. COVID-19 has caused us all to adapt to a new normal, where yoga pants and conference calls from the house have temporarily replaced dress pants and in-person meetings. It is now more important than ever that we come together as a community. In the 39 years since our founding, SPWP has weathered many storms. Our organization was formed to provide women in Oil & Gas with a network, and we will continue to provide each of you with that support system even if we cannot meet in person right now. Together, we will overcome our industry's current challenges and focus on the opportunities that arise as a result. We will emerge from this downturn stronger.

Now, on to some housekeeping. In light of current public health concerns surrounding COVID-19, SPWP's April Breakfast Meeting, which was to be held on Thursday, April 9th, has been canceled. We will try to reschedule our planned speaker for later this year or for 2021. We are keeping abreast of all news and will notify everyone if it is necessary to cancel any other planned events.

In addition, SPWP's Board of Directors has made the difficult decision to postpone our golf tournament to the Fall of 2020. The new golf tournament date will be announced within the next several months once the pandemic outlook becomes more clear. All sponsors and registrants have been contacted, and I will provide updates as we move forward. AADE also postponed their golf tournament, which was planned for March 30th. It is now scheduled for September 1st.

Lastly, our scholarship committee is still moving forward as planned. The deadline for grading was April 8th and applicant interviews are planned for April 25th. Our committee chairs are currently hard to at work putting together a new plan for interview day, in light of the "Stay Home, Work Safe" mandate in place. All who have volunteered to conduct interviews will be notified about the new plan once everything is finalized.

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".

Sincerely,
Erin Stroud

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MARCH MINUTES

Submitted by Suzette Olivan

President Erin Stroud called the meeting to order at 7:53 am on March 12, 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 February 2020 minutes as written in the newsletter. Audra Seanghok approved and Kim Sayre seconded. No one opposed, so the minutes were approved as written.

Erin introduced the March speaker, Anne-Louise Good with Weatherford, to speak on Artificial Lift.

Erin reminded all members that dues were due on February 28th. A late fee of \$25 will now be applied for members that have not paid yet until March 31st, at which point membership will be terminated if dues are not paid.

Erin then turned the meeting over to Scholarship Co-Chair Erin Williams, who mentioned the deadline for application is this Friday, March 13th. She will be sending grading packets out next Monday to begin the grading phase of the process.

Erin then turned the meeting over to Golf Committee Co-Chair Renee Brown. She announced we currently have 3 platinum sponsors, 2 gold sponsors, 1 cooking team and 9 golf teams. The membership is encouraged to continue to share the event, look for sponsors, and bring alcohol for the booze box.

Erin then mentioned that SPWP did not win as the featured charity for the month of February at OKRA Charity Saloon. However, SPWP will be participating again in December with the runner ups for the year.

Erin mentioned the AADE Golf Tournament will be on March 30th and we are looking for 1 more volunteer 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 March.

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

Erin opened the floor to announcements and there were none.

Erin asked guests to introduce themselves; there was one guest in attendance.

Erin reminded the organization that the next meeting will be taking place on April 9th, 2020 and to please connect with SPWP on social media.

The meeting was adjourned at 8:22 am.

APRIL FEATURED MEMBER

Tricia Hill

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

I feel so fortunate to have found the Oil & Gas industry. I graduated from GA Tech in Atlanta in the mid-1990's. The Oil & Gas companies were not even recruiting at GA Tech back then. A small manufacturing company, Wellstream, first hired my husband (then boyfriend), then hired me 2 years later. I stayed with Wellstream 18 years, most of my career in Oil & Gas.

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

I have a degree in Mechanical Engineering, 23 years of experience in Oil & Gas. About half of my experience is in engineering, analysis, testing, and design, and the other half in sales.

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

People come to me with questions about flexible pipe. In addition, people come to me when they want advice on how to negotiate for a new job or transition into a new role, particularly salary negotiations.

4. Most influential person in your career and why?

The most influential person in my career...I have been blessed with many great bosses in my career. The one that time and again influenced me, encouraged me, and championed me is Cobie Loper. Cobie is the one that talked me into shifting from engineering to sales. Deep down, I knew it was something I wanted to do, but Cobie is the one that helped me cross over. I remember going on a sales call - a lunch with another salesperson and his client - and I hardly said 2 words. The salesperson was really annoyed at me. I told my boss, Cobie, I was afraid I would say something I shouldn't. It was a crippling fear, really. Before I became a salesperson, I thought all salespeople were liars by nature and I didn't want to mess up that salesperson's deal. Cobie told me he would never fault me for telling the truth and that helped me relax and find my way. Another time when my company was starting another business unit and Cobie wanted to lead it, the CEO was not inclined to do that because he needed Cobie where he was. The CEO asked Cobie, "Then who would take your place?", and Cobie told him I would!!!! As Cobie retold this conversation to me, my mouth dropped. I had never imagined doing his job. But Cobie didn't doubt me for a second. He said, "Maybe not today but in 12 to 18 months, sure you can!" A lot of water went under the bridge during the next 12 months, but guess who took Cobie's job—me, VP of Business Development.

5. Best career advice you've received?

I read a lot of books. A couple that come to mind: "How to Play Like a Man and Win Like a Woman", by Gail Evans; and, "The Fine Art of Small Talk", by Debra Fine. Both are chalk full of great insight and practical advice that helped me.

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

I was born in a small town in south central Alabama. I moved to Houston in 2000 to continue my career in Oil & Gas.

7. Favorite place in the world?

My favorite place in the world is home - home with my mom, dad, and sister. I go home more lately and I cherish every trip.

8. Favorite book or movie?

I like sci-fi movies: Thor, Guardians of the Galaxy, Avengers, Star Trek, Lord of the Rings.

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

I would like to have a greenhouse.

10. How did you become involved with SPWP?

I met Suzanne Short at another society event and she started sending me the breakfast meeting invitations. I didn't come at first, but I am glad that I did eventually. The first meeting I attended was the annual meeting that is combined with AADE. And I thought, "wow, so many men". I talked to a gentleman afterwards and he said he thought "wow, so many women". I love that the group is easy to be around, inclusive, and fun. I like being part of a meeting that embraces the female essence. It's the only professional meeting I go to where we (also) play games and recognize birthdays and anniversaries.



SPWP ANNOUNCEMENTS

Scholarships

Grading is now concluded. On April 9th, 2020, the grading team met to identify the ladies who will go through to the interviews. The transcripts will be verified, and the applicant interviews will be held on April 25th, 2020.

Both the grading committee meeting and the interviews will likely be held on Zoom. It is possible that dates could get pushed out based on difficulty of obtaining transcripts.

SPWP April Breakfast Meeting

As we are aware, SPWP's April meeting that was to be held Thursday April 9th, 2020 was officially cancelled. Things are constantly changing during this time. Therefore, information regarding future meetings will be announced once determined.

SPWP Annual Golf Tournament

SPWP's Annual Golf Tournament, which was scheduled for April 17th, 2020, has been postponed to the Fall of 2020. The new golf tournament date will be announced within the next several months once the pandemic outlook becomes more clear. All sponsors and registrants have been contacted, and updates will be provided as we move forward.

AADE Golf Tournament

The AADE Golf Tournament has been postponed. The tournament date has been changed to September 1st, 2020. It will be held at Blackhorse Golf Club. Please see Erin if interested in volunteering.



- April 5** **Nikki Jones**
- April 13** **Erin Stroud**
- April 17** **Veronica Rhodes**
- April 18** **Suzanne Short**



Shay Jones **1 year**

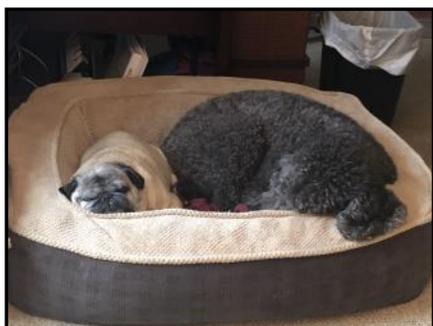
SPWP SCOOP

So what is going on with you?



Kelsey Hulett and family attended her sister's destination wedding in San Jose del Cabo on February 29th. Her daughter, Charlotte, was a flower girl and Kelsey the Matron of Honor. It was a beautiful wedding and the whole family enjoyed a relaxing vacation together.

Congratulations!



Sherry Adams has a couple of new office mates that are keeping her company.

Meet Veronica Rhodes' new colleague, Mr. Randall!

He's very excited on his new promotion!



Audra Seanghok has a new lunchtime crew on her days working from home.

CAREER CORNER

7 Essential Tips for Working From Home During the Coronavirus Pandemic

In the midst of the new coronavirus pandemic, many companies are implementing voluntary or mandatory work-from-home policies. That means lots of us are dealing with an unusual challenge: working from home for the first time, full-time. These tips will help you make sure that you're successful, both at getting your work done and at maintaining your mental well-being:

1. Get Dressed

It might seem like a simple tip, but it's a crucial one. It may be tempting to stay in pajamas all day, but any day you give into temptation it can be slower to start and less productive overall. Waking up and taking care of your appearance can go a long way toward helping you feel like you're taking care of yourself.

2. Designate a Workspace or Home Office

One of the big challenges when it comes to working remotely is keeping your work and home lives separate. Try to make your workspace comfortable with a chair you can sit in for eight hours a day and a few decorations. Find an area with good natural lighting if at all possible.

3. Keep Clearly Defined Working Hours

Just as you designate and separate your physical workspace, you should be clear about when you're working and when you're not. You'll get your best work done and be most ready to transition back to the office if you stick with your regular hours. Plus, if your role is collaborative, being on the same schedule as your coworkers makes everything much easier.

4. Build Transitions Into (and Out of) Work

Your morning commute not only gets you to work—from one physical location to another—but it also gives your brain time to prepare for work. Maybe you usually read or listen to music on your commute. You can do that at home. At the other end of the day, the evening commute does the reverse. If you try to jump directly, your brain doesn't have time to hit the reset button, which can make you less present as you transition back into your personal life.

5. Don't Get Too Sucked in by the News—or Anything Else

Distraction is one of the big challenges facing people who work from home—especially people who aren't used to it. It's human to get distracted. But you need to be wary of how much you let yourself get distracted. You probably already take a few breaks throughout the day at the office, and that's fine to do at home, too. Set timers for any breaks you take. You don't want to get too immersed and forget that you're at work altogether.

6. Communicate, Communicate, Communicate

If you don't usually work from home, chances are there will be some bumps in the road if you have to suddenly go fully remote. The key to steering through these bumps is communication—especially with your manager and direct reports. Do the same with anyone you usually work collaboratively with throughout the day.

7. Don't Forget to Socialize

When the whole office suddenly starts working from home, you're cutting off a lot of the casual social interactions you're used to having throughout the day that help you feel less lonely and break up the monotony of work. Combat this by talking with your coworkers throughout the day through Slack, calls, text, Zoom, or however your company communicates. Lots of us are feeling anxious and uncertain right now, and suddenly being isolated at home can amplify these feelings. Don't hesitate to reach out to a coworker just to ask how they're doing.

All this doesn't just apply to the workday and people you work with. You may not be able to meet up with friends for dinner after work, but you can organize a group of people to discuss a book or TV show or just to catch up over Google Hangouts. When the world is freaking out, it's more important than ever that we reach out, connect, and take care of one another.

INDUSTRY OUTLOOK

West Texas Oil Market-Watcher Sees U-Shaped Recovery

Much about the world's current state of affairs is abnormal, with the market's response – or lack thereof – to cheap oil and natural gas a glaring example.

"Normally, you would expect to see some uptick in demand with low oil and gas prices," Nikki Kantelis, assistant professor of practice, energy commerce at Texas Tech University's Jerry S. Rawls College of Business, commented earlier this week. "A big uptick in demand requires sustained low prices for structural and behavioral changes. This time, COVID-19 has destroyed demand – demand for travel, demand for manufacturing, demand at the retail level, etc. – which outweighs typical responses to price signals."

When might some semblance of "normalcy" return?

"Markets hate uncertainty, and we should expect oil and gas prices to continue to be volatile until re-establish some normalcy," Kantelis remarked. "Unfortunately, none of us knows when that is likely to happen."

In a recent conversation with Rigzone, Kantelis pointed out that a more familiar demand response to low oil and gas prices will not materialize until the economy recovers from work, travel and other restrictions tied to COVID-19 control and prevention.

She added that, in her view, the rebound from the recession will be somewhat gradual.

"I personally think the recovery in demand is more likely a '**U-shape**,' rather than a '**V-shape**,' because the longer the 'stay-at-home' guidelines are in place, the higher the risk of some permanent business closures, the longer the unemployment impact and the more drastic the impact on consumer sentiment," Kantelis said. "Since roughly three-fourths of our economy is based on consumer spending, there is a worry that the recovery on the back end may not be back to the levels seen prior to COVID-19 due to possible long-lasting changes to consumer behavior."

Kantelis pointed out that timing is key.

"The sooner the risk of COVID-19 is reduced via therapeutics or vaccines, the less likely it is that consumer behavior will be permanently altered," she said.

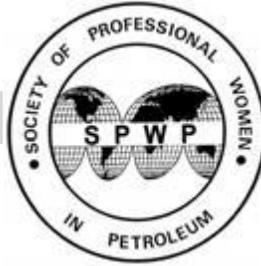
Kantelis also pointed out that, although the downturn is apparent across the oil and gas value chain, it should be most transformative for the upstream sector. She added that the looming upstream transformation will be driven not by technology – as was the case with the "shale revolution" – but by financial wherewithal. In effect, the firms carrying less onerous debt loads stand a better chance of surviving the downturn.

"The players will likely change because some E&P companies that are highly leveraged ... will be liquidated, or absorbed by better-capitalized firms, the end result being fewer players," Kantelis explained. "In the long-run that shouldn't affect production, in the absence of a new technology and provided there is a return to more sustainable prices. The geology and technology remain, but with a likely different set of players."

For the midstream, the pending E&P transformation will translate into fewer, larger and better-capitalized shippers who will be better-positioned to negotiate favorable throughput and storage deals, she predicted.

"Refining and retail sectors would both be affected by changes previously described in consumer behavior," Kantelis said. "If we were to see a U-shaped recovery to lower demand levels, we could see a reduction in refining capacity as well as a decrease in retail outlets."

This information has been adapted from an article by Matthew V. Veazey, Thursday, April 09, 2020
https://www.rigzone.com/news/west_texas_oil_marketwatcher_sees_ushaped_recovery-09-apr-2020-161698-article/



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.



May Breakfast Meeting 05/14

June Breakfast Meeting 06/11

Notifications will be sent once confirmed

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