

SPWP News



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



PRESIDENT'S NOTE

Hello Ladies,

Happy New Year! I hope everyone enjoyed the holidays and that you're all ready to jump into 2020. I can't wait to see what the year ahead holds for SPWP!

I have the incredible honor of serving with a wonderful group of women on our 2020 Board of Directors, each of whom is passionate about SPWP. Our aim is to continue providing our members with educational, professional development, and networking opportunities, while also growing our membership and increasing participation.

We begin the year with several exciting pieces of news. First off, our long-awaited new website is finally live! The 2019 Board of Directors worked hard on this all last year, so please check it out at www.spwp.org and let us know what you think. Second, with the arrival of our new website comes the opening of applications for our 2020 scholarship program. Please start spreading the news of our scholarships to 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. Our Scholarship Chairs will be reaching out to SPWP members soon to solicit volunteers for grading, checking references, and conducting interviews so please stay tuned.

Also, a Save the Date for our Golf Tournament has been posted on our Social Media. SPWP's 23rd Annual Golf Tournament will be taking place on Friday, April 17th at Windrose Golf Club, and we will need the full support and participation of our membership to make it a success! Remember that all funds raised through this tournament will go towards our scholarship program. We will be searching for volunteers for the golf committee in the near future, and will be sending out a poster about the tournament to members for you to print and share.

The 2020 SPWP Speaker Line-Up has been posted on our social media. We have a fantastic group of speakers scheduled this year so please plan to join us at our breakfast meetings each month! **Don't forget that starting this month we will be meeting at our new location: 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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DECEMBER MINUTES

President Erin Stroud called the meeting to order at 7:41 am on December 12th, 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 November 2019 minutes as written in the newsletter. Shay Jones approved and Becky Lamson seconded. No one opposed, so the minutes were approved as written.

Erin mentioned Erin Williams will be stepping up as Scholarship Committee Co-Chair.

Erin turned the meeting over to Renee Brown, Golf Committee Co-Chair, to give an update on the Committee. Renee mentioned the Golf Tournament will be taking place on April 17th, 2020 at Windrose Golf Club. They will need help from the members to advertise and collect donations and prizes as soon as the event is announced on Social Media.

Erin then turned the meeting over to Secretary Suzette Olivan to announce new members and milestone anniversaries.

Erin recognized those who assisted with the API golf tournament, the Nominating Committee, and the new Scholarship Co-Chairs for their volunteer efforts .

Erin opened the floor to all members for other announcements, there were none.

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

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

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

Erin reminded the organization that the next meeting will be taking place on January 9th, 2020 at our new venue, Norris Conference Centers Westchase at 9990 Richmond Avenue, South Building Suite 102, Houston, TX.

Erin turned the meeting over to Becky Lamson, Social and Development Director to begin the Christmas Party events.

The meeting was adjourned at 8:22 am, some members stayed to play a game of bingo.

Respectfully submitted,
Suzette Olivan

JANUARY SPEAKER

Lee Gilley



Lee received his bachelor's degree in Mechanical Engineering from Clemson University in 2008. He worked in industrial energy construction for two years before pursuing software consulting and development full time. He's built millions of dollars' worth of software and is passionate about software design, extensibility, and user experience. In 2019, Lee launched Docmo: an Excel-based software service that takes the digital busywork and mistakes out of preparing documents like proposals, SOWs, and technical reports.

SAVE THE DATE!!!

SPWP's 23rd ANNUAL GOLF TOURNAMENT

More details to follow



Mark Your Scorecard

Friday, April 17th
Windrose Golf Club



SPWP ANNOUNCEMENTS

SCHOLARSHIP COMMITTEE UPDATES

Please contact the scholarship committee co-chairs if you are interested in volunteering for the committee.

Co-Chair – Erin Williams erin.williams2@nov.com

Co-Chair – Ingrid Cooper icooper@tex-fin.com

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.

EUCI LEADERSHIP CONFERENCE FOR WOMEN IN OIL & GAS

EUCI is hosting a Leadership Conference for Women in Oil & Gas, January 27-28, 2020 at the JW Marriott Houston Downtown Houston, TX. For more information visit www.euci.com.



January 2 Rhonda Bean
 January 17 Michelle Vincent

Lellany Conaway 39 years
 Margaret Hare 39 years
 Katherine Culbert 3 years



Welcome Aboard!

New Member

Name: Tricia Hill
Title: Consultant Project/Technology Engineer
Company: Self Employed
Sponsored By: Suzette Olivan
Committee Interests: Scholarship



SPWP SCOOP

So what is going on with you?



Erin Stroud's family flew down from Canada to spend Christmas in Houston and during their visit, Erin, her husband, and her family made a trip up to Dallas to see their hockey team, the Calgary Flames, beat the Dallas Stars.



Kim Gonzales and Chris Sayre were married October 5, 2019 at The Springs Event Venue in Brookshire, TX. They just celebrated their three month anniversary this month.



Suzette Olivan went to Colombia over Christmas. She was able to spend her vacation with her extended family.



SCHOLARSHIP UPDATE

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

My name is Savannah Pickens, and I am a 2018 SPWP scholarship recipient. I attend Texas A&M University where I am pursuing my Bachelor's in Economics. The past eighteen months have provided many great opportunities and allowed me to learn in an exciting and supportive environment.

In the fall of 2018, I entered the Commercial Banking Program, a program that provides a rich, real-world experience through a combination of formal learning, on-site industry training, and professional mentoring. In order to complete the Commercial Banking Program, I also concurrently entered the fast-tracked Master's in Financial Management program which allows me to advance my knowledge of finance while completing the required course work for the Commercial Banking Program. The courses for my graduate degree are taught by industry leaders who share essential information learned during their careers while also disbursing professional pearls of wisdom and advice.

As a student in the Commercial Banking Program, I had the opportunity to interview for, and earn, a 2019 summer internship position with the Houston Federal Reserve. The internship allowed me to learn from and work alongside economic leaders and financial analysts. The internship position also empowered me to create a fully sustainable initiative for the 11th District Federal Reserve. Through this experience, I have gained valuable insight into our nation's economy while working within a professional environment that hones leadership skills, demands innovation, and promotes collegial collaboration. I have also gained life-long friendships among five fellow interns with whom I have had the pleasure of working through our shared experiences. In fact, I enjoyed my experience with the Federal Reserve so much that I accepted an offer to extend my internship with them from the fall of 2019 until the summer of 2020 by maintaining a schedule that allows me to attend college and work part-time.

Due to my synergistic experiences between my college classes and internship, I have a better understanding of economic and financial management relationships. I even applied my understanding and additional curiosity into a research project within a contemporary economics class. I chose to research and write about minimum wage and its effects on the Gross Domestic Product (GDP), the unemployment rate, and welfare transfer programs. I gained a new respect for others learning about the issues that Americans are currently experiencing and exploring different ways within our political systems to amend these issues.

My anticipated graduation for my Bachelor's is May 2020, and my anticipated graduation date for my Master's is May 2021. As I reflect on the past year and a half, I can't help but think how different my life and learning experiences would have been had I not received such a generous gift from the leaders and members within the SPWP. Aside from having a financial burden lifted, the opportunities that I have been given due to the scholarship have empowered me to become a more confident, professional, and proud student. I cannot thank you enough for all you have done for me and many other young women starting college. Have a happy new year and gig em!



CAREER CORNER

5 Career-Boosting New Year's Resolutions You'll Actually Want to Keep

Take all the drama out of your new year's resolutions. Toss aside the been-there, done-that options—lose weight, work out more, be less stressed—and instead focus on a few totally attainable ones. Psychologists say that your best chances for keeping this promise to yourself depend on your having the capability, the opportunity, and the motivation to see it through. Given these factors, it's understandable that a whopping 80% of us fail within the first 30 days.

Are we making the wrong resolutions? The five suggestions ahead are drama-free, and absolutely achievable.

1. Learn One Thing That Has No Practical Application in Your Life

When Steve Jobs studied calligraphy, he marveled at the beauty and artistry of the technique. In a commencement address at Stanford in 2005, Jobs admitted that learning the skill wasn't the most pragmatic thing he's ever done. Little did he know how his experience would deeply influence his sense of design at Apple.

This is the year to follow his lead. Have you always daydreamed about making your own wine? Learning graphic design? Resolve to take a course, attend a conference, read an instructional book, or find that mentor who can stoke your curiosity and teach you about something you have a burning desire to know. Forget about the practicality part of it and have fun. You never know where it might take you.

2. Have One Experience That Stretches You

If you're hoping to move up in your organization or career, look for one experience this year that will help you do just that. Maybe that means volunteering to help put on an industry conference that will ultimately lend your company the brand exposure it's been seeking, thereby placing you in a prime position for promotion and praise.

Even if that's not the end result of you trying your hand at something outside your career comfort zone, it's likely to introduce you to new people, offer you a memorable new learning experience, and lead you to discover insight about yourself. You never know where this stretch could lead you, what career-path door it might open.

3. Learn One Tech Skill

Pick one tech skill you'd like to learn and find out how to do it. Of course, no tech conversation would be complete without a mention of coding and the sheer number of beginner and intermediate classes available now as a result. As one of the biggest in-demand skills today, learning the basics can hardly do harm. Check out Lynda.com and Codecademy for more info.

If it's Photoshop (another coveted skill as of late) that's on your mind, there are plenty of ways you can get more comfortable with digital design. Consider one of the various online course sites, including classes offered by Skillshare or CreativeLive to get started. The options are almost endless, so there's no excuse for why you can't find one that interests you.

4. Read 3 Books That'll Push Your Career Forward

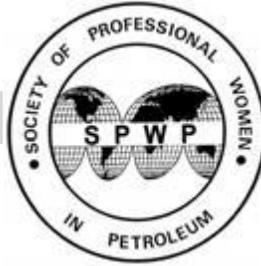
So, you're not much of a reader. You don't have time. You're too distracted. Too busy. This year, challenge yourself to read one whole book every four months. They can be straight-up business options, fiction, a biography, whatever—just make sure you're choosing ones that will make you think, that'll inspire you on whatever path you're on. Go out of your way this year to pick three that'll help you advance, and not just give you an escape.

5. Plan One Unplugged Weekend—48 Hours With No Wi-Fi

You are reliant on technology. It rules our life in many ways. From always checking email, reading important articles and tweeting about them, or scoping out LinkedIn's newest features. But get in the habit of disconnecting every now and then. It helps from reaching that point of burnout. In author Joan Borysenko's book *Fried: Why You Burn Out and How to Revive*, she discusses how always being online puts you at risk for burning out on the job.

If you're constantly logged on, 24/7, checking your email in the middle of the night when you get up for a glass of water, for example, challenge yourself to step away from your devices for one entire weekend. At the very least, it'll stave off lassitude, but at most, it'll lead to a creative and more energized you. And who knows where your career will take you then?

This information has been adapted from an article by Lea McLeod, which can be found at <https://www.themuse.com/advice/5-careerboosting-new-years-resolutions-youll-actually-want-to-keep>



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.

Mission Statement

Supporting career women in the petroleum industry through technology and information.



February Breakfast Meeting 02/13

March Breakfast Meeting 03/12

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