

SPWP News



PRESIDENT'S NOTE

December's meeting was held on December 10th, 2020 7:30 a.m. January's meeting was held on January 14th, 2021 7:30 a.m. Our next meeting will be held virtually at on February 11th, 2021 at 7:30 a.m.

For future meetings, please respond to the Teams Invitation letting us know if you will be joining us or not. Regrets and RSVPs should be sent to Suzette Olivan via email.

Breakfast fees are currently waived due to the online format but donations toward our scholarship fund in lieu of the fee can be made through our website at www.spwp.org.

Please remember to turn cell phones off or to silent, and mute on the video call during meetings.

Information about the next month's breakfast meeting will be announced once confirmed.



Hello Ladies,

Happy New Year! I know most of us are happy to put 2020 behind us and hopeful for what 2021 will bring. Who could have imagined the challenges we encountered last year and the uncertainty we still face going forward.

I am duly impressed by the caliber of women we have serving on the 2021 Board of Directors, and feel confident in our abilities to navigate the year ahead. Our aim is to continue providing our members with educational, professional development, and networking opportunities, while also growing our membership and increasing participation.

The 2021 scholarship program is now live and accepting applications until March 12th, 2021. 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.

The 2021 SPWP Speaker Line-Up is nearly complete and will soon be published to 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! SPWP will continue to hold virtual meetings until further notice. Our intention is to resume in-person only meetings as soon as it becomes feasible.

As always, please connect with us at our Facebook handle @spwphouston, 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 profile our organization to potential new members.

Sincerely,

Suzanne Short

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NOVEMBER MINUTES

President Erin Stroud called the meeting to order at 7:32 am on November 12th, 2020 via Teams Conference call. Erin welcomed all SPWP members.

Erin then introduced the 2020 Board of Directors.

Erin asked for a motion to approve the October 2020 minutes as written in the newsletter. Sandra Mourton approved and Lellany Conaway seconded. No one opposed, so the minutes were approved as written.

Erin turned the meeting over to the 2021 Board Member Candidates to give their election speeches.

Erin then turned the meeting over to Nominating Committee Chair Kelsey Hulett to initiate the 2021 Board elections via electronic voting. The ballots were emailed to all members to submit their vote at that time.

Erin presented a review of all 2020 Board accomplishments.

Erin turned the meeting over to Treasurer Brenda Myers to review the 2020 Financial Report.

Erin announced that the Bluebonnet Youth Ranch is the Christmas Charity SPWP will be supporting this year based on the votes received from the survey Erin Stroud sent out in October. Audra Seanghok will be coordinating the logistics for any items the membership would like to donate.

Erin mentioned that meetings will be held virtually for now due to the mixed responses from the survey sent in October.

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 opened the floor to the membership for announcements and there were none.

Erin then turned the meeting over to Kelsey Hulett, from the Nominating Committee, to announce the 2021 Board Member election results. All candidates were unanimously elected.

The meeting was adjourned at 8:31 am.

Respectfully submitted,

Suzette Olivan

DECEMBER MINUTES

President Erin Stroud called the meeting to order at 7:33 am on December 10th, 2020 via Teams Conference call. Erin welcomed all SPWP members.

Erin then introduced the 2020 Board of Directors.

Erin mentioned scholarship applications will be opening on January 4th, 2021.

Erin recognized Volunteers of the Month Kelsey Hulett, for putting together the virtual Board election process as Nominating Committee and Audra Seanghok for coordinating the Christmas Charity donations.

Erin mentioned that donations to the Bluebonnet Youth Ranch could be made through the website or an account has been setup via Venmo. SPWP will write one check as a single donation for any donations made through Venmo.

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 opened the floor to the membership for announcements and there were none.

Erin announced the next meeting would take place on January 14th, 2021 and asked that everyone please follow SPWP through Social Media.

Erin handed the meeting over to First Vice President Audra Seanghok to start the games. The games that were played were Trivia, Pictionary, and Bingo.

The meeting was adjourned at 8:33 am.

Respectfully submitted,

Suzette Olivan

JANUARY FEATURED MEMBER

Suzanne Short

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

I was encouraged to pursue a career in petroleum engineering by my father. He was an electrical engineer in the refining and manufacturing industry. I worked 10 years in the energy industry in several locations in the US. I then successfully made the transition to Financial Advisor with Edward Jones in Cypress, TX. I enjoy partnering with individual investors to reach their financial goals.

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

As a petroleum engineer, I specialized in production operations. I was responsible for repairing artificial lift, reservoir stimulation, and rig workovers. At Edward Jones, I help serious long-term investors while placing an emphasis on quality and diversification.

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

People often ask me about career progression and transitions. Regardless of the industry, it is important for women to support each other by sharing their experiences.

4. Most influential person in your career and why?

I was fortunate to have an excellent engineering mentor early in my career. He sets a great example of tenacity and technical expertise. He has supported me in all my pursuits and we stay in touch frequently. Since joining the financial industry, I have been guided by my own previous Financial Advisor and the community of veteran advisors in my area.

5. Best career advice you've received?

"Grow a thick skin". This has helped me while in the oilfield and recently while working with financial advising clients. You will interact with a wide range of people and resilience is critical to success. Persistence pays off and if you have a passion for what you are doing it will carry you through the rough times.

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

I was born in Whittier, California because my family is originally from Orange County. When I was one year old, my parents moved us to Houston for a career opportunity. They have stayed near Cypress ever since and have been very happy with that decision.

7. Favorite place in the world?

I love an active adventure like dogsledding or backpacking!

8. Favorite book or movie?

My favorite books are mostly non-fiction. I love to read biographies and books about historical events. An excellent choice is "Lindbergh" by A. Scott Berg. It describes the first transatlantic flight and extraordinary life of Charles Lindbergh.

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

My biggest hobbies are big-game hunting and adventure travel to remote places. I try to do as much as possible, but I have so many dream trips that I could never run out!

10. How did you become involved with SPWP?

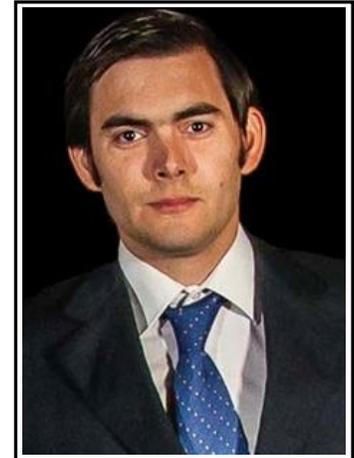
I was invited to a meeting by a friend in the oil industry and have really grown to love the members of SPWP. It provides an environment to practice professional skills while learning about new topics.



JANUARY SPEAKER

Antonio Torrealba - Engineering Manager & Technical Coordinator, Air Drilling Associates Inc.

Antonio Torrealba opens the line of communication between Operators, Consulting Companies and Services Contractors to introduce and implement non-conventional drilling techniques in both the O&G and Geothermal industries. With over 10 years in the service contractor corner, Antonio is experienced in business development, engineering, operations, mentoring, and inter-company collaboration. Antonio has assisted Reform Energy Services and Air Drilling Associates successfully executing Air, UBD, and MPD techniques around the Globe, as well as contributed in SME committee groups such as AIDC, API, and CADC. Antonio holds an BS. in Civil Engineering and a current APEGA P. Eng. Certification



H A P P Y
Birthday



December

December 2 Amber Vrael

December 28 Tania Rezanka

January

January 17 Michelle Vincent

Happy Membership Anniversary!

December

December 1 Kimberly Sayre

January

January 9 Tricia Hill

January 17 Katherine Culbert



SPWP ANNOUNCEMENTS

SPWP 2020 HOLIDAY CHARITY

SPWP members selected the Bluebonnet Youth Ranch, which is a nonprofit organization committed to providing children with a safe, loving home, and hope for a bright future.

Thank you to all who were able to donate and give to the charity, whether on their own or through SPWP. We were able to raise \$275 as a total group donation, and it was made on December 23rd, 2020.

SPWP ANNUAL DUES



Just as a reminder, the SPWP annual dues will be due by February 28th, 2021. Payment can be made on our website at spwp.org > membership > pay dues. If you have any questions please contact Suzanne Short for details.

AADE HOUSTON GOLF TOURNAMENT

AADE will be hosting their annual golf tournament on Monday, March 29th, 2021 at 12:00 PM. It will be at BlackHorse Golf Club at 12205 Fry Road, Cypress, TX 77433.

Please let Suzanne Short know if you are interested in volunteering, or if you have any questions.



SPWP SCOOP

So what is going on with you?



Even with an unexpected year, SPWP managed to pull through and keep everything rolling.



SPWP was able to award five young women entering into college with an amazing contribution to their next endeavors.

It was with the efforts that our wonderful scholarship committee put forth.



SPWP had a great Christmas breakfast meeting this year. We played games such as Christmas Trivia, a version of Christmas Pictionary, and Christmas Bingo!

Our lucky winners were:

- Erin Williams
- Kelsey Hulett
- Erin Stroud
- Evalyn Shea
- Sherry Adams

Congratulations to our winners!



SPWP conducted our first holiday virtual happy hour! Tania Rezanka was the elf of the party!



CAREER CORNER

9 Ways to Keep Growing in Your Career During COVID-19

The COVID-19 pandemic has transformed nearly every aspect of our lives, including work. Millions have been laid off due to the economic downturn, and many companies have had to tighten their budgets in other areas, freezing pay, promotions, and hiring, meaning the competition for new opportunities is fierce, if those opportunities exist at all. No matter your situation, you may feel like your career growth has stalled out. Maybe your company delayed the promotion you had your eye on or isn't giving out raises, or you fear you won't be able to land that new job that would have been the next step on your career path.

Here are some tips for professional development during the COVID-19 pandemic and surrounding economic downturn. They can all be done remotely, and they'll all set you up for success once the job market rebounds and company budgets recover.

1. Identify How You'd Like to Grow—and Stay Focused on Your Goal

The first step toward professional development is figuring out what you're working toward. Take some time to consider where you want to go in your career. What's your next step once the economy improves? Do you want to move up within your current company, or is a role at another company a better next step for you?

Once you've clarified your goals, figure out what skills you'll need to develop or strengthen, what types of experience you need to gain, and what connections will be helpful to cultivate before you make your next move. If you're struggling to figure out what skills and experiences you need to pursue, head to LinkedIn, and find people with roles you'd love to have. Take a look at their skills and background.

Keep these skills and experiences in mind as you come up with a plan to continue your career growth during the economic downturn. And stay focused. Don't just take a coding class because coding is a marketable skill. If your career goals have nothing to do with coding, this won't help.

2. Set a Meeting With Your Manager to Discuss Your Career

If you're worried your career is stalling, set up a meeting with your manager to discuss your future and where they feel you're going within the company. When you schedule the meeting, be sure to give your manager a heads up that you plan to discuss your career progression. This will give them time to prep as well and allow for a productive discussion. If you have an upcoming performance review, you can bring this up then, but otherwise, you can set up a separate meeting. In the conversation, be positive, but express what you want clearly. Communicating what you're looking for will help your manager keep you in mind for opportunities.

You can ask for more responsibility, discuss ways you can improve and land that promotion once the company's finances improve, or if you've identified where you want to develop already, you might ask for opportunities to build those skills. Communicating what you're looking for will help your manager keep you in mind for opportunities. This will also help keep you both on the same page about what your goals are and give your manager a chance to provide you with feedback about what hard skills they want to see you develop or soft skills they want to see you embody.

3. Volunteer for Stretch Assignments

If your manager or senior leadership needs help on a new project related to your career goals, be the first to raise your hand. If you're looking to grow your diversity awareness or your leadership skills, volunteer to join the team working on this. Managers will remember who wanted to take on more responsibility, which will help you grow within your company. This will also be a chance to develop new skills, practice skills you learned outside of work in a professional setting, or learn about a new part of the business, all of which can make you a better applicant for a new position.

4. Get Innovative and Pitch New Ideas

If there are no stretch assignments on the horizon, you might try to create your own by thinking about ways to improve your current company. You might propose a new program that will help fill a gap or share your ideas for streamlining a current process. Identifying problems and proposing solutions is an essential skill that not everyone has—but leaders embody this regularly. By identifying and solving problems, management will see you as someone ready for more responsibility when the time comes for promotions, or you can tell the story of your achievement in your cover letter for future jobs, especially those with managerial components.

You might also pitch new ideas that will help you develop the skills you need. For example, at the JED Foundation, a nonprofit whose mission is to protect teenagers' and young adults' emotional health and prevent suicide, employees wrote proposals to launch a new meditation and yoga series for themselves and their coworkers, says JED Foundation Chief Programs and Operations Officer Katie Cunningham. Staff can now join into group yoga practice or hear meditation led by a coworker at their leisure. For Cunningham, the employees who pitched the ideas stood out to her because they showed they cared about their coworkers and the organization's culture even if the program itself didn't directly relate to their role.

CAREER CORNER (continued)

5. Grow and Maintain Your Network Within Your Current Company

Having strong connections with the people you work with is a must for career growth. It can help position you for a future promotion or get you in on that new project in another department. Your colleagues might also know people hiring elsewhere or have insight that can aid your professional development.

Strengthen your connections with people on your team as well. Previously, you might have gone over to someone's desk and asked for input or feedback on a project. Now you can do the same thing virtually, and don't forget to nurture all your new and existing office relationships. Before COVID-19, you'd run into people from different departments or more senior managers naturally. So reach out to that colleague you used to chat about Grey's Anatomy with and set up a virtual coffee date to catch up.

6. Attend Virtual Networking Events

If you previously frequented happy hour networking events or professional conferences—or even if you didn't—go virtual. Most organizations that sponsored networking events have moved to virtual events. And some use Zoom's breakout feature to help attendees interact, which means they can still be a great way to meet people. Even if the event only features one speaker with no interaction, it can help you grow your skills or understanding of an industry trend. You can find these networking events through professional groups or sites such as Eventbrite, Facebook, LinkedIn, or Meetup.

Networking with people outside of your company will give you people to reach out to once you're ready to look for a new job, or they may remember you themselves when they or someone they know starts hiring new talent again. It can also spawn ideas that you'll want to take back to your company, which may turn into a stretch assignment to grow your skills or help you set yourself up for a future promotion or give you ideas for other skills you can develop and ways to build those skills.

7. Find a Mentor

Professional mentors can provide unique insight into your field and give great advice from someone who has previously been in your shoes. Perhaps there's a highly experienced person in your field you admire, someone in a professional group you're part of who always has something insightful to say, or a more experienced alum from your college with your dream job. Now is a great time to reach out and try to connect. There is nothing to lose. The person you admire is likely doing most of their work online already, so a virtual coffee will seem natural.

Once you find your mentor, set regular meetups and have them help you prepare yourself for future career growth: Ask them for feedback on projects, ask them to help you practice video interviewing or having a challenging conversation with your boss, or have discussions about which skills you should build to enhance your career.

8. Take Online Courses to Strengthen Your Skills and Learn New Ones

There are tons of online courses that you can take on your own time to set yourself up for career future opportunities—and the best part is many of them are free or low cost! Refer back to the list you made earlier of skills you want to grow and where you see your career going to make sure you identify a class that will help you achieve your goals.

Learning new skills through an online course can set you up for a promotion or new job by making you a more attractive candidate. Perhaps the lack of a particular skill would have held you back from landing that next job. Not only will you be able to add it to your resume, you'll be able to show future employers how you were proactive in your development while new opportunities were scarce. Hiring managers are likely to take note when the economy recovers and they're looking to build up their teams again.

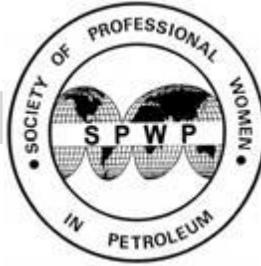
9. Take Control of Your Self-Development Through Books, Podcasts, and More

If some of these tips feel a bit overwhelming for you right now or you feel like you don't have many other opportunities for growth, books, podcasts, and other media like documentaries or even YouTube video series might be a way to keep learning and developing. If too busy, make a commitment to listen to a podcast that will help with your growth for five minutes a day. Listening to a podcast can help spark an idea for a skill you want to develop, introduce you to a new industry trend you want to learn more about, or give you further professional development tips.

When you can't achieve the usual markers of career growth, it's natural to feel stuck. But even now, you can invest in your own professional development and set yourself up for larger opportunities and new jobs once the economy recovers. Stay focused on your career goals and do what you can to grow professionally now so you're ready for your next big move when the time comes.

It might just require a mindset switch. Don't rely on what you used to do before. Taking the initiative and driving your own career will always serve you well. So stay focused on your career goals and do what you can to grow professionally now so you're ready for your next big move when the time comes.

*This information has been adapted from an article by Meredith Galante
<https://www.themuse.com/advice/covid-19-career-growth-tips>*



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.



February Breakfast Meeting 02/11

March Breakfast Meeting 03/11

BOARD OF DIRECTORS FOR 2021

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Golf Committee

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Co-Chair – Sherry Adams sadams@wabtec.com

**Please forward newsletter updates,
comments, or questions to Audra Seanghok at
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