

# SPWP News



## PRESIDENT'S NOTE

This month's meeting will be held on November 12th, 2020 virtually 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 Suzanne Short 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](http://www.spwp.org).

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

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



Hello Ladies,

Happy Thanksgiving! As we move into the holiday season, I hope you all continue to stay safe and healthy. Thanksgiving and Christmas may look different this year due to COVID-19, but we will get through this together!

Don't forget that this month is our members-only breakfast meeting. In addition to voting for the 2021 SPWP Board of Directors we will also be covering other SPWP business, including a year-in-review and a Treasurer's report. Our nominating committee volunteer Kelsey Hulett will be sending out a virtual ballot ahead of the meeting so please be sure to cast your vote!

Additional details about the online election will be sent in the coming days. You can find biographies for our 2021 Board of Director nominees within this newsletter, and each candidate will be speaking at our breakfast meeting before the vote is held. Thank you to everyone running for the Board next year!

As with the past few months, this Breakfast Meeting will be held virtually instead of in person, at our usual time of 7:30 am. You should have received a Microsoft Teams invitation from Second Vice President Veronica Rhodes with a link to connect to the meeting. Please contact me if you did not receive this invitation.

I am happy to announce that the votes are in and the charity our members have chosen to support this year is Bluebonnet Youth Ranch! We are working on coordinating a donation drop-off, or you can make a monetary donation through the organization's website at [www.bluebonnetyouthranch.org](http://www.bluebonnetyouthranch.org). Please stay tuned for more information.

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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# OCTOBER MINUTES

President Erin Stroud called the meeting to order at 7:32am on October 8th, 2020 via Microsoft Teams for a modified virtual meeting. Erin welcomed all SPWP members and introduced the 2020 Board Members.

Erin turned the meeting over to 2nd Vice President Veronica Rhodes to introduce this month's speaker, Brad Chatham, Director of Solutions Consulting with Appian.

Erin recognized Suzanne Short for her efforts in setting up the virtual happy hour SPWP held last week. It was a lot of fun, and we are looking to hold another one in December. Additional details will be provided.

Erin mentioned that SPWP Board member elections will be coming up in November. We are currently looking for candidates for the positions of Secretary and Member at Large. Please contact Erin if interested. We are also looking for 2 volunteers for the Nominating Committee to help with the election.

Erin also mentioned that we are looking for two volunteers to help out at the API Golf Tournament on Monday, October 12th. Please see Erin if you are able to assist.

Erin advised that a survey will be sent out to members after the meeting to gather feedback on which charity SPWP will support this Christmas, and to understand everyone's comfort level with meeting in person moving forward versus continuing in a virtual format.

Erin wished a happy birthday to all members born in October, and a happy anniversary to all members who joined SPWP in October.

Erin opened the floor to announcements, there were none.

Erin reminded the organization that the next meeting will be taking place on November 12th, 2020 and to please connect with SPWP on social media.

The meeting was adjourned at 8:20 am.

Respectfully submitted,

Erin Stroud

# 2020 SPWP BOARD OF DIRECTOR NOMINEES



*Our November breakfast meeting is a members only meeting, as we will vote on choosing a board of directors and any other SPWP business. Below are the by-laws for the Election of Officers.*

## Election of Officers

- (a) The nominating committee will be formed on or before the September meeting.
- (b) The nominating committee shall report to the Society at the October meeting their nominations for President, 1st Vice President, 2nd Vice President, Secretary, Treasurer, Member at Large, and Social & Development Director.
- (c) Candidate for President shall have previous Board experience.
- (d) Elections will be held in November. Election of officers shall be by ballot and a majority of the ballots cast shall elect.
- (e) Ballots will be counted at the November meeting by the nominating committee, excluding any member who is running for office.
- (f) Absentee ballots must be requested in advance of the November meeting and returned prior to the meeting to the nominating committee.

## **PRESIDENT**



### **Suzanne Short**

Hello, my name is Suzanne Short. I have been a member of SPWP since 2018. I was born in California, but raised in Houston, TX. I attended Texas Tech University and graduated in 2006 with a Bachelor of Petroleum Engineering. I spent 10 years working for ConocoPhillips as a production engineer, solving mechanical problems in wellbores. My career allowed me to work in both Texas and Alaska. I then decided to pursue a Master of Business Administration from Texas Tech and graduated in 2018. I am now a Financial Advisor with Edward Jones in Cypress, TX. My hobbies include rifle hunting and outdoor pursuits such as backpacking. I am looking forward to continuing to serve SPWP as President because I want to give back to this amazing organization.

## **FIRST VICE PRESIDENT**



### **Audra Seanghok**

It is a privilege to continue as the First Vice President of SPWP. I moved here to Houston in 2009 from Southern California. I started my career in the Oil & Gas industry in 2010 at Emerson Industrial Automation. In 2014, I joined TAM International in Purchasing. I can definitely relate to the mission of SPWP, and have enjoyed working with all the wonderful ladies in this organization. I worked my way through school and tried to utilize as many of these opportunities as were available. I ended up graduating from California Lutheran University in Thousand Oaks, CA with a Bachelor's Degree in Business (Cum Laude), an AA Degree in Liberal Arts, and an AS Degree in Business. Any assistance that we can provide for these young professional women coming into our industry and in the business world itself goes a long way!

## **SECOND VICE PRESIDENT**



### **Veronica Rhodes**

As an active member of SPWP, I would be honored to continue as your Second Vice President. I became a member in early 2019 and have quickly become passionate about the organization. I have enjoyed getting to know several of the members throughout the year during our monthly meetings, assisting the scholarship committee during interviews, and volunteering at the AADE Golf Tournament. I am a Senior Energy Casualty Insurance Underwriter, specializing in the Oil and Gas Industry for Zurich North America, a position I have held since October 2010. In this role I have had the opportunity to visit numerous oil and gas facilities in Texas and other parts of the country to expand my knowledge of the industry. I have 20 plus years' experience in customizing complex insurance programs for some of the world's largest Oil and Gas Companies. Serving the community takes a priority in my life. Whether feeding hungry children at Kids' Meals or supporting healthy lifestyles at the American Heart Association, these are a few examples of how I contribute to others. I feel with my diverse background I can provide a different perspective of the Energy Industry and would be an immediate asset to SPWP!

## **TREASURER**



### **Brenda Myers**

Hello! I'm Brenda Myers and I am currently running to continue as Treasurer. I grew up in California as a misplaced Texan and finally made Texas my home in 2012. I am third generation oil and gas, but proud to be the first woman from my family to work in the industry. I have worked at Canrig Drilling Technology for 11 years. I started as a district administrative assistant and recently was promoted to managing our inside sales department and sales team. In my free time I am either baking, fishing, hunting or hitting the beach in my Jeep with the dog. I have been a member of SPWP for two years and I am proud to be part of such a wonderful organization. I am excited to have an opportunity to serve as your Treasurer.

## **SECRETARY**



### **Rhonda Bean**

I am currently the Development Coordinator and Stewardship Director with the Archdiocese of Galveston-Houston. Prior to that, I spent many years in publication sales for Offshore Engineer Magazine and the Maritime Executive. I am a seasoned salesperson, grant writer, and fundraiser with a demonstrated history of producing results. I am also skilled in management of nonprofit fundraising opportunities, planning, and facilitation. I am a strong development professional with a Bachelor's of Science focused in Administration and Marketing from Cleary University in Michigan. I also am a current board member for the St. Apostle Technical Catholic High School in Houston, and was a former Board member for SPWP.

## **MEMBER AT LARGE**



### **Suzette Olivan**

Hello Ladies! My name is Suzette Olivan, I am originally from New York City but raised in the great state of Texas! I graduated from Baylor university in 2007 with a Bachelor's degree in Political Science and a minor in International Business. I began my career in the Oil and Gas industry in 2010 as a Training and Development Coordinator, and progressed in my career by working in different scopes within the HR function. I was introduced to SPWP by Gina McGinn, who I met at OTC in 2018. I quickly felt so welcomed and connected to all the ladies that I instantly wanted to become a member. By running for SPWP Member at Large, I hope to continue contributing and building the legacy that you all have created so far. Not to mention give back some of the warm welcome I've received!

## **SOCIAL AND DEVELOPMENT DIRECTOR**



### **Erin Williams**

Hello ladies! My name is Erin Williams, and I have been a member of SPWP for close to 1 ½ years. During this time, I have co-chaired the scholarship committee with Ingrid Cooper, where together we orchestrated and successfully led the first-ever *virtual* scholarship committee and *virtual* interviews. For 2021, I am humbly seeking your vote for the board position of Social and Development Director where I fully intend to use my social media and marketing background to further extend awareness and engagement for SPWP, and ultimately raise additional funds for our scholarship program. I look forward to serving SPWP in this capacity!

# SPWP ANNOUNCEMENTS

## SPWP 2020 HOLIDAY CHARITY

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

Please visit [www.bluebonnetyouthranch.org](http://www.bluebonnetyouthranch.org) for online monetary donations. For anyone that would like to have a more specific recipient to contribute to, we will be acquiring a roster list of names and ages. More information on donations to follow.

## SPWP HAPPY HOUR



SPWP will be hosting a virtual happy hour on December 3rd from 5:30 pm to 7:30 pm to give members an opportunity to get together and get back to socializing and networking! The invitation will be sent out in the near future.



**November 15 Jenny Wilson**

**November 16 Sandra Mourton**

**November 23 Maria Marquez**



**Nikki Jones 1 year**

**Christine Vongxay 1 year**

**Jenny Wilson 1 year**

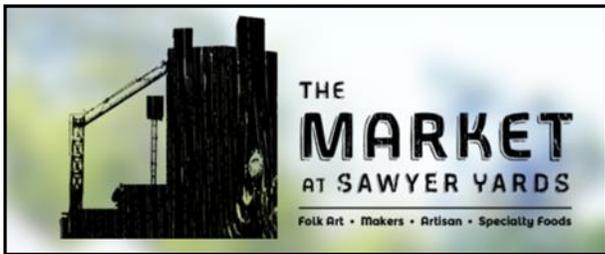


# SPWP SCOOP

So what is going on with you?



Erin Williams had the opportunity to spend a weekend near Austin with her 2 oldest children at Crowe’s Nest Farm, an educational farm owned by family members. Among the most memorable experiences was getting to bottle feed a baby llama named “Hummer”.



Erin Stroud will be displaying her art at The Market at Sawyer Yards on Saturday, November 14th and Saturday, December 12th. Stop by her booth and visit!



Recently Sherry Adams and some friends “ran away from home” to Waco. They rented a house and had a great time at the Magnolia Table and the Silos. They took a sourdough bread making class at The Homestead, a relaxing boat ride on the river, and did LOTS of shopping. She made a big dent in her Christmas shopping!



Suzette Olivan and her boyfriend went to Cabo San Lucas, Mexico for vacation to relax and disconnect safely from reality for a bit. They had an incredible time!

Suzette Olivan will also be starting a new job at Stratum Reservoir as Regional HR Manager - NAM & SAM. She is very excited about taking on the new role!



Veronica Rhodes had an opportunity to vacation in Granby, CO.

# CAREER CORNER

## 10 Alternatives to All Those Video Meetings (Because Zoom Fatigue Is Real)

If you're more stressed and tired after a day of video calls than you ever were after in-person meetings, you're not alone. In fact, scientists from Microsoft's Human Factors Lab studied human brain waves during video meetings and discovered "Zoom fatigue" is a very real thing.

Their research found remote collaboration in general is more mentally challenging than its in-person equivalent, and video meetings in particular are correlated with feelings of stress and fatigue for several reasons. First, to keep up with what's happening, you have to stay focused on your screen. Second, you're missing out on signals (like body language and gestures) that typically help you understand others' emotions and the tenor of the conversation. And when anyone shares their screen, you have even fewer cues to go off on.

You can look to these meeting alternatives to take back your calendar, work better with your team members, and get more done. Even when you can't cancel meetings completely, you can use these options to have shorter, more productive ones.

1. **Write an Email** – Next time you're about to schedule a meeting to make an announcement, give straightforward instructions, or share information, ask yourself, "Is this hard to understand? Will anyone be surprised or have a lot of questions?" If the answers are "no" all around, send an email instead.
2. **Send a Direct Message** – Obviously, emails are less effective for passing along casual updates or asking quick questions. This is when an instant message on Slack or whatever you use at your company is perfect: At most organizations, employees try to respond within hours (if not minutes!)
3. **Record a Video** – You've probably had tens (if not hundreds) of meetings where you trained people how to do something. These meetings can almost always be turned into recorded videos—or at least cut in half by sending a video in advance and then answering the person's questions on the call.
4. **Create a Ticket** – When you need to flag a bug or error or request a straightforward feature or update, you might be tempted to book time with the technical team or coworkers responsible. But you will earn their gratitude by creating a ticket. You'll keep their calendar clear and make it faster for them to understand and fix the issue.
5. **Make an FAQ Doc** – If you're answering a series of common questions or consolidating related updates, create a one-pager instead of having the same conversation with multiple people. This doc can also be a handy resource for new hires or folks outside your team who need more context.
6. **Start a Thread on Chat or Within Your Project Management Tool** – Don't waste precious time getting or receiving simple updates. Rather than having a status meeting, kick off a status thread in the appropriate chat channel or whatever software you use to keep track of projects asking everyone to chime in with their updates. Provide a format for responses, such as: Progress toward goal, wins, & obstacles; Or: what I've done, what I'm doing, & what I will do.
7. **Mark Up a Document** – Thanks to "Suggesting" mode in Google Docs and "Track Changes" in Microsoft Word files, you can give feedback on your team member or direct report's memo, project overview, experiment summary, and so on. It's simple to show what changes you're making—and why, if you add comments explaining your decision—and you can drop in other notes and questions as well.
8. **Send Out a Survey** – Not only do surveys tend to get more honest reactions than in-person discussions, they also level the playing field for folks who don't feel comfortable speaking up.
9. **Brainstorm on an Online White Board** – Rather than getting everyone together to spitball ideas virtually—which, let's face it, can be awkward and unproductive—have them share their thoughts visually. Your team members can add sticky notes, images, diagrams, drawings, docs, and even GIFs. Next time you need the creative juices to flow, give your team a prompt and unleash them on a board.
10. **Get on the Phone** – Go back to basics with a phone call. It's less draining than a video meeting, since you don't have to watch your own body language and facial cues while interpreting someone else's. They are best for straightforward conversations with one or two other people. Once your calendar is less crowded, you'll have more energy for both independent work and the Zoom calls that matter.

# CAREER CORNER (continued)

## 5 Secrets to Developing a Better Relationship With Your Boss

Productive, respectful relationships between a boss and their employees is key to any company's success. While the boss' top priority is likely to have hardworking employees who fulfill their vision for the company, it's a safe bet that they'd also like to have more than superficial relationships with the people they work with every day. After all, they probably spend more time with their staff than they do with anyone else.

Of course, there's something in it for employees, too: The boss plays a key role in advancement opportunities, so the more they know you, your work, and your work ethic, the more likely you are to be rewarded.

A healthy, respectful relationship with your manager can improve your morale and productivity, and ultimately, it can boost your career. If you want a relationship that goes beyond "we get along fine," here are five suggestions for building a stronger alliance with your boss.

### 1. Take the Initiative to Set Up Monthly Meetings

If you work in a small company, it is easier to meet with each employee almost daily. But, in larger companies it is more difficult to check in with every employee every day and keep tabs on all the tasks that each person is working on. Your boss may be busy, but as an employee, you can and should take the initiative to meet with your boss one on one at least once a month. Use that time as an opportunity to discuss the status of your current projects, to present your ideas for the future, and to check in to make sure you're on track with your boss' goals and strategies.

### 2. Demonstrate Your Innovation and Initiative

Every CEO or manager wants a company full of motivated and productive employees. Showing that you're excited to take on new projects will help both you and your boss be more successful. If you work in an office where people are constantly pitching ideas for new products, services, projects, or process improvements, don't be afraid to raise your hand and volunteer to take the initiative on something. If suggestions aren't free flowing, keep a running list of your own ideas and offer them up at your monthly meetings with your boss. Being innovative and taking initiative shows your manager that you're invested in growing with the company, and that is bound to lead to a better relationship between the two of you.

### 3. Strive for Open Communication

How many times have you told your boss that one of their ideas isn't so great? It's a scary conversation for any employee, but it's an important one. The key is to remember that you were hired because you have a specific set of skills that the company values and, often, can offer a different perspective than your boss can. Feeling comfortable enough to disagree with your boss and have an open line of communication will build a strong relationship—one in which you know the best ideas will always rise to the top.

### 4. Remember Your Boss Is Human, Too

Most leaders come to work with their professional game face on, armed with a to-do list a mile long. They spend their days focused on moving the company closer to its goals. However, even leaders appreciate when their employees see them as something more than the person who signs their paychecks. Employees should take the time to ask their boss questions like, "How are you?" or "Did you do anything fun this weekend?" This isn't about being best buddies or feeling like you need to hang out together outside of work—it's about communicating on a more personal level.

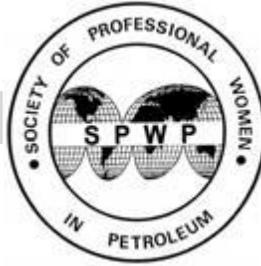
### 5. Be Yourself

Many of us spend more time with our colleagues than we do with our actual families. And sometimes that commitment can cause friction at home or resentment at work. But unless your boss is psychic, they will have no idea that there's an issue brewing in your personal life. So, if you're a parent whose office hours are taking a toll on your family, propose a schedule that allows you to work from home part-time. Or, if you're a part-time college student who needs some extra time off during finals week, see if there is a way to make up the time elsewhere in your schedule. Ask for what you need and be willing to compromise, and your relationship with your manager will be better for it.

Keep in mind, your goal shouldn't be to become best friends with your boss. Instead, focus on establishing good communication skills and building trust—and the rewards will follow.

*This information has been adapted from an article by Jim Belosic*

<https://www.forbes.com/sites/shelcyyjoseph/2018/10/25/12-career-books-you-should-add-to-your-reading-list/#5ac18a1519a1>



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.*



**December Breakfast Meeting 12/10**  
Christmas Party

**January Breakfast Meeting 01/14**

## BOARD OF DIRECTORS

### President

Erin Stroud  
DistributionNOW  
713.254.8752  
erin.borstmayer@gmail.com

### First Vice President

Audra Seanghok  
805.402.2028  
audraseanghok@yahoo.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  
Stratum Reservoir  
713.430.6984  
suzette.olivan@stratumreservoir.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,  
comments, or questions to Audra Seanghok at  
[audraseanghok@yahoo.com](mailto:audraseanghok@yahoo.com)**