

SPWP News



This month's meeting, is to be held on April 8th, 2021 virtually at 7:30 a.m.

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 Suzette Olivan via email.

Meeting donations are currently \$10 each. SPWP is also accepting donations toward our scholarship fund. Reservations and contributions can be made by credit card (MasterCard, Visa or American Express) via PayPal on our Web site: 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.



PRESIDENT'S NOTE

Hello Ladies,

Happy Easter! I hope your holiday weekend was relaxing and fun-filled! If you are like me, you enjoy these mild spring days before the Houston humidity returns. All around us there are encouraging signs that the pandemic is coming to an end.

We are pleased to re-introduce in-person social events for SPWP. Stay tuned for upcoming details on an outdoor service project to help beautify the community. In addition, we aim to plan a patio happy hour at various locales throughout the Houston area. This will occur approximately every six weeks. Lastly, a small-group tour of NOV Tuboscope is planned for April 29th. Contact Erin Williams to secure your spot.

The 2021 Scholarship Committee is hard at work grading and reviewing applications. Upon the closing date of March 12th, there was a strong turnout of applications that are certain to yield deserving candidates. Your dedication and attention during each phase of the selection process is greatly appreciated.

Also, thank you to those of you who volunteered at the AADE Golf Tournament on March 29th. Three ladies representing SPWP generously donated their time to help with hole monitoring. As a result, we raised over \$1000 for our scholarship fund!

Our own golf tournament has been set for October 1st at Windrose Golf Club. Big thanks to Renee Brown and Sherry Adams for returning as co-chairs of this fundraiser. There will be many opportunities to get involved as the date grows closer. Please share the event details with your business associates, friends, family, and other organization members – anyone and everyone!

As a reminder, 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,

Suzanne Short

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MARCH MINUTES

Submitted by Suzette Olivan

President Suzanne Short called the meeting to order at 7:30 am on March 11, 2021 via Microsoft Teams for a modified virtual meeting. Suzanne welcomed all members and introduced the 2021 Board Members.

Suzanne turned the meeting over to 2nd Vice President Veronica Rhodes to introduce the March speaker, Eric Barton, to speak on the "Evolution of Frac Sand".

Suzanne reminded the membership that dues are due on March 31st. Please submit your payment via PayPal at the SPWP website.

Suzanne mentioned as we reach the 1-year anniversary of the pandemic SPWP will be taking Meeting donations of \$10.00 for attendance to each Breakfast meeting. This will help to continue to raise scholarship funds.

Suzanne reminded the membership that the Scholarship Application deadline is March 12th.

Suzanne wished a happy birthday to all members born in March.

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

Suzanne announced that our next virtual happy hours will take place on March 25th and the next in-person happy hour will take place on April 1st. Social events will be scheduled about every 6 weeks.

Suzanne mentioned that AADE is looking for volunteers for their Golf Tournament taking place on March 29th, please contact Suzanne if you wish to participate.

Suzanne announced that the SPWP Golf Tournament has been set for October 1st at Windrose Golf Club.

Suzanne reminded the organization that the next meeting will be taking place on April 8th, 2021 and to please connect with SPWP on social media.

The meeting was adjourned at 8:14 am.

APRIL FEATURED MEMBER

Lellany Conaway

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

I first started in 1976 with Reed Tool as a sales coordinator. When my daughter was born in 1977, I decided I was going to be a stay-at-home mom. It only lasted 3 months. Staying home was not for me. I joined Kelly Services and I was sent on a temporary assignment to Varco Oil Tools. Long story short that temporary job lasted 28 years.

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

Sales. I was the first female Outside Sales and first female Latin America Sales Manager for Varco Oil Tools.

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

Usually, I help them with getting appointments to see customers. I am known for giving advice on what to do or not to do when making sales calls. My best advice to anybody is to be honest and do what you said you were going to do, even if the answer is not what the customer expected.

4. Most influential person in your career and why?

I have many, but two come to mind, Mr. Gerald Fox and Mr. Frank Campisi. Those two gentlemen gave me the entrance to a male dominated oil field industry. They believed in my abilities, supported me, and gave me the tools to make my career a success.

5. Best career advice you've received?

Never pretend you know everything. It is okay to say I do not know, but I will find out and give you the correct answer.

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

No, I was born in Guantanamo, Cuba. When I left Cuba, my family and I moved to Spain to wait for our legal resident in the USA. After Spain we moved to Puerto Rico, and I later went to Ohio. There I met and married my high school sweetheart. My husband is a Chemical Engineer and he was in a program where they sent him to different places to learn processes. When we finally got to Texas I said this is the place I want to call home..... we have been here since 1974 and I proudly call Texas my home.

7. Favorite place in the world?

I have many places that I call my favorites..... Amalfi Coast, Italy, Santorini, Greece, Buenos Aires, Argentina, New Zealand, Sydney, Australia, Prague, Czech Republic, Budapest, Hungary. They are all my favorites in many ways.

8 Favorite book or movie?

Butch Cassidy and the Sundance Kid. It was my husband and my first date back in 1969.

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

Even though I have been blessed with the opportunity of traveling many places. If money was not an issue I would like to continue to travel around the world.

10. How did you become involved with SPWP?

I was one of the first members of the organization. I got involved because I had a vision to expand my knowledge of the O&G industry through networking and seminars. Back then our industry was very much dominated by males and we needed to help each other.



APRIL SPEAKER

Ludivine Laurent Bureau

Senior Director of Global Sales at NOV Grant Prideco

Speaking on : The 10 Things You Didn't Know You Needed to Know About Drill Pipe

Ludivine Laurent Bureau joined Grant Prideco when NOV acquired Vallourec Drilling Products in 2018. Ms. Bureau has spent the past 13 years of her professional career working solution's in the industry's drilling tubular challenges. She has held multiple functions including Marketing, Business Development, Key Account Management, and Sales Leadership. Above all, she is passionate about making the impossible possible. She holds a master's degree in consulting and finance and is currently based in Houston, TX.



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



Terri Wadley **1 year**



SPWP ANNOUNCEMENTS



2021 SPWP Golf Tournament

After postponing last year's tournament due to the pandemic, we are beyond excited to resume this long-running SPWP tradition and we know you are too!

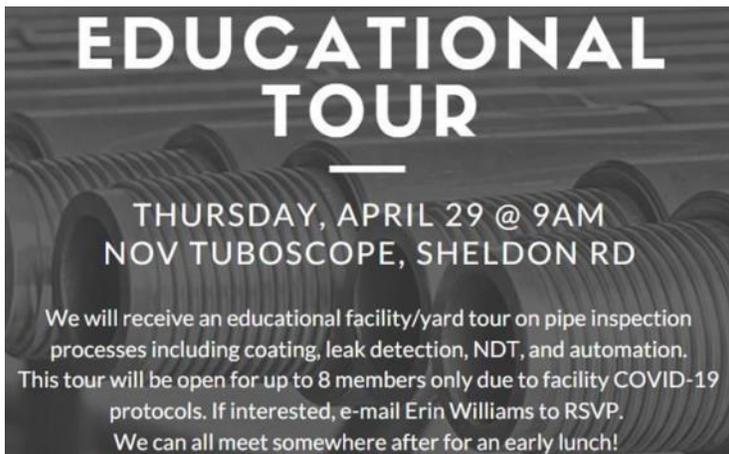
To register yourself or a team, or for more information, visit spwp.org/golf-tournament or e-mail golf@spwp.org.

Special thanks to this year's Golf Tournament Committee Co-chairs, Renee' Brown & Sherry Adams!

Space is very limited. It will be on a first come-first serve basis. After spaces fill up, your name will be added to the alternate list in case any members cancel.

If interested, please contact Erin Williams with any questions as well as your area of expertise (i.e. procurement, marketing, engineering, accounting, etc.). This will help the tour facilitator know how to tailor his presentation/tour. It will be in a pipe yard so proper attire such as steel toe boots will be needed. Any additional PPE needed will be confirmed.

Masks may also be required for the tour as well but will confirm current protocol with NOV a few days prior to the tour. If they are mandatory for the facility, they will be mandatory for SPWP while on site – no exceptions.



AADE Golf Tournament

We had 3 members of SPWP volunteer at the AADE golf tournament from 12 pm - 5:30pm on Monday, March 29th. SPWP ended up raising over \$1,000 for our scholarship fund!

Thank you to our volunteers: Michelle Vincent, Erin Williams, and Veronica Rhodes!

SPWP's New Secretary

SPWP's Board has voted in our new Membership Secretary position! Thank you to Kelsey Hulett for stepping in, and congratulations for being acknowledged for this role. Kelsey will be an excellent addition to our team. Welcome aboard Kelsey!



SPWP SCOOP



SPWP's previous President, Erin Stroud, is now serving on the Advisory Panel for the University of Houston's "Leading High-Performance Teams" Executive Education Program this year!

If you're interested in the program, you can find more information here: uhbauer.education/leading-high-performance-teams



SPWP held a virtual happy hour Thursday, March 25th from 6pm - 8pm. We are looking forward to even more connection and networking this year!

In-person happy hour!

SPWP was excited to have our first in-person event in more than a year!

It was held at Slowpokes in the Spring Branch area.

Pictured are: Veronica Rhodes, Suzanne Short, Michael Szafron, Brenda Myers, & Erin Williams



If you would like to share any new updates, please be sure to send to Audra Seanhok at audraseanhok@yahoo.com. We would love to hear what everyone has been up to!

CAREER CORNER

10 Simple Work Habits That Will Make You Better (and Happier!) at Your Job

From optimizing our inboxes to streamlining meetings, we're always looking for ways to work smarter. But being productive isn't only about tackling every task on your to-do list or having more downtime. Freeing up time and mental energy also allows you to spend more time stretching yourself on bigger projects that grow your skill set, bring value to your company and give you a greater sense of fulfillment.

We spend an average of 90,000 hours working in our lifetimes, so we may as well make them as productive and enjoyable as possible. You don't have to overhaul your entire schedule. Incorporating a handful of simple work habits can help you get more done and feel more engaged at work every day. Consider these simple ways to switch up your routine, help you focus, and boost your mood while you work.

- 1. Start the Day With Something You Love** - Your morning can set the whole tone for your day. Dedicate at least five minutes every AM to something you enjoy, like meditation, reading, or sipping a cup of coffee.
- 2. Cut Back on Rapid Responses** - In our uber-connected world, it's easy to feel like you need to respond immediately to every email, text, or meeting invite. But, it's healthier to take time to respond in most situations. That also trains other people not to expect an immediate answer from you. You can block out time each day to answer non-urgent emails and calls, so they don't interfere with your to-do list.
- 3. Do the Dreaded Tasks First** - Tackle at least one unpleasant task early in the day. That doesn't mean you have to do all the hard stuff at once, but you'll feel more in control when you chip away at the onerous tasks instead of leaving them all for the end of the day when you're more fatigued.
- 4. Say Hi to a Coworker** - A study found that 60% of respondents would stay at a company longer if they had more friends there. Socializing at work makes you feel more invested in your job.
- 5. Don't Assume Anything** - It's easy to misread tone in an email or misconstrue an offhand comment as a personal attack. Don't be afraid to ask questions rather than assume or take things personally. Emotional intelligence will make your job a much happier place.
- 6. Move More** - Taking lots of mini-breaks is essential to staying focused, energetic, and engaged at work. Find easy ways to step away from work and move your body throughout your day. Set an alarm to remind yourself to stand up and stretch every hour, for example, or take a short walk at lunchtime.
- 7. Declutter your desk** - We'd all like to believe that a messy desk is a sign of a genius mind, but clutter also makes it harder for your brain to process information. Your workspace doesn't have to be spotless, but a more organized area will help you feel more in control.
- 8. Cut down on social media scrolling** - We've all done it. We hop onto Facebook or Twitter only to emerge 30 minutes later from a social media daze and wonder where the time went. To avoid distraction, set aside specific times—ideally at the end of the day or on your lunch break—to check your personal social media accounts.
- 9. Be of Service** - If you want to be better at your job, think beyond yourself. Ask yourself, "Is there a team or manager who could use an extra hand right now?" You'll build goodwill, of course, but helping colleagues improves your mood, too.
- 10. Keep a Gratitude List** - Studies show that appreciating the upsides in your life can help you better enjoy good experiences and cope with bad ones. So take a few minutes to think about the positive side of your work life. Maybe you are thankful for supportive coworkers, your company's mission, a flexible boss, or even just a steady paycheck. Write out a few expectations and a few things you're grateful for every day.

*This information has been adapted from an article by by Kate Rockwood
<https://www.themuse.com/advice/work-habits-more-productive-happier>*



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 05/13

June Breakfast Meeting 06/10

BOARD OF DIRECTORS

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COMMITTEES & CHAIRS

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Co-Chair – Tania Rezanka tania.p.hernandez82@gmail.com

Golf Committee

Co-Chair – Reneé Brown renee.brown@battcables.us
Co-Chair – Sherry Adams sadams@wabtec.com

Please be sure to share and follow us at:

LinkedIn – **Society of Professional Women in Petroleum**
Facebook - **@spwphouston**

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