

SPWP News



This month's meeting, is to be held on July 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 Independence Day! I hope your long weekend was filled with fireworks, barbeque, and pool time. However, the Houston heat and rainy weather has most of us looking for a good air-conditioned spot.

The July breakfast meeting will showcase the 2021 SPWP Scholarship recipients. Each winner will invite a guest and have a few minutes to address the group. It is a highlight of the year to award \$13,000 in funds to these deserving women.

SPWP's kickoff Adopt-A-County-Mile was held Saturday June 26th near Hwy 249 and Spring-Cypress. Several of our members and guests attended the early morning effort. We were proud to fill many bags full of litter. SPWP aims to clean this stretch of road four times per year. Lookout for our next date to be announced soon!

The 2021 SPWP Golf Tournament is drawing closer. Please like and share on social media. Also, feel free to reach out to any possible sponsors or players. Co-chairs Renee Brown and Sherry Adams would be happy to welcome any volunteers from our organization. Reach out to a board member or golf co-chair to get signed up!

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

INSIDE THIS ISSUE:

JUNE MINUTES	2	SPWP SCOOP	6	CAREER CORNER Cont.	8
FEATURED MEMBER	3	JULY BIRTHDAYS	6	MARK YOUR CALENDAR	9
JULY MEETING ANNOUNCEMENTS	4	JULY ANNIVERSARIES	6	BOARD OF DIRECTORS, COMMITTEES, & CHAIRS	10
	5	CAREER CORNER	7		

JUNE MINUTES

Submitted by Kelsey Hulett

President Suzanne Short called the meeting to order at 7:36 am on June 10th, 2021.

Suzanne welcomed all members and guests and introduced the 2021 Board Members.

Suzanne asked for a motion to approve the May 2021 minutes as written in the newsletter. Veronica Rhodes approved the minutes and Sherry Adams seconded approval of the minutes as posted. No one opposed, so the minutes were approved as written.

Suzanne shared that the scholarship committee identified 9 scholarship winners and that these recipients will be recognized at our July SPWP meeting.

Suzanne reminded members that the SPWP golf tournament is scheduled for October 1st 2021.

Suzanne wished a happy birthday to all the members born in the month of June. SPWP member anniversaries were also recognized. Notable anniversaries this month include 40 years or Lellany Conaway and Margaret Hare.

Suzanne shared that the Adopt a Count Mile service project was postponed due to weather and will be rescheduled to Saturday, June 26th.

Veronica introduced the June meeting as Table Talk. The meeting participants were split out into virtual breakout rooms where they were tasked with discussing four prepared questions with their breakout partners. Following discussion within the breakout rooms, a lead from each group shared a summary of their responses.

Suzanne reminded the attendees to connect with SPWP on social media and shared that the next meeting will be taking place on July 8th, 2021 where the 2021 scholarship recipients will be presented.

The meeting was adjourned at 8:22 am.

JULY FEATURED MEMBER

Reneé Brown

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

My career began when I graduated from UH-Downtown in 1999 and began working at Weatherford in the HR department. I transferred to operations in 2001. After getting laid off in 2002, I started working for Draka Marine Oil & Gas, a wire and cable manufacturer for electrical cables used in the oil and gas industry. I moved to inside sales in 2004. I then moved to outside sales in 2012 with Seacoast Electric. In 2013 I went to work for Summit Electric Supply. In 2018 I was offered a position with Batt Cables, based out of London, as the Business Development Executive. In this role I not only work in outside sales, but am grooming to take over the North American branch of Batt Cables. Since Covid I have not been able to travel or see customers, but truly love outside sales and love this industry. My phrase for oil and gas has always been (like sung from Hotel California by the Eagles) "you can check out, but you can never leave."



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

My career began as an Administrative Assistant, but quickly morphed into inside sales, then to outside sales.

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

Organization, I am very organized and have a keen sense to detail.

4. Most influential person in your career and why?

Wow, there are several people that have been influential in my career, but I would probably say Richard Howard. I was Richard's inside sales person at Draka and he's the one that got me out to seeing customers in person and really helped groom me for outside sales. We have been friends for over 20 years, we have worked together at Draka, Seacoast and now Batt Cables.



5. Best career advice you've received?

Always be honest with your customer, no matter how bad the news is.

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

I was actually born in Guymon, OK. We moved to Texas when I was 5 years old. When I was 10 we moved to London, England with my mom and step-dad. We moved to Houston when I was a sophomore in high school and I have been here ever since.

7. Favorite place in the world?

Anywhere outdoors that is warm/hot. I love the beach, the mountains, the country. I hate cold!!

8 Favorite book or movie?

All John Grisham books, I am an avid reader and very rarely watch movies.



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

I would love to own/drive a huge truck with big tractor tires, driving through mud holes. I love off-roading in Jeeps, 4-Wheelers and Side-by-Sides. But having one of those big jacked up trucks would be the best hobby!!



10. How did you become involved with SPWP?

In 2012, after my daughter went away to college and my son moved in with his dad, I was experiencing an "empty nest" and was seeking a volunteer organization when I came across SPWP. I have thoroughly enjoyed being a member and have served on the board as Secretary and 2nd VP. I have also worked on the Casino and Golf committees, which are always so much fun.

JULY MEETING

SOCIETY OF PROFESSIONAL WOMEN
SPWP
IN PETROLEUM

BREAKFAST MEETING TOPIC
2021 SCHOLARSHIP RECIPIENTS
THURSDAY, JULY 8, 2021
7:30 AM

Khyati Malik University of Texas at Austin	Zeynep Deliormanli University of Texas at Austin	Cristy Lopez University of Texas at Dallas
Megan Hoang Rice University	Anna Khan Texas A&M University	Noor Hakim Prairie View A&M University
Hannah Wani University of Houston	Katherine Golla Texas A&M University	Brianna Hernandez University of Texas at Austin

SPWP is looking forward to our July Breakfast Meeting which will host our 9 scholarship recipients of 2021! This is always an enjoyable meeting as we learn more about the ladies the scholarship committee chose and what their plans are for the future!

Congratulations again, to Zeynep Deliormanli, Cristy Lopez Aguilar, Briana Hernandez, Khyati Malik, Hannah Wani, Katherine Golla, Noor Hakim, Baotran (Megan) Hoang, and Anna Khan!

SPWP ANNOUNCEMENTS



2021 SPWP
GOLF TOURNAMENT

Friday, Oct 1
Wind Rose Golf Club

**CALLING ALL
SPONSORS**

SOCIETY OF PROFESSIONAL WOMEN
IN PETROLEUM

A photograph of a golfer in mid-swing on a green field under a blue sky with trees in the background.

2021 SPWP Golf Tournament

It's getting closer, and SPWP is looking forward to this year's Golf Tournament!

We are continuing to look for sponsors! If you have a company or know of a company who would be interested in a sponsorship for this event, please spread the word!

Also, please reach out to a board member or our Co-chairs, Reneé Brown & Sherry Adams to get signed up to volunteer!

Visit spwp.org/golf-tournament or e-mail golf@spwp.org for more information.

SPWP's Community Involvement

SPWP is proud to continue to participate with Precinct 4 in beautifying a local county mile within Harris County. Our next opportunity will be this fall (late October/early November).

Remember, family & friends are welcome too as long as all participants are age 18 or older!

Information will be announced once confirmed. If you are interested in an opportunity to serve (2 hours max), you can e-mail erin.williams2@nov.com



SPWP HAPPY HOUR

**FUEGO'S
SALOON**

817 DURHAM DR
HOUSTON, TX 77077

THURSDAY, JULY 22
6:30 - 8:30PM

SOCIETY OF PROFESSIONAL WOMEN
IN PETROLEUM

A poster with a background of orange and red flames. The text is white and blue. The SPWP logo is in the bottom left corner.

SPWP In-person happy hour

SPWP will be having our next happy hour on July 22nd, 6:30-8:30PM.

The location will be inside the loop in the Rice Village area at Fuego's Saloon!

Look for your invite by email soon. We hope to see some new and some familiar faces!

SPWP SCOOP



Erin Williams did a virtual 5K fun run with her sisters at The Woodlands Waterway.

It was incredibly hot and they have since decided no more fun runs in June-Sept!

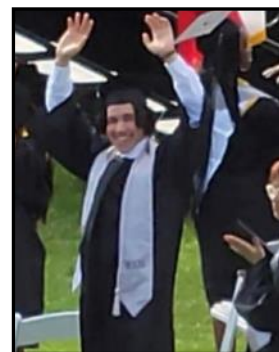
Despite the heat they had a great time!



A huge thank you to all who showed up this last month to help with SPWP's first AACM! This one was a scorcher because... well June!

They collected 8 bags and 1 box full of trash and debris helping to save the ecosystem and beautify the local community in Precinct 4.

Pictured (left to right): Erin Williams, Suzanne Short, Kelsey Hulett, Brianna Drisdale, and Anna Chaney.
Not pictured: Scott Williams.



On June 13th, Audra Seanghok's nephew graduated high school with credits for his Associate's degree!

So proud!

HAPPY
Birthday



- July 17** Kelsey Hulett
- July 18** Tricia Hill
- July 24** Maria French

Happy *Membership!*
Anniversary!

Erin Stroud

6 years



CAREER CORNER

How to Plan Your Ideal Hybrid Work Schedule (So You Can Live Your Best Life)

If you've been working from home since the start of the COVID-19 pandemic, you may feel like it's been just a few weeks or several decades since you set foot in an office. And as in-person work becomes a possibility again, you might be struggling to figure out what going back into the office even looks like for you—particularly if your company is transitioning to some type of hybrid work model that gives you say over when and how much you're in the office vs. remote. Your optimal balance between remote and in-office work will be very specific to you and your situation. Different companies are likely to have very different standards and requirements for their hybrid workforce and these standards may change over time. Beyond that, employees should think about their preferences on five dimensions: productivity, professional opportunity, social engagement, work-life balance, and personal commitments.

There are a number of things to consider when planning your ideal hybrid work schedule. Here is a list of questions to consider—divided into five categories—to help you figure it out. Keep in mind that your answers to these questions can always change down the line. So, take any future plans into account and be sure to revisit your schedule periodically to make sure it's still the best it can be for you.

1. What Requirements Does Your Employer Have?

Even if your employer is offering you a lot of flexibility in choosing the balance of your hybrid work schedule, they still likely have some guidelines or requirements. So, before you make any decisions regarding your personal schedule, make sure you're clear on what decisions are even up to you.

- Can you choose how many and/or which days you spend in the office vs. remotely?
- Are you locked into those choices or can you change up your in-office schedule?
- Do you need to schedule your in-office and remote days ahead of time? If so, how far in advance?
- Will you be required to come in for certain team meetings or other activities? If so, how far in advance will these be scheduled?
- Does a single day need to be fully remote or fully in-office? Can you work remotely in the morning and come into the office in the afternoon, for example?
- Will there be any stipends provided for home office supplies or utilities (such as internet)?

2. What Schedule Will Help Your Productivity the Most?

You'll be in a better position to benefit from a hybrid work setup if you're maximizing your productivity. Basically, it boils down to the question, in what environments or conditions do I do my best work? But for most people, work isn't just a single task. Using your remote time and your in-office time efficiently requires you to figure out not just when and where you work best, but which of your job duties are best completed in the office vs. at home. You might find it helpful to write out a list of your work tasks so you can really visualize all the individual things you need to get done during a given day, week, or month. Group together tasks that are similar or need to be completed sequentially within a short period of time. Then you can think through the ideal location to complete each task or set of tasks and keep that in mind as you construct your hybrid work schedule.

There are plenty of people who find the office a better place to focus intensely on deep work, and there are others who are very comfortable collaborating on projects remotely. So, think about what's true for you personally while taking into account your employer's requirements and anything you know about your teammates' schedules.

- What tasks are you responsible for as part of your job?
- During remote work, which of these tasks have gotten harder, which have gotten easier, and which have stayed the same?
- What tasks do you tend to put off or find harder to get started on when working remotely? How about in the office?
- What do you miss about working in the office? What do you not miss about working in the office?
- What physical conditions allow you to do your best work on various tasks and do those conditions exist more at home or at work?
- What days and times of day are you most focused?
- Do you do your best work during the typical nine-to-five schedule or would some other schedule work best for you?

3. What Schedule Will Give You Access to Professional Opportunities You Want and Need?

You'd probably like to continue to grow in your career, whether that means taking on more responsibilities, getting a raise, gaining skills and experiences to help you move to the next level in your current career or pivot to a new one, making professional connections that will help you in your next job search, or even starting your own business or side hustle. You might best accomplish your goals in the office, from home, or even during increased personal time you gain from the ideal hybrid work schedule.

If you're looking for professional opportunities within your current job, be sure you're taking into account how decreased face time with your managers, teammates, and others at the company might affect your ability to get them, as well as how you can be sure you're still being noticed and recognized for the work you do even if you're physically in the office less.

CAREER CORNER, continued

- What professional opportunities are you hoping to take advantage of in the next few years?
- When and how often will others on your team or at your company be working in the office vs. remote?
- Will your career be damaged if you're not in the office at the same time as your manager or team?
- Has remote work negatively or positively affected your relationship and communication with your manager?
- Could time saved on a commute or some other aspect of a traditional workday one or more times a week give you the chance to pick up a side hustle, learn a new skill, or do more professional networking?
- Do you feel your work is just as visible to your team and company while working remotely or would putting in more than the bare minimum time at the office help decision makers at your company see your contributions?
- What are your company's plans for making sure performance assessments and opportunities are equitable and not affected (consciously or unconsciously) by who is in the office more?
- How might your hybrid work schedule influence the opportunities you'll have access to? How can you address these concerns with my manager?

4. What Hybrid Work Schedule Will Give You the Optimal Amount of Social Interaction?

Everyone has a different capacity and need for social interaction, and it's important to take yours into account when developing your ideal hybrid work schedule.

- Is the social atmosphere of your office positive, neutral, or negative?
- How much value do you get from being in the same physical environment as your colleagues?
- Are there certain coworkers you enjoy working with more than others? When will they be in the office?
- Do you get as much or more value from social interaction you get during (or because of) remote work as you do from in-office work?
- When socializing outside of work goes "back to normal," will that affect how much time you'd like to spend around your colleagues?

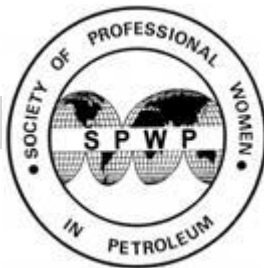
5. What Schedule Will Help You Live Your Best Life—at Work and at Home?

One of the biggest benefits of hybrid work is increased work-life balance—that is, a healthy equilibrium between work and home. Work-life balance is affected by how many hours you spend working, but it also depends on your ability to keep your mind on work when you're working and off work when you're not so that you can focus on those things that matter most to you outside of your job.

- Have your hours spent working remotely been more or less efficient or about the same?
- Are you able to separate your work time from your personal time while working at home? If not, are there firm markers you could put in place?
- When you've worked remotely, has there been an expectation that you're available to your colleagues at all times? If so, can this be addressed, or should you work in the office on days you'd like to be fully "done" at a set time?
- When you've worked on site, have you often taken work home with you or been expected to? Is there a way a certain hybrid schedule could mitigate this?
- In what ways does in-office work negatively affect your personal life? What about remote work?
- How much do you want your work life and personal life to mix?
- What responsibilities do you have outside of work? What responsibilities would you be able to fulfill more easily or take on with a certain hybrid work schedule that would improve your life overall?
- What aspects of your life (inside or outside of work) are most important to you right now? What hybrid schedule will help you to prioritize these aspects?

Maybe you want to be home when your kids get off the bus at 3 PM, so you work mornings in the office and then finish out the afternoon at home. Or maybe you want to take that class at your local gym or community center on Tuesdays and Thursdays, so those are your remote days. You can also plan a hybrid schedule that improves situations like a bad commute, high childcare costs, or a tendency to work late into the night.

Once you've considered all of these facets, it's time to put it all together and prioritize. Company requirements will be first, of course, but after that, what's most important to you? Depending on your answers you might choose to assign certain days of the week or month or certain hours of the day to remote work. It's important to consider what's best for you and not just go along with what your colleague is doing or what your boss is doing. Consider your goals for work and life—and build your hybrid work schedule around what matters to you most.



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.



August Breakfast Meeting 08/12

September Breakfast Meeting 09/09

BOARD OF DIRECTORS

President

Suzanne Short
Edward Jones
281.777.5544
suzannecshort@yahoo.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

Kelsey Hulett
NOV
832.594.4305
Kelsey.Hulett@nov.com

Member at Large

Suzette Olivan
Stratum Reservoir
713.430.6984
suzette.olivan@stratumreservoir.com

Social and Development Director

Erin Williams
MSI Pipe Protection Technologies (NOV)
832.922.1857
erin.williams2@nov.com

COMMITTEES & CHAIRS

Scholarship Committee

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