

# SPWP News



This month's meeting will be held on September 9th, 2021 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 Suzette Olivan 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](http://www.spwp.org).

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

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



## PRESIDENT'S NOTE

Hello Ladies,

Happy 'almost' Fall! School is back in session but the heat is still ever present. I hope you all had a fun and relaxing Labor Day weekend. It's nice to slow down and have one last barbeque with friends and family before settling into the school routine.

Our September breakfast meeting is special this year because it marks our return to in-person meetings! The SPWP board has been working hard to coordinate our venue and breakfast options. We so dearly missed seeing our members in a face-to-face setting.

Due to popular demand, SPWP will continue to host in-person happy hours every six weeks. The next event will be September 30<sup>th</sup>, 2021. Location is at Powder Keg. Also, a field trip will be hosted to Longwood Elastomers in Brenham, Tx. We will tour the facility in the morning of October 15<sup>th</sup>, 2021 and gather for a group lunch after the tour. Big thanks to Erin Williams and Sherry Adams for planning this outing!

The 2021 SPWP Golf Tournament is drawing closer on October 1<sup>st</sup>, 2021. Please like and share on social media. Also, feel free to reach out to any possible sponsors or players. Co-chairs Reneé Brown and Sherry Adams would be happy to welcome any volunteers from our organization. Contact a board member or golf co-chair to get signed up!

SPWP's next Adopt-A-County-Mile is scheduled for Saturday November 6<sup>th</sup> from 8-10am. Our inaugural event in June 2021 was a great kick-off. We look forward to showcasing our volunteer skills near Hwy 249 and Spring-Cypress. Reminder emails will be sent with directions on where to park.

Board elections for 2022 are coming up soon in November at our members-only meeting. There will be several vacancies, including 1<sup>st</sup> VP, 2<sup>nd</sup> VP, Secretary, Social and Development Director, and Member-at-Large. If you are interested in any of these positions, please reach out to any board member and we can arrange for you to shadow the current board member to better understand the responsibilities.

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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# JULY MINUTES

Submitted by Kelsey Hulett

President Suzanne Short called the meeting to order at 7:33 am on August 12, 2021.

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

Jackie Fletcher Secretary of AADE introduced the 2021 AADE board of directors.

Suzanne asked for a motion to approve the July 2021 minutes as written in the newsletter. Veronica Rhodes approved the minutes as posted. No one opposed, so the minutes were approved as written.

Veronica introduced the August meeting speaker, Heather Hughes, to speak on Cybersecurity Risks and Realities. Heather is the Director of Client Engagement for Resilience with responsibility for cybersecurity solutions. Heather advised that the number one risk to a company is the way employees are behaving online. Common cyber threats include phishing and ransomware. Ransomware negotiators may be hired to interact with the threat actors to support victims of cyber attacks. Hackers spend on average 205 days inside an organization's system before detection, and average time to contain a breach is 59-82 days. Predicted damages from ransomware attacks in 2021 are expected to be \$20 billion. Multi factor authentication reduces threat by 80-85%.

Suzanne shared that starting in September we will return to in person meetings at Westchase Norris Conference Center. Steve Johnson will present on Marine renewable Energy.

Suzanne reminded members and guests that the SPWP golf tournament is scheduled for October 1st, 2021 at Windrose.

Suzanne shared that a field trip to Longwood Elastomers will be hosted by SPWP member, Sherry Adams, on October 15th in Brenham, Texas.

SPWP's next Adopt a County Mile community service project will be held Saturday, November 6th from 8-10am. Suzanne wished a happy birthday to all the members born in the month of August. SPWP member anniversaries were also recognized.

Suzanne introduced two new members. Yalonda Henderson of Noatum Oil and Gas, and Amii Rozell of IHS Markit were welcomed to SPWP.

Suzanne reminded the attendees to connect with SPWP on social media and shared that the next meeting will be taking place on September 9, 2021.

Jackie Fletcher announced various upcoming AADE activities including their next joint meeting with IADC in November as well as a sporting clays tournament.

The meeting was adjourned at 8:19 am.

# SEPTEMBER FEATURED MEMBER

## Yalonda Henderson

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

Living and working in Houston in logistics- geared towards oil and gas since 2004. I have been handling cargo and logistics for accounts such as key oil & gas drillers.

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

Logistics- project freight and inventory management.

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

I usually receive questions about how to ship something (best routing).

### 4. Most influential person in your career and why?

The most influential person in my career was a former boss who guided and encouraged me on my career path.

### 5. Best career advice you've received?

The best career advice I've received is to network with others in the industry is key, and continuous training is a must.

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

I was born and raised in Newburgh, NY. Attended Russell Sage College in Troy NY. Upon graduation, May 1992, I relocated to Houston, TX with my mother who transferred with Union Carbide Corp (now Dow Chemical).

### 7. Favorite place in the world?

Paris, France.

### 8. Favorite book or movie?

Favorite movie is Steel Magnolias (I can watch it over and over).

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

If time and money would permit me, I would travel to many places all over the world.

### 10. How did you become involved with SPWP?

I saw LinkedIn page and asked for information about it pre-covid. I began attending the virtual breakfasts during covid and found them very insightful and am happy now to have become a member.



## SEPTEMBER SPEAKER

### Steve Johnson

### SUT Marine Renewable Energy Committee Chair

### Speaking on : Marine Renewable Energy

Steve Johnson retired from Chevron last year and is now the Chair of the Society for Underwater Technology, US branch (SUT-US) Marine Renewable Energy Committee (MREC). In that role he is currently encouraging networking and learning opportunities in marine renewable energy and investigating floating wind opportunities offshore Oregon & Northern California. He has over 40 years' experience of offshore engineering projects, from concept to commissioning. In the first half of his career, he worked for contractors in London on offshore design and build projects, principally in the North Sea. At Chevron in Houston, he concentrated on the early design phase and engineering management of offshore projects worldwide, including UKCS, West Africa, West Australia, Caribbean, Far East, South America, Barents Sea, and the Gulf of Mexico. He has an Honors Degree in Mechanical Engineering (with Naval Architecture), is a Fellow of the SUT, Chartered Engineer, Fellow of the Institute of Mechanical Engineers, and Member of the Royal Institution of Naval Architects. Steve's hobbies include non-fiction reading, bicycling, and scuba diving.



H A P P Y  
*Birthday*  


**September 12th Yalonda Henderson**

**September 18th Brenda Myers**



# SPWP ANNOUNCEMENTS

**2021 SPWP  
GOLF TOURNAMENT**

Friday, Oct 1  
Wind Rose Golf Club

**REGISTER  
YOUR TEAM**

To register yourself or or a team, visit  
[spwp.org/golf-tournament](http://spwp.org/golf-tournament) or email  
[golf@spwp.org](mailto:golf@spwp.org)





## 2021 SPWP Golf Tournament

We are down to the wire!

SPWP is excited for this year's Golf Tournament!

Again, special thanks to this year's Golf Tournament Committee Co-chairs, Reneé Brown & Sherry Adams!

For more information please contact our Co-chairs, or visit [spwp.org/golf-tournament](http://spwp.org/golf-tournament) or e-mail [golf@spwp.org](mailto:golf@spwp.org).

## SPWP In-person happy hour

SPWP will be having our next happy hour on Thursday, September 30th from 6:30-8:30 p.m.

It will be at Powder Keg, located at 1300 Brittmoore Rd. Houston, TX 77043. It is just North of I-10 on Brittmoore Road next to The Cannon in the renovated Founders District.

We would love to see everyone there!

## SPWP Field Trip Tour

SPWP is excited to be invited to participate in a tour of Longwood Elastomers in Brenham, TX! The tour will be the morning of October 15th.

## SPWP's Community Involvement

SPWP's next Adopt-A-County-Mile is scheduled for Saturday November 6th from 8-10am.

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

If you are interested in an opportunity to serve (2 hours max), you can e-mail [erin.williams2@nov.com](mailto:erin.williams2@nov.com)

## SPWP SCOOPS

Let's keep our SCOOP information continuing! The newsletter is a HUGE connection point for SPWP and allows us to stay in touch in between meetings. SPWP wants to celebrate the awesome things going on in our lives!

Congratulations to this month's raffle winner!!! \*\*\*Evalyn Shea\*\*\*

SPWP SCOOP



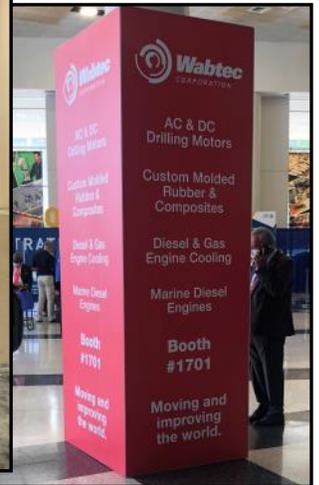
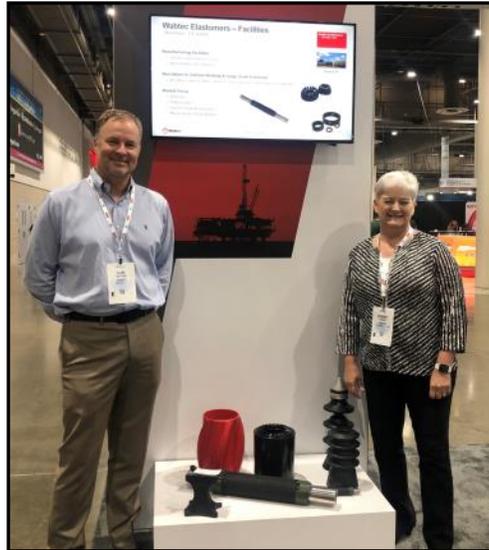
One of SPWP's newest members, Yalonda Henderson, hosted six of her dear college friends for a week in Houston. They met 30 years ago while attending Russell Sage College in Troy, NY.

During the week, they visited San Antonio, Austin, and Galveston. They enjoyed several activities in Houston such as a cooking class, paint and sip, and they had a hibachi dinner show in her backyard..

What a reunion!!!!



Reneé Brown, had a relaxing girls weekend in Luckenbach, TX. They had a blast!



It was a long 4 days but, Sherry Adams was excited that they were able to once again exhibit at the Offshore Technology Conference (OTC) this year. They made a lot of great connections!



Evalyn Shea had some excitement recently when the Houston Chronicle put a picture of their OTC booth on the front page of the Houston Chronicle!

Photos of their booth also made the official OTC Social Media posts. People seemed to like their offshore wind farm!

Here is a link to the article in the Chronicle: [https://digital.olivesoftware.com/olive/ODN/HoustonChronicle/shared/ShowArticle.aspx?doc=HHC%2F2021%2F08%](https://digital.olivesoftware.com/olive/ODN/HoustonChronicle/shared/ShowArticle.aspx?doc=HHC%2F2021%2F08%2F)

Erin Williams has been nominated and accepted into the NOV Business Innovation Program. Over the next 7 weeks, she will work to develop & present a specific business case study to stakeholders for (hopeful) future implementation to the business!

Congrats Erin!!!!

# CAREER CORNER

## 7 Improv Techniques That'll Make Conversations at Work Less Awkward and More Productive

Talking to people at work can be challenging and stressful. Whether you're attending meetings, conversing with clients, or just making small talk in the hallway, nerves can start to take over. What do you do with your hands? How long should you hold eye contact? What do you even talk about? And if you're used to working from home—let's say, if a global pandemic forces you and all your colleagues to go remote for many, many months—face-to-face interactions can feel even more overwhelming. Improvisation can help.

Improv is a form of unscripted theater where the actors don't know in advance what they'll say or do—or what other actors will say or do. There are no costumes or props, only a bare stage and chairs. The show often begins with a random word suggested by the audience. In order to create something out of nothing, improv performers have developed a whole range of techniques to keep themselves focused and in the moment. Some techniques can be applied specifically to the workplace and work-related interactions.

### 1. Practice Active Listening

Listening is an improviser's main tool. In order to effectively respond to your partner and build off of what they said, you have to actually listen to what they're saying! Not just listen, but actively listen. Most of the time we're passively listening, focused on what we'll say next or imagining what the person we're talking to is going to say, and we miss key elements of the conversation. We're so busy anticipating that we end up listening to only half of what is said.

Instead of interrupting or thinking about what you'll say next, try waiting until the person you're talking to is done talking and then respond. Waiting for someone to complete their thought is only the beginning. You should also aim to listen beyond their words to try to gauge their intent. If someone knows that they're being listened to and not just spoken to, they feel validated. When we're actively listening, we're communicating effectively and clearly understanding each other's goals and objectives—whether those are about today's lunch or that really important project.

### 2. Be Aware of Body Language

Body language helps improvisers communicate what they're thinking or feeling without having to say what they're thinking or feeling. Nonverbal cues like posture, facial expressions, and length of eye contact can be extremely helpful when they're trying to work together quickly and efficiently. The same is true of any interaction you have at work. Paying attention to people's body language, in addition to the words they say, is crucial. If you're talking to someone and you see their gaze wander or their body start to stiffen, for example, find a way to change the topic or end the conversation. You see a coworker in the hallway and engage in conversation and they cross their arms, look at the ground, and are dismissive, you might recognize that it's not the best time to talk. You'll also be able to glean how people are feeling about an idea suggested in a meeting, a project deadline, or anything else you're working on together.

Your own body language is important, too. It can help signal that you're open to ideas and enthusiastic about collaboration—or the opposite. So be aware of the messages you're sending. Start with your face by holding eye contact, relaxing your features, and smiling or nodding to what is being said. Then move to your shoulders, drop them down, and make sure they're not tense. Uncross your arms. When our body looks closed off, it can signal that we're closed off to ideas. But an open stance can let someone know that you're approachable and receptive.

### 3. Accept and Build on Others' Ideas

A golden rule in improvisation is the idea of "Yes, and..." Not that you have to say these words exactly, it's more of a guiding principle that you accept your partner's idea ("yes"), and then build on that idea ("and..."). "Yes, and" starts you off with positivity and possibility, which can help the scene (or conversation) flow and continue.

A simple agreement can let a coworker know that you're on the same page. If we immediately start with a negative reaction (either verbally or physically), the person we're talking to goes on the defensive. This isn't to say that you have to agree to everything or become a "yes machine." But agreement at the beginning of a conversation—about a shared goal or intent for a project or even just the meeting itself—can give you a harmonious start and help you relax into wherever the topic leads.

## CAREER CORNER (cont.)

### 4. Find Common Ground

Improvisers use relatable situations—not jokes—to start their scenes. If you open with a joke and your partner doesn't know the punchline, the scene falls flat. But when you start on common ground with a location or circumstance your partner can relate to, it's easier to build on.

The same goes for a chat in a break room or small talk at the beginning of a meeting. Talk about things you know (such as shared hobbies or interests) or familiar experiences (like commutes, meetings, and other “work stuff”). Being relatable and honest lets your colleagues feel at ease and allows you to forge deeper connections. This can be a vulnerable place, so only share what you're comfortable sharing. Like an improv scene, it is easier to know what to say and respond when the conversation begins on common ground.

### 5. Try to Be Confident in the Face of the Unknown

When improvising, performers never know what's going to come next. If they show fear, uncertainty, or panic, the audience and the other performers are going to lose trust in the performance and disconnect. In order to stay engaged and make scenes entertaining, improvisers put on a show of confidence. Even if they're scared or don't know what to do, they remain cool and collected. This skill develops over years of practice and a gradual process of getting used to the uncertainty.

Whether you're discussing ideas in a meeting, making a presentation, projecting the goals of a longer-term strategy, or having a quick exchange, you have to realize and accept that you don't know how things will play out. Try to get comfortable with not knowing, recognize that others probably feel the same way, and trust that if you work together, you'll figure out the path forward.

### 6. Be Resilient

Improvisers are constantly adapting to every new piece of information in a scene. And if they're thrown off, they're resilient about it. How a performer recovers can build trust with the audience and fellow performers and prove that they can adapt to a new situation.

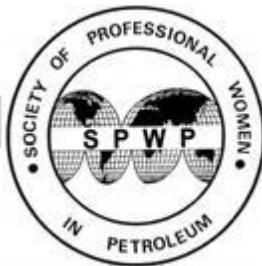
Sometimes a conversation or meeting can take you in a direction you didn't expect. In moments like these, take a pause and breathe. Don't shut down or retreat. If we approach the situation as something we can work through and overcome, we become stronger for the next time it happens.

### 7. Don't Judge

If you're in an improv scene and immediately judge your own idea, or your partner's, the situation comes to a standstill. Judgement quickly leads to criticism, negative thinking, and distrust.

Similarly, if a colleague suggests an idea, try not to jump to an immediate judgement. Instead, acknowledge their suggestion, ask questions, and try to understand the full picture before you reach a conclusion. And if you suggest an idea, be confident in your choice. When you believe in what you're saying, others will too. By reserving judgement in the moment, we're in a mode of acceptance and flexibility for what might come.

Connecting in person is hard and can feel daunting or awkward. But using these simple improv techniques can help you become a more confident communicator. And as you work on your communication skills, take it easy, trust yourself, and try to have some fun.



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.*



**October Breakfast Meeting 10/14**

**November Breakfast Meeting 11/11**

**\*Members Only Meeting\***

## BOARD OF DIRECTORS

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## COMMITTEES & CHAIRS

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Co-Chair – Tania Rezanka [tania.p.hernandez82@gmail.com](mailto:tania.p.hernandez82@gmail.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)

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Facebook - **@spwphouston**

**Please forward newsletter updates,  
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