



SPWP News

APRIL 2017



This month's meeting will be held April 13th, 2017 at the Norris Conference Center, 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 Kadie Rose 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.

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

SPRING IS HERE



PRESIDENT'S NOTE

Hello SPWP Ladies,

April marks the beginning of the year's second quarter. Easter is this month and I hope everyone enjoys the time with cherished family and friends. SPWP has a busy month ahead of us.

Our annual Derricks & Dice casino night is on Friday, April 21, at Minute Maid Park in downtown Houston. Do you have your tickets? We are short of our goal when compared to years past, so please go online ASAP and purchase. SPWP's casino night is such a fun event with great prizes - making the \$60 entry fee a steal of a deal! It includes a buffet dinner, dessert, \$1000 of play money to gamble with, a DJ, parking at Minute Maid, and a chance to win the door prize. It is amazing to me that this is the **32nd year** that SPWP has held this stalwart event. Our predecessors realized this as a great opportunity to raise money for our scholarships, so please do all you can to help our D&D event be just as successful! We still have a need for sponsors, and have many tickets remaining. The committee needs your support!!!

The Scholarship Committee has received a little over 70 applications. The volunteers for this committee are hard at work grading to decide who will be invited to interview on May 13th. Be on the lookout for more updates.

Reminder that our Q2 social event of 2017 will be on Saturday, June 10. It is a Girls Day at the Beach in Galveston. Kayla Honza is coordinating so please let her know if you will join in the fun.

Remember to "Like" us on Facebook and also to "Share" our Derricks & Dice casino event with all of your FB contacts.

Sincerely,

Sylvia Garcia

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MARCH MINUTES

President Sylvia Garcia called the meeting to order at 7:30 am on Thursday, March 8th at Norris Conference Center. She welcomed all SPWP members and guests (there were 29 + speaker in attendance). She then introduced the 2017 board members.

Sylvia asked for a motion to approve the February minutes as written in the newsletter. Gina McGinn approved and Mary Petricko seconded. No one opposed, so the minutes were approved as written.

Committee Updates:

- Sylvia announced the Scholarship Committee has extended the deadline to March 15th. As of Monday March 6th, the scholarship committee had received 45 applications. Sylvia also mentioned that if anyone was interested in volunteering to help with this committee to please contact Lauren or Kara. She urged that everyone should be on this committee at least once to get a full understanding of and appreciation for all the hard work we do throughout the year to raise the funds for these deserving young ladies.
- Mary Petricko reminded everyone the Casino event will be held on Friday April 21st at Minute Maid Park. She asked that all members promote this event and seek out sponsors/donors and attendees. A block of 10 rooms has been reserved at Club Quarters at a rate of \$139, but this will expire on March 20th. Mary reminded members the parking would be free. Mary also asked for volunteers to sign up to help on the day of the event, with sign-up sheets at each table. This year's event will be held at a new venue, Minute Maid Park, and we are capping the attendance at 150 people.
- Sylvia commented on a fun and successful Bingo evening. The next social event will be June 10th at the beach in Galveston. Kayla sent out invitations the day prior. More information to follow in upcoming meetings.

2nd VP Kayla introduced the March speaker, Gindi Eckel Vincent. Gindi gave a wonderful, inspiring message about key relationships that we have or should have in our lives. She referred to them as categories or buckets: "mentors", "sponsors", "peer network", "personal", and "mentee". Kayla presented a gift to Gindi from SPWP.

Sylvia announced the next FHPW meeting would be held on Monday April 17th at Norris Conference Center and if anyone would be interested in attending they can contact Mary Petricko and/or Terri Wadley. Sylvia reminded the membership that annual dues are now past due and if not paid with a late fee by March 31st your membership will end. Sylvia also mentioned that each member this year will automatically become a member of Pink Petro as well. Pink Petro recently held their first conference of the year, HERWorld, which was very informative to those who attended. The motto for the event was "Lean In, All In, Join In".

Renee' asked for volunteers for the AADE golf tournament on Monday April 3rd and the OHH Sporting Clays tournament on Friday April 7th. Sylvia mentioned that at her last OHH meeting they revealed that the organization was being recognized by OTC this year and would be receiving a generous monetary donation. Erin asked that anyone not receiving the newsletter please let her know. Sylvia also asked for members to please provide scoop each month as we want to know what is going on in each other's lives.

Kadie recognized Lellany Conaway as the Featured Member of the Month for March. Kadie also announced Terri Wadley as March's Volunteer of the Month.

Sylvia made the following announcements:

- Birthdays were recognized
- There were 9 guests at the meeting and all introduced themselves. We should have 2 ladies sending in their application to join SPWP.
- Next meeting will be April 13th
- Reminded membership to like us on Facebook

Sylvia then opened the floor for any announcements:

- Renee' provided some instructions to the prospective new members in reference to the application process
- Evalyn mentioned MTS is hosting a half day Marine Society Outlook Conference on March 23rd. The cost is \$125 per person and there will be a Happy Hour the evening before the event. For more details, members can access their website, MTSHouston.org.

Sylvia adjourned the meeting at 8:20 am.

Respectfully submitted,
Renee' Brown

APRIL FEATURED MEMBER

Madeline O’Rear

My name is Madeline O’Rear and I was born and raised in Kansas City, Missouri! Go Royals! I am the middle child of three girls, which has developed and made me the loud, outspoken young woman that I am. Much of my childhood was spent hiking and camping in Colorado. I spent every summer at a YMCA camp where I hiked the continental divide and developed a love for the outdoors. When not in Colorado, I spent time with my family camping and boating at the lake just outside of Kansas City.

After living and growing up in Missouri, I decided to move down south to pursue my college career. I studied Marketing and Management at the University of Arkansas and graduated May of 2014. I was a member of the Kappa Kappa Gamma sorority and enjoyed all social events and activities. I was introduced to the oil and gas industry while in college through a summer internship with Southwestern Energy. Being from Missouri, I knew little about the industry and grew to love it. Come senior year I knew this was the industry that I wanted to continue my career with.



Hiking the Great Wall of China. This was a workout!

I started at National Oilwell Varco a few months after graduation as a member of the Next Generation Program. This development program rotated everyone through four various roles in the company throughout the span of one year. The program was challenging and taught me to grow and learn from every task and project that I was given. During this year, I worked in HR, employee development, marketing, and sales. I spent three months in Beijing, China working in community relations. One of my biggest passions in life is traveling and experiencing other cultures, and NOV has given me the opportunity to do so. In addition, NOV has introduced me to Derricks & Diamonds. This charitable organization hosts a softball tournament and gala that support Texas Children’s Hospital and Snowdrop Foundation. Both beneficiaries are fighting to strike out pediatric cancer, and I am proud to say that I have been involved for three years and the Gala Chair for two.



My younger sister and I in London while she was studying abroad in Brighton.



At the entrance of the Batu Caves in Kuala Lumpur. Wild monkeys were everywhere!



My younger sister and I in Paris at the Eiffel Tower. I tried snails during this trip!

Concluding the Next Gen Program, I joined the IntelliServ Marketing Team working for Jennifer Cannon, previous member of SPWP. Jennifer mentored and invited me to join the organization. I have since changed groups within NOV and am the Marketing Manager for the Offshore groups within the Completion & Production Solutions segment. I’ve been a member of SPWP for the last three years and have been involved with the Casino Committee. I have enjoyed the networking and development aspects of this organization in addition to the continuous learning opportunities. Thank you for featuring me as the April Member of the Month. I love this organization and the support it has provided me, and I hope this gives you a better idea of who I am and what I value.

SPWP SCOOP

So what is going on with you?



Evalyn Shea's business, Shea Writing and Training Solutions, is 20 years old! "When I left my perfectly good full-time job 20 years ago to start this company, I don't think I would have imagined it being 20 years old, having done major projects like the Cheniere Sabine Pass LNG plant and editing BP's incident report for Macondo. We are still busy today, and we have a subsidiary too! SPWP has been a big part of my life as an entrepreneur in a male-dominated industry. Thank you to all my friends and colleagues at SPWP. Here's to another 20 years!"



Erin Stroud and her husband took a trip

to Mexico City and absolutely loved the culture, food, beautiful architecture, and learning about the history of the area. They cannot wait to go back some day!



A get-together of the SPWP

Founding Members recently took place. These ladies try to meet up every year to catch up with one another. Thank you ladies - without you, none of us would be here!

On Monday, April 3, AADE held their annual golf tournament at Black Horse. There were several people that stepped up to volunteer on SPWP's behalf: Renee Brown, Lellany Conaway, Lizeth Davila, Sylvia Garcia, Maria Marquez, Sandra Mourton, Richard Sanchez, and Alicia Torben. SPWP receives proceeds from the mulligans we sell. Thanks for helping!



On March 8th, SPWP members Kelsey Hulett, Jerri Babin, Sylvia Garcia, and Erin Stroud attended Pink Petro's HERWorld Energy Forum at Rice University. It was an educational day full of enlightening speakers and panel discussions, and furthermore, a great opportunity to spread SPWP's mission!

SCHOLARSHIP UPDATE

An update from one of our 2016 Scholarship Recipients...

The time that I have spent as a college freshman has taught me more than I'd ever imagined it would. As these past months have flown by, I am certain that I am at the perfect school for me and I know that being here is going to help me flourish into a bright and successful adult. During my short time here at Texas A&M, I have pledged to the Delta Zeta sorority which has been such a rewarding and fun-filled experience. Through Delta Zeta, I have made many friends that have served as a great support system during my first few months in college. One of my favorite aspects of the sorority is the philanthropy work we do for the community. Delta Zeta's philanthropy of Better Speech and Hearing has taught me to open up my eyes to different facets of life. An event of particular importance to me was visiting our local philanthropy, Isaiah's Place, where we were able to appreciate what all our hard work goes towards. I look forward to continuing my involvement in the Bryan/ College Station area in the coming years. In my sorority, I hold the position of Intramurals Chair which allows me to continue my passion of sports while interacting with a diverse group of organizations. Each week I coordinate dodgeball, kickball, and volleyball events at the Rec Center between Delta Zeta and other organizations on campus. I look forward to pursuing other positions that will help me improve my leadership abilities.



Along with my membership in Delta Zeta, I am also a member of an organization called Cupcakes for a Cause. Growing up, baking was an integral part of my life. My mother and I spent countless hours cooking and baking for family and friends. This organization has allowed me to bring a bit of home to College Station as we participate in bake sales each week. The proceeds go to various charitable causes. Additionally, this organization has introduced me to many new friends that enjoy baking just as much as I do.



As I pursue a career in nursing, I have joined the Future Aggie Nurses organization on campus. Advisors from the nursing field come to speak to us monthly and provide insight into the profession. My plan is to apply to the nursing school at Texas A&M this coming spring, and I am currently completing courses that are prerequisites to the program. I am extremely excited for what the future holds for me at Texas A&M. The gratifying academic, philanthropic, and leadership opportunities ahead will shape me into the woman I aspire to be.

- Ashley Wechsler



April 12

Lauren Brooks

April 13

Erin Stroud

CAREER CORNER

Are You Emotionally Intelligent? Here's How to Know for Sure

Despite the once broadly held assumption that IQ is the sole source of success, decades of research now points to emotional intelligence ("EQ") as being the critical factor that sets star performers apart from the rest of the pack. Emotional intelligence is that special intangible "something" in each of us that affects how we behave, navigate social complexities, and make personal decisions to achieve positive results. The intangible nature of EQ makes it difficult to measure and to know how improve it if you're lacking. What follows are sure signs that you have a high EQ.

You have a robust emotional vocabulary

All people experience emotions, but few can accurately identify them as they occur. Unlabeled emotions are often misunderstood, which can lead to irrational decisions. People with high EQs can master their emotions because they can understand and describe them in detail. Rather than describing themselves as feeling "bad", emotionally intelligent people can pinpoint whether they feel "irritable", "frustrated", or "anxious". The more specific your word choice, the better insight you have into exactly how you are feeling, what caused it, and what can be done about it.

You're curious about people

Whether introverted or extroverted, emotionally intelligent people are curious about everyone around them. This curiosity is the product of empathy, one of the most significant indicators of a high EQ. The more you care about others, the more curiosity you're going to have about them.

You embrace change

Emotionally intelligent people are flexible and constantly adapting. They know that a fear of change can paralyze, and is thus a major threat to their happiness and success. They are vigilant of potential changes and proactively form a plan of action to address them, should they occur.

You know your strengths and weaknesses

Emotionally intelligent people have an awareness of what they're good and bad at, as well as the environments (both situations and people) that enable them to succeed. Having a high EQ means you know your strengths and how to capitalize on them while keeping your weaknesses from holding you back.

You're a good judge of character

Much of emotional intelligence comes down to social awareness; the ability to read other people. This skill means you can understand the motivations of others, even those that lie hidden beneath the surface.

You are difficult to offend

If you have a firm grasp of who you are, it is difficult for someone to say or do something gets under your skin. Emotionally intelligent people are self-confident, open-minded, and have a sense of humor when it comes to themselves.

You know how to say no (to yourself and others)

Emotional intelligence means knowing how to exert self-control, thus delaying gratification and avoiding impulsive action. Research shows that the more difficult it is to say no, the more likely a person is to experience stress, burnout, and even depression. Emotionally intelligent people avoid phrases such as "I don't think I can" or "I'm not certain". Saying no to a new commitment honors your existing commitments and gives you the opportunity to successfully fulfill them.

You let go of mistakes

Emotionally intelligent people distance themselves from their mistakes, but do so without forgetting them. This allows them to adapt and adjust for future success without dwelling. Dwelling too long on your mistakes makes you anxious, while forgetting about them completely makes recurrence inevitable. The key to balance lies in your ability to transform failures into learning opportunities, which creates a tendency to get right back up every time you fall down.

You give and expect nothing in return

When someone gives you something spontaneously without expecting anything in return, this leaves a powerful impression. Emotionally intelligent people build strong relationships because they are constantly thinking about others.

You don't hold grudges

The negative emotions that come with holding onto a grudge are a stress response to the fight-or-flight mode your body experiences when thinking about the event that lead to said grudge. When a threat is imminent, this reaction is essential to your survival, but holding onto that stress after the threat is over wreaks havoc on your body and can have devastating health consequences over time.

You get enough sleep

The importance of sleep in increasing emotional intelligence and managing stress levels cannot be overstated. Your brain recharges while you sleep, allowing you to wake up alert. High EQ individuals understand that their self-control, attention, and memory are all reduced when they don't get enough - or the right kind - of sleep. They therefore make sleep a top priority.

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You neutralize toxic people

While dealing with difficult people is frustrating and exhausting, high EQ individuals manage their interactions with toxic people by controlling their feelings. This prevents the toxic person from getting to them and bringing them down. When they need to confront a toxic person, they approach the situation with rationality rather than allowing anger or frustration to fuel the chaos. They are also able to consider the difficult person's standpoint and are able to find solutions and common ground.

You don't seek perfection

Emotionally intelligent people don't aim for perfection because they know it doesn't exist. Human beings are fallible, and when perfection is your goal, you will always be left with a nagging sense of failure. Instead of moving forward with excitement about what you've achieved and what you will accomplish in the future, you end up spending time lamenting on failures and what could have been done differently.

You appreciate what you have

Taking time to contemplate what you're grateful for improves your mood by reducing the stress hormone cortisol. Research has found that people who work daily to cultivate an attitude of gratitude experience improved mood, energy, and physical well-being. It is likely that lower levels of cortisol play a major role in this.

You disconnect

Technology enables constant communication and the expectation that you should be available 24/7. Taking regular time off the grid is a sign of a high EQ because it helps to keep stress under control and allows you to live in the moment. Forcing yourself offline gives your body and mind a break from a constant barrage of stressors.

You limit your caffeine intake

Drinking excessive amounts of caffeine triggers the release of adrenaline, which is the primary source of a fight-or-flight response. When caffeine puts your brain and body into this hyper-aroused state of stress, your emotions overrun your behavior. High EQ individuals don't depend on caffeine or allow it to get the better of them.

You stop negative self-talk in its tracks

The more you ruminate on negative thoughts, the more power you give them. When it feels like something always or never happens, this is just your brain's natural tendency to perceive threats by inflating the frequency or severity. Emotionally intelligent people can separate their thoughts from facts in order to escape the cycle of negativity and move toward a positive outlook.

You won't let anyone limit your joy

When your sense of self is derived from the opinions of others you are no longer the master of your own happiness. If people with High EQ feel good about something, they won't let anyone's snide remarks take that away from them. While it's impossible to turn off your reactions to what others think, you can learn to take people's opinions with a grain of salt and stop comparing yourself with others. That way your self-worth will always come from within.

This information has been adapted from an article by Travis Bradberry, which can be found at <http://www.inc.com/travis-bradberry/are-you-emotionally-intelligent-here-s-how-to-know-for-sure.html>

Name: Larissa Hernandez
Title: Product Marketing Manager
Company: Vallourec
Sponsored By: Kadie Rose
Committee Interests: Casino

Name: Robyn Riggins
Title: Inside Sales
Company: National Oilwell Varco
Sponsored By: Jerri Babin
Committee Interests: Casino

Welcome Aboard!

New Members



ANNOUNCEMENTS

SCHOLARSHIP COMMITTEE UPDATE

The deadline for submissions has passed and grading has commenced. Interviews for everyone selected to move onto the next round will take place on Saturday, May 13th.

BUY YOUR TICKETS TODAY! 32nd ANNUAL DERRICKS & DICE

Derricks & Dice will be held on Friday, April 21st, 2017 at the Baseball Bar at Minute Maid Park. Registration is open! Sponsors are still needed.

SAVE THE DATE! UPCOMING SPWP SOCIAL EVENTS

Saturday, June 10th Galveston Beach Day

Further Details to Follow

The **Ocean Star Offshore Drilling Rig Museum** is celebrating its 20th anniversary this month, and a membership drive is currently taking place. Every membership comes with museum passes for the year, amongst other benefits. Contact Rhonda Warren for details. On **Wednesday, April 26th**, the Ocean Star will be open to the public for free to celebrate its anniversary!

SAVE THE DATE!



April 21, 2017

Society of Professional Women in Petroleum's

32nd Annual Derricks & Dice Casino Night



NEW VENUE!
Minute Maid Park—Baseball Bar
1800 Congress St., Houston, TX 77002

For more information, please contact
casino@spwp.org



This event is for MEN and WOMEN

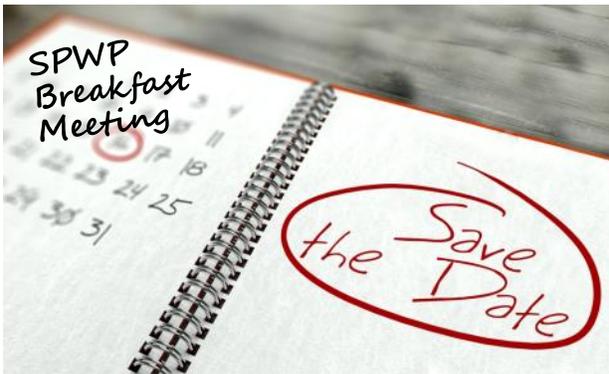




Quarterly Event Meeting
 Norris Conference Center
 April 17, 2017 5:30 pm to 8:00 pm

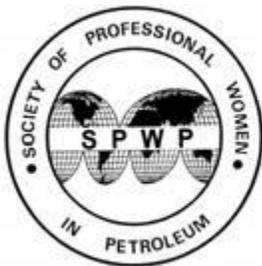
To sign up for the FHPW newsletter, send a blank email to: fhpw-news-subscribe@egroups.com.

SPWP's Mission statement: Supporting career women in the petroleum industry through technology and information.



April Breakfast Meeting 04/13

May Breakfast Meeting 05/11



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 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. Our fundraisers to date have included crawfish boils, barbecues, golf tournaments, and casino nights.



BOARD OF DIRECTORS

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