



# SPWP News

This month's meeting will be held August 10th, 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](http://www.spwp.org).

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



## PRESIDENT'S NOTE

Hello SPWP Ladies,

August is upon us, signaling that the end of summer is near. Hopefully all of you have managed to get some vacation time in and relax with the special people in your lives.

This month is our joint meeting with the American Association of Drilling Engineers (AADE) Houston chapter. We will hear what AADE has been up to for 2017 and activities planned for the remainder of the year, so don't miss this co-ed breakfast meeting.

A reminder that we will also be supporting the Texas A&M Career Closet's professional clothing donation drive this month. Through Career Closet, all students at the university have the opportunity to use a quality suit for only a \$5 dry-cleaning fee. In addition to suit rentals, they offer clothing giveaways, in which students are allowed to browse through donated professional clothing and select pieces at no cost. Students are allowed to keep these donated clothing items to fulfill their clothing needs for career fairs, networking events, job interviews, and the start of their careers. Items appreciated for both men and women are: suits, dress shirts, blouses, dresses, ties, blazers, shoes, and accessories. Bring your items to the breakfast meeting and I will coordinate delivery.

FHPW's 2017 Women of Excellence Gala will be held on Saturday, September 16 at Norris Conference Center. The honoree this year is yours truly, Sylvia Garcia. Please let me know if you would like to support me by attending the event.

One more thing to put on your calendar is our volunteer event on Saturday, September 30 at Krause Children's Center. Cookie decorating is the activity of choice with the girls. Sweeeeet!

Remember to "Like" and "Share" us on Facebook at Society of Professional Women in Petroleum, Houston.

Sincerely,  
Sylvia Garcia



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# JULY MINUTES

President Sylvia Garcia called the meeting to order at 7:30 am on Thursday, July 13, 2017 at Norris Conference Center. Sylvia welcomed all SPWP members and guests and then introduced the 2017 board members.

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

Sylvia advised the membership that there would be an opening for 2nd VP and Secretary on the board for 2018 and that if anyone is interested in a board position to please get with her so that they can begin shadowing the current board member.

Kara Ellis and Lauren Jijina from the Scholarship Committee presented the eleven 2017 Scholarship Recipients. Each of these young ladies briefly spoke to the group, thanking SPWP for the scholarships they were awarded. Of the eleven recipients, all except three were present. Eight will be attending Texas A&M in the fall and three will be attending UT. The winners were: Kelly Duong, Chelsea Kalkomey (not present), Sara Neidhardt, Rifah Islam, Nicole Torres, Catherine Seelig (not present), Daniella Matuk (not present), Emily Parvino, Xuam-Mai Tran, Jennifer Ogu, and Thuy-Lynn Huynh. It was requested by Erin Stroud that the winners keep in contact with SPWP as to their progress in the future.

Kadie Rose announced Lataunga Spann as the Featured Member of the Month and Kayla Honza as the Volunteer of the Month. Neither of these ladies were present at the meeting.

## Announcements:

- Sylvia advised the membership of the OHH 12th Annual Golf Tournament scheduled on August 28th at Blackhorse Golf Club. If anyone is interested in participating, they should visit the OHH website.
- Sylvia also announced that the Q3 FHWP meeting will be held on July 24th at Norris Conference Center, if anyone is interested in attending. Sylvia also announced that the FHPW Gala will be held September 16th at Norris Conference Center.
- Sylvia announced July birthdays.
- Sylvia asked for our guests to introduce themselves. We had 16 guests.
- Sylvia opened the floor for any announcements: Evalyn Shea announced the Australian/American Consulate will be holding a conference on the "Texas Economy" next Wednesday, and to contact Evalyn for more details.
- Sylvia let the membership know that the August meeting will be a joint meeting with AADE on August 10th, 2017.

Sylvia reminded the membership and guests to Like Us on Facebook (Society of Professional Women in Petroleum, Houston). Sylvia adjourned the meeting at 8:05 am.

The scholarship recipients remained to have their photo taken with Kara and Lauren in front of the poster.

Respectfully submitted,

Renee Brown



Peridot

**August 2**  
**August 9**  
**August 12**  
**August 22**



**Kim Gonzales**  
**Terri Wadley**  
**Renee Brown**  
**Lataunga Spann**



Gladiolus

## AUGUST SPEAKER

### Richard Blackett



Richard Blackett is the Global Vice President of Offshore Production in the Completions and Production Solutions division at National Oilwell Varco. He has been in the Oil & Gas industry for over twenty years, eleven of which have been in various positions within NOV. He was one of the initial members of NOV's Floating Production Systems (FPS) team as the Director of Project Development. Prior to FPS, other NOV positions held have been Director of Marketing Services and Senior Integration Engineer for NOV's drilling sector.

Before joining NOV, Richard designed and managed production topsides equipment for Sulzer Pumps as a Senior Project Manager. He also worked for Universal Compression as a Project Engineer and Weatherford International as a design engineer, after serving 8 years in the United States Navy. Richard's background is in mechanical engineering, with a process design CAD degree from Del Mar College in Corpus Christi, TX and a business degree from Penn State University. Married for 21 years, Richard's first passion is his family. Richard and his wife Lucy have 3 children - Tyler (14), Skyler (9), and Isabella (4), which means fifteen years of non-stop college tuition at a minimum! Richard's other passions include flying fixed wing aircraft and music - he has been a musician since he was a wee little lad.

## AUGUST FEATURED MEMBER

### Renee Brown

For those of you who may not know, I am Renee Brown! I joined SPWP in February 2013 and have enjoyed every moment of it. During my membership, I have volunteered for the casino and golf committees, co-chaired both committees, and chaired the golf committee. Additionally, I volunteer for the IADC and API golf and sporting clay tournaments. Lastly, I have had the opportunity to serve on the SPWP board as Secretary for the last 2 years.

With over 15 years of experience in the Oil & Gas industry, I am currently employed with Summit Electric Supply as an Account Manager. As a child, I moved around the world (Amarillo, London, Dallas) and my family finally settled down in Houston, TX in my late teens. I studied Social Science from the University of Houston Downtown – Go Cougars! With all of my family residing in Houston, I spend time with my mom, stepfather, brother, my two children (Kadie Rose, 26 & Zachary Brown, 21), son-in-law, and several grand-dogs. I had been single for 15 years but fortunately this changed when I started dating a wonderful man, Mike. We have grown to know one another as we introduce each other to new things, and we are enjoying our time together! I currently live in Baytown, and am in the process of looking for land on the north side of Houston due to my love for outdoor activities: fishing, hunting, gardening, working in the yard, shooting guns, or simply relaxing outside. I also have a passion for music, reading, cooking, and eating. My dream is to open my own business, a sporting clays course and gun/archery range in the next 3-5 years.

Thank you for featuring me as the member of the month. I thoroughly enjoy being part of this amazing organization. It allows us to not only grow as a team, but also grow as individuals and support one another as we continue to grow in the industry. I am excited to see what the future holds for SPWP!



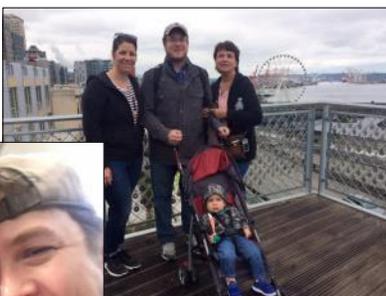
# SPWP SCOOP

So what is going on with you?



At our July breakfast meeting we met 8 out of the 11 SPWP Scholarship recipients for 2017. Congratulations, ladies!

Last month, Gina and Steven McGinn took their son, Sam, on his first plane ride to see their college friends in Portland, OR. They then traveled by car to Seattle, WA where they rented a house with Steven's mother Nancy (Nana), to attend a cousin's wedding with lots of family and friends. It was a fun first vacation for their family of three!



*The Great Wall of China!*  
Congratulations to Terri Wadley's daughter, Alissa Guerrero, who recently completed a Mandarin language course at the Beijing University of Language and Culture in China, and received the highest score ever! She will be returning to Texas State University in the fall for her Junior Year, and has made Deans List 2 years in a row. Great job!



Kadie Rose, her husband, and his family recently visited Sand Destin, Florida. One memorable experience of the trip was their deep sea fishing excursion, which contributed to their wonderful vacation. The perfect

weather also helped!

At the Oilfield Helping Hands fishing tournament in June, Sylvia Garcia, Alicia Torben, Peyton Gregory, and Sherryl Klimple volunteered to give the BBYR kids, ranging from 1-1/2 years old to 15 years old, a great weekend. This year we had to go out on 3 separate boats, and everyone caught fish - some even having their lines broken by big fish. Fun was had by all with great memories to last a lifetime!!



# SCHOLARSHIP UPDATE

## An update from one of our 2015 Scholarship Recipients...

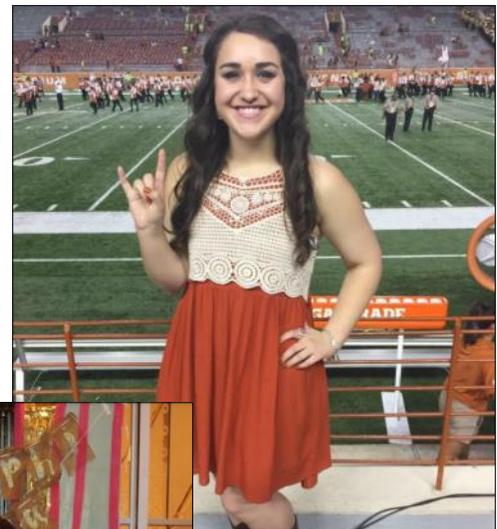
*I have enjoyed the past 2 years at The University of Texas at Austin very much, and am honored to be attending my dream school. Since I started college I have worked extremely hard to do well in my classes, to be involved in extra-curricular activities, and to prepare myself for my career.*

*In the fall, I will be a junior majoring in Accounting in the McCombs School of Business. This past year I began taking more business classes and I really enjoyed my time learning about the different business fields. As a freshman, I joined Sigma Phi Lambda, which is one of my favorite extra-curricular activities that I am still involved in. This is a religious sorority and I have made amazing friends and surrounded myself with a great community. When I joined as a freshman I was assigned a big sister, and last year I was assigned a little sister. This is a wonderful way for everyone in the organization to bond and establish great relationships. This year I will be the worship chair, and am very excited to lead my organization.*

*As a sophomore, I joined an organization called Chi Kappa Phi, a service society, which volunteers in the community. Since I was in middle school I have enjoyed spending time giving back to others, and I am able to do that as much as possible in this organization. In addition, I was in the University Chorus choir last year. Singing is one of my passions and I was very thankful to have the chance to sing again.*

*Overall, I have really enjoyed my time at The University of Texas at Austin. I am looking forward to attending the football games in the fall and am very excited to finish out my remaining 2 years of college! I am very thankful I was chosen as a scholarship recipient for The Society of Professional Women in Petroleum (SPWP). My family and I are very appreciative of everything that was done to assist me with college.*

- Courtney Cernosek



# CAREER CORNER

## How Successful People Spend Their Weekends

A study from Stanford recently found that productivity per hour declines sharply when the workweek exceeds 50 hours. After 55 hours, it falls so much that there is little point in continuing to work. In other words, people who work as much as 70 hours (or more) per week actually get the same amount done as those who work 55 hours. Those extra hours are wasted.

Successful people know the importance of shifting gears on the weekend, and they use their downtime to create a better week ahead. The following list contains 10 things that successful people do to find balance on the weekend and to come into work at 110% each Monday.

### 10. They Prepare For The Upcoming Week

The weekend is a perfect opportunity to spend time planning for your upcoming week. An investment of as little as 30 minutes of planning can result in significant productivity gains, in addition to reduced stress. The week ahead will feel much more manageable when you start it with a plan, because then all you have to do is execute it!

### 9. They Spend Quality Time With Family

Spending quality time with your family on the weekend is essential to recharging your batteries. Weekdays are often so hectic that the entire week can easily fly by with few chances for quality interactions with family. Don't let this bleed into your weekends. Slow down, take your kids to the park, have a date night with your partner, and visit your parents. You won't regret it.

### 8. They Reflect

Reflection is a powerful tool for self-improvement. Each weekend is an opportunity to contemplate the larger forces that are shaping your industry, your company, and your career. Without the distractions of the busy workweek, you should be able to see everything in a whole new light. Use this newfound insight to alter your approach to the coming week, thereby improving the efficiency and effectiveness of your work.

### 7. They Exercise

No time to exercise Monday through Friday? You have 48 hours every weekend to make it happen. Getting your heart pumping for as few as 10 minutes releases GABA, a neurotransmitter that reduces stress. Exercise is also a great way to brainstorm: being outdoors often sparks creativity.

### 6. They Minimize Chores

Chores have a way of completely taking over your weekends. This results in a lost opportunity to relax and reflect. Worse still is that many chores feel like work. A weekend spent doing chores therefore equals a seven-day workweek with no downtime. To prevent this, you need to schedule your chores like you would any other task during the week. If the chore is not completed within the allotted time, it is time to move on and leave it for the following weekend.

### 5. They Disconnect

Disconnecting is the most important strategy on this list, because if you can't find a way to unplug from your work over the weekend, then you've never really left work mentally.

### 4. They Pursue A Passion

You may be surprised what happens when you pursue something you feel passionate about on the weekends. Indulging your passion, whether it be music, reading, writing, painting, or sport, is a great way to alleviate stress and to stimulate your mind. Discovering new ways of thinking and approaching situations can reap huge dividends when you return to work on Monday morning.

### 3. They Schedule Micro-Adventures

Buy tickets to a concert or play, or get reservations for that cool new hotel that just opened. Try something you haven't done before or perhaps something you haven't done in a long time. Studies show that looking forward to something is a significant part of what makes the activity pleasurable. Knowing that you have something interesting planned for Saturday will not only be fun come Saturday, but it will significantly improve your mood throughout the week.

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## 2. They Designate Mornings As Me Time

It can be difficult to get time to yourself over the weekend, especially if you have a family. Finding a way to engage in an activity you're passionate about first thing in the morning can have a massive happiness payoff, while also improving your circadian rhythm by forcing yourself to wake up at the same time as during the workweek. Your mind achieves peak performance two-to-four hours after waking. To take advantage, get up early to do something physical, and then sit down and engage in something mental while your mind is at its peak.

## 1. They Wake Up At The Same Time

While it is tempting to sleep in on the weekend to catch up on your sleep, having an inconsistent wake-up time disturbs your circadian rhythm. Your body cycles through an elaborate series of phases during sleep in order for you to wake up feeling rested and refreshed. One of these phases involves preparing your mind to be awake and alert, which is why people often wake up just before their alarm clock goes off (the brain is trained and ready). When you sleep past your regular wake-up time on the weekend, it results in you feeling groggy and tired. This isn't just disruptive to your days off; it also makes you less productive on Monday because your brain isn't ready to wake up at your regular time. If you need to catch up on sleep, it is best to go to bed earlier.

*This information has been adapted from an article by Travis Bradberry (<http://www2.forbes.com/leadership/how-successful-people-spend-their-weekends/>)*

# ANNOUNCEMENTS

## SPWP SEPTEMBER BREAKFAST MEETING

Please note that for September only, our breakfast meeting will be held at the Houston Marriott Westchase instead of Norris Conference Center. Breakfast meetings will resume at Norris in October.

## VOLUNTEER OPPORTUNITY

Interested in volunteering to help elementary-age children to read? Innovations for Learning is offering TutorMate, an online volunteer tutoring program for organizations with teams of 10 or more employee volunteers. For more information, visit <http://www.innovationsforlearning.org/tutormate/>.

## CAREER OPPORTUNITY

The Offshore Energy Center, a Not for Profit 501(c)(3) organization, is seeking an Accounting Manager with a minimum of 5 years experience. Please contact Sandra Mourton for more details and a complete job description ([smourton@oceanstaroec.com](mailto:smourton@oceanstaroec.com))

## SAVE THE DATE! UPCOMING SPWP SOCIAL EVENTS

September 30, 2017      Cookie Decorating at Krause Children's Center\*

*\*Contact Kadie Rose for details*

## PINKPETRO HERWorld 17 CONNECT

Pink Petro is holding its **HERWorld 17 Connect** event on Thursday, September 21st. This professional development series will run from 11:30am to 3pm, and participants can attend online or in person. Register online at [http://www.pinkpetro.com/events/event\\_details.asp?legacy=1&id=994627](http://www.pinkpetro.com/events/event_details.asp?legacy=1&id=994627).

## TAMU CAREER CLOSET CLOTHING DRIVE

We will be collecting gently-used business casual and business professional clothing at our August Breakfast Meeting to support Texas A&M's Career Closet organization. Additional details are provided in this month's President's Note on Page 1 of this newsletter.

# 2017 Krause **SWEET** Day

Join us for a **sweet** day as we decorate **sweet** cookies with the **sweet** girls at the Krause Children's Center.

When: Saturday, September 30, 2017

1:30 pm to 3:30 pm

Where: Krause Children's Center  
25722 Kingsland Blvd.  
Katy, TX 77494

RSVP: Kadie Rose by September 8th  
281-684-3235  
[Kadie.Rose@nov.com](mailto:Kadie.Rose@nov.com)



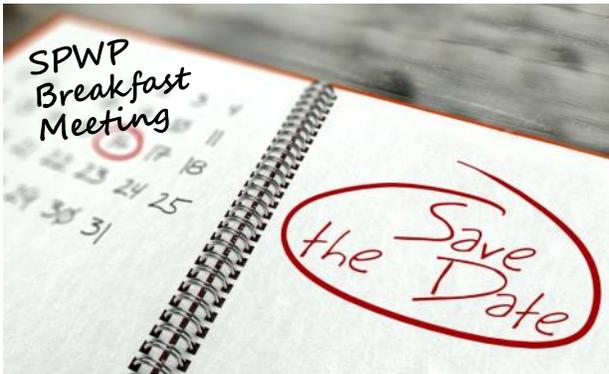
\*SPWP will provide the cookies and decorating materials. We only ask that you bring a smile and your creativity!



FHPW Women of Excellence Gala  
Norris Conference Center  
Saturday, September 16th at 5:30 pm

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

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



**August Breakfast Meeting 08/10**

**September Breakfast Meeting 09/14**



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

### President

Sylvia Garcia  
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### Membership Secretary

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### Member Representative

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National Oilwell Varco  
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[Kadie.Rose@nov.com](mailto:Kadie.Rose@nov.com)

## COMMITTEES & CHAIRS

### Casino Night Committee

Chair – Mary Petricko [Mary.Petricko@nov.com](mailto:Mary.Petricko@nov.com)  
Co-Chair – Jacqueline Camacho [Jacqueline.Camacho@nov.com](mailto:Jacqueline.Camacho@nov.com)

### Scholarship Committee

Chair – Lauren Jijina [Lauren.Jijina@gmail.com](mailto:Lauren.Jijina@gmail.com)  
Co-chair – Kara Ellis [karawebbellis@gmail.com](mailto:karawebbellis@gmail.com)

### Golf Committee

Co-Chair – Renee Brown [Renee.Brown@summit.com](mailto:Renee.Brown@summit.com)  
Co-Chair – Sherry Adams [sadams@wabtec.com](mailto:sadams@wabtec.com)

### By-Laws Committee

Chair – Lauren Brooks [Lauren.Brooks@nov.com](mailto:Lauren.Brooks@nov.com)  
Co-Chair – Jerri Babin [Jerri.Babin@nov.com](mailto:Jerri.Babin@nov.com)

### Web Site

Chair – Lauren Jijina [Lauren.Jijina@gmail.com](mailto:Lauren.Jijina@gmail.com)

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Terri Wadley [twadley@joliet-equipment.com](mailto:twadley@joliet-equipment.com)

**Please forward newsletter updates,  
comments, or questions to Erin Stroud at  
[erin.borstmayer@gmail.com](mailto:erin.borstmayer@gmail.com)**