

SPWP News



This month's meeting will be held July 12th, 2018 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.



PRESIDENT'S NOTE

Hello Ladies,

We are in the thick of summer but it's not the lazy days for SPWP. There are some exciting things on the horizon. The board has been hard at work finding ways to promote SPWP. Gina McGinn and I had our first company presentation at Nabors. We have several attendees interested in our breakfast meetings and the golf tournament. Great job, Gina! Please let me know when we can do a presentation at your company.

We have several board positions that will be opening up for 2019. The roles are President, First Vice President, Second Vice President, Member at Large, and Social & Development Director. The president is the only position where you must have served on the SPWP board previously to run. Please consider becoming more active in this great organization. Reach out to me and you can shadow the current board member to understand what the responsibilities are. Look forward to hearing from you.

As we have announced, SPWP is putting together a cookbook to help raise additional money for our Scholarship fund. We need more recipes to ensure this project is a success. Please send us your faves!!!

July's breakfast meeting will feature our scholarship recipients. Come meet these deserving young ladies and their guests. It is so rewarding to see firsthand the impact of our hard work and dedication to SPWP.

Hoping everyone had a fun and safe 4th of July.

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

Sincerely,

Sylvia Garcia

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JUNE MINUTES

President Sylvia Garcia called the meeting to order at 7:35 am on June 14, 2018 at the Norris Conference Centre. Sylvia welcomed all SPWP members and guests and then introduced the 2018 board members.

Sylvia asked for a motion to approve the May 2018 minutes as written in the newsletter. Reneé Brown approved and Kadie Rose seconded. No one opposed, so the minutes were approved as written.

Member at Large, Kadie Rose, announced the volunteer of the month as Gina McGinn in recognition of her efforts creating a SPWP Recruitment Presentation and championing her employer, Nabors Industries, Ltd., to host a 1 hour SPWP Meet & Greet for all of their Houston area employees to attend in June.

Sylvia encouraged members to consider hosting a similar event at their company and advised that the board could assist with providing presentation materials, coordinating or presenting on behalf of members.

Sylvia thanked Kayla Honza and Sandra Mourton for facilitating a fun and educational tour of the Ocean Star Offshore Drilling Rig & Museum and lunch at Willie G's Seafood & Steaks in Galveston.

Sylvia announced that with the exception of Secretary and Treasurer positions, every other 2019 board position is vacant due to term limit expirations, and encouraged those interested in running for election for any board position to approach her in order to begin shadowing the current sitting board member in the position they are interested in.

Sylvia reminded attendees that the deadline to submit recipes for the SPWP fundraising cookbook is July 31st.

2nd Vice President Reneé Brown presented the following Mental Wellness Table Talk topics for the table leads to share with all attendees after each topic was discussed by their table:

- Ice Breaker: "Guess Whose Title" at Your Table
- What are some techniques you practice to manage stress?
- Do you feel you have supportive mental and emotional health initiatives in the workplace? / How does your management support your mental/ emotional wellbeing?
- Do you disconnect from work while on vacation?

Sylvia wished member Jerri Babin a happy birthday for the month of June.

Sylvia opened the floor to guest introductions and announcements. There were six guests in attendance. Reneé reminded attendees that the Golf Tournament committee would be meeting immediately following the breakfast meeting and all are welcome to participate. Gina announced that the board is excited to begin preparations to bring the Derrick's & Dice Casino Night event back in 2019 after taking a year off due to the industry downturn. Sylvia echoed the excitement and announced that Treasurer Mary Petricko has volunteered to chair the event again and 1st VP Erin Stroud has volunteered to co-chair.

Sylvia reminded everyone that our next breakfast meeting is July 12th and to Like and Share us on Facebook (Society of Professional Women in Petroleum, Houston).

The meeting was adjourned at 8:34 am.

Respectfully submitted,
Gina McGinn

JULY FEATURED MEMBER

Kelsey Hulett

1. **How did you get started in the Oil & Gas Industry?** I was introduced to the Oil & Gas Industry while I was still in school at Texas A&M. NOV was seeking entry-level new hires for their Next Generation leadership program.
2. **Area of Specialty (i.e. Sales, Engineering, Accounting, etc.)?** Sales Operations and Support
3. **When people come to you for help, what do they usually want help with?** I enjoy it when colleagues approach me to brainstorm a challenge they are facing. It's exciting to work together, think out loud, and land on the best solution together.
4. **Most influential person in your career and why?** Early on in my career I was very fortunate to have been introduced to a mentor and friend of mine, Jerri Babin. Jerri's communication style, work ethic, and family balance are things I strive towards in my own career.
5. **Best career advice you've received?** Don't sweat the small stuff. I've learned to check myself when I begin to worry about things that I can't control, or that really aren't that important. At the end of the day, we do our best and move forward.
6. **Were you born in Houston? If not, what brought you here?** I'm a native Texan, born in Beaumont. I moved to the suburbs of Houston when I was only seven, so Houston is home.
7. **Favorite place in the world?** The beach!
8. **Favorite book or movie?** My favorite book recently is "Why I Hate Green Beans: And Other Confessions about Relationships, Reality TV, and How We See Ourselves". It is the first book written by a blogger in Houston that I've been following for 10+ years. The author, Lincee Ray, is extremely talented and had me laughing and crying... all the feels. Check her out!
9. **What hobby would you get into if time and money weren't an issue?** I would love to spend more time traveling with my family. I've been fortunate in my career to travel to some very cool places – I'd love to be able to expose my family to the diverse culture and environments I've seen, and more!
10. **How did you become involved with SPWP?** SPWP's Derricks & Dice Casino Event was my first exposure to SPWP. After that, I was hooked. The impact that we have on the growth of our members and our community is extraordinary.

Me and my people...Husband of 10 years, Chaz and daughter Charlotte (2 years)



July 17

Kelsey Hulett

July 22

Ashleigh Williams

July 24

Maria French

SPWP ANNOUNCEMENTS

SPWP COOKBOOK FUNDRAISER

Reminder: SPWP is creating a cookbook as a fundraiser and we need your participation to help make it a success! Please submit your favorite recipes for inclusion in the cookbook to Kadie Rose (Kadie.Rose@nov.com) or Kayla Honza (Kayla.Honza@nov.com). The deadline for submissions is July 31st.

SAVE THE DATE! UPCOMING SPWP SOCIAL EVENT

July 26, 2018 Bingo Night in the Heights

Bingo takes place at the SPJST Lodge at 1435 Beall St, 77008. Games begin at 7pm but plan to arrive early. BYOB and snacks!

OEC EXECUTIVE SPEAKER SERIES

The Offshore Energy Center will hold a luncheon on Monday, July 30th at the Petroleum Club as part of its Executive Speaker Series. The Guest Speaker will be James "Heidi" Fleitz, Co-Founder/ Principle of AviSight Inc. Contact Rhonda Bean at rbean@oceanstaroec.com for more information.

EXPERIENCE ENERGY GRIT AWARDS

Pink Petro, in conjunction with sister Experience Energy, will host the Experience Energy Grit Awards on October 3rd. In addition to awards, the event will feature keynote speakers and expert panels. For nominations, ticket purchases, or more details, visit <https://www.thegritawards.com/>.

Society of Professional Women in Petroleum
22nd Annual Golf Tournament
November 12, 2018

Join us for great golf, dinner, and prizes



Name: Suzanne Short
Title: Financial Advisor
Company: Edward Jones
Sponsored By: Gina McGinn
Committee Interests: Golf

Welcome Aboard!
New Members



SPWP SCOOP

So what is going on with you?



Past SPWP Scholarship winner Xuan-Mai Tran was recently awarded an internship with Nabors Industries, facilitated by Gina McGinn.

Kayla Honza and her husband Scott are expecting a baby boy, due December 11th. Congratulations!!



Oilfield Helping Hands (OHH) had their annual fishing tournament in June and hosted the Bluebonnet Youth Ranch children. OHH donates the fish caught by fishermen in the tournament to the ranch. SPWP members Lellany Conaway and Sylvia Garcia are in their 3rd year of chaperoning (along with former member Alicia Torben, who has helped even longer) the children that arrive in Port O'Connor on Thursday late afternoon and leave Saturday morning. Friday is a day of fishing on "real" boats. This year, there were a total of 14 kiddos aged 3 years old to 16 years old. We fed them special treats of ice cream sundaes, pizza, and other goodies, and entertained them with various indoor and outdoor games, a nail polishing party, and lots of hugs!! The smiles are priceless, so please consider donating to this great cause so we can take them out again next year (you can get with Sylvia about this). Bluebonnet Youth Ranch is based in Yoakum, TX, and is a place for abused and neglected children.

Erin Stroud and her husband recently returned from a vacation in Iceland where they hiked, rode horses, went whale watching, explored caves, relaxed in hot springs, and saw countless waterfalls as they drove the Ring Road around the country.



Katherine Culbert was in New York recently to celebrate the high school graduation of her niece, Whitney. She will be attending Cornell where she is majoring in Animal Science to eventually be a veterinarian.



Evalyn Shea missed SPWP's June breakfast meeting for a very good reason – her niece's wedding, for which she made the veil. The wedding theme was "Fairy in the Forest" and the beautiful veil Evalyn crafted was cathedral length with an ivy embroidery design. Pictured are Evalyn's niece, wearing the veil, and Evalyn's brother, Col. Steve Shea (retired).



SPWP FIELD TRIP TO THE OCEAN STAR OFFSHORE DRILLING RIG & MUSEUM



SCHOLARSHIP UPDATE

An update from one of our 2017 Scholarship Recipients...

Howdy! My name is Rifah Islam, and I am currently attending Texas A&M University. I am incredibly honored to be able to inform everyone at SPWP about my new experiences as an undergrad. I have just finished my freshman year at college as a biochemistry student, and looking back, it was quite the roller coaster ride. From 8 am classes almost every single day to numerous all-nighters before exams, lab days, and project due dates, I think I have certainly aged 10 years, if not 20! No longer am I the immature teenager from my high school days...or so I would like to think, but only a year has passed since I began my journey as a college student. I still have many more things to learn and experience from here on out.

Within the past year, I have become quite fond of the environment and my surroundings at the A&M campus. I met many students from different countries, races, and ethnicities. Some are undergrad like me, while others are grad students completing their master's degree. However, I have definitely found my closest friends within my own major and the various organizations that I am actively participating in. The Biochemistry and Genetics Society is an organization where I have gained much interesting scientific knowledge (and learned a lot more things which were so difficult to comprehend that I questioned the purpose of my life) by engaging with different professors and students. I am also a part of AMSA, the American Medical Student Association, an organization that helps support and provide advice for pre-med students like me who are aiming to eventually attend medical school. While I enjoy being a part of both of these amazing organizations, what I love the most about my campus life is the time I spend with my friends while dancing for hours and hours in the dance studio. I have always had a passion for dancing, and it became my treasure within the difficult, mundane, and studious college life.

This summer in June, I actually had the chance to go to Canada to visit my cousins for the first time in 10 years! They have just recently moved to Toronto from Japan, so they barely know any English. It was quite a feat trying to converse with them with a mix of Japanese, Bengali, and English. Whew, so that was a lot of fun! Right now, I am taking summer courses at A&M and looking for biochemistry research opportunities. It is definitely tough, but I am having just as much fun as well!

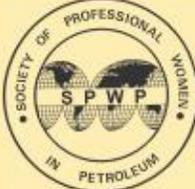
This was all possible because of the generous support I received from SPWP and there is no amount of gratitude that can express how thankful and lucky I am to have been welcomed by such an amazing organization that guides and gives hopes to numerous students throughout their post-secondary education. So once again, I thank all of you for your continued efforts and wish you all the best for your future endeavors.

- Rifah Islam

SPWP HISTORY TIDBIT

At the end of 1983, SPWP found itself with extra funds. As a non-profit organization, the decision was thus made to implement a Scholarship Program with the aim of assisting young women intending to work in the petroleum industry. In 1984, a Scholarship Committee was formed, and application forms were sent out to high schools within the Houston metropolitan area. Applications were received and graded, and a lucky recipient, Carol Dworaczyk, was awarded the very first SPWP scholarship in the amount of \$1,000.

2018 SCHOLARSHIP WINNERS



 Scholarships 2018



Total number of young ladies awarded scholarships: **476**

Year/s	Number of Scholarships Awarded	Total Amount Awarded	Year	Number of Scholarships Awarded	Total Amount Awarded
Up to 1998	157	\$209,100	2009	16	\$60,000
1999	20	\$30,000	2010	16	\$55,500
2000	18	\$30,500	2011	17	\$64,000
2001	19	\$26,000	2012	16	\$60,000
2002	19	\$30,000	2013	15	\$55,100
2003	17	\$33,000	2014	13	\$55,000
2004	17	\$37,500	2015	9	\$45,000
2005	18	\$47,000	2016	17	\$42,000
2006	19	\$50,000	2017	11	\$30,000
2007	19	\$33,000	2018	6	\$15,000
2008	17	\$55,000			

Total amount of \$\$\$ awarded

\$1,062,700.00

All proceeds raised at SPWP fundraising events are used directly for Scholarships for graduating High School female students attending Texas Colleges or Universities.

CAREER CORNER

How to Let Go at the End of the Workday

Bob can't sleep. His mind is restless, thinking about the huge to-do list waiting for him back at the office. Susan is distracted by a work email at the dinner table. Her partner complains that she "never seems able to turn off."

They are not the only ones having difficulty turning off from their jobs at the end of the workday. According to a seven-year study, the inability to make this break between career and home ranked among the top 10 stressful situations that people were least effective at managing. Technology has made the problem even worse by putting our workplaces just a touch screen away. We must learn to do a better job of leaving work at work, so that our personal lives become more pleasurable and less stressful.

End-of-day routines can be used to create a psychological barrier between work and home. When the following five strategies were tested with a group of 26 managers, the percentage who said they were "effective" at making a clean break between the two worlds jumped from 40% to 68%.

Before leaving the office at the end of the day...

Do one more small task. Make a short phone call, respond to an email, or sign a document. This allows you to end your day on a positive note of completion. There is satisfaction in knowing that you chose to push yourself and now have one less thing to worry about the following morning. Research from Teresa Amabile and Steven Kramer, authors of *The Progress Principle*, has shown that even small wins such as this can enhance your mood.

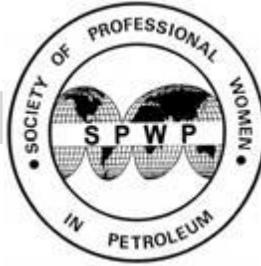
Write a to-do list. On paper or digitally, write down all outstanding tasks that need to be accomplished the next day, ideally in order of importance. When more than 1,000 workers at the New York Presbyterian Hospital Cornell Medical Center were surveyed, it was found that the practice of building lists such as this was among the top three most effective skills for enhancing work performance and positively reducing stress.

Straighten up your work area. Putting things away and organizing everything on your desk will better position you to start off fresh the following day. In the aforementioned study, managers and non-managers reported that when they left their desks or workstations cluttered, the pressure, frustration, and stress they'd felt that day was reignited the next morning. It appears there may be some truth to the idea that having an orderly desk equates to having a fresh mind after all!

Choose a specific action – an "anchor quick charge" – that will, for you, symbolize the end of thinking about work. Examples include turning off your monitor or light, locking your office door, or calling home. Regular use of this designated anchor will enable you to take control of your emotions and transition your mental state, just as if you were clocking out on a timesheet. The power of such rituals and routines is backed up by countless studies and research.

Start the evening on a positive note. Instead of greeting friends and family with the standard "How was your day?", which opens the door to a discussion about everyone's negative lingering work or school stress, be more specific. Ask what good or exciting things they experienced today and then engage them in a conversation about it. The idea is to take the focus off yourself. If someone asks you how your day was, resist jumping into an extensive play-by-play unless you think that person can help you resolve a leftover worry.

This five-step strategy requires minimal time and effort – generally about 10 -15 minutes per day. While some of these techniques may not seem revolutionary, research has shown that they can be highly effective when used in combination, leading to greatly reduced feelings of stress and improving the sought-after work-life balance.



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.

Mission Statement

Supporting career women in the petroleum industry through technology and information.



July Breakfast Meeting 07/12

August Breakfast Meeting 08/09

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