



SPWP News



This month's meeting will be held March 9th, 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.



PRESIDENT'S NOTE

Hello Ladies,

March is another busy month for SPWP's various committees. In addition, there is spring break, Rodeo, and International Women's Day ... whew!

This year's Derricks & Dice Casino Night will be held on Friday, April 21, at Minute Maid Park in downtown Houston. As a reminder, please continue to help promote Derricks & Dice to all of your clients, colleagues, friends, and family. They will have a blast and a chance to win great prizes when they attend. The ticket price is only \$60 per person. This will include a full buffet meal and dessert, as well as \$1000 in play money.

The 2017 Scholarship Committee has been accepting applications and the deadline of March 15 is fast approaching. They will then review applications and decide on who will be interviewed.

I want to give a big thanks to everyone who is participating on the Scholarship and Casino committees. We couldn't have the success we do without all of your hard work!

Our first event in partnership with Pink Petro is happening on March 8 – HERWorld 2017. SPWP will have a booth and we look to get some great exposure for our organization.

Also, our second social event of 2017 will be on Saturday, June 10, in Galveston. It will be a Girls Day at the Beach. Mark the date on your calendar and more details will be following soon.

Hope everyone has a marvelous March!

Sincerely,
Sylvia Garcia

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FEBRUARY MINUTES

President Sylvia Garcia called the meeting to order at 7:35 am on Thursday, February 9th at Norris Conference Center. She welcomed SPWP members and introduced the 2017 board members.

Sylvia asked for a motion to approve the January minutes as written in the newsletter. Evalyn Shea approved and Lellany Conaway seconded. No one opposed, so the minutes were approved as written.

2nd VP Kayla introduced the February speaker, Christine Spray. Christine's topic covered "How to Add Value to Your Clients". She spoke about the 6 components of a business and how each has an impact on the success of the business. Kayla presented a gift to Christine from SPWP.

Newly elected Treasurer Becky Lamson reminded the membership that annual dues are due by February 28th. Sylvia also mentioned that with membership in SPWP this year, members will automatically become a member of Pink Petro. There has been some trouble logging into the Pink Petro system. Sylvia is following up with Pink Petro to receive training and will then pass this on to SPWP members.

Committee Updates:

- Sylvia announced the Scholarship Committee has extended the deadline to March 15th.
- Mary Petricko reminded everyone that Derricks & Dice will be held on Friday April 21st at Minute Maid Park. Mary advised that the first committee meeting was held last week and there would be another one next week. The registration form is now live and linked to PayPal. Kadie Rose will be coordinating volunteers for the Casino event and we have added a new group for the breakdown following the event. A room block at Club Quarters has been made, with more details to follow. Mary reminded everyone to seek donors and sponsors. Sylvia also reminded everyone to like/post and share on Facebook.
- Sylvia reminded the membership of our first Social/Community Activity for 2017. We will attend Bingo in the Heights on Thursday, February 23rd. SPWP will provide the pizza, and those attending can bring wine, liquor, and deserts.

Kadie recognized Sandra Juarez as the Featured Member of the Month for February. Kadie also announced Kelsey Hulett as February's Volunteer of the Month.

Sylvia made the following announcements:

- Birthdays were recognized
- There were 7 guests at the meeting and all introduced themselves. Three of them only need one more meeting before they can apply for membership.
- Next meeting will be March 9th
- Reminded membership to like us on Facebook

Sylvia then opened the floor for any announcements:

- Evalyn Shea advised the membership of the Pipeline Pigging and Integrity Conference being held on February 28th.
- Evalyn also mentioned there were 2 spots left for the Public Technical Writing Course, which is 2 days and costs \$795.00

Sylvia adjourned the meeting at 8:15 am.

Respectfully submitted,
Renee' Brown

MARCH FEATURED MEMBER

Lellany Conaway

I was born in Guantanamo, Cuba. My family and I moved to Madrid, Spain and then Puerto Rico. In 1969, I moved to Painesville, Ohio, where I attended Harvey High School and Lakeland Community College. Little did I know when I left Cuba that the guy that took me to my High School prom would turn out to be my best friend and my husband of 44 years.



Rod and I married in August, 1973 and his Chemical Engineering job took us on a moving journey throughout the United States. We ended up in Deer Park, Texas and we both knew that Texas was where we wanted to settle down. Yes, I wasn't born in Texas, but I got here as fast as I could and I proudly call myself a Texan.

We have two children, Nicole and Robert, and two grandchildren, Alexis and Talan.

Our family is very close and we cherish lots of time together. We maintain many traditions; one of the most important is our Christmas Eve celebration. We have our traditional Christmas Eve Party, and a pig roast and traditional Cuban food is served to many family and friends.



Pictured clockwise from top left:

Heli-skiing in New Zealand; Lellany & Family; Cruising in Cozumel; Family at Christmas

I have been a faithful worker and member almost since the inception of the SPWP in 1981, having served on the board and most committees. SPWP is very close to my heart and it was in this organization that I have cultivated many friendships and where I found the sisters that I never had.... Sandra Mourton Hanst, Alicia Torben, Pam Collins, and Betty Moland to name a few.

I worked for Varco International for 28 years and in 1990 was promoted to District Sales Manager, Mexico and South America. I was the first woman within the company to achieve this position in the typically male-oriented oil industry. In



2005, I left Varco and went to work for Den-Con Tool where I presently hold the position of Sales Manager.

Other professional affiliations include serving on the Board of Directors of API, Offshore Energy Center, IADC, AADE, Oilfield Helping Hands, Oilfield Christian Fellowship, and Bluebonnet Youth Ranch.

If you know me, you probably know traveling and golf are my main hobbies. My husband and I, together with a group of friends, travel extensively. I have

been blessed to have traveled all over the world - Dubai, New Zealand, Australia, Hong-Kong, Peru, Ecuador, Italy, Greece, Turkey, all over Mexico, and the Caribbean. Machu Picchu, Peru and Galapagos, Ecuador are at the top of the list for next year.



One of my biggest blessings is to be a member of SPWP and to have the honor and privilege of calling each one of you my friend.

ANNOUNCEMENTS

SCHOLARSHIP COMMITTEE UPDATE

Enrollment for SPWP's 2017 Scholarship Program is still open! Applications are available online at <http://scholarship.spwp.org/> and will now be accepted until March 15th, 2017 at Noon CST.

SAVE THE DATE! UPCOMING SPWP SOCIAL EVENTS

Saturday, June 10th Galveston Beach Day

Further Details to Follow

AADE HOUSTON CHAPTER 2017 GOLF TOURNAMENT

If you are able to volunteer for the AADE Golf Tournament on Monday April 3rd at Black Horse Golf Course, please contact Renee Brown. SPWP will receive a portion of the proceeds in exchange for our help with this event.

SAVE THE DATE! 32nd ANNUAL DERRICKS & DICE

Derricks & Dice will be held on Friday, April 21st, 2017 at the Baseball Bar at Minute Maid Park. Registration is now open! If you would like to join the Casino Committee, please reach out to the Chair. Sponsors are also needed.



SPWP 1ST QUARTER SOCIAL

On Thursday, February 23rd, SPWP took the bingo hall by storm. Members had a blast at Bingo in the Heights, and we even had a couple of winners! We are planning another bingo night later in 2017...stay tuned!

HAPPY Birthday



Daffodil

- March 14**
- March 24**
- March 27**
- March 30**

- Martha Kveton**
- Evalyn Shea**
- Lauren Jijina**
- Tracey Finkbeiner**



Aquamarine

MARCH SPEAKER

Gindi Eckel Vincent



Gindi Eckel Vincent is an author, speaker, blogger, and Counsel at ExxonMobil Corporation.

Gindi writes and speaks nationally on brave leadership. Her first book, "Learning to Lead", was released in 2013, and her second book on the life cycle of brave leadership is in progress. In addition, Gindi has practiced law for almost 20 years, helping energy companies across the energy value chain solve complex legal challenges.

Gindi has served in numerous leadership roles, including President of the Women's Energy Network of Houston, the executive committee of Greater Houston Women's Chamber of Commerce, and Chair of the Texas Young Lawyers Association. She has been recognized as one of Houston's 50 Most Influential Women, one of Houston's Top 25 Role Models, and Houston's Outstanding Young Lawyer.

Gindi and her husband, Bray, are the proud parents of seven year old triplets.

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**



CAREER CORNER

7 Common Words Powerful People Avoid (That You Should Avoid, Too)

Words hold power. Some of the most powerful words are those we use every day, which in the wrong context, can easily and unknowingly diminish your message and intent. Powerful people know which words to avoid in order to maintain their influence and impact. Here is your opportunity to increase your power by decreasing your usage of these seven types of words:

1. "Just" (Protector Words)

The word "just" diminishes the content that follows. It is a "protector" word, in that it is used to soften what you want to achieve. When you say, "I'm just following-up on my below e-mail...", you are downplaying the importance of your request and what you wish to achieve. If you are taking the time and energy to follow-up on an unanswered e-mail, that means it is important to you. Do not make it look unimportant. This can come across as passive aggressive, which can in turn create resentment and lessen your authority.

2. "Very," "Absolutely" and "Totally" (Drama Words)

Superfluous adjectives such as "very," "absolutely," or "totally" do not add value to the noun you wish to describe or highlight, and can instead add unnecessary drama. When you learn to appreciate the power of words, you find that it is possible to use less of them to communicate the same thing. When you use fewer words, each word becomes more powerful and can be better appreciated by others.

3. "I think..." or "Arguably" (Protector Words)

Every thought you express is your opinion. You do not need to preface your ideas with "I think." Similar to the word "just," "I think" and "arguably" are protector words. Use of either word broadcasts to the world that you may be wrong but that it is okay because it is only what you think. It is a way to protect yourself from attack, should someone hold a different opinion. These words you may be using in an effort to protect yourself are undermining your power. You are entitled to your opinion and sharing it without hesitation, even if others disagree, can help to garner respect.

4. "I'll try" and "Don't worry about it." (Ability Words)

Saying that you will try to do something suggests to others that you are unsure of your abilities. If you say you will do something, people inherently know that means you will try. By saying, "I'll try", it could make people feel nervous. The last thing you want is to give your manager the impression that you lack confidence in yourself. Likewise, when you express too much confidence and say "Don't worry about it," you leave people in the dark about what you are doing and belittle them. Leaders empower others, rather than stripping them of their power.

5. "Sorry" (Apology Words)

The more you apologize, the less powerful your apology becomes. Use "sorry" sparingly, and only for instances directly caused by you rather than those out of your control. For example, you are late to a meeting because of a car accident that happened two blocks from work. You may share why you are late, but you do not need to apologize for it.

6. "Like," "Whatever," "Etcetera", and "...and so on and so forth" (Filler Words)

These terms are common filler words which can dilute the potency of your message. They should thus be kept to a minimum. People lean on these words when they are trying to think of what they want to say next. Instead, pause for a moment to collect your thoughts.

7. "Actually" and "Obviously" (Superior Words)

Words such as "actually" and "obviously" can cause frustration or annoyance because of their implication that the person you are speaking with does not understand, and that you are right. Making assumptions about other people's levels of understanding shows your lack of understanding and can lead others to disrespect you.

Ordinary words have the power to undermine you and your message. However, if used properly, language is an opportunity to empower yourself and your career. Therefore to increase your power, always carefully consider your word selection.

This information has been adapted from an article by Avery Blank, which can be found at <http://www.forbes.com/sites/averyblank/2017/02/07/7-common-words-powerful-people-dont-use-that-you-shouldnt-use-either/#13271eae692b>



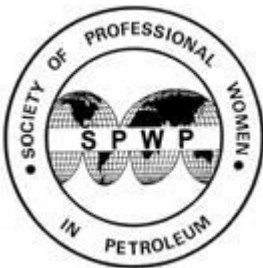
Quarterly Event Meeting
 Norris Conference Center
 April 17, 2017 5:30 pm to 8:00 pm

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.



March Breakfast Meeting 03/09
April Breakfast Meeting 04/13



The **Society of Professional Women in Petroleum** is incorporated as a non-profit organization that was formed in early 1981. The organization was formed to support professional career women in the petroleum industry through technology and information.

Through monthly breakfast meetings and special seminars, SPWP covers all aspects of drilling and production operations and constantly seeks to further expand these parameters of knowledge. Much of this is achieved through the tremendous support of the companies and the individuals who appreciate SPWP's serious dedication and share this technology and information.

SPWP's membership consists of women who have active careers in oil related fields, such as Engineering, Geology Sales, Research, Finance, Law, Quality Assurance, Purchasing, Advertising and Marketing. Memberships are available through sponsorship.

SPWP provides scholarships to Houston-area high school seniors entering a Texas college. This scholarship promotes young women in need of financial aid. Our scholarship fund is a direct result of our member's dedication to promoting education. The Houston petroleum industry and SPWP membership support our fundraisers. Our fundraisers to date have included crawfish boils, barbecues, golf tournaments and casino nights.



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COMMITTEES & CHAIRS

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Co-Chair – Jacqueline Camacho Jacqueline.Camacho@nov.com

Scholarship Committee

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Co-chair – Kara Ellis karawebbellis@gmail.com

Golf Committee

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