



# SPWP News

## May 2017



This month's meeting will be held May 11th, 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,

SPWP's 32nd annual Derricks & Dice event is officially history. I want to thank everyone who sponsored, donated prizes, and volunteered with casino night! We would not have had such a fantastic event without those who worked so diligently to make it a success. I'd like to give a special mention to chair Mary Petricko, co-chair Jackie Camacho, and committee members: Jerri Babin, Renee Brown, Kelsey Hulett, Robyn Riggins, Kadie Rose, and Lataunga Spann for the remarkable effort these particular ladies put forth!

Speaking of hard-earned money, the Scholarship Committee is busy working on distributing these funds we've raised to deserving young ladies. They have been busy reviewing applications and scheduling interviews. The 2017 recipients will be introduced at our July 13th breakfast meeting, so save the date.

We have a couple of awesome Social Activities lined up, so be sure to read the monthly newsletter for more info.

Industry related, the 2017 Offshore Technology Conference is being held May 1st to 4th at NRG Park. Hope to see some of you out there!

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

Sincerely,

Sylvia Garcia

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# APRIL MINUTES

President Sylvia Garcia called the meeting to order at 7:35 am on Thursday, April 13th 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 March minutes as written in the newsletter. Mary Petricko approved and Kim Gonzales seconded. No one opposed, so the minutes were approved as written.

## Committee Updates:

- Mary Petricko reminded everyone that the Casino event will be held on Friday, April 21st at Minute Maid Park. She advised that entry tickets were still available for sale and asked everyone to push for these. Mary also advised that volunteers were still needed for the night of the event, and to get with Kadie if interested. At the end of the meeting, a drawing was to be held for 1 free entry ticket.
- Sylvia reminded the membership about the Day at the Beach social outing scheduled for June 10th. For more information, members can get with Kayla.

Renee' announced that SPWP had made \$940.00 on Monday April 3rd at the AADE Golf Tournament.

2nd VP Kayla kicked off the Table Talk. There were four tables and the topic was "How to Stay Connected", as applicable to both professional and personal relationships. Each table then briefly told the group what their table discussed.

Kadie recognized Madeline O'Rear as the Featured Member of the Month for March. Kadie also announced Robyn Riggins as March's Volunteer of the Month.

## Sylvia made the following announcements:

- OHH 13th Annual Saltwater Fishing tournament will be held June 15th & 16th in Port O'Connor, and they are looking for sponsors. Members can see Sylvia or go to the OHH website for more information.
- Birthdays were recognized
- There were 5 guests at the meeting and all introduced themselves
- A drawing was done for free entry ticket into casino. This was won by Sherry Adams
- Next meeting will be May 11th
- Reminded membership to like us on Facebook

Sylvia then opened the floor for any announcements, but there were not any.

Sylvia adjourned the meeting at 8:35 am.

Respectfully submitted,  
Renee' Brown

Welcome Aboard!

*New Members*

**Name:** Ludivine Laurent Bureau  
**Title:** Global Key Account Manager  
**Company:** Vallourec  
**Sponsored By:** Sandra Mourton  
**Committee Interests:** Scholarship, Golf



# MAY FEATURED MEMBER

## Erin Stroud

Hi all, my name is Erin Stroud, and most of you know me as the First Vice President of SPWP (otherwise known as the person who emails you monthly begging for scoop!). I was born and raised in Calgary, Alberta, Canada, and graduated from the University of Calgary with a Bachelor of Commerce degree. While in university I studied abroad at the Copenhagen Business School in Denmark, and it was this amazing opportunity that inspired a deep love of travel in me, as well as a desire to move away from Canada upon graduation to experience other countries and cultures. Lucky I did, or else I never would have met my husband Ryan, a native Houstonian! We got married in May 2016, and have been traveling the world together since meeting in 2011. Some of our favorite places that we have been include Istanbul, Lake Louise, Mexico City, Big Sur, and Siem Reap (Cambodia).



Ryan and I on our wedding day (travel themed, of course!)

I graduated in 2005, and soon after began my career with National Oilwell Varco in their Next Generation Program. I can still remember my first visit to Houston during orientation. Never having experienced a toll road before, our car full of Canadians was ill-prepared when driving our rental car to our hotel down the Beltway. We had not thought to visit an ATM before leaving the airport and only had Canadian currency on us when we encountered the toll booth! I completed four 3 month rotations with NOV Distribution Services in Canada and Scotland, within the areas of HR, operations, and materials management. It was during this last rotation in Scotland that I met a fellow NOV employee in town from Houston who had a need for someone with my skillset. After completion of the Next Gen program I took this open position in Houston, and have never looked back.



Fulfilling a lifelong dream on our honeymoon: visiting Angkor Wat in Cambodia!

Upon moving to Houston I first worked as NOV Distribution Services' Logistics Supervisor, sitting onsite at our freight forwarder and acting as the liaison between NOV Houston, our vendors, and our global branches for all orders shipping overseas. After 2 years in this role, I moved into the Content department, cleansing data in our ERP system and working towards the development of an eCatalog. In 2013, I transferred into the Proposals Department of what was now NOV Wilson (post-NOV's acquisition of Wilson Supply), and in 2014 (the same year my division spun off from NOV into its own separate company, DistributionNOW) I took over as the manager of the team.



With friends in Cappadocia, Turkey

I became a member of SPWP in 2015 after hearing about it from my co-worker and fellow member, Kim Gonzales. This is my second year on the Scholarship Committee and I have found it to be such an incredibly rewarding experience. I love getting to know all of the deserving young ladies whose lives we are impacting through our fundraising efforts! This is also my first year on the board, and I am so grateful to everyone for electing me to my position. I have really enjoyed becoming more and more involved in SPWP, having a chance to make a difference, and getting to know all of you better. Thank you!



Overlooking Machu Picchu, after 3 very long days of hiking the Inca Trail in Peru!

Our cat, Munky



**SPWP SCOOP**

So what is going on with you?



Kadie Rose and her husband visited Fredericksburg, TX over Easter Weekend with their dog, Tarzan.



**SCHOLARSHIP UPDATE**

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

*Attending UT Austin is rollercoaster of an experiment, but overall I am quite happy here. I am currently in the African Student Association, for which I am a Dance Chair. I have also joined other academic organization such as the Black Health Professional Organization and the UT pharmacy organization. My second year as a Biochemistry major has proven to be quite challenging, but I have a great support team (an essential as a college student). Overall, my college experience so far has been full of tears, late nights up studying, and stress, but also full of cherished moment with friends, laughter, joy, and pure contentment. I wouldn't trade it for anything, and I thank SPWP for providing me with the means to attend this university.*

- Priscilia Mbaeri



Emerald

- May 3** Denise Kraus
- May 5** Sue Becknell
- May 12** Lellany Conaway
- May 13** Megan Beres
- May 18** Ashley Samiez
- May 25** Mary Malihpour



Lily of the valley

# 32<sup>ND</sup> ANNUAL DERRICKS & DICE CASINO NIGHT



## CASINO COMMITTEE UPDATE

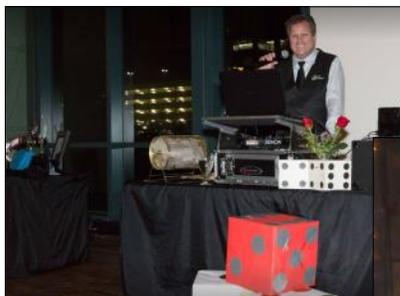
We would like to thank all of our Sponsors and SPWP members that were able to attend this year's casino night. It's because of their support that we were able to raise over **\$6,000** for our scholarships this year, which is a tremendous success considering our current market.



I also wanted to thank all of our committee members for all of their hard work:

- Jacqueline Camacho – Co-Chair
- Renee Brown
- Kadie Rose
- Robyn Riggins
- Kelsey Hulett
- Lataunga Spann
- Jerri Babin
- Madeline O'Rear
- Christel Frantz

- Mary Petricko



# CAREER CORNER

## **How to Structure your Day to be More Productive**

The world today is full of distractions. From email notifications to mindless scrolling on social media, we are constantly being pulled off course throughout the work day, resulting in low productivity. Before you know it, the day is over and you're not quite sure what you've accomplished.

Here is how to structure your day to avoid this time suck and fuel your productivity.

### **Make Your List the Night Before**

The best way to set yourself up for success is to make a plan for the next day:

- What will you start on first?
- What do you hope to accomplish during the day?
- What must be completed tomorrow, in order of priority?

Answer these questions while creating your to-do list for the following day. When you're done, you can put work aside for the day and use the evening to refresh your mental batteries. When you arrive at work the next day, everything is laid out for you so there is no question about what should be tackled first.

### **Do Something for Yourself First**

Do you have a morning routine? Perhaps you love to work out before work or you need a half hour to meditate before speaking with anyone. Whatever you do to get centered and focused for the day, do it first. The longer you put it off, the less likely you are to accomplish it.

### **Give Yourself Two Hours to Tackle the Most Important Tasks for the Day**

According to studies, people are generally the most productive during the first two hours following waking up. After your morning routine is complete, you are now ready to take on the day. Use that productive time to address the most important tasks. Before you check your email or get sucked into your social media newsfeed, stop. Take a look at your to-do list instead. What are the most important tasks that need your attention today? The emails and newsfeed can wait. Focus on what must get done today before you dive into anything else.

### **Then, Check Your Email or Facebook**

By now you're itching to check your email. What issues do you need to address today? Once your must-do tasks are complete, open up your inbox and put your mind at ease. But be careful, as this can suck you in for hours. Protect yourself by setting a 20-minute timer. If you finish early, close your email and move on with your day.

### **Move On to the Next Most Important Tasks of the Day**

You've already completed the things that had to get done today, but what about the rest? Move down the list to the tasks you would love to finish up today. Give yourself another two hours of uninterrupted time to focus and work.

### **Give Yourself a Mental Break**

Until now, you've gone full force through the day. Take a break, step away from the computer, and allow yourself a few minutes of quiet.

### **...Then, Check Your Email Again**

By now you've already had a productive day. You can check your email one more time without getting too sucked in by messages or distracted by urgent matters. Your mind is at ease after completing all of your "must do's" and you are now better able to focus on this task that requires less brain power to complete.

### **Before You Leave, Make Your List**

As you finish up your day, make your list for tomorrow. You'll want to prepare yourself for another productive workday the night before!

*This information has been adapted from an article by Jon Forknell, which can be found at <https://www.allbusiness.com/structure-your-day-to-be-more-productive-100563-1.html>*

# MAY SPEAKER

## Katherine Culbert



Katherine Culbert is the Co-Founder and CEO of K and K Process, and a recently joined member of SPWP.

Originally from Upstate New York, Katherine is a graduate of the State University of New York College of Environmental Science and Forestry, with an undergraduate degree in Paper Science & Engineering. Since graduation, she has focused her career on Process Safety Management, starting out at GE Silicones designing pressure relief systems. She has experience in Sales and Marketing, including supplying valves and electrical equipment to the US Navy for nuclear powered Vessels. She has also taught high school physics. Katherine is a licensed Professional Engineer in New York State, a Six Sigma Green Belt, and a certified Project Management Professional. Since moving to Houston, she has worked for various consulting firms, managing Process Hazard Analyses and other large engineering projects.

# 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.

## SAVE THE DATE! UPCOMING SPWP SOCIAL EVENTS

Saturday, June 10th

Galveston Beach Day

*\*Please contact Kayla Honza (Kayla.Honza@nov.com) for more information\**

## GOLF COMMITTEE UPDATE

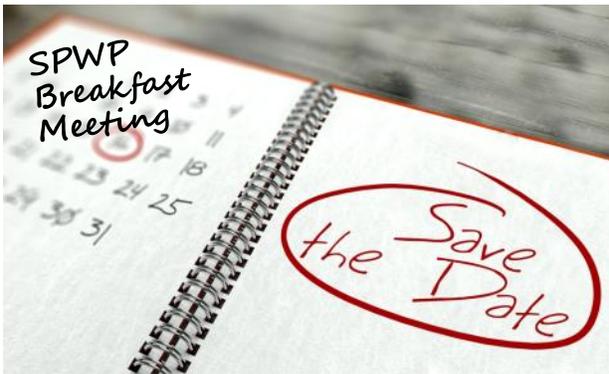
Tee Up Ladies....It seems far off, but our golf tournament in the fall will be here before we know it. Please start thinking of people/companies we can hit up for prizes, sponsors, donations and cooking teams. We are not yet sure of the date or venue but will advise very soon!



Quarterly Event Meeting  
 Norris Conference Center  
 July 24, 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](mailto:fhpw-news-subscribe@egroups.com).

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



**May Breakfast Meeting                    05/11**

**June Breakfast Meeting                    06/08**



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  
Oilfield Production Consultants (OPC)  
832.851.6935  
[sylvia.garcia@opc-usa.com](mailto:sylvia.garcia@opc-usa.com)

### First Vice President

Erin Stroud  
DistributionNOW  
713.254.8752  
[erin.borstmayer@gmail.com](mailto:erin.borstmayer@gmail.com)

### Second Vice President

Kayla Honza  
National Oilwell Varco  
832.953.8899  
[Kayla.Honza@nov.com](mailto:Kayla.Honza@nov.com)

### Treasurer

Becky Lamson  
DHL Express  
281.704.5871  
[finance@spwp.org](mailto:finance@spwp.org)

### Membership Secretary

Renee Brown  
Summit Electric Supply  
713.230.6300  
[Renee.Brown@summit.com](mailto:Renee.Brown@summit.com)

### Member Representative

Kadie Rose  
National Oilwell Varco  
281.684.3235  
[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)

### FHPW Delegates

Mary Petricko [Mary.Petricko@nov.com](mailto:Mary.Petricko@nov.com)  
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)**