

# SPWP News



This month's meeting will be held November 8th, 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](http://www.spwp.org).

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



## PRESIDENT'S NOTE

Hello Ladies,

The month of November brings our Members only breakfast meeting that will cover SPWP business and voting for the SPWP 2019 board members. Our nominating committee will send out absentee ballots for those unable to attend, so be sure to cast your vote for a new board - and use your right to vote in our US elections.

A big thank you to the 2018 ladies who served on the board with me this year and gave so much of their time! I'm honored to have had the opportunity. Your caring, fortitude, and bright minds will take you far.

November also signals that Thanksgiving isn't far away. I want to wish you a blessed and relaxing holiday with your loved ones.

The holiday charity selected by SPWP members this year is Krause Children's Center. Krause is a place where young girls from 12-17 go to heal physically, emotionally, and spiritually after experiencing severe abuse or neglect. Please note that the deadline they have given us to accept donations is December 8th. This is prior to our December meeting, so donations will need to be in hand prior to that for delivery. You can bring items to our November meeting or contact Kayla or myself to coordinate pickup. Some of the items wanted are Bath & Body lotions and shower gels, clothes, socks, craft items, games, and softcover books. Please read the guidelines carefully that were sent out with the Wish List. Looking forward to seeing our membership giving these young ladies some holiday merriment in their lives!

And speaking of December, our holiday breakfast celebration will be on December 13th. This is an exciting and fun filled meeting with games and prizes. Don't miss it! Members AND guests are welcome so be sure to invite anyone you think could be a potential member.

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

Happy Thanksgiving!  
Sylvia Garcia

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# OCTOBER MINUTES

President Sylvia Garcia called the meeting to order at 7:38 am on October 11th, 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 September 2018 minutes as written in the newsletter. Kelsey Hulett approved and Maria Marquez seconded. No one opposed, so the minutes were approved as written.

2nd Vice President Renee' Brown introduced the guest speaker, Lisa Caughorn, a Public Speaking Coach with Keynote & Co. Lisa presented on how to "Be Your Biggest Fan", which included points on confidence building, establishing professional and personal goals for next year, and zapping the naysayers. Lisa encouraged attendees to "step out and try other things" now that our industry is more stable. Lisa also stressed that "your enemies will be the ones to promote and excel your career" as they can motivate you to accomplish your goals to prove them wrong.

Member at Large, Kadie Rose, announced the Featured Member of the Month as Suzette Olivan and the volunteers of the month as Maria Marquez, Becky Lamson, and Renee Brown for volunteering to represent SPWP as hole monitors at the annual API Golf Tournament.

Golf committee co-chair, Renee' Brown, provided an update on the 22nd Annual SPWP Golf Tournament. Renee' reminded committee members that the meeting would be held immediately following the breakfast meeting and encouraged attendees to continue soliciting sponsorships, team registrations, and prize donations from their contacts, as well as bring sleeves of golf balls and items for the Booze Box Raffle to November's breakfast meeting.

Social and Development Director, Kayla Honza, reminded attendees to RSVP and sign up for a potluck dish for our first annual Friendsgiving dinner on Saturday, November 3rd, for members only. Kayla also reminded attendees to arrive early to secure their seat for the October Social Event: Bingo in the Heights on Thursday, October 25th, which is open to members and guests. Kayla advised members that a survey would be distributed this week to vote on a charity for SPWP to support at our annual December Breakfast Christmas Party.

Sylvia reminded members that the board is still looking for a nominee for the 2019 Secretary position and encouraged those interested to contact her for more details. Sherry Adams and Jerri Babin volunteered to serve on the nominating committee to distribute, collect, and count ballots. Sylvia then announced the October birthdays.

Sylvia opened the floor to guest introductions and announcements. There were four guests in attendance. Renee reminded attendees that the Golf Tournament committee would be meeting immediately following the breakfast meeting and all are welcome to participate.

Sylvia reminded everyone that our next breakfast meeting is November 8th and is our annual closed business meeting for members only.

The meeting was adjourned at 8:30 am.

Respectfully submitted,  
Gina McGinn

# NOVEMBER FEATURED MEMBER

## Maria French

1. **How did you get started in the Oil & Gas Industry?** I started in the Oil and Gas Industry in July 1997 as a Well Planner for Sperry-Sun (now known as Halliburton Sperry-Drilling).
2. **Area of Specialty (i.e. Sales, Engineering, Accounting, etc.)?** My area of specialty is Engineering. I started as a Drilling Engineer and later on, explored Completions and Workover Engineering too.
3. **When people come to you for help, what do they usually want help with?** I currently work for Halliburton-Landmark and I help people with the optimization of their engineering workflows. I accomplish this by teaching new users or mentoring experienced ones about D&C engineering software technology.
4. **Most influential person in your career and why?** I am convinced that the most influential person in my career has been my father because he taught me the ethics and core values necessary to honor my job every day. That is something that cannot be found in a classroom or in a book, this is a behavior that I learned from him, my role model.
5. **Best career advice you've received?** The best career advice I received was to open my mind and explore other disciplines within Engineering, which is why I have extended my knowledge beyond Drilling Engineering.
6. **Were you born in Houston? If not, what brought you here?** I was born in Venezuela, and almost 16 years ago I had the opportunity to continue my professional career and to adventure into getting married to a wonderful man here in the USA. We just celebrated our 15th wedding anniversary in New Orleans.
7. **Favorite place in the world?** I don't have a favorite place in the world. The more I travel, the more I fall in love with new places. However, New Orleans is very deep in my heart.
8. **Favorite book or movie?** My favorite movies are all the related to X-Men. I've lost count of how many times I have watched those movies over and over.
9. **What hobby would you get into if time and money weren't an issue?** If time and money weren't an issue, I would travel around the world with my husband as a Manager to a Venezuelan Musician. I recently hosted a Venezuelan folkloric music (Flute and Bandola) duet recital at my home and it was so magic and emotional that I wish I could show them to the world.
10. **How did you become involved with SPWP?** When I moved to Houston in 2011, my husband introduced me to the SPWP. He had attended an AADE-SPWP breakfast meeting and he thought that this women's empowerment organization was a perfect fit for me. I have been involved with SPWP since 2012 and I hope to continue supporting this society in any way I can.



# 2019 SPWP BOARD OF DIRECTOR NOMINEES



*Our November breakfast meeting is a members only meeting, as we will vote on choosing a board of directors and any other SPWP business. Below are the by-laws for the Election of Officers.*

## Election of Officers

- (a) The nominating committee will be formed on or before the September meeting.
- (b) The nominating committee shall report to the Society at the October meeting their nominations for President, 1st Vice President, 2nd Vice President, Secretary, Treasurer, Member at Large, and Social & Development Director.
- (c) Candidate for President shall have previous Board experience.
- (d) Elections will be held in November. Election of officers shall be by ballot and a majority of the ballots cast shall elect.
- (e) Ballots will be counted at the November meeting by the nominating committee, excluding any member who is running for office.
- (f) Absentee ballots must be requested in advance of the November meeting and returned prior to the meeting to the nominating committee.

## **PRESIDENT**



### **Erin Stroud**

Hello all! My name is Erin Stroud, and I am running for the position of President. I have loved serving as SPWP's First Vice President for the last 2 years and am ready to take on this next challenge. Being on the board has given me the opportunity to get to know all of our members and to gain a much deeper appreciation for and understanding of SPWP. I have been in the Oil & Gas Industry for over 12 years and have been the Manager of DistributionNOW's Proposals Team for 4 years. I also serve on the committee of my company's women's affinity group, DistributionNOW RAD Women, and have been a member of SPWP since July 2015. I would be honored to serve as your President in 2019 and vow to be a faithful steward of SPWP's mission.

## **FIRST VICE PRESIDENT**



### **Gina McGinn**

I am a native Houstonian, raised in the oil industry. I am a graduate of Sam Houston State University and hold a Bachelor of Arts degree in Mass Communications, with an emphasis in print journalism and a minor in political science. I began my career in 2007 with National Oilwell Varco, where I held positions in supply chain, project management, and information systems. In November 2017, I joined Nabors Industries as a Senior Business Analyst. I have been a member of the SPWP since December 2009, and as a scholarship recipient myself, I am passionate about SPWP's mission as well as being an advocate for the energy industry. I am married to my college sweetheart, Steven, since 10-2-10 and together we have a son, Sammy, and dog, Pepper.

## **SECOND VICE PRESIDENT**



### **Rhonda Bean**

I have been in Houston for 8 years and have worked for Offshore Engineer, Asian Oil & Gas, and Maritime Executive magazines, as well as the Offshore Energy Center. I believe that SPWP plays a vital role in Houston for women in the energy industry and I am passionate about SPWP's scholarship program. I have fully supported SPWP's initiatives and fundraising efforts to raise money for college scholarships. I currently serve on the Board of Directors for the Port of Houston's International Propeller Club and I am the South Texas Province Alumni Chairperson for Alpha Chi Omega. I hold a Bachelor of Arts degree in Business Administration from Cleary University in Michigan.

## **TREASURER**



### **Mary Petricko**

Hello, my name is Mary Petricko. I am your current Treasurer, hoping to be re-elected. I have been a member of SPWP since March 2012, and have also chaired the last casino event during my time with the organization. I have worked for National Oilwell Varco going on 12 years, as of the 28th of this month. I am currently in the Rig Technologies division as an Inside Sales representative for Offshore Global Accounts. I have a BBA in Accounting from the University of St. Thomas – Houston. I am married, and we have a beautiful 3 year old daughter. In my free time, I enjoy volunteering to give back to the community as much as I can. I feel it's important to set an example for my daughter that we need to be active in our community. I've learned a lot this past year, and hope to continue in 2019.

## **SECRETARY**



### **Suzette Olivan**

Hello Ladies! My name is Suzette Olivan, originally from New York, but raised in the great state of Texas! I am 100 % Hispanic, descending proudly from a Colombian mother and Mexican father, and the oldest of 2 children. I graduated from Baylor University in 2007 with a Bachelors in Political Science and Minor in International Business. I started out in the Oil & Gas Industry in 2010 as a Training and Development Coordinator for Saxon Drilling and progressed throughout my career in Human Resources as an HR Generalist, HR Supervisor, and HR Manager. I was introduced to SPWP through Gina McGinn, whom I met at OTC in May of 2018 and I have to say I was very interested in checking it out. I felt so welcomed and connected to all the ladies at the breakfast meetings that I instantly wanted to join. By running for SPWP Secretary, I hope to continue contributing and building

the legacy that you ladies have created so far; not to mention give a little back of the warm welcome I've received!

## **MEMBER AT LARGE**



### **Suzanne Short**

Hello, my name is Suzanne Short. I have been a member of SPWP since 2018. I was born in California but raised in Houston, TX. I attended Texas Tech University and graduated in 2006 with a Bachelor of Petroleum Engineering. I spent 10 years working for ConocoPhillips as a production engineer, solving mechanical problems in wellbores. My career allowed me to work in both Texas and Alaska. I then decided to pursue a Master of Business Administration from Texas Tech and graduated in 2018. I am now a Financial Advisor with Edward Jones in Cypress, TX. My hobbies include rifle hunting and outdoor pursuits such as backpacking. I am looking forward to being Member At Large because I want to give back to this amazing organization. Everyone who makes up SPWP is an outstanding example of friendship and professionalism!

## **SOCIAL AND DEVELOPMENT DIRECTOR**



### **Becky Lamson**

Hello, I'm Becky Lamson and I am currently running for Social and Development Director. I have been with SPWP gong on 3 years and thoroughly enjoy this group and the mission we have set out to do. I have served as Treasurer in the past, in addition to volunteering on past casino committees. With my marketing and advertising background, I would love to work to make SPWP more visible to our Houston market and to ultimately raise more funds for our scholarship program. I am looking forward to the opportunity to serve!

# SPWP ANNOUNCEMENTS

## GOLF COMMITTEE UPDATES

We are still searching for teams, platinum/gold sponsorships, and prize/monetary donations for our golf tournament. Please continue to reach out to your network so that we can make this event a success! We would also like to ask all SPWP members to please bring a sleeve of golf balls to our November breakfast meeting.

## SAVE THE DATE! UPCOMING SPWP EVENTS

November 12, 2018

Golf Tournament

## SPWP CHRISTMAS CHARITY

This year, the charity SPWP will be supporting is the Krause Children's Center! The deadline for donations is December 8th, so please either bring your gift to the November breakfast meeting or contact Kayla Honza or Sylvia Garcia to coordinate an alternate drop-off time. Please refer to the email Kayla sent out on October 22nd for the complete wish list for Krause.

## AADE CASINO NIGHT

AADE's Houston Chapter will be holding a Casino Night on Saturday, January 26th, 2019 at the Marriott Marquis Downtown. Stay tuned for more details.



**November 16 Sandra Mourton**

**November 22 Robyn Riggins**

**November 23 Maria Marquez**

**November 23 Kara Ellis**



**Name:** Brenda Myers  
**Title:** Marketing Analyst  
**Company:** Canrig Drilling Technology  
**Sponsored By:** Gina McGinn  
**Committee Interests:** Golf, Casino

Welcome Aboard!  
 New Members



**Name:** Michelle Muse  
**Title:** Commercial Operations Manager  
**Company:** Canrig Drilling Technology  
**Sponsored By:** Gina McGinn  
**Committee Interests:** Scholarship, Golf, Casino

# SPWP SCOOP

So what is going on with you?



On October 8th, SPWP members Becky Lamson, Renee Brown, and Maria Marquez volunteered at the API Golf Tournament, raising over \$600 for our scholarship program!



Katherine Culbert spoke at the Society of Women Engineers Annual Conference on "The Power of Interest Groups" as the SWE Entrepreneurs Affinity Group Co-Lead in Minneapolis the week of October 19th



Sylvia Garcia took a short vacay to Surfside and Sargeant for a Texas Women's Fly Fishing club outing in October. Her loyal traveling companions Hatch, Smokey, and current foster dog Grace loved the beach!



Sherry Adams and her husband, Bill, recently took a vacation to Cabo San Lucas. They took a sunset catamaran dinner cruise and rode ATVs in the desert and on the beach. The ATV location had a bird sanctuary with lots of native birds!



Renee Brown attended the Formula 1 Grand Prix in Austin, TX the weekend of October 19th - 21st.



## SPWP BINGO NIGHT



SPWP held our October social event at Bingo in the Heights on October 25th. Congratulations to Suzette Olivan and Renee Brown who were the big winners of our group!



## SPWP HISTORY TIDBIT

In 1993, SPWP was doing so well with our fundraising that in order to obtain larger donations and corporate sponsorships, the organization applied for and received a 501(C)(3) non-profit tax exempt status from the IRS. It was this designation that enabled SPWP to attract larger donations from that point forward.

# SCHOLARSHIP UPDATE

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

Howdy!

*My name is Nicole Torres. I am a sophomore Industrial Distribution Engineering major with a minor in Business at Texas A&M University. This past year (and almost a half) has been a whirlwind of exciting experiences.*

*Early into freshmen year I was chosen to be a member of Freshmen Leaders On Campus. In this organization I have been given the opportunity to do many service projects such as BUILD, Replant, and Big Event. I gained several friends, connections, and mentors through FLOC. I continued to push myself to achieve more throughout the year. Later that year, I was selected to continue my time with FLOC as an Assistant Director. My main responsibility is coordinating meetings, bringing in guest speakers, and facilitating the growth of leadership skills in the freshmen. However, there was still more that I wanted to accomplish.*

*In spring, I was selected to be a Fish Camp counselor. Fish Camp is student run organization at A&M that is dedicated to the successful transition of freshmen into college life. We started preparing in March to provide freshmen with a four-day orientation program during the summer and continuity events throughout the year. I helped transition the largest group of freshmen in Fish Camp history to Texas A&M.*

*Currently, alongside my position as an AD for FLOC, I am participating in an internship program and I am a member of the Professional Association for Industrial Distribution. I am grateful to have been able to achieve so many of my ambitions this year. I am excited to see what the coming years hold for me as I continue to create new goals. Thank you to the Society of Professional Women in Petroleum for the contribution to my education that made all of this possible.*

- Nicole Torres



# CAREER CORNER

## This Is Why You Should Use Your Vacation Days

Whether you've been dreaming about knocking another country off your bucket list or you just need a week at home to relax or conquer your to-do list, most Americans do not actually take the time off of work to do it. However, not only is taking time off beneficial for your mental and physical health, it can also help your career and make you a better employee. The U.S. Travel Association's Project Time Off found that 52% of employees let vacation days they were entitled to go unused in 2017, collectively throwing away 705 million vacation days. Not good! Here are a few reasons why taking a vacation and fully disconnecting while away from the office is important:

### **Vacations are good for your personal health**

Have you ever noticed that you feel so much better when you're on vacation? A 2015 study by the American Psychological Association found that vacations are great stress relievers. Even stress-related physical complaints such as headaches can disappear for up to five weeks after taking a vacation, according to a study from the University of Vienna. Study after study has also found that employees who take time away from work are less at risk of heart disease. To sum it up, if all you do is work you will eventually burn out, and your body may pay the price. Taking a trip (or even just spending a day at home relaxing) is a great way to prevent that from happening.

### **Not working will make you a better worker**

Want to perform better at work? Rather than being a workaholic, the secret might be to take more time off. An internal Ernst & Young study found that for each additional 10 hours of vacation time employees took, their year-end performance ratings improved by 8%. A change of scenery can also help change your perspective, boost your creativity, and improve your clarity. Monster career expert Vicki Salemi says a vacation - or even one day spent relaxing at home - can help you return to work feeling refreshed and ready to dive back in with full effort.

### **Traveling can help your career**

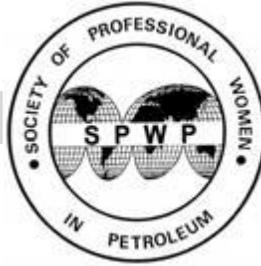
Even though the average employee takes 17.2 days of vacation, reports have found that less than half of that time - only eight days on average - is actually used for travel and 23% of people who responded didn't use any of their time off to see the world. And it's not because they didn't want to - 84% say it's important to them that they use their time off to explore the world and 86% feel as though they haven't even seen enough of their own country. The report additionally found that "mega-travelers," or those who use all or most of the vacation days to travel, are significantly happier than "homebodies," people who use little to none of their time traveling. The lesson? If you want a raise or promotion at work get out and see the world! According to the report, mega-travelers also have a greater likelihood of receiving a promotion, raise, bonus, or a combination of the three than those who simply stay at home.

### **Take off and stay off**

Salemi cautions that before you head out on vacation, you need to remind your boss, coworkers, and customers of your planned absence, and fill in whoever will be taking over for you while you're gone. However, that is the easy part. The hard part is actually sticking to that plan and not giving in to the temptation of checking emails or voicemails! "Especially if you're a boss, you absolutely need to set an example to your team that when you're OOO (out of office), you need to stay OOO." In order to accomplish this, you may literally have to keep your phone out of sight in order for work to be out of mind. If you're traveling with someone, use them as an accountability buddy - if you check in at the office, you owe them money. Think of it like a swear jar, but for work stuff. Of course, a great idea or a work concern may pop up while you're on away. If it does, write the thought down and then put it out of mind until the vacation is over.

### **Forget the "workcation"**

You deserve the happiness of looking forward to a little getaway. After all, your company won't crash and burn just because you're away from the office for a week or two! Unfortunately, Project Time Off's study found that 52% of employees opt out of taking time off because they believe no one else is capable of doing their job. Others are "work martyrs" who fear that their absence will create too much of a burden for their co-workers. Given the demanding work culture in the USA, Project Time Off has found that there is a rise in "workcations," or traveling somewhere with the intent of working a regular schedule remotely. While only 10% of respondents actually reported taking a workcation, this is only further evidence of work martyrdom and the need for employees to fully disconnect. Sometimes, these feelings can stem from a manager who makes you feel guilty for taking a vacation - something you have earned and are entitled to. You deserve to work for a company that believes in work-life balance and knows that a guilt-free vacation will make you a more effective employee!



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.*



**November Breakfast Meeting 11/08**

**December Breakfast Meeting 12/13**

## BOARD OF DIRECTORS

### President

Sylvia Garcia  
Oilfield Production Consultants (OPC)  
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### Secretary

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### Social and Development Director

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## COMMITTEES & CHAIRS

### Scholarship Committee

Co-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 – Reneé Brown [Renee.brown@battcables.us](mailto:Renee.brown@battcables.us)  
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)

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comments, or questions to Erin Stroud at  
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