

SPWP News

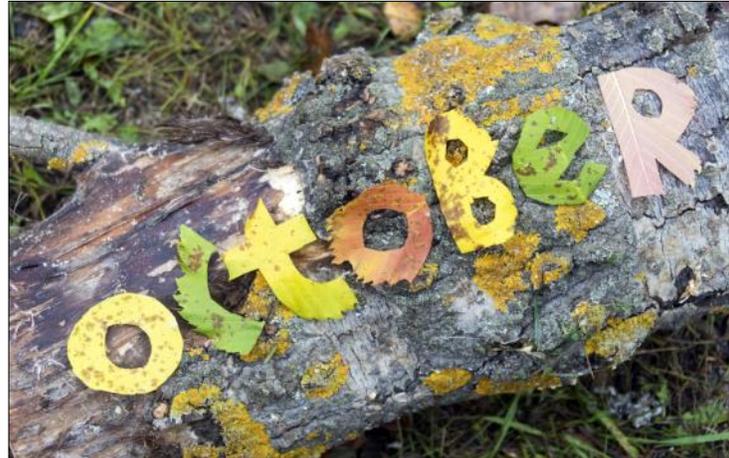


This month's meeting will be held October 11th, 2018 at the Norris Conference Center, beginning at 7:30 a.m.

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,

October is upon us, which means Fall and Halloween. SPWP will have a social event in that theme this month. Bingo in the Heights will be on Thursday, October 25th, and attendees should come in costume/Halloween theme attire. Doors open at 5:15 pm and I recommend getting there as early as you can. The SPJST Lodge, at 1435 Beall Street, fills up and last time people were turned away. This event is open to members and guests. Don't miss this fun event as we have been lucky enough to always get at least one winner in the group!

Last year, SPWP put our fundraising events on hiatus because of the O&G market decline. However, we have now reinstated our Golf Tournament fundraiser. It will be held on Monday, November 12th at Windrose Golf Club in Spring. Please help SPWP in making this a big comeback for our scholarship fund. **We need players**, so talk to anyone and everyone about playing a round of golf for a great cause!!

2018 SPWP board elections will be held at our November **members-only** business meeting on November 8th. We are still needing a candidate for 1st Vice President. Please consider running for this position, which is responsible for putting together our monthly newsletter. Speaking of newsletter, our November newsletter will have nominee bios for your review. Don't miss being there to cast your vote.

As a reminder, SPWP has business cards that you can hand out to help spread the word about our organization. Let me know if you need some.

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

Sincerely,
Sylvia Garcia

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SEPTEMBER MINUTES

President Sylvia Garcia called the meeting to order at 7:39 am on September 13th, 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 August 2018 minutes as written in the newsletter. Sherry Adams approved and Kim Gonzales seconded. No one opposed, so the minutes were approved as written.

1st Vice President Erin Stroud announced the featured member of month as Suzanne Short. Erin also presented the volunteer of the month as Sherry Adams for her suggestion to have all August breakfast meeting attendees introduce themselves at our joint breakfast meeting with AADE rather than just guests, as per our other meetings.

Secretary Gina McGinn presented the Table Talk topics. After each topic was discussed, the table leads shared their table's input with all attendees. Table Talk topics were as follows:

- Ice Breaker: Write one word that describes you on your nametag for the table to refer to you as throughout the meeting.
- What career goals did you set for 2018 and where are you on accomplishing them?
- What do you do to build and promote your personal brand in the workplace?
- What resources do you use to plan your career path?

Golf committee co-chair Sherry Adams provided an update on the planning for the tournament. Sherry reminded committee members that the meeting would be held immediately following the breakfast meeting. Sherry agreed to send out a printable flyer to members to post in their offices and encouraged members to share details about the tournament on personal and professional social media platforms.

Secretary Gina McGinn introduced new members Suzanne Short, Suzette Olivan, and Samantha Kirton and presented them with their SPWP name tags.

Social & Development Director Kayla Honza reminded attendees about the details for the Eaton Experience Tour on Friday, September 14th.

Sylvia shared with attendees that SPWP is a proud sponsor of the Houston Energy Breakfast and drew one business card for free admission to the breakfast on Friday, September 14th. Member Becky Lamson won.

Sylvia recognized the birthdays for the month of September.

Sylvia announced that volunteers are needed to assist with the API Golf Tournament on October 8th and to contact 2nd VP Renee Brown if you're interested in helping.

Sylvia requested charity suggestions from attendees for SPWP to sponsor in December as part of our annual Christmas giving initiative and encouraged recommendations be shared with the group or emailed to her. The charity will be voted on via an electronic survey.

Sylvia opened the floor to guest introductions and announcements. There were four guests in attendance.

Member Lellany Conaway announced that the Oilfield Helping Hands Golf Tournament is also on Friday, September 14th.

Sylvia reminded everyone that our next breakfast meeting is October 11th and to Like and Share us on Facebook (Society of Professional Women in Petroleum, Houston).

The meeting was adjourned at 8:35 am.

Respectfully submitted,
Gina McGinn

OCTOBER FEATURED MEMBER

Suzette Olivan

1. **How did you get started in the Oil & Gas Industry?** I found an opportunity as an Administrative Assistant. Then, after 2 months of having the job I was promoted into the position of Training and Development Coordinator within the HR Department.
2. **Area of Specialty (i.e. Sales, Engineering, Accounting, etc.)?** Human Resources
3. **When people come to you for help, what do they usually want help with?** When you're in HR everyone wants help with EVERYTHING.
4. **Most influential person in your career and why?** I would say it is my best friend, mentor, and ex-boss. He always saw something in me and kept pushing for me to grow and be better in many ways, both professionally and as an individual. He was the one person that always gave me the hard criticism in order for me to become a manager by the age of 25 and a multi-national manager by the age of 27.
5. **Best career advice you've received?** Don't forget where you came from and how you felt when you were there.
6. **Were you born in Houston? If not, what brought you here?** I was born in NYC. My family moved a few times and we found ourselves in Houston, TX.
7. **Favorite place in the world?** I would say that Florence, Italy is the first place that comes to mind if I could be anywhere else in the world.
8. **Favorite book or movie?** My favorite book is "Heart of the Matter" by Emily Giffin and my favorite movie is "Love Actually".
9. **What hobby would you get into if time and money weren't an issue?** TRAVELING. If I could take all the vacation time in the world and I had an unlimited budget, I'd travel all the time.
10. **How did you become involved with SPWP?** I met Gina McGinn at the 2018 OTC and she invited me to a meeting. I'm so happy I went and can't wait to build relationships with this wonderful group of professional ladies!



OCTOBER SPEAKER

Lisa Caughorn



As a public speaking coach, Lisa has a passion to encourage individuals to find their voice and impact others with their message. She recognizes that everyone is teachable and focuses on each individual's needs. She coaches professionals to a higher level of excellence in public speaking, and customizes solutions tailored to each individual, based on their industry, culture, and fears.

Lisa's background includes holding executive roles in both startup and corporate companies that utilized her gifts for speaking, project organization, public relations, and event planning. She has a degree in Business and has worked in Theater as an actor, director, and writer. She also serves on the Board of the Outreach Center of West Houston.

Lisa creates a comfortable and enthusiastic environment for individuals or groups to relax and share ideas. Her poised, insightful approach takes the intimidation out of public speaking. She equips people with tools to engage their audiences and provides them with speaking techniques to use in their current and future careers.

SPWP ANNOUNCEMENTS

GOLF COMMITTEE UPDATES

We are still searching for players, sponsors, and prize/monetary donations for our golf tournament. Please reach out to your network! We would also like to ask all SPWP members to please bring a sleeve of golf balls as well as a donation for our golf tournament's Booze Box (beer, wine, liquor, glasses, flasks, mixers, etc.) to our next breakfast meeting.

SAVE THE DATE! UPCOMING SPWP EVENTS

October 25, 2018	Bingo in the Heights
November 3, 2018	Friendsgiving Potluck
November 12, 2018	Golf Tournament

OHH FALL CLASSIC SPORTING CLAY SHOOT

Oilfield Helping Hands will hold their Fall Classic Sporting Clay Shoot on October 21st at the Westside Sporting Grounds. Please visit <http://www.oilfieldhelpinghands.org/events/houston-fall-sporting-clay-shoot> for more details or to register.

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.

SPWP SCOOP

So what is going on with you?



Sylvia Garcia, Renee Brown, and Becky Lamson attended the Houston Energy Breakfast on Friday, September 14th, of which SPWP was a sponsor.



Rhonda Bean and her husband, Jeff, went to France in September for her son's wedding! Her son, Garrett, and his new wife, Carrie (both Texas A&M Aggies!), were married at the Chateau LaGorce in Haux, France near Bordeaux.



Katherine Culbert was awarded a GRIT Award at Pink Petro's GRIT Awards ceremony on October 3rd. Congratulations, Katherine!



Kelsey Hulett attended the Oilfield Energy Center's open house on October 1st, which featured their brand new Mobile Oilfield Learning Unit (MOLU 3). The event was sponsored by Cabot Oil and Gas, Southwestern Energy Company, Shell, Williams Company, and Schlumberger. This impressive unit will serve to educate young students in Ohio, New York, Pennsylvania, West Virginia, and Virginia and will promote awareness and understanding of the oil and gas industry.

SPWP FIELD TRIP TO THE EATON EXPERIENCE CENTER



SCHOLARSHIP UPDATE

An update from one of our 2016 Scholarship Recipients...

Hello SPWP members!

A lot has happened since I was fortunate enough to receive the SPWP scholarship in 2016. I am currently a senior at the University of Texas at Austin. This is my third year, as I am graduating a year early in May 2019. I am studying psychology with a minor in forensics and a pre-medical track certificate. I am also a member of the Jefferson's Scholars honors program.

I have loved the university and the opportunity to live in a new city for the first time in my life. Austin is amazing and I have fallen in love with the people and culture here. My life as a UT student is also going well. Academically, I have been challenged by interesting courses and amazing professors. I have managed to maintain a 4.0 GPA throughout college. As a result, I have been awarded the honor of Distinguished College Scholar by the university and I have received the Endowed Presidential Scholarship Award. Outside of class, I am a research assistant at the UT Neuroendocrinology Lab where I combine my interests in psychology and medicine to study the effects of hormones on human participants. Currently, we are studying the effects of administering testosterone on test-taking anxiety in women.

When I'm not studying, I enjoy spending time volunteering. I am involved in my community through several service organizations. I am an active member of the "Inside Books Project", which collects donated books and sends them to inmates in Texas prisons, as well as "Fun! With Chemistry", a group that goes to elementary schools and teaches chemistry to young girls in order to inspire them to become scientists. My greatest involvement has been with the organization, "Global Medical Training". Through this group, I have been able to go to Panama, where I helped run medical clinics in rural villages with no access to medical care. This experience was extremely rewarding and has inspired me to dedicate my life to providing medical services to those in need abroad. I plan to study global health in medical school and join Doctors without Borders after my residency.

Currently, I am working as a tutor for biology and chemistry while finishing up my degree and pre-medical requirements. For the past several weeks I have been interviewing at medical schools to determine which one I will attend in the fall. I am looking forward to starting this new chapter in my journey to medicine!

I feel that my time at the University of Texas at Austin has prepared me for the subjects and rigors of medical school and I wouldn't have been able to attend without the aid of the SPWP scholarship. This scholarship has allowed me to focus on my academics and enjoy the college experience. I believe that this award and your organization plays an important role in encouraging women to pursue careers in STEM, and I am grateful to have received it.

- Elizabeth Williams



CAREER CORNER

9 Signs that You're an Ambivert

You've likely been asked many times whether you are an introvert or an extrovert. For some, this is an easy answer. However, many people find it hard to pick only one way or the other, and this is because the introvert/extrovert dichotomy reflects an outdated view of personality. Personality traits exist along a scale, and the vast majority of humans aren't introverts or extroverts, instead falling somewhere in between the two.

Personality is comprised of a stable set of preferences and tendencies through which we approach the world. Personality traits form at a young age and are fixed by early adulthood. While many important things about you as a person will change over the course of your lifetime, your personality isn't one of them. The continuum between introversion and extroversion captures one of the most important personality traits. Society encourages us to categorize ourselves one way or the other, which is troubling because there are critical strengths and weaknesses commonly associated with each type.

Adam Grant at Wharton set out to study this phenomenon, and what he found is fascinating. First, he found that two-thirds of people don't strongly self-identify as either introverts or extroverts. These people (in other words, the majority of humans) are called "ambiverts", characterized by having both introverted and extroverted tendencies. The direction an ambivert leans toward will vary significantly, depending on the situation. Think of introversion and extroversion as a spectrum, with ambiversion falling somewhere down the middle.

Ambiverts have a clear advantage over true introverts and extroverts, as it is much easier for them to adjust their approach to people based on the situation. This is because their personality doesn't lean too heavily in either direction, which enables them to connect more easily and deeply with a wider variety of people.

Grant's findings also refuted the commonly held notion that extroverts make the best salespeople. Instead, he found that the greater social flexibility ambiverts possess enabled them to outsell all other groups, moving 51% more product per hour than the average salesperson. Grant explained the discovery in this way: "Because they naturally engage in a flexible pattern of talking and listening, ambiverts are likely to express sufficient assertiveness and enthusiasm to persuade and close a sale, but are more inclined to listen to customers' interests and less vulnerable to appearing too excited or overconfident."

How Ambiversion Works in The Brain

Dopamine, the brain's feel-good hormone, has a large impact on how social you are. We all have different levels of dopamine-fueled stimulation in the neocortex (the area of the brain responsible for higher mental functions such as language and conscious thought). People who have naturally high levels of stimulation tend to be introverts. Due to their already high levels, they try to avoid any extra social stimulation that might make them feel anxious or overwhelmed. Those with low levels of stimulation in their brain tend to be extroverts. This under-stimulation leaves extroverts feeling bored, causing them to seek social stimulation to feel good. The level of natural stimulation in most peoples' brains does not reach great extremes, though it does fluctuate. In other words, sometimes you may feel the need to seek out stimulation, while other times, you may avoid it.

Finding Out Whether You're an Ambivert

It is important to identify where you fall on the introversion/extroversion continuum. By increasing your awareness, you can develop a better sense of your tendencies and learn to play to your strengths.

If you think that you might be an ambivert but aren't sure, see how many of the following statements apply to you. If most apply, you are most likely an ambivert.

1. I can perform tasks alone or in a group. I don't have much preference either way.
2. Social settings don't make me uncomfortable, but I do tire of being around people too much.
3. Being the center of attention is fun for me, but I don't like it to last.
4. Some people think that I'm quiet, while others think that I'm highly social.
5. I don't always need to be moving, but too much down time leaves me feeling bored.

(Continued from Previous Page)

6. I can get lost in my own thoughts just as easily as I can lose myself in a conversation.
7. Small talk doesn't make me uncomfortable, but it does get boring.
8. When it comes to trusting others, sometimes I'm skeptical whereas other times, I dive right in.
9. If I spend too much time alone I get bored, yet too much time around other people leaves me feeling drained.

The trick to being an ambivert is knowing when to force yourself to lean toward one side of the introversion/extroversion scale when it isn't happening naturally. Ambiverts with a low self-awareness tend to struggle with this. For example, at a networking event, a self-aware ambivert will lean toward the extroverted side of the spectrum, even when he or she is tired and has had enough of people. Mismatching your approach to the situation can be frustrating, ineffective, and demoralizing for ambiverts.

Bringing It All Together

Research has shown that those in the upper strata of performance at work also tend to be highly self-aware (90% of them, in fact). By learning where you fall on the introversion/extroversion spectrum, you can build insight into your tendencies and preferences, thus increasing your self-awareness and emotional intelligence. This will, in turn, help you improve your performance within your career.

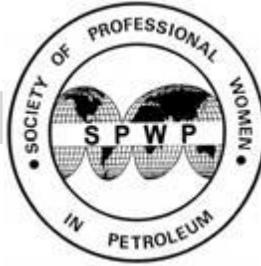
This information has been adapted from an article by Travis Bradberry, which can be found at <https://www.forbes.com/sites/travisbradberry/2016/04/26/9-signs-that-youre-an-ambivert/#2b2fa4d3145b>

SPWP HISTORY TIDBIT

SPWP's first fundraiser, a Crawfish Boil, raised \$3,900 for our scholarship program. The first Casino Night, held in September 1985, netted \$1,400 in funds. In 1987, it was decided to hold only one fundraiser per year, and it was unanimously agreed that this would be the Casino Night. For many years, this remained SPWP's only fundraiser.



- October 8 Larissa Hernandez**
- October 12 Gina McGinn**
- October 18 Sherry Adams**
- October 19 Sylvia Garcia**
- October 23 Becky Lamson**
- October 31 Kadie Rose**



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.



October Breakfast Meeting 10/11

November Breakfast Meeting 11/08

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