



SPWP

Society of Professional Women in Petroleum

JULY MEETING

This month's meeting is July 14, 2011 at the Hilton Westchase beginning at 7:30 a.m.

You must regret if you do not plan to attend. Regrets and RSVPs should be made with Denise Kraus by July 11th via email or the Evite. If you do not RSVP, we may not have the space to accommodate your attendance.

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 pagers and cell phones off or to silent during meetings.

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PRESIDENT'S NOTE

Greetings Ladies & Clyde!

I hope that everyone is staying inside and out of this heat! I am sure that any day now we will have a reprieve from the 100+ degree temperatures and even enjoy some much needed rain. Come and get out of the hot temperatures on July 14th and meet our 17 scholarship recipients. These young ladies represent all that is great about today's generation and our future leaders. You will not want to miss the July meeting as you will get to hear from each girl about her dreams and ambitions and help kick off their college experience. Invite your sponsors and future SPWP members to this meeting. It was a privilege to serve on this year's selection committee and I am anxious for you to meet each one of our outstanding scholarship winners. Thanks again to Priscilla, Carie, Lisa and the entire scholarship committee for all of their hard work in selecting these young ladies to represent SPWP on college campuses this fall.

Next on the agenda, July 25th, FHPW honors the 2011 Women of Excellence at their quarterly meeting. The cost is only \$30 for dinner and the presentation of these outstanding women leaders from all over Houston. Please RSVP to me, jerri.babin@nov.com, so reserve your spot at the SPWP table.

Next up – the 30th SPWP Celebration- September 25th at Bernhardt Winery. Cost if just \$30 – lunch, wine tasting and great fun! Please pur-



chase your tickets early – we do have limited seating.

Just around the corner – joint meeting with AADE in August – so summer is rolling along – still plenty to do and lots of opportunities to volunteer – PLEASE get involved with SPWP and the activities – you will certainly get more out of it than you can imagine.

Stay cool!
Jerri



JUNE MINUTES

Meeting minutes for June 9, 2011

First Vice President, Terri Wadley called the meeting to order at 7:37am on June 9, 2011 at the Westchase Hilton and opened with the situation of the month; "Come up with 3 fun summer activities for SPWP that you would like to participate in".

Terri introduced the board members present and asked for the approval of the May minutes. Priscilla Gagliano made the motion and Katrina Pigusch seconded; minutes were approved.

Priscilla Gagliano elaborated a little more regarding the situation of the month and asked that if someone has a great idea if they would consider taking ownership of coordinating the activity.

Priscilla Gagliano then gave a scholarship committee update announcing that through the generous efforts of our members, we were able to award \$64,000 to 17 deserving young ladies. We had originally awarded \$66,000 but one of the candidates had to forfeit her award due to an award she received that covered her 1st year of tuition and fees. Priscilla thanked the committee and asked everyone to consider being on the committee next year. Priscilla also made an announcement to the membership to consider running for the SPWP Board of Directors for the coming year. If anyone is interested, please contact one of the current board members for more information.

Terri announced our September events which are the FHPW Women of Excellence Gala to honor Denise Kraus. Tickets are \$100/person and will be on sell next month. Terri urged everyone to consider attending our 30th anniversary celebration at Berhardt Winery in Plantersville on September 25, 2011 from noon to 2:30pm.

Priscilla introduced our June speaker, Harold Magnum of The Memory Technologies Institute who was very entertaining as well as informative. Harold began his presentation by giving us a background of how this memory training came about. Our memory is our computer hard drives and is the most important aspect of learning. In the late 70s, early 80s a group decided to work with retarded, blind from birth children who were deemed only 15% teachable. After working with these children to improve their memories, that

percentage increased to 90% after 23 hours of training. The question we tend to ask ourselves is "Why can't I remember anything?" Harold tells us that we all have perfect memories but some are trained and some are untrained. The problem is that stress suppresses memory. When we are in a stress free situation, we can remember things easily because we are within our circle of comfort. The moment we step out of that circle and stress is introduced our memory takes a back seat making it harder for us to remember things. We did a memory opportunity exercise where Harold asked 15 different people to name an item and had everyone write down in order the list of items. He then gave us 5 minutes to remember as many as we could and attempt to list them in order. Evalyn Shea was successful at naming all 15 in the correct order. To prove his point, Harold named all 15 items in a different order correctly. Harold explained that your memory is like a file cabinet and the importance of organizing things as you get them instead of just throwing random things in your mind because your memory will give the information back to you like it was given to it. Our brains produce cortisol every day and when we have information overload, it causes our memories to shut down and that is why having a "filing" system is so important. By training your memory, you can align your conscious and your sub conscious so that way information comes in one way and goes out the same way. We all suffer from MCI (mild cognitive impairment) which is caused by stress. A technique that Harold discussed was the FPG (File, Picture, and Glue). Glue is the bonding agent that keeps the picture in the file so it can be transferred from short term memory to long term memory in order for it to be stored in

mental file folders. Harold says that our mind works in pictures. We all encode, store, and retrieve information but most of us have a problem between storing and retrieving. The training that The Memory Technology Institute teaches is how to recode the information so it is easier to store and retrieve. Harold said that information is power and by improving your memory you can have everything you need at your fingertips. Harold concluded his presentation with a special offer for SPWP for the next Houston seminar being held at the Hilton on Post Oak on June 27th and 28th from 6pm to 9:30pm. The seminar is typically \$349 per person but offered the group rate of \$249 per person and also included your spouse/significant other as well as children ages 10-18 to attend with you for free. Clyde announced the June birthdays, Leslie McCain, June Rogers, and Jerri Babin. Terri reminded everyone to come out and join us for the July meeting where we get to meet our scholarship recipients and their parents. Terri also asked for volunteers to man a booth at the OES 6th annual salute to interns on July 19th at the Westin Memorial City from 4:45-5:30.

Regarding the situation of the month, bowling was suggested and several people seemed to like that idea. Mimi Griffin and Lisa Preisler talked about a place where we can go and to learn to paint that allows you to bring wine. Priscilla asked Mimi to send her the details. Leslie McCain also mentioned something similar but it was pottery and wine. Priscilla Gagliano asked if anyone had participated in a murder mystery dinner theater before and if that is something that might interest people. Many of the members liked the idea so Priscilla will follow up. We had 4 guests present (Courtney Liggett, 3rd meeting; Pam Jarrett, 1st meeting (she is new to the area from Michigan); Larisa Sanders, 2nd meeting and Ludivine Laurent), 3rd meeting). Priscilla asked those ladies who have been to 3 meetings to go to spwp.org and email Ashley letting her know that they have met the meeting requirement.

Meeting was adjourned at 8:45am.



JULY SPEAKER

“Scholarship Time”

Bridget Wells will be speaking this month she is a 2008 SPWP scholarship recipient. She is currently a Senior at Texas A&M University, and is majoring in Mechanical Engineering. She is interning this summer with National Oilwell Varco



**Taylor Seale
Ayesha Kang
Crystal Nguyen
Kelly Hogg
Crystal Czerniak
Hannah Morrison
Pooja Prabhakar
Elizabeth Flowers
San-Pei Lee
Elizabeth Gilbert
Megan Jordan
Christian Hamilton
Lindsay Kalberer
Ashley Arnold
Rachel Fry
Quynh Pham
Yao Zeng (Sherry)**

**SPWP SCOOP**

Please keep us updated on what is new with you!

- A previous SPWP Member, Jackie Blackburn/ International Account Manager with Hamilton Metals is retiring after 16 years of service.
- Angelique Chappell was a part of two movie wraps us take a look <http://www.somebodythemovie.com/> and <http://www.coveringmedia.com/movie/2010/03/harmony-and-me-2009-2010.html>, she also was able to meet write/director Bob Byington and lead actor/co-director Nick Offerman.

FHPW NEWS

To sign up for the FHPW newsletter, send a blank email to: fhpw-news- subscribe@egroups.com.



“WOMEN OF EXCELLENCE July 25th Meeting”

On July 25th, FHPW will having a meeting where they will present Denise. Come out and show some support for this award honoring Denise Kraus. If you are interested, tickets are \$30.00, please contact Jerri Babin at Jerri.Babin@nov.com

JULY BIRTHDAY'S

7/1–CLYDE PERRERE

7/2 MARYANN VANDERMARK

7/17 KELSEY HULETT

7/22 ASHLEIGH STEADMAN



Women of Excellence Awards Gala

"Black and White and Red All Over"


**September 17th, 2011
Reception/Silent Auction at 5:30 p.m.
Dinner at 7:00 p.m.**

**Hyatt Regency Downtown
1200 Louisiana St.
Houston, TX**

\$100 / ticket



MARK YOUR CALENDAR

August Joint Meeting with SPWP &AADE 8/11	
September SPWP Meeting 9/8	

SPWP's new mission statement: Engaging and Encouraging Women to Accelerate their Careers and Development through Knowledge-sharing, Networking and Friendship.



Society of Professional Women in Petroleum
 PO Box 420957
 Houston, TX 77242

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 SPWPs 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 fund raisers. Our fundraisers to date have included crawfish boils, barbecues, golf tournaments and casino nights.

BOARD OF DIRECTORS

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*Please forward newsletter updates, comments, or questions to the editor:
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Education/Social Committee

Chair – TBA

Web site

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