



SPWP

News

Society of Professional Women in Petroleum

Supporting career women in the petroleum industry through technology and information.

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March's Meeting

This month's meeting will be held **Thursday, March 13th, 2008**, at the Marriott Westchase, located at 2900 Briarpark Drive near Westheimer and Beltway 8, at 7:30 a.m. Regrets should be made with **Denise Kraus** by noon on **Monday, March 10th** using the Evite email. If you do not receive an Evite, please contact Denise at 713.237.3510 or dkraus@spwp.org. If you do not plan to attend, you **must** regret. If you do not RSVP, we may not have space to accommodate your attendance. We welcome all guests to the March meeting. Guest reservations must be made with a credit card (MC or Visa).

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

President's Letter

Dear Members and Guests,

I hope everyone had a chance to hear our February speaker, Pamela Grant, giving us tips on how to eliminate all of those "little" things that keep us from having a "great" year.

March makes us think of St Patrick's Day, leprechauns and pots of gold. As such the speaker for March, Amy Cagle with Smith Barney, is most fitting. Her topic "Planning for the Retirement Years" is perhaps a much better option than the pot of gold at the end of the rainbow.

Our Casino Event is also quickly approaching. Derricks & Dice will "roll" on April 18th at the Hotel Derek. I know that everyone is busy soliciting sponsors, selling entry tickets, and selling raffle tickets. Where else can you socialize, have fabulous food, gamble, win great prizes, and send young women to college for \$50? Remember what we do today determines what we are able to do for the scholarship recipients in 2009. I am always amazed that such a small group of women can accomplish so much. I can't think of a better event! Please make every effort to support our event.

Congratulations again to Vicki Mays, our 2008 Woman of Excellence nominee! Unfortunately, Vicki suffered a minor heart attack on February 18th and is currently recovering at home. I'm sure she would welcome your cards and warm wishes for a speedy recovery. Vicki is scheduled for surgery on April 4th. Please continue to keep her and her family in your thoughts and prayers.

Life has a way of taking unexpected turns that we all hope will lead to something better. In your own ways, each and every one of you touches the lives of others. You are all dedicated, professional women. However, it is compassion that makes SPWP women so special. I am honored to serve as your president in 2008! This is such an AWESOME organization!

Melissa M. Marshall

President 2008

Minutes of the February Meeting

Melissa Marshall called the meeting to order at the Marriott Westchase on February 14, 2008. Melissa introduced the new SPWP Board for 2008.



Jerri Babin introduced Pamela Grant, a motivational speaker and well-respected author, who spoke on "Create Your Best Year Ever." Pamela advised that you must determine the blocks in your life. The following were suggestions on blocks that people need to address in their lives so they can have their best year ever:

1. Tolerations – Write down the things that you tolerate and address them or they will eat away at you;
2. Incompletions – Don't start a new project until you finish incomplete projects or areas of your life that need to be worked on;
3. Lack of Boundaries – There are four (4) stages of angry: resentment, anxiety, anger and rage. Make sure to keep relationships happy;
4. Needs Not Getting Met – Make sure your needs are being met and then you will

- have more to give others;
5. Shoulds vs. Wants – Give up as many shoulds as you can. Make want a treat or reward when you take care of a should in your life;
6. Complacency – Do whatever is necessary to wake up and crack the door on possibilities; and,
7. Drama and/or Fear – Give up drama and chaos in your life and those who create drama and/or chaos. Find safety solutions for your fears.

What moves you forward? (1) Taking care of tolerations; (2) Getting complete in all areas of your life; (3) Actively getting your needs met; (4) Exploring what you want; (5) Write it down! Write it BIG! – Create a treasure map for yourself; (6) Be willing to dream – create a positive fantasy; (7) Be willing to take the journey; (8) Give up struggle (9) Life in "problem-free zone;" (10) Celebrate yourself; and, (11) Be full of gratitude.



The key is to acknowledge and take positive steps toward implementing these ideas into your daily lives, and you can truly have your best year ever.

Melissa asked for a motion to approve the January meeting minutes. Lellany Conaway made a motion and Denise Kozar seconded; the meeting minutes were approved as written.



Nancy Bell Scales gave an update on Casino Committee. Plans are now well underway for Casino Night, which will be on April 18, 2008 at Hotel Derek. The 2008 Honorary Chairperson is Pete Miller with National Oilwell Varco. Raffle and entry tickets are now available. All money from Casino Night raffle tickets and entry tickets should be turned into Melissa Marshall. A Casino sponsorship form or raffle/entry ticket agreement must be completed for all money turned into Melissa Marshall.

Melissa announced that any questions regarding FHPW should be addressed to Mary Campana or Denise Kozar. Melissa welcomed Connie Smith, 2008 president of FHPW who was in attendance at the meeting. Melissa announced the 2008 Women of Excellence for SPWP is Vicki Mays. Congratulations Vicki!!!

Bob Warren, with Pride International, thanked Alicia Torben, Sandra Mourton, Lellany Conaway, Melissa Marshall and Diane Hernandez on behalf of IADC for their assistance at the recent IADC dinner and dance.

Erica Coman announced that membership invoices were mailed in December 2007 and were due by the end of February 2008.



Melissa congratulated Patsy Wells for being nominated for the 2008 Enterprising Woman of the Year award.

Vicki Mays announced that several members' emails need to be updated and to get with her with their current information.

Sandra Mourton announced that she needs volunteers to help with registration at the AADE Golf Tournament. Volunteers should contact Sandra directly.

The mystery handshake winner for February was Terri Guerro. Terri was the seventh person to shake JoAnn Prazak's hand at the February meeting.

Clyde wished a Happy Birthday to all the February ladies!

March Speaker: Amy Cagle

Amy Cagle is Vice President of wealth management at the Smith Barney Post Oak office in the Houston Galleria. She is a strategic advisor to many business executives in the oil and gas industry. Amy is a team partner of the Cooper Network of Smith Barney, which has focused exclusively on retirement planning since 1980.

Over the years, the Cooper Network has lectured to more than 100,000 individuals regarding their qualified distributions, and has prepared thousands of retirement financial plans.

Amy is a native Houstonian and lives with her husband of 25 years in west Houston.



SPWP New Member Applications

All requests for SPWP new member applications should be forwarded to Nancy Bell-Scales at: nbell@spwp.org.

Casino Night Update

Preparations for the "Derricks & Dice" Casino Event are well underway and progressing nicely. Currently, we really need entry ticket sales, sponsors and prize donations.



We are pleased to announce Pete Miller as Honorary Chairman of this year's event.

Don't forget about the entry ticket sales contest for SPWP members:

1st Prize – hotel room at Hotel Derek on April 18, 2008 plus two entry tickets to the "Derricks & Dice" Casino Event

2nd Prize – two entry tickets to "Derricks & Dice" Casino Event



FHPW News & Dates

FHPW 2008 Meetings

- April 28
- July 28
- Oct. 27

Vendor tables at the FHPW meetings are \$20 and individuals/personal business are \$55 a meeting. Vendors can reserve tables for all meetings for the year for \$100.

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

Reminder!

All prizes for the 2008 "Derricks & Dice" Casino event prize table (not including door prizes) must be either turned into or notification sent to Nancy Bell Scales and/or Melissa Marshall prior to April 15, 2008. Notification should include a description of the prize, approximate prize value and who donated the prize. All prizes turned in or notification sent regarding the prize after 5:00 p.m. on April 15, 2008 will be considered a door prize at the event.

Happy Birthday to SPWP Members!



Lilia Glekel..... Mar. 2
Martha Hackstedt....Mar. 14
Deanna Hopkins.....Mar. 14
Joan Kraus.....Mar. 14
Judy Ondrusek.....Mar. 14
Lindsay Hanisko.....Mar. 22
Evalyn Shea..... Mar. 24
Lachelle Buchanan..... Mar. 26

Mark Your Calendar



March
SPWP Meeting
Thursday, March 13

April
SPWP Meeting
Thursday, April 10

Casino Night
Friday, April 18

May
SPWP Meeting
Thursday, May 8

Board of Directors

President
Melissa Marshall
Energy Exports
281.346.0808
mmarshall@spwp.org

First Vice President
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Baker Atlas
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Second Vice President
Jerri Babin
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713.369.6338
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Treasurer

Erica Coman
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281.847.4665
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Member Representative

Denise Kraus
Wilson Supply Co.
713.237.3510
dkraus@spwp.org

Secretary

Nancy Bell-Scales
Kilburn, Jones & Gill, LLP
713.652.4068
nbell@spwp.org

SPWP Committees & Chairs

Casino Night Committee

Chair – Nancy Bell-Scales
Co-Chair – Melissa Marshall
Co-Chair – Janet McAfee

Scholarship Committee

Chair - Barbara Kender
Co-Chair - Margaret Hare

Golf Committee

Chair - Patsy Wells
Co-Chairs – Lellany Conaway

By-Laws Committee

Chair - Melissa Marshall
Co-Chair – Nancy Bell-Scales

Education/Social Committee

Chair – Evalyn Shea

Co-Chair - Erica Coman

Historian Committee

Chair – Vicki Mays



Hospitality Committee

Chair - Joann Prazak

Web site & Newsletter

Chair - Melissa Pastrano

FHPW Delegates

Main - Mary Campana & Denise Kozar

Alternates – Barbara Davis & Evalyn Shea

Please forward newsletter updates, comments or questions to the editor: mpastrano@spwp.org