

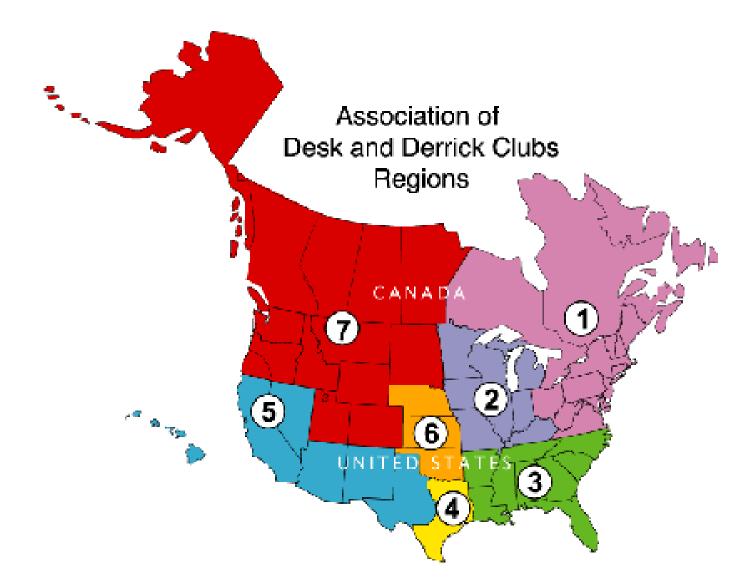
Volume 33

February 2009

Number 2







#### **ADDC President**

Reginia Garner 803 W Centre Ave Artesia, NM 88210 (505) 748-1266 O (505) 748-9539 F (505) 748-3444 H reginia @pvtn.net

reginiagarner@mackenenergycorp.com

#### **Region III Director**

Elaine Lesnak M-I SWACO P. O. Box 317 Harvey, LA 70059 (504) 374-0049 O (504) 368-9271 F (504) 341-2322 H & HF (504) 237-2322 C <u>elesnak@miswaco.com</u>

#### Westbank President

Cheryl Le3Boeuf 110 Mu Street Belle Chasse, LA 70037 (504) 392-7094 H (504) 400-0454 C cheryll@cmaaccess.com

### Motto

### Greater Knowledge - Greater Service

#### **CLUB PURPOSE**

The purpose of this club shall be to promote the education and professional development of individuals employed in or affiliated with the petroleum, energy, and allied industries.

#### **MISSION STATEMENT**

The mission of the club is to enhance and foster a positive image to the global community by promoting the contribution of the petroleum, energy and allied industries through education by using all resources available.

Monthly General Membership Meeting held the fourth Wednesday of each month at The Four Columns, 3711 Westbank Expressway, Harvey, Louisiana Meetings begin at 6:00 p.m.



RSVP to Gaylen Guillory (504) 301-8809 or gagui811@cox.net

The Westbank Oil Patch is published monthly. Submit articles or items of interest to Theresa Adams, Editor – 300 Long Lake Drive, Covington LA 70435 theresabadams@bellsouth.net **Club web site: http/www.westbankdandd.org** Cover artwork by Superior Software Design

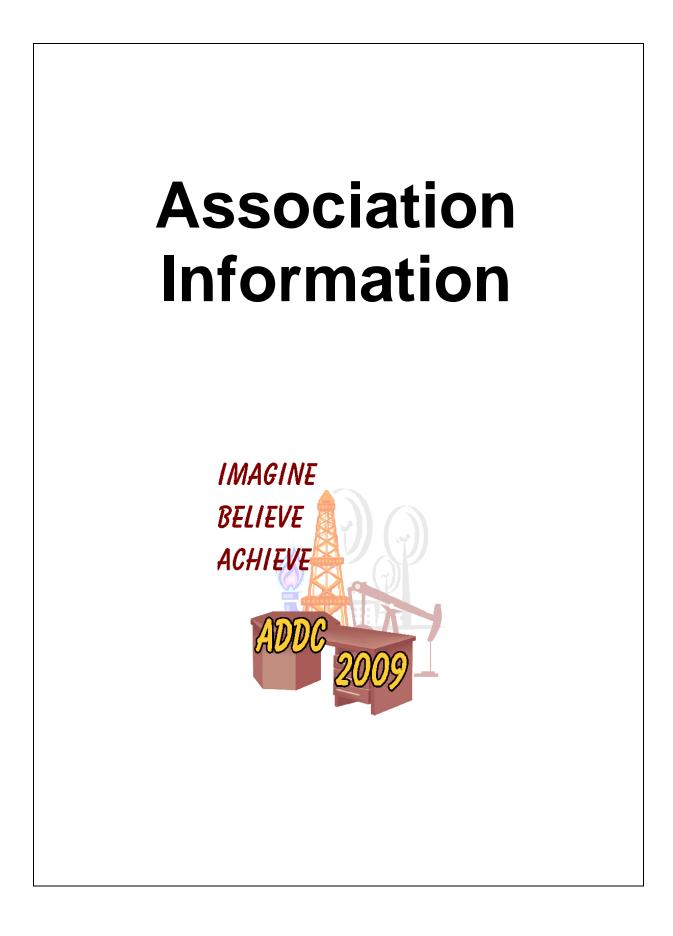
# <u>Guide to Knowledge –</u> February 2009



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### President's Newsletter



February 2009

**Greetings Members!** 

#### Reginia Garner President

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Time is moving so quickly – here we are already in February! Please keep in mind that February 12<sup>th</sup> is the deadline for submitting proposed amendments to the Association Bylaws and Standing Rules to the Rules Committee. Another important item – March is officially "Desk and Derrick Month" throughout the Association. This is your opportunity to share our organization with your community. Let them know who we are, what we do and what a vital entity we are in our various communities.

Last month I discussed the upcoming Regional Meetings. I'm sure those plans are now finalized and everyone is receiving information so we can all attend and experience the wonderful networking power of ADDC. This month I'd like to give you a sneak peek of what is coming in September. It's not too early to begin planning for the 58<sup>th</sup> Annual ADDC Convention in Calgary, Alberta, Canada, hosted by the Alberta Foothills Club.

First and foremost for our US members ... if you don't already have a passport, now is the time to apply. Wait time is around one month, but why wait until the last minute. And another item you might check is your cell phone service in Canada. Don't just assume that your phone will work! Now for your peek... to kick things off, you have a unique opportunity to visit the Athabaska Oil Sands in Northern Alberta. Because of the distance, this will be a three day tour which allows you to see the massive equipment in action and have a little hands-on fun at the Oilsands Discovery Centre. Or how about a field trip entitled "The Ultimate Learning Experience" in the "Greatest Outdoor Classroom in the World"? Is your interested peaked yet?

Other options include "The Triple Panther", "The Wind Buffalo" and a Badlands Tour. Seminars cover "Spud to Rig Release", "Safe & Sound", "Circles of Rhythm", "Alternative Energies" and more. All this and much more will be packed into the week of September 13-19, 2009.

The Westin Calgary is the host hotel, and after making a site visit in November, I can tell you it will be a great experience. There are plenty of rooms blocked, in a variety of sizes and price ranges – Traditional Kings and Westin Business doubles are the largest blocks, but there are also Executive Suites, Traditional Doubles and Deluxe Kings and Doubles available. For the coffee lovers in our group – there is a Starbucks in the Lobby! And for the shoppers or just those who like to walk, you have access to the Plus 15 – the world's most extensive skywalk system. But I don't want to give it all away now. You'll be hearing from the General Arrangements Committee soon with all the details and amenities available.

Experience D&D to its utmost! You deserve the best we have to offer.

Reginia

ASSOCIATION OF DESK AND DERRICK CLUBS

Use what talents you possess: the woods would be very silent if no birds sang there except those that sang best. Henry Van Dyke

#### Association of Desk and Derrick Clubs 2009 Board of Directors

Name/Member Info	O/H	Office Info	Home Info	Phones
Reginia Garner President Artesia YrMemb: 1981 Bday: 02/2 Accountant/Bookkeeper	H 27	Silver Oak Drilling , LLC PO Box 1370 Artesia, NM 88211-1370 reginiagarner@mackenergycorp.com	803 W Centre Ave Artesia, NM 88210 reginia@pvtn.net	(505) 748-1288 O (505) 746-9539 F (505)748-3444 H
Donna Siburt President Elect Tuscarawas Valley YrMemb: 1992 Bday: 06/1 Business Performance Analyst	0	Dominion East Ohio 7015 Freedom Ave NW North Canton, OH 44720-7381 donna.l.siburt@dom.com	6380 Easton NE Louisville, OH 44641 dsiburt@neo.rr.com	(330) 266-2102 O (866) 368-2710 F (330) 875-3260 H
Angelia Duplessis Vice President Westbank YrMemb: 1978 Bday: 12/0 HR Support SpcIst-Payroll	O 09	ConocoPhillips PO Box 176 Belle Chasse, LA 70037 angie.a.duplessis@conocophillips.com	1802 Farmington Pl Gretna, LA 70056	(504) 656-3221 O (504) 656-3000 F (504) 367-9202 H
Judi Adams Secretary Houston YrMemb: 1990 Bday: 08/2 Administrative Associate	O 28	Shell Exploration 150 N Dairy Ashford,WCK A 2034 Houston, TX 77002 judi.adams@shell.com	14708 D Perthshire Rd Houston, TX 77079 judi@netbox.com	(832) 337-1632 O (832) 337-0552 F (281) 597-8914 H
Ruby Redington Treasurer Bartlesville YrMemb: 1998 Bday: 06/1 Analyst	O 19	ConocoPhillips 1070 Plaza Office Bldg Bartlesville, OK 74004 ruby.e.redington@conocophillips.com	1632 S.W. Jennings Bartlesville, OK 74003	(918) 661-4122 O (918) 336-2511 H
Sheryl Minear Imm. Past President Abilene YrMemb: 1983 Bday: 10/1 Account Representative	0	WolfePak Software 2901 S 1st St Abilene, TX 79605 sheryl@wolfepak.com	1250 S Bowie Dr Abilene, TX 79605 sheryl_minear@sbcglobal.net	(325) 677-1543 O (325) 677-1599 F (325) 698-7831 H
Misty Hendricks Executive Assistant Artesia YrMemb: 1992 Bday: 03/0 Owner	0	Hendricks Consulting 1610 W Mann Artesia, NM 88210-2283 mmchendricks@pvtnetworks.net	1610 W Mann Artesia, NM 88210 mmchendricks@pvtnetworks.net	(505) 748-8888 O (505) 746-1675 F (505) 748-8888 H
Nell Lindenmeyer Parliamentarian Farmington YrMemb: 1976 Bday: 07/1 Engineering Tech	0	A Plus Well Service PO Box 1979 Farmington, NM 87499 nell@apluswell.com	6979 Alyssa Ct. Farmington, NM 87402 nlindenmeyer@yahoo.com	(505) 325-2627 O (505) 325-1211 F (505) 486-6958 H
Andre' Martin ADO Manager YrMemb: 2005 Bday: 02/1 ADO Manager	0	Assoc. Distribution Office 5153 E 51st St., Ste 107 Tulsa, OK 74135 adotulsa@swbell.net	6734 E. 60th St. Tulsa, OK 74145 drezorama@aol.com	(918) 622-1749 O (918) 622-1675 F (918) 406-4659 C

#### Association of Desk and Derrick Clubs 2009 Regional Directors

Name/Member Info	O/H	Office Info	Home Info	Phones
Christine Wolfe Region I Buckeye YrMemb: 2001 Bday: 02/20 Administrative Assistant	0	Marathon Petroleum Co., LLC 539 S Main St Rm 6137 Findlay, OH 45840 cnwolfe@marathonoil.com	538 Winfield Ave. Findlay, OH 45840 cwolfe8@woh.rr.com	(419) 421-3591 O (419) 421-4516 F (419) 425-1853 H
Marsha Bundy Region II Little Egypt YrMemb: 1995 Bday: 10/16 Operations Technician I	Н	Marathon Pipeline Co 8762 US Hwy 51 Vernon, IL 62892 mabundy@marathonpetroleum.com	1158 Fayette Rd Vernon, IL 62892 mbun@ruralcomm.net	(618) 432-7223 O (618) 432-5816 F (618) 267-4916 C
Elaine Lesnak Region III Westbank YrMemb: 1995 Bday: 11/01 Sr Accounting Clerk	0	M-I SWACO PO Box 317 Harvey, LA 70059 elesnak@miswaco.com	1128 Ave A Marrero, LA 70072	(504) 368-1414 O (504) 368-9271 F (504) 341-2322 H
N Lois Roberts Region IV Fort Worth YrMemb: 1993 Bday: 05/26 Branch Office Administrator	Н	Edward Jones 1153 SE Pkwy Azle, TX 76020 lobobrob@flash.net	7705 Westwind Dr. Fort Worth, TX 76179 lois.roberts@edwardjones.com	(817) 238-0089 O (877) 631-6118 F (817)2 36-3852 H
Linda Clark Region V Farmington YrMemb: 2004 Bday: 08/28 N/A	0	A Plus Well Service PO Box 1979 Farmington, NM 87499 linda@apluswell.com	No 46 RD 5151 Bloomfield, NM 87413	(505) 325-2627 O (505) 325-1211 F (505) 632-3576 H
<b>Linda Gau</b> Region VI Enid <i>YrMemb:</i> 1997 <i>Bday:</i> 01/27 Admin Asst./Engineering Tech	0	Continental Resources Inc PO Box 1032 Enid, OK 73702 gauls@contres.com	1626 Cansler Enid, OK 73703	(580) 548-5119 O (580) 548-5226 F (580) 233-7829 H
Brian Carter Region VII Alberta Foothills YrMemb: 2003 Bday: 12/31 Sr Security Advisor	Н	Fortis Alberta 320 17th Ave SW Calgary, AB T2S 2V1 brian.carter@fortisalberta.com	42 Promenade Way SE Calgary, AB T2Z 3R4 marilyn.carter@shaw.ca	(403)514-4328 O (403)514-5328 F (403)241-7267 H

#### Association of Desk and Derrick Clubs Budget and Planning Meeting Highlights January 24, 2009

- Approved to propose amendment to the ADDC purpose to add "and to educate the general public about these industries."
- Approved to propose amendment to the ADDC Bylaws and Standing Rules to reflect the national changes in auditing regulations by authorizing a review instead of an audit.
- Approved the submission of a Dissolution Clause to the Rules Committee as a Bylaw amendment.
- Approved insertion of the definition of "affiliated with" in the Club General Information Section.

Section III – Membership

C. Guidelines for Membership Eligibility

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6) "Affiliated with" is defined as being associated with or closely connected with or closely connected with but not necessarily employed in the petroleum, energy and allied industries including but not limited to interest owners (i.e. mineral, royalty, and/or working).

- Approved updated and revised forms for ADO use and posting to the web site, including the new "Hard Hat Harry" request form, Club Sales Approval form, Request Form For ADDC U.S. Display" and numerous updated committee guidelines.
- Approved request from the Public Relations Committee to research the expense and feasibility of hiring a small advertising firm to develop a marketing strategy to help ADDC market itself, along with the development of a Request for Proposal including a Scope of Work to be sent to small firms with a bid request.
- > Approved continued sponsorship of NEED.
- > Approved use of "Be Energy Educated" for marketing purposes.
- > Approved the purchase of giveaway items for future trade shows and events.
- Approved the registration form, budget, field trips and seminars for the 2009 ADDC Convention to be held in Calgary.
- > Land and Leasing, second in the Certification series, will be presented in Calgary.
- > Approved the purchase of new displays for Canadian Trade Shows and events.
- Approved the distribution of copies of the EAB to NAPE attendees interested in promoting the books to their companies.
- > Approved the 2009 Budget as presented.

Maxine Bauer Program

c/o Frontier El Dorado Refining Co. PO Box 1121 El Dorado, KS 67042 (316) 321-8362 O (316) 321-8610 F

mbauer@frontieroil-eld.com

February 9, 2009

Wishing you all a Happy Valentine's Day!

This is just a note to be sure you are all aware of the requirements to maintain our Tax-exempt status. In the ADDC Bylaws, Article V Association Membership, Section 2, page 2. The purpose of the Association shall be accomplished by program meetings devoted to subjects directly related to or concerned with the petroleum, energy and allied industries.

Each club shall schedule a minimum of nine (9) educational program meetings a year, six (6) of which must be directly related to these industries. The remaining program meetings may be on Desk and Derrick orientation, socioeconomic responsibilities or professional self-development.

Please be aware of the following:

- For ADDC to maintain its tax-exempt status these guidelines have to be met by each and every club in the Association.
- It is ultimately the President's responsibility to see that these guidelines are met and that the reporting requirements to ADO are accomplished.
- If your club does not meet these requirements you may be putting the Association and all clubs at risk in maintaining the Association Tax-Exempt status.

The official records must be maintained by ADO. If you have any questions, comments or concerns please contact me.

Regards, Maxine A. Bauer



**Board of Directors** 

PRESIDENT Reginia Garner Silver Oak Drilling LLC

PRESIDENT ELECT Donna Siburt Dominion East Ohio

VICE PRESIDENT Angie Duplessis ConocoPhillips

SECRETARY Judi Adams Shell Exploration

TREASURER Ruby Redington ConocoPhillips

IMMEDIATE PAST PRESIDENT Sheryl Minear WolfePak Software

EXECUTIVE ASSISTANT Misty Hendricks Hendricks Consulting

PARLIAMENTARIAN **Nell Lindenmeyer** A Plus Well Service

REGION I DIRECTOR Christine Wolfe Marathon Oil Co.

REGION II DIRECTOR Marsha Bundy Marathon Pipeline Co., LLC

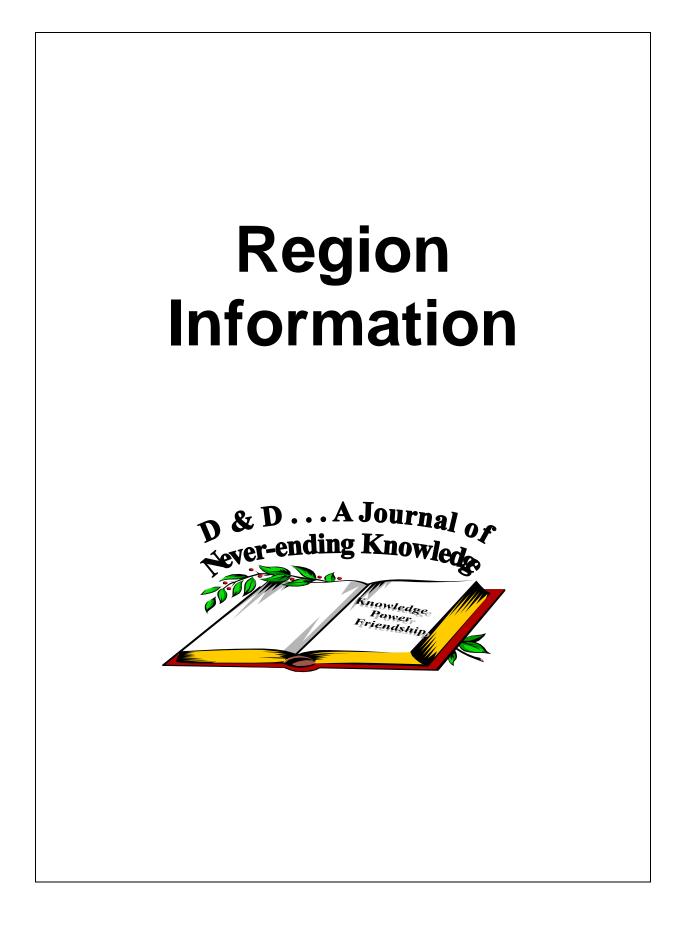
REGION III DIRECTOR Elaine Lesnak M-I Swaco

REGION IV DIRECTOR Lois Roberts Edward Jones

REGION V DIRECTOR Linda Clark A Plus Well Service

REGION VI DIRECTOR Linda Gau Continental Resources Inc.

REGION VII DIRECTOR Brian Carter Fortis Alberta



### Region III Director's Newsletter



Elaine Lesnak Region III Director

<u>elesnak@miswaco.com</u>

February 2009

To: All Region III Members

Well this year had gotten off to a quick start, it is February already and Clubs are busy planning and implementing their projects for the year.

The Budget and Planning meeting was held in Albuquerque, New Mexico January 23<sup>rd</sup> and 24<sup>th</sup>. It was a learning experience I will look back on and incorporate during my time as RD. The Board of Directors worked hard to make sure Desk and Derrick is a success. Highlights should be available in the 20<sup>th</sup> mailing.

Remember March 25-28 is the Region III Meeting in New Orleans, LA. Registration packets should be out soon. Mark your calendars for Baton Rouge's Industry Appreciation Mardi Gras Ball on February 14<sup>th</sup>.

Dorothy Dishman, Chairman of the Nominating Committee has already sent out a call for 2010 Region III Director. Deadline for applications was January 25<sup>th</sup>.

ADDC Membership dues are due this month, \$35.00 per member, sent to ADO. Region III dues are due no later than February 28<sup>th</sup> - \$2 per member. The 2009 Region III Treasurer is Joyce Perkins of the Lafayette Club; her address is 7882 149 North, Opelousas, LA 70570.

*Program Reports are due to ADO no later than one week after each meeting. You must submit a report even if no meeting was held.* 

March is Desk and Derrick Awareness Month. If your Clubs have any ideas that have worked at increasing membership, share it with other Clubs. Let's build our membership.

Best Regards

Elaine

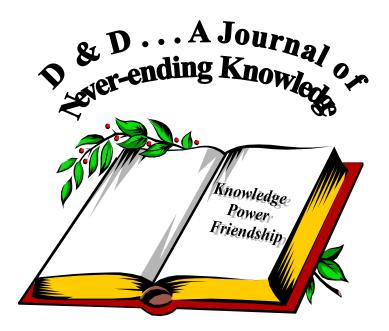


ASSOCIATION OF DESK AND DERRICK CLUBS

#### Association of Desk and Derrick Clubs

2009 Region III Club Presidents

Name/Member Info	O/H	Office Info	Home Info	Phones
<b>Lois Folse</b> Baton Rouge YrMemb: 1990 Bday: 08/31 Legislative Assistant	Ο	ConocoPhillips 450 Laurel St Ste 1410 Baton Rouge, LA 70801 lois.c.folse@conocophillips.com	16908 Highland Club Ave. Baton Rouge, LA 70817	(225) 344-3206 O (225) 344-4410 F (225) 752-9941 H
Jana Hazelwood El Dorado, Arkansas YrMemb: 2003 Bday: 10/30 Accounting Supervisor	0	Lion Oil Company 1000 McHenry El Dorado, AR 71730 jana.hazelwood@lionoil.com	813 Doe Meadow Ln El Dorado, AR 71730	(870) 864-1470 O (870) 864-1163 F (870) 863-5905 H
<b>Anita Cunningham</b> Houma Yr <i>Memb:</i> 1998 <i>Bday:</i> 08/27 Coastal Pipe Rec. Dept. Admin.	н	Baker Atlas 2137 Bayou Blue Rd Houma, LA 70364 anita.cunningham@bakeratlas.com	208 Highland Dr Houma, LA 70364-2630 anita827@bellsouth.net	(985) 876-2811 O (985) 851-2015 F (985) 876-3463 H
<b>Lori Landry</b> Lafayette YrMemb: 1997 Bday: 04/24 Administrative Manager	0	Bean Resources Inc PO Box 52768 Lafayette, LA 70505 Imatthieu@beanresources.com	102 Brownlee Ave. Broussard, LA 70518 Iorimatthieu@cox.net	(337) 234-2326 O (337) 234-2330 F (337) 839-9478 H
<b>Rhonda Reynolds</b> Laurel <b>YrMemb:</b> 2004 <b>Bday:</b> 02/25 Retired/Co-Owner	Н	Retired/Double R Packers	81 Southern Colonel rd Laurel, MS 39443	(601) 649-1436 H
<b>Valina "Val" Blanchard</b> Morgan City <b>YrMemb:</b> 1986 <b>Bday:</b> 09/03 Office Manager	0	Perry Flying Center Inc PO Box 85 Patterson, LA 70392-0085 v.mullen.pfc@glacoxmail.com	113 Lincoln Dr Patterson, LA 70392 scooter50@cox.net	(985) 395-4501 O (985) 395-5648 F (985) 395-2559 H
<b>Deborah Baiamonte</b> New Orleans <b>YrMemb:</b> 1972 <b>Bday:</b> 03/19 Secretary/Trea Office Mgr	Н	Seal Energy Company 2712 Athania Pkwy Metairie, LA 70002 d_baiamonte@cox.net	840 Homestead Ave Metairie, LA 70005	(504) 453-1009 C (504) 834-5866 F (504) 832-1578 H
<b>Dee Hilliard</b> Red River YrMemb: 2005 Bday: 02/25	Н	New Tech Engineering 330 Marshall St., #707 Shreveport, LA 71101 dhilliard@newtecheng.com	8700 Dogwood Tr Haughton, LA  71037	(318) 213-0370 O (318) 213-0373 F (318)949-1662 H
<b>Cheryl LeBoeuf</b> Westbank <i>YrMemb:</i> 1999 <i>Bday:</i> 08/02	Н		110 Mu St Belle Chasse, LA 70037 cheryll@cmaaccess.com	(504)392-7094 H



# 2009 Region III Meeting New Orleans, Louisiana

# March 25 – 28, 2009

# **REGISTRATION PACKET**

### Region III Director



Elaine Lesnak Region III Director

elesnak@miswaco.com

To: 2009 Region III Presidents and Club Members 2009 ADDC Board

It is my pleasure to extend a special invitation to each of you to attend the Region III Meeting in New Orleans, Louisiana at the Holiday Inn Downtown-Superdome on March 25 through March 28, 2009. Please join me, along with our host club, Desk and Derrick Club of New Orleans to add exiting, memorable and learning information to your D & D Journal.

You will want to get your registration in early to qualify for the Early Bird Drawing, deadline is February 27<sup>th</sup>. Room rates start at 99.00.

A great field trip has been planned for Thursday. First to the Robert Training Center to fill your journal with knowledge of oilfield and oilfield safety related training. Then off to Laura Plantation to learn about Creole culture and delve into the true-life stories of Creole women, slaves and children.

Friday will add to our journal of learning with two seminars consisting of "Information Mining" with the internet and a hands on seminar on "Home Safety". Friday night's Tailgate Party will give everyone a chance to show their own team sprit (wear your favorite team shirt) with lots of great food and entertainment.

Saturday we will get down to business and learn what all the other clubs are up to, elect our 2010 Regional Director, and find out what great plans Houma has in the works for Region 2010. The Awards Luncheon will give us a chance to add more notes in our journal with winners of the AIMEE contest. That evening we will all congregate at the Banquet with members and guests to celebrate "Greater Knowledge – Greater Service" and a great meeting.

Make your reservations early and come on down to the BIG EASY and laissez le bon temps rouler.

Elaine

ASSOCIATION OF

DESK AND DERRICK





Region III Meeting New Orleans, Louisiana

January 16, 2009

To All Desk & Derrick Members:

The members of the Desk and Derrick Club of New Orleans are extremely excited to be hosting the 2009 Region III Meeting from March 25 – 28, 2009. You are cordially invited to place your name in the "D & D...Journal of Never-ending Knowledge". We have kept the Registration Fee to \$115 per person so everyone can take advantage of all of the educational experiences that have been planned. Not only has a great field trip and seminars been planned but where else can you go to experience the Shades of New Orleans, a Tail Gate Party and the Mardi Gras Indians all at the same location. We look forward to seeing you in March in the "City that Care Forgot".

Some points of interest for possible excursions:

- · Downtown historical sights and local shopping
- The New Orleans Ghost Walking Tour
- . The New Orleans Vampire Tour
- French Quarter Tours
- Gambling (Harrah's)
- . Famous Restaurants
- Bourbon Street
- Local Museums (WWII Museum)

The Holiday Inn does have a Shuttle that will bring you to some of these points.

La Bon Ton Roule,

Kathy and Pat

#### 2009 Region III Meeting General Arrangements Committee

Kathy Denley Murphy Oil USA/Meraux Refinery P. O. Box 100 Meraux, LA 70075 Patricia Netherland C & M Operating Co., LLC 433 Metairie Rd., Ste 208 Metairie, LA 70005



"D & D... A Journal of Never-ending Knowledge" Region III Meeting March 25 – March 28, 2009 New Orleans, La.

Name:	Saturday, March 28, 2009
Company:	Luncheon – Guest(s) @ \$30.00 \$
Address:	
City: State: Zip:	Banquet –
Phone: Fax:	Guest(s) @ \$35.00 \$
Club: Region:	Grand Total: \$
Official Delegate / Alternate? ADDC Officer? Year: Regional Director? Year:	Special Dietary Requirements/Food Allergies? Yes No Explain:
Is this your first Region III Meeting?	
Number of Region III Meetings attended?	
Member Registration\$115.00 \$(Includes Friday Nite, Business Meetings, Saturday Luncheon & Banquet)	To avoid designated late charges, registration fees must be <b>postmarked on or before March 14, 2009.</b>
If Mailed after 3/14/08 \$125.00 \$	No refunds will be made until after Regional Meeting, if funds are available. Request for refund
Thursday, March 26 Field Trip   Shell Training Facility &   Tour of Laura Plantation \$50.00 \$   (includes Lunch) @ \$50.00 \$   Guest(s) @ \$50.00 \$	must be made in writing. Registration form and emergency release (please send one release form for each guest attending any function) must be accompanied with check or money order.
Friday, March 27 Seminars 21 <sup>st</sup> Century Tools & Techniques	
Leadership Skills   \$5.00   \$     Guest(s)   \$5.00   \$	Make payable to: 2009 Region III Meeting Fund
Home Safety \$5.00 \$ Guest(s) @ \$5.00 \$	Mail to: Attn: Kathy Gowland ENI Petroleum 1250 Poydras St., Ste 2000 New Orleans, LA 70113
Friday Night Tail Gate PartyMembersFREE\$Guest(s)@ \$28.00\$	Early Bird Drawing Deadline February 27, 2009

#### Association of Desk and Derrick Clubs 2009 Region III Meeting

#### **Emergency Information and Release Form**

Must be completed by each person registered for the Region III Meeting

NAME:		
ADDRESS:		
CITY:	STATE:	ZIP:
PHONE: Home: ( )	Office: ( )	
Employer:		

#### EMERGENCY CONTACT

NAME:	Relationship:
Address:	
PHONE: Home: ( )	Office: ( )

#### **INSURANCE/BENEFIT INFORMATION (Optional)**

Insurance Company:	Policy No.:	
Address:	Phone: ( )	

I understand that my participation in the field trips and/or special events of this Meeting is at my own risk and responsibility. The Desk and Derrick Club of New Orleans and the Association of Desk and Derrick Clubs shall not assume any liability.

Signature

Date

A signed release form is required before any registrant or guest may depart on a field trip and/or special event offered in conjunction with this Meeting. The above confidential information will be used for an emergency situation only.

#### Please return signed Release Form with registration form.



Group Name:	Des
Check In:	Mar
Check Out:	Mar

Desk and Derrick March 25, 2009 March 29, 2009

Hotel Name: Holiday Inn Downtown – Superdome Hotel Address: 330 Loyola Ave, New Orleans, LA 504-581-1600

Guest Room Rates:	Wednesday and Thursday	\$99.00 with Tax (\$112.87)
	Friday and Saturday	\$109.00 with Tax (124.17)

Parking: \$10.00 per day plus Tax

#### Location

- The Holiday Inn New Orleans-Downtown Superdome is located in New Orleans, La.
- Less than one-half mile from the Superdome
- Less than one-half mile from the French Quarter

#### **Hotel Features**

- Outdoor pool
- Fitness room
- High-speed Internet access
- Holiday Streetcar Restaurant
- Mardi Gras Lounge

#### Guestrooms

- High-speed Internet access
- Video game consoles
- In-room safes

#### What's Nearby

- French Quarter
- Cruise Ship Terminal
- Morial Convention Center
- Harrah's Casino

# Early Bird DRAWING \$100.00



To be eligible for the Early Bird Drawing, registration MUST be postmarked on or before Friday, February 27, 2009.

Winner will be announced at the Awards Luncheon Saturday, March 28, 2009.

#### Shell Robert Training & Conference Center and Laura Plantation Field Trip Thursday, March 26, 2009 – 8:00 AM to 4:00 PM \$50.00 – Limit 45 Transportation donated by C & M Operating Company, LLC

#### Shell Robert Training & Conference Center Tour - 9:00 AM to 10:30 AM



For nearly two decades, Shell Robert Training & Conference Center has taught basic and advanced skills to those on the front lines of oil and gas operations.

Today, the Center remains the first choice for more than 100 companies worldwide in the upstream, downstream and related industries.



SRTCC is equipped to handle a variety of training, team meetings and soft skills workshops. The Center features live, operating facilities for hands-on learning, onsite lodging and catering services.



#### Laura Plantation Tour - 11:30 AM to 1:00 PM

HAVE YOUR PASSPORT IN HAND as you enter the Creole world of Louisiana at Laura Plantation, an historic sugar plantation built in 1805, where the <u>Guided Tour</u> transports you into Louisiana's Creole culture. Named by Lonely Planet Travel as the "Best History Tour in the U.S.,"

the one-hour guided visit, entitled: The Creole Family Saga, is based upon 5,000 pages of documents found in the French National Archives and upon Laura's <u>Memories of the Old Plantation Home</u>, dramatically detailing 250 years of true-life stories of Creole women, slaves and children.

The Laura farmstead is surrounded by fields of sugarcane and boasts 11 historic buildings on the National Register, including slave cabins in which the West-African folktales of *Compair Lapin* (later known as <u>Br'er Rabbit</u>) were recorded over 140 years ago.

The Laura Plantation Store offers a vast selection of gifts, books and souvenirs on Louisiana and Creole culture, slavery, music, arts and crafts and cuisine.

#### Lunch at the Grapevine Café & Art Gallery – 1:30 PM to 3:00 PM

Grapevine Cafe' and Gallery opened its doors in February 2001 in a 1920's two story commercial building in historic downtown Donaldsonville. In its glory days, it was known as "The Tavern" which had a restaurant and bar downstairs and a ballroom and private gambling rooms upstairs. During the bootlegging years, Al Capone was known to frequent this establishment and the now lush outside courtyard was once known to move many a bottle of illegal whiskey.



The Cafe' provides authentic Louisiana Creole and Cajun cooking in a comfortable art gallery atmosphere. Its *award-winning cuisine* has been *written up* in numerous national and international publications. (See enclosed luncheon menu)

### Grapevine Café and Gallery

211 Railroad Avenue Donaldsonville, LA 70346 225-473-8463 or 225-473-8486 e-mail: cynthia@grapevinecafeandgallery.com

Hen and Andouille Gumbo or Seafood Gumbo

House Salad with Parmesan Peppercorn, or Vinaigrette Dressing

Choice of one of the following Entrees:

Spinach and Andouille Stuffed Chicken Breast Topped with Lemon Butter Sauce

Fried Eggplant Wheels Topped with Crawfish Etouffee'

Grilled Drum Fillet (or Catfish - whichever you'd prefer) Topped with Lemon butter Sauce or Crabmeat Augratin

#### Dessert:

White Chocolate Bread Pudding (1/2 portion)

#### **Beverages:**

Iced Tea or Soft Drink

**Community Coffee – Evangeline Blend or Decaffeinated** 





Information Mining: 21st Century Tools and Techniques By Judi Adams Assistant to GoM Exploration Nearfield/Appraisal Manager Shell Exploration & Production Company

> Cost: \$5.00 Friday, March 27, 2009 9:00 AM – 10:00 AM

Are you having trouble at work or home when it comes to researching a project? Or, have you written hundreds of articles but that much sought after AIMEE still eluded you? Then join us and learn how to use the internet as an information resource. Learn how to develop search strategies that combine a variety of online resources and how to conduct efficient, effective, and credible research using the Internet.



Smoke Alarms The single most important means of preventing fire fatalities





Home Safety By Bill Turnage Manager of Safety and Security Murphy Oil Refinery

Cost: \$5.00 Friday, March 27, 2009 10:00 AM – 12:00 PM

More than 4,000 Americans die each year in fires and approximately 20,000 are injured. An overwhelming number of fires occur in the home. There are time-tested ways to prevent and survive a fire. It's not a question of luck. It's a matter of planning ahead. Learn how to protect yourself and family today. In the event of a fire, properly installed and maintained smoke alarms will provide an early warning alarm in your home. The use of a fire extinguisher in the hands of a trained adult can save a life and property. Learn the proper use of smoke alarms and fire extinguishers.

> Hands-on demonstration- extinguishing a small fire. Proper attire: jeans and tennis shoes.



## FRIDAY NIGHT TAILGATE PARTY

WEAR YOUR FAVORITE SPORT TEAM SHIRT AND JOIN US FOR

A NIGHT OF FOOD, FUN, AND MUSIC

FRIDAY, MARCH 27, 2009

7 PM – 9:30 PM

TAILGATING WILL BE AT THE HOLIDAY INN SUPERDOME.

COME OUT AND ENJOY ASSORTED FRENCH BREAD PO BOYS,

CAJUN MEAT PIES, CHICKEN & SAUSAGE JAMBALAYA,

RED BEANS & RICE, FRIED CHICKEN LEGS & WINGS, KING CAKE,

ASSORTED SODAS, BOTTLED WATER & COFFEE

CASH BAR

MUSIC BY ONE MAN BAND - RICHARD SMITH

### 2009 Region III Meeting



### **Region Florist: Federico's Family Florist**

815 Focis St, Metairie, LA 70005 (504) 837-6400

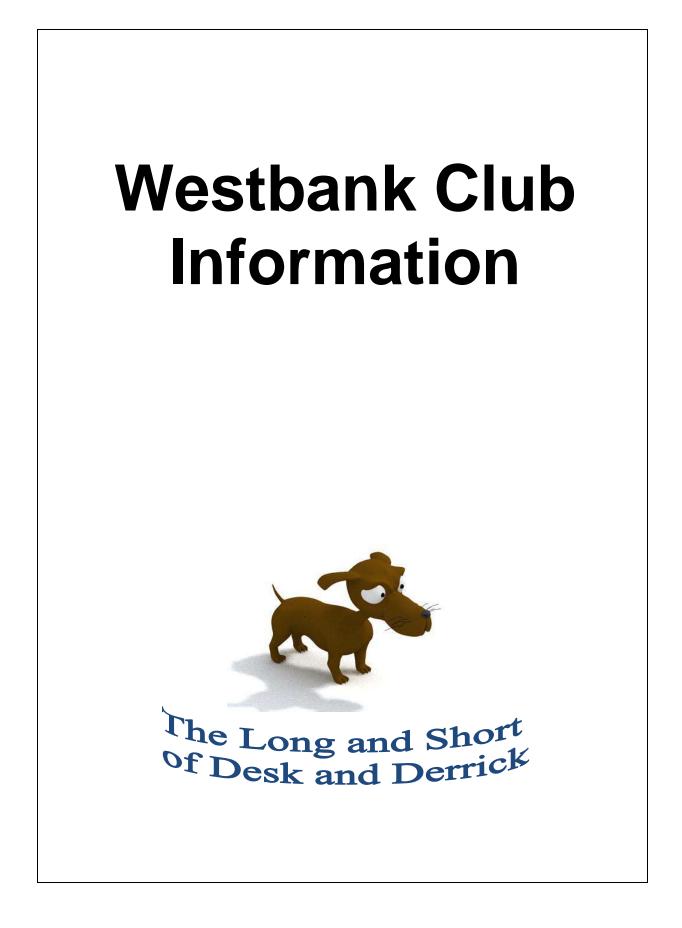
#### DEADLINE TO ORDER: March 19, 2009 Orders must be received by this date!

Spray Rose Corsages: Pin on Corsage Wristlet Corsage Orchid Corsage

\$15.00 \$15.00 \$20.00

Corsages will be delivered morning of Saturday, March 28<sup>th</sup> to Holiday Inn Downtown-Superdome, 330 Loyola Ave, New Orleans, LA.

Place order directly with Federico's along with your credit card info and state it is for Desk and Derrick Region III Meeting.





President's Letter Cheryl LeBoeuf cheryll@cmaaccess.com



February 2009

Hello everyone, it's hard to believe that January has come and gone. Here comes February, the month of sweet things.

I hope everyone enjoyed the meeting at the Four Columns. Every month a member of the board and I will be greeting members and guests at the front door. We hope by doing this, everyone will feel at home and welcome.

Elaine Lesnak and I will be traveling to Baton Rouge on February 14 for the Mardi Gras Ball. It is the first for me, so I hope it will be fun.

Our speaker at our February meeting will be our own Angie Duplessis. She will be speaking about the club's by-laws. It's a great opportunity for all of us to learn more about the by-laws, so I hope everyone can attend.

I'm excited about the upcoming Region III Convention, which will be held on March 25-28 in New Orleans, LA. I hope that everyone will be able to attend given that it's just across the river. Elaine Lesank will be in charge of our club pride. I hope that I can do our club proud too! Region packets are here and ready for completion with February 27th the deadline for Early Bird Registration.

Since there will not be an Oilfield Chili Cook-off this year, we have to think about some other fund raisers for the Scholarship Committee. Please submit any suggestions you may have and remember that all suggestions will be considered.

I will end all my letters with a famous quote. I hope that you enjoy them!

Mardi Gras is right around the corner with the parade season going into full swing. To those of you who celebrate, have a safe and happy Mardi Gras!!

#### Cheryl LeBoeuf



Love is life. And if you miss love, you miss life.

Leo Buscaglia

#### **2009 Officers and Board of Directors**

#### President

Cheryl LeBoeuf 110 Mu Street Belle Chasse, La. 70037 (504) 392-7094(h) (504) 400-0454©

cheryll@cmaaccess.com

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#### Director

Dawn Ott 672 W. Niagara Terrytown, LA 70056 297-5700(o) 606-2446(h) gatasby@aol.com dott@usagencies.com

#### Parliamentarian

Gabriella Hunter 5491 Green Park Drive Gonzalas, La. 70737 (504) 481-0190 © hunter9873 @bellsouth.net

#### Vice President

Bonnie Wall #3 Fernwood Street Gretna, La. 70054 (504) 362-3671(h) (504) 367-7657(f) (504) 439-1650© seawall4@cox.net

#### **Recording Secretary**

Angie Duplessis 1802 Farmington Place Gretna, La. 70056 (504) 367-9202(h) (504) 656-3221(o) (504) 656-2013 Fax angie.a.duplessis@conocophillips.com

#### **Immediate Past President**

Gaylen Guillory 2204 Stall Drive Harvey, La. 70058 (504) 367-2447(h) (504) 301-8809© gagui811@cox.net

#### Director

Elaine Lesnak M-I Swaco P. O. Box 317 Harvey, LA 70059 374-0049(o) 368-9271(f) 341-2322(h) 237-2322(c) elesnak@miswaco.com

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Westbank Oil Patch Page 22

### Join us at the March Meeting of the

### Desk and Derrick Club of the Westbank

(note day/date change below)

### Thursday, February 26, 2009

The Four Columns 3711 Westbank Expressway Harvey, Louisiana 6:00 p.m.

> <u>Speaker</u> Angie Duplessis ConocoPhillips

<u>Topic</u> Bylaw Basics - 101

### Dinner - Buffet \$20

If you make a dinner reservation and cannot attend the Membership Meeting, please contact Gaylen Guillory <u>gagui811@cox.net</u> or call (504)301-8809 no later than 12:00 noon on Monday, prior to the meeting to cancel or you will be billed.

### THERE IS AN OWL IN THE ROOM

Some of us know an owl to be a nocturnal bird with large eyes whose head seems to turn completely around. But the OWL in the room at the January meeting belonged to Westbank member, Charles Miller. His OWL is the **O**ffshore **W**ell Lease Database.

The OWL is undoubtedly the worlds easiest to use database and one of the most knowledgeable tools available. It is strictly for Gulf of Mexico leases. More than 150 service companies use it and once purchased, it is updated on a monthly basis. If you are not a client of Waring and Associates, anyone can go to the MMS office in Elmwood and use the system. All it takes is a press of a button to get the information you need.

This database was designed to be as simple as possible, very easy to operate, and best of all, with only a click or two of a mouse, data is obtained in **seconds**.

The MMS web site is not user friendly and is difficult to maneuver through. In the past, other systems have provided the same data but were way complicated and way beyond most people's skill level unless you are an IT.

In the process of demonstrating the OWL to our club, many "wows" where heard coming from our members.

Say that you are interested in a lease in the Gulf of Mexico, but you do not know the lease number. All you need to do is enter the name of the block it is in, and with one click everything about that lease is immediately in front of you. You can find out about production, number of holes, numbers of partners, local operators, etc. To further refine your search, one additional click on the Lease Screen will show you lease sales, dates, number of bids, who bid, the rank, and the operating sites. You can find out who applied to drill, even the depth of the water. You can find out if a lease has expired or is about to expire and what the expiration date is. You can check for resales and rejected bids. Want a graph of the production? No problem, just click "Graph" and viola there it is!

Click on the Platforms Screen, and again, within seconds, all the details are there. Click on the Wells Screen button and see all available wells. Data on a specific well can be accessed just by moving the courser over the well and clicking on it. Researching further will give you completion information, production information, whatever you need.

Mapping capability is also available at the push of a button. You can map an area, a block, pipelines, platforms. You can add or remove grids to your map, and/or select a scale. Too much information? You can remove what you do not need, making it easier to read. Turn off the pipelines or make them another color. You have tons of options. Right clicking on a symbol on a map will provide even more information. Maps can be printed to your PC or run on a plotter if you prefer.

New for January 2008 are well logs. These are downloaded from the internet and again the results are almost instantaneous -30 to 60 seconds. Geologists LOVE this feature! Previously, one had to order a log from MMS, wait for it to be run, then put on a CD, and finally shipped to the company requesting it – sometimes a two week process.

As if on cue, a question was asked about finding out which company has the most offshore work. Mr. Miller went right to the Reports Section, clicked, and there it was. You can choose general lease information, sort by bids, or lease, platforms, or production. Again, this information comes to you in seconds.

All of the companies that use this system have their own tables of the types of data specific to their company. This file can generate more reports and can be exported to any number of software programs.

In summary, the OWL database uses MMS information but puts it in a much easier to use PDF format and enhances it so that it is better than its source information. Quite an achievement. OWL is also more up-to-date than MMS. No wonder the list of companies using OWL continues to grow. Service companies, marketing departments, geologists, lawyers, can all access the database to get information specific to their needs.

After much applause and comments like "incredible product", "awesome" and "wow" Mr. Miller left us with a brochure, and other goodies along with a current list of his clients happy to have an OWL in their room.

Written by:Dottie Ancona



President presents Speaker's Appreciation

#### Future of Jefferson Parish and the Westbank

By: Council-at-Large John F. Young Jr.

Thank you for allowing me this opportunity to give you an update on some of the things we can anticipate for the future of Jefferson Parish and for the West Bank. As you may be aware, Jefferson Parish leads the state in population and economic growth. We have the largest workforce in the state, rank first in employment growth among the country's largest jurisdictions and have enjoyed a net increase of 5,356 new businesses post-Katrina. There are a number of ongoing projects that will ensure that Jefferson Parish continues to grow and to prosper, particularly on the West Bank.

Churchill Farms Technology Business Park is the largest master-planned site in the metropolitan area and will allow Jefferson Parish to expand its business base and provide jobs for 6,923 workers. JEDCO currently owns 90 acres with 40 already having been cleared with utilities, water and streets.

The expansion of the Alario Center will allow for an additional 30,000 sq. ft. of space including 20,000 sq. ft. of open exhibit space, making this West Bank venue amenable to hosting larger, public events such as conventions and trade shows in addition to private functions and sporting events. The \$8.7 million expansion cost is being funded by State Capital Outlay.

The envisioned Parc de Familles, located on a 610 acre tract on Leo Kerner Parkway, will be the largest park in Jefferson Parish and will encompass Estelle Playground, a maintenance facility, BMX course, equestrian center, stadium, science and art museum, police sub-station and a new school. The first major roadway into Parc des Familles has been completed with future construction to be completed in phases.

Construction of the new three-level Emergency Operations Center located in Gretna near the courthouse complex is currently underway and is expected to be completed in 2010. This state of the art building will house mechanical and electrical equipment and will be the hub of Jefferson Parish's operations during hurricane events or other states of emergency.

Expected completion for the widening of the Huey P. Long Bridge is 2013 and will be a major factor in erasing the physical and psychological barriers that have separated the east and west banks, thus opening the way for unlimited business, educational, cultural, and relocation possibilities and opportunities here on the West Bank of Jefferson Parish.

Other projects currently underway to help support the growth of our Parish and to promote future progress include coastal restoration efforts; 38 West Bank SELA projects under construction or at design phase at an estimated cost of \$300,725,080; hurricane protection and flood mitigation on the West Bank including the Lapalco sector gate, Harvey Canal flood wall, Company Canal and Jean Lafitte levee; retention ponds in Woodland West at 95% completion; the design phase of the I-49 expansion into Jefferson Parish expected to commence soon.

We are also focusing on various quality of life issues including fighting crime and blighted housing; the NIMS center, an 111,000 sq. ft. film production center which will include three soundstages, production offices, a state-of-the-art post production facility and training programs; reopening and/or renovation of Belle Terre, Grand Isle, Gretna, Lafitte and West Bank Regional libraries; beautification projects such as the Timberlane project, Belle Chasse Highway, and Lapalco Boulevard improvements; management of West Jefferson Medical Center which operates the Air Care aero-medical flight service and EMS program serving the Gulf South region.

I am pleased to be a part of these efforts in conjunction with agencies such as the Jefferson Chamber, JEDCO and various civic and community organizations all working in unison to make Jefferson Parish and the West Bank a safe, economically sound, and a viable environment in which to live, work and raise a family.

### DID YOU KNOW?

# Peel a banana from the bottom and you won't have to pick the little 'stringy things' off of it. That's how the primates do it.

Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!

6 <sup>th</sup> Annual Derrick club of the westbank or the course golf classic	HOLE SPONSOR GOLD LEVEL\$500 SILVER LEVEL\$250	BRONZE LEVEL\$100 All applications must be accompanied with payment and will be accepted on a first come basis.	Price includes cart, green fees, food and beverages.	Make check payable to: Desk and Derrick Club of the Westbank P. O. Box 2875 Gretna, LA 70054 Contacts: Angie Duplessis (504)656-3221 aduples 1 @conocophillips.com Bonnie Wall (504)362-3671 Cell (504)439-1650 seawall4@cox.net inight Expiration Date inight
16 <sup>th</sup> Annual DESK AND DERRICK CLUB PAR FOR THE COURSE	BAYOU BARRIERE GOLF CLUB BELLE CHASSE, LA FRIDAY, APRIL 3, 2009 FOUR MAN SCRAMBLE	\$75.00 PER PLAYER LUNCH AT NOON SHOTGUN START 1 PM 1 <sup>ST</sup> , 2 <sup>ND</sup> , & 3 <sup>RD</sup> PLACE LONGEST DRIVE ON ALL PAR 5'S	CLOSEST TO THE HOLE ON ALL PAR 3'S	Mulligans Mulligans Make che   Mulligans Mulligans P. O. Box   Mulligans Mulligans Cortact.   Mulligans (Contact.) P. O. Box   Mulligans (Contact.) Contacts:   Mulligans (Contact.) (Contact.)   Contact. (Contact.) (Contact.)   Mailing Address: (Card.) (Day.)   Phone Number: (Day.) (Day.)   Phone Number: (Day.) (Day.)   Card Number: (Day.) (Day.)   Additional Mulligans cance on bourdeant day (Day.)   Madining Address
	LOCATION: DATE: FORMAT:	COST: TIME: AWARDS:		Name: Name: Name: Name: Spone

Offshore Gulf of Mexico update By: Charles Miller, III

The Western Gulf of Mexico Lease Sale was held on August 20, 2008. This sale earned over \$483 million in high bids, however the price of oil at the time of this sale was \$114 per barrel. With the current price at \$40 per barrel, it's uncertain if companies will be as optimistic at the Central Sale in March, especially since the rental rates have increased.

The MMS has issued the final notice for Central Gulf of Mexico Lease Sale 208. The sale will be held on March 18, 2009 at the Louisiana Superdome in New Orleans. The proposed sale includes around 6,459 unleased blocks, covering more than 34.6 million acres offshore Louisiana, Mississippi and Alabama. Around 4.2 million acres in the southeastern part of the Central Gulf of Mexico planning area, the 181 South Area, have not been offered for lease since 1988. The Gulf of Mexico Energy Security Act of 2006 mandated that the 181 South Area be offered for lease. Alabama, Mississippi, Louisiana and Texas will all share in revenue from leases in the area.

The MMS has increased the rental rates for leases issued in the area. The increase in the base rental rate raises rates from US\$6.25 per acre to US\$7.00 per acre in water depths of less than 656 feet (200 m) and from US\$9.50 to US\$11.00 per acre in 656 feet (200 m) or deeper. For the first time, rental rates will be escalated for all leases with initial terms of more than five years. Rental rates will also be escalated for leases with an approved extension of the initial lease period.

MMS believes the sale could result in production of around 0.807 to 1.336 billion barrels of oil and 3.365 to 5.405 Tcf of natural gas. The acreage is located from three miles to 230 miles (4.8 km to 370 km) offshore in water depths of about 10 feet (three m) to more than 11,200 feet (3,400 m).

The OCSBBS website provides an Excel spreadsheet of the lease sale bid results shortly after each lease sale. You can signup to get on the email list at <u>www.ocsbbs.com</u>.



**Charles Miller - January Speaker** 

## 2009 Mardi Gras Parade Schedule

	Friday, February 13, 2	009
Oshun	6:00 p.m.	Uptown
Cleopatra	6:30 p.m.	Westbank
Pygmallion	7:00 p.m.	Uptown
	Saturday, February 14,	2009
Pontchartrain	2:00 p.m.	Uptown
Sparta	6:00 p.m.	Uptown
Pegasus	6:45 p.m.	Uptown
	Sunday, February 15, 2	2009
Alla	Noon	Westbank
Carrolton	Noon	Uptown
King Arthur	1:15 p.m.	Uptown
	Wednesday, February 18	, 2009
Druids	6:30 p.m.	Uptown
	Thursday, February 19,	2009
Knights of Babylon	5:45 p.m.	Uptown
Muses	6:15 p.m.	Uptown
Chaos	6:30 p.m.	Uptown
	Friday, February 20, 2	009
Hermes	6:00 p.m.	Uptown
Le Krewe D'etat	6:00 p.m.	Uptown
Morpheus	7:00 p.m.	Uptown
	Saturday, February 21,	2009
NOMTOC	10:45 a.m.	Westbank
Iris	11:00 a.m.	Uptown
Tucks	Noon	Uptown
Endymion	4:15 p.m.	Uptown
	Sunday, February 22, 2	2009
Okeanos	11:00 a.m.	Uptown
Mid-City	11:45 p.m.	Uptown
Thoth	Noon	Uptown
Bacchus	5:15 p.m.	Uptown
	Monday, February 23, 2	2009
Proteus	5:15 p.m.	Uptown
Orpheus	6:00 p.m.	Uptown
	Tuesday, February 24, 2	2009
Zulu	8:00 a.m.	Uptown
Rex	10:00 a.m.	Uptown
Elks (Truck Parade)	Follows Rex	Uptown
Cresent City (Truck Parade)	Follows Elks	Uptown

# WESTBANK CLUB BYLAWS

The form below is to be used in submitting proposed amendments changes to the <u>Westbank Club Bylaws</u>, <u>Standing Rules</u>, <u>Officers and Committee Responsibilities</u>.

For **2009** 

If any Member would like to submit a change(s) to the above, the following procedure has to be followed:

- 1. Fill out the form below.
- 2. Return the completed form to Dawn Ott, Bylaws Chairman.
- 3. The proposed change(s) will be given to the Bylaws Committee for review and then if the change(s) are appropriate, will be submitted to the Board of Directors at a Board Meeting for review/approval and then the change will be brought to the Membership for your vote at a General Membership Meeting, and then the handbook will be updated.

# WESTBANK CLUB BYLAWS AND STANDING RULES OFFICERS AND COMMITTEES RESPONSIBILITIES

ARTICLE NoSection No	(if any)
As it now reads:	
Changed to read:	
Reason for change:	
Submitted by (optional)	

# **Mutrition Information**

by Theresa Adams

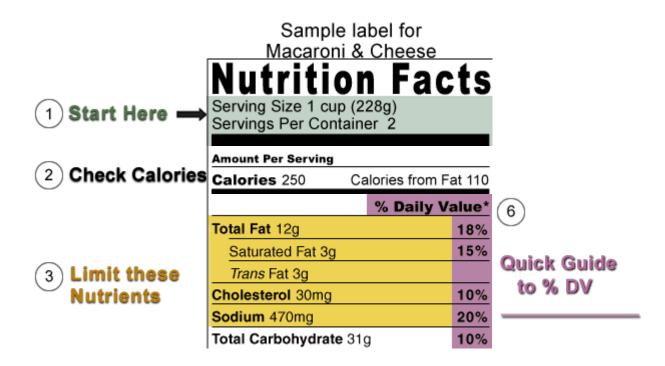
#### Information taken from US FDA website.

People look at food labels for different reasons. But whatever the reason, many consumers would like to know how to use this information more effectively and easily. The following labelbuilding skills are intended to make it easier for you to use nutrition labels to make quick, informed food choices that contribute to a healthy diet.

# The Nutrition Facts Label - An Overview:

The information in the main or top section (see #1-4 and #6 on the sample nutrition label below), can vary with each food product; it contains product-specific information (serving size, calories, and nutrient information). The bottom part (see #5 on the sample label below) contains a footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets. This footnote provides recommended dietary information for important nutrients, including fats, sodium and fiber. The footnote is found only on larger packages and does not change from product to product.

In the following Nutrition Facts label we have colored certain sections to help you focus on those areas that will be explained in detail. You will not see these colors on the food labels on products you purchase.



		Dietary Fiber	r Og		0%	• 5% or less
		Sugars 5g				is Low
		Protein 5g				
						• 20% or more
(4) Get Enougl	h	Vitamin A			4%	
-		Vitamin C			2%	is High
of these		Calcium			20%	
Nutrients		Iron			4%	
	/	* Percent Daily Value Your Daily Values r your calorie needs.	nay be highe	on a 2,000 ( rorlowerde	calorie diet. pending on	
	/		Calories:	2,000	2,500	
5 Footnote	/	Total Fat	Less than	65g	80g	
S Footilote	\ \	Sat Fat	Less than	20g	25g	
	\	Cholesterol	Less than	300mg	300mg	
	\	Sodium	Less than	2,400mg	2,400mg	
		Total Carbohydrate		300g	375g	
		Dietary Fiber		25g	30g	

# The Serving Size

Serving Size 1 cup (228g) | (#1 on sample label):

Servings Per Container 2 The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package.

Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams.

The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"? (e.g., 1/2 serving, 1 serving, or more) In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat two cups. That doubles the calories and other nutrient numbers, including the %Daily Values as shown in the sample label.

Example				
	Single Serving	%DV	Double Serving	%DV
Serving Size	1 cup (228g)		2 cups (456g)	
Calories	250	-	500	
Calories from Fat	110		220	
Total Fat	12g	18%	24g 36%	
Trans Fat	1.5g		3g	
Saturated Fat	3g	15%	6g	30%
Cholesterol	30mg	10%	60mg	20%
Sodium	470mg	20%	940mg	40%

Total Carbohydrate	31g	10%	62g	20%
Dietary Fiber	0g	0%	0g	0%
Sugars	5g		10g	
Protein	5g		10g	
Vitamin A		4%		8%
Vitamin C		2%		4%
Calcium		20%		40%
Iron		4%		8%

# **2**<u>Calories (and Calories from Fat)</u>

Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain.) **Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).** 

Amount Per Serving		(#2 on sample label):
Calories 250	Calories from Fat 110	In the example, there

Calories from Fat 110 In the example, there are 250 calories in one serving of this macaroni and cheese. How many

calories from fat are there in ONE serving? Answer: 110 calories, which means almost half the calories in a single serving come from fat. What if you ate the whole package content? Then, you would consume two servings, or 500 calories, and 220 would come from fat.

## **General Guide to Calories**

- 40 Calories is low
- 100 Calories is moderate
- 400 Calories or more is high

The **General Guide to Calories** provides a general reference for calories when you look at a Nutrition Facts label. This guide is based on a 2,000 calorie diet.

# Eating too many calories per day is linked to overweight and obesity.

# **3**<sup>(4)</sup><u>The Nutrients: How Much?</u>

## (#3 and 4 on sample label):

Look at the top of the nutrient section in the sample label. It shows you some key nutrients that impact on your health and separates them into two main groups:

# Limit These Nutrients

18%
15%
10%
20%

#### (#3 on sample label):

The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. They are identified in yellow as **Limit these Nutrients**. Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood

pressure.

Important: Health experts recommend that you keep your intake of saturated fat, *trans* fat and cholesterol as low as possible as part of a nutritionally balanced diet.

# Get Enough of These

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

#### (#4 on sample label):

Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified in blue as **Get Enough of these Nutrients**. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. For example, getting enough calcium may reduce the risk of osteoporosis, a condition that results in

brittle bones as one ages (see <u>calcium section below</u>). Eating a diet high in dietary fiber promotes healthy bowel function. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.

<u>Remember</u>: You can use the Nutrition Facts label not only to help *limit* those nutrients you want to cut back on but also to *increase* those nutrients you need to consume in greater amounts.

# <sup>(5)</sup><u>Understanding the Footnote on the Bottom of the</u> <u>Nutrition Facts Label</u>

Percent Daily Va Your Daily Value your calorie need	s may be highe	ion a 2,000 er or lower d	calorie diet. epending on
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrat	e 🔪	300g 🖌	375g
Dietary Fiber		25g	30g

#### (#5 on sample label)

Note the \* used after the heading "%Daily Value" on the Nutrition Facts label. It refers to the Footnote in the lower part of the nutrition label, which tells you "%DVs are based on a 2,000 calorie diet". This statement must be on all food labels. But the remaining information in the full footnote may not be on the package if the size of the label is too small. When the full footnote does

appear, it will always be the same. It doesn't change from product to product, because it shows recommended dietary advice for all Americans--it is not about a specific food product.

Look at the amounts circled in red in the footnote--these are the Daily Values (DV) for each nutrient listed and are based on public health experts' advice. DVs are recommended levels of intakes. DVs in the footnote are based on a 2,000 or 2,500 calorie diet. Note how the DVs for some nutrients change, while others (for cholesterol and sodium) remain the same for both calorie amounts.

# How the Daily Values Relate to the %DVs

Look at the example below for another way to see how the Daily Values (DVs) relate to the %DVs and dietary guidance. For each nutrient listed there is a DV, a %DV, and dietary advice or a goal. If you follow this dietary advice, you will stay within public health experts' recommended upper or lower limits for the nutrients listed, based on a 2,000 calorie daily diet.

Examples of DVs versus %DVs Based on a 2,000 Calorie Diet			
<u>Nutrient</u>	DV	<u>%DV</u>	Goal
Total Fat	65g	= 100% DV	Less than
Sat Fat	20g	= 100% DV	Less than
Cholesterol	300mg	= 100% DV	Less than
Sodium	2400mg	= 100% DV	Less than
Total Carbohydrate	300g	= 100% DV	At least
Dietary Fiber	25g	= 100% DV	At least

# Upper Limit - Eat "Less than"...

The nutrients that have "upper daily limits" are listed first on the footnote of larger labels and on the example above. Upper limits means it is recommended that you stay below - eat "less than" - the Daily Value nutrient amounts listed per day. For example, the DV for Saturated fat (in the yellow section) is 20g. This amount is 100% DV for this nutrient. What is the goal or dietary advice? To eat "less than" 20 g or 100%DV for the day.<

# Lower Limit - Eat "At least"...

Now look at the section in blue where dietary fiber is listed. The DV for dietary fiber is 25g, which is 100% DV. This means it is recommended that you eat "at least" this amount of dietary fiber per day.

The DV for Total Carbohydrate (section in white) is 300g or 100%DV. This amount is recommended for a balanced daily diet that is based on 2,000 calories, but can vary, depending on your daily intake of fat and protein.

Sites that can also help with understanding food labels include:

## The Food Label and You (1996)

Video demonstrates how consumers can quickly and easily use the food label.

Printer friendly version of this document in PDF format

<u>High resolution Nutrition Facts Label Images for Download</u> (EPS format, as compressed EXE file)

Happy Birthday

to

# Cur Members born in February

Gabriella Hunter – February 10 Zelda Gillan – February 13 Linda Belsome – February 17

#### Desk and Derrick Club of the Westbank College Scholarship Guidelines

#### **General Guidelines for All Applicants:**

- Must submit application through an active Westbank D&D Member. All active WESTBANK CLUB MEMBERS are encouraged to apply for the scholarship, provided they meet the guidelines.
- Graduating high school seniors must provide copies of <u>both</u> GPA and ACT scores. Proof of <u>cumulative</u> GPA with a minimum of 2.5 and/or ACT of 21 is needed to qualify. Proof of these scores must be on an official school-issued document with student name and ID#.
- Current college students must submit proof of <u>cumulative</u> GPA of 2.5 or higher on official school-issued document with student name and ID#.
- All applicants must submit completed application form, including all requested documentation, <u>by March 1<sup>st</sup> each year to your D&D Sponsor</u>. Incomplete applications or those received after the deadline will be disqualified.
- 4. No applicant will be granted more than four annual Scholarship Awards (need not be four continuous years).
- All applicants must provide at least one letter of recommendation (from someone <u>other than</u> D&D Sponsor or immediate family member).
- 6. All applicants must provide a letter or essay detailing intended field of study and educational goals.

## **First Time Applicants:**

- 1. Must comply with all General Guidelines for All Applicants.
- 2. Must provide a Letter of Acceptance from the college or university attending.

## Desk and Derrick Sponsor Responsibilities:

The Desk and Derrick Sponsor must write and submit a letter to the committee detailing their personal knowledge of the applicant. This letter, the application, and all attachments MUST be submitted to the Scholarship <u>Chairman</u> or be postmarked by March 15<sup>th</sup> and mailed to: Desk and Derrick Club of the Westbank Scholarship Chairman. P.O. Box 2875 Gretna, LA 70054-2875

Scholarship awards will be issued from available funds no later than June 30<sup>th</sup> of each year. Scholarship checks will be issued jointly to the scholarship recipient and the appropriate college/university or college bookstore.

## **RETURN THIS APPLICATION TO YOUR SPONSOR FOR SUBMISSION**

Name:			
Address:			
City:	State:		Zip:
Home Phone:			
Cumulative GPA:	ACT Score:		
Status (# of credits/hours):	Full Time:	Pa	•t Time:
Field of Study:			
College Accepted to/Attending:			
Personal Goals:			
School or Club Activities:			
Community Service Activities:			
Personal Interest/Hobbies:			
Are you employed? Yes: No:			-
Comments:			
•		y awandad th	a amount and the
List any scholarships, including TOPS expenses covered.			
Desk and Derrick Sponsor Signature:			
Desk und Derrick Sponsor Signature.			

All applications must be submitted with requested documentation (see Scholarship Guidelines) to Desk & Derrick sponsor by March 1<sup>st</sup> of each year.

NAME OF CON	TRIBUTOR:
ADDRESS OF C	CONTRIBUTOR:
TYPE OF CONT	RIBUTION (please list individual's name under type of donation):
CONGRATULA	TIONS:
GUEST SPEAKE	ER:
IN MEMORY OF	F:
OTHER:	
NAME OF PERS	SON TO RECEIVE ACKNOWLEDGEMENT OF CONTRIBUTION:
NAME:	
ADDRESS:	
	ONTRIBUTION: \$
DATE OF CONT	
PLEASE SEND (	COMPLETED FORM, ALONG WITH CONTRIBUTION, TO:
	Desk and Derrick Club of the Westbank Scholarship Fund
	P.O. Box 2875 Gretna, LA 70054-2875
	(504) 366-3412 – Vonette Edwards, Chairman
MAKE CHECKS I	PAYABLE TO: DESK AND DERRICK CLUB OF THE WESTBANK

# DESK & DERRICK CLUB OF THE WESTBANK 2009 MEETING DATES

## **BOARD MEETINGS**

JANUARY 21, 2009 FEBRUARY 18, 2009 MARCH 11, 2009\* APRIL 15, 2009 MAY 20, 2009 JUNE 17, 2009 JULY 15, 2009 AUGUST 19, 2009 SEPTEMBER 23, 2009\*\* OCTOBER 21, 2009 NOVEMBER 11, 2009\*\*\* DECEMBER 9, 2009\*\*\*\*

## **MEMBERSHIP MEETINGS**

JANUARY 28, 2009 FEBRUARY 26, 2009 MARCH 18, 2009\* APRIL 22, 2009 MAY 27, 2009 JUNE 24, 2009 JULY 22, 2009 AUGUST 26, 2009 SEPTEMBER 30, 2009\*\* OCTOBER 28, 2009 NOVEMBER 18, 2009\*\*\* DECEMBER 16, 2009\*\*\*\*

\*THE MARCH BOARD AND MEMBERSHIP MEETING MOVED UP DUE TO REGIONAL MEETING.

\*\* THE SEPTEMBER BOARD AND MEMBERSHIP MOVED DUE TO ADDC CONVENTION.

\*\*\*THE NOVEMBER BOARD AND MEMBERSHIP MEETINGS MOVED UP DUE TO THANKSGIVING.

\*\*\*\*THE DECEMBER BOARD AND MEMBERSHIP MEETINGS MOVED UP DUE TO CHRISTMAS.

ALL BOARD MEETINGS WILL BE HELD AT 110 MU STREET BELLE CHASSE, LA UNLESS NOTIFIED OTHERWISE.

ALL MEMBERSHIP MEETINGS WILL BE HELD AT, THE FOUR COLUMNS 3711 WESTBANK EXPRESSWAY, HARVEY, LA. UNLESS NOTIFIED OTHERWISE.

ALL BOARD MEETINGS AND GENERAL MEMBERSHIP MEETINGS BEGIN AT 6:00 PM

**REGION III MEETING**: March 25-28, 2009 in New Orleans, La – hosted by the New Orleans Club

#### ADDC CONVENTIONS

September 14-20, 2009 in Calgary Albert, Canada-hosted by the Alberta Foothills Club September 21-25 2010 in Houston, Texas-hosted by the Houston Club September 21-25, 2011 in St Louis, Mo-hosted by Region II

# February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	
15	16 Presidents' Day	17	18 board meeting	19	20	21
22	23	24 Maudi Guas	25 Westbank Oil Patch Page 42	26 general meeting	27	28

# March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 board meeting	12	13	14
15	16	17	18 general meeting	19 St. Joseph Day	20	21
22	23	24	R	EGIONA New Orlea Marcl	27 L MEETI ns, Louisiana 1 25 - 28 ntown-Supe	
29	30	31	Pu Westbank Oil Patch Page 43	Registrat	Region III ion Packet ebruary Bulle	etin

On the inside back cover, you will find the **New Member Application for 2008.** THIS FORM NEEDS TO BE USED FOR <u>NEW MEMBERS ONLY</u>. Because of the database system used at ADO these are the fields that are recognized. All potential members must fill in <u>ALL OF THE FIELDS</u>, including Area Codes!!! Be sure to complete the section about **receiving the D&D Journal online.** The only field that does not need to be filled in is the Member Number. This will be assigned by ADO.

Upon completion of this application, please enclose it along with your check for \$50.00 payable to the Desk and Derrick Club of the Westbank and send to:

Elaine Lesnak Membership Chairman P. O. Box 2875 Gretna, LA 70056

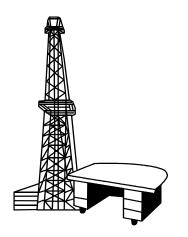
Renewal forms for previous members have been distributed by the Club Membership Committee Chairperson.



# Association of Desk and Derrick Clubs 2009 Membership Application

The Association of Desk and Derrick Clubs is a non-profit educational organization whose purpose is to promote the educational and professional development of individuals employed in or affiliated with the petroleum, energy, and allied industries. Our motto is "Greater Knowledge – Greater Service."

Last Name:		Preferred Mailing Address:	O=Office H=Home			
First Name:	MI:	Member No.:	Region:			
M/F (Gender):	Bday (mm/dd):	Club:				
Company Name:		Membership Type: Membe	r			
Job Title:						
Company Address:		Home Address:				
City:	State:	City:	State:			
Country:	Country: Postal/Zip:		Postal/Zip:			
Office Phone:( )		Home Phone: ( )				
Office Fax: ( )		Home Fax: ( )				
Primary E-mail:		Secondary E-mail:				
How did you learn about us? Would you prefer to receive The Desk and Derrick Journal online? Y=Yes N=No						
Association of Desk an deductible as CHARITA may qualify as BUSINE	es and Donations to the d Derrick Clubs are not tax ABLE CONTRIBUTIONS but SS DEDUCTIONS on Federal DUES WILL NOT BE USED	Release Name: For purposes of membership recruiting, I authorize the Association of Desk and Derrick Clubs to release my name as part of a list of ADDC members.				
FOR LOBBYING PURF	POSES.	Release Name: Y=Yes N=No				
Corporate Contribution: Amount \$ Local Regional Association						
Signature:		Date:				
Dues:		Send to:				



Cheryl LeBoeuf, President Desk and Derrick Club of the Westbank P.O. Box 2875 Gretna, LA 70054-2875