

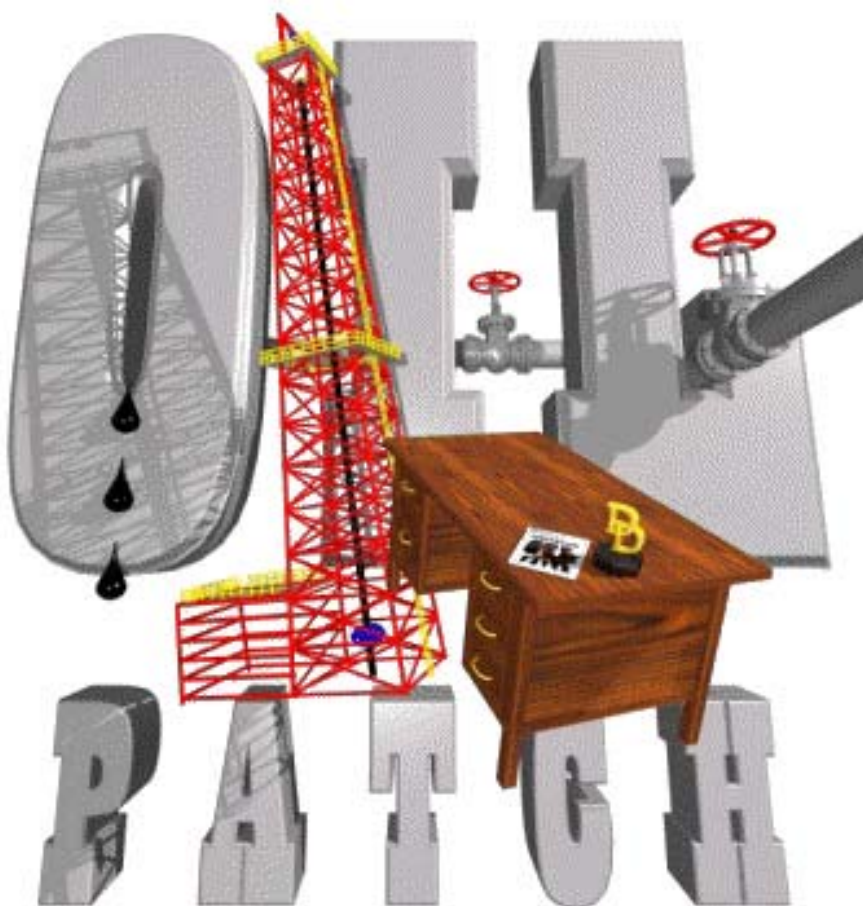
# DESK & ERRICK CLUB of the WESTBANK

Volume 33

January 2009

Number 1

## WESTBANK





### **ADDC President**

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### **Region III Director**

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M-I SWACO

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### **Westbank President**

Cheryl Le3Boeuf

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# Motto

## Greater Knowledge - Greater Service

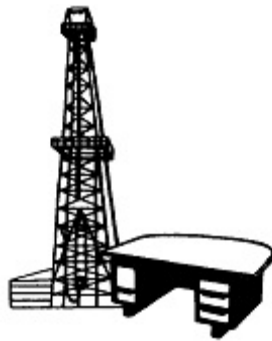
### CLUB PURPOSE

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) 301-9099 or [gagui811@cox.net](mailto: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](mailto:theresabadams@bellsouth.net)  
**Club web site: <http://www.westbankdandd.org>**  
Cover artwork by Superior Software Design

# **Guide to Knowledge –**

## **January 2009**



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# Association Information



# President's Newsletter



**Reginia Garner**  
President

reginia@pvt.n.net  
reginiagarner@mackenergycorp.com

January 2009

Greetings ADDC Members!

As I've been preparing to begin the new year, it suddenly occurred to me how quickly the time has flown since Convention in Midland. Your 2009 Board is anxiously planning for the annual Budget and Planning Meeting to be held in Albuquerque in late January. I can hardly believe it is already time for the reports and recommendations from all our committees and Board members as we prepare to make 2009 another great year for ADDC.

I hope each and every one of you is excited about the coming year and are making your resolutions. Please remember to include at least one resolution that involves Desk and Derrick and your commitment to making 2009 a year filled with enthusiasm and participation. Maybe the theme I've chosen will give you a few ideas. Whatever you can *Imagine* and *Believe* for you or your club can be *Achieved* with teamwork and involvement. I'm sure every local club is eager to present you with fascinating prospective speakers, field trips and community projects. Get your calendars ready to fill with all the educational and inspirational events being planned for you.

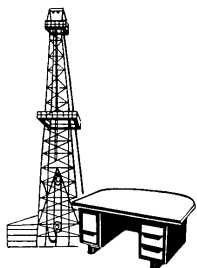
Each Region is already in the planning stages for Regional Meetings throughout the Spring. It all begins in late March with Region III in New Orleans, LA and continues through April, finding Region IV in Victoria, TX, Region VI in Oklahoma City and Region V in Pampa, TX and draws to a close in May with Region II in Fairview Heights, IL, Region I in Cambridge Springs, PA and Region VII in Grande Prairie, AB. Watch for more information concerning each meeting – there should be exciting field trips and seminars galore for you to explore. Then, before you know it we'll be preparing to head North to Calgary to join the Alberta Foothills Club in *Celebrating Western Spirit*. Are you getting excited yet thinking of all these opportunities to increase your involvement in D&D?

Don't ever forget – the most essential part of the Association of Desk and Derrick clubs is you. Without you and your commitment to the organization, we would be lost. Your involvement, your commitment and your enthusiasm bring us to life and are the primary reason we exist. The 2009 Board of Directors thanks you for your support and the confidence you have bestowed upon us and are honored to lead and represent you.

Happy New Year!!

*Reginia*

"When you do nothing, you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better." *Maya Angelou*



ASSOCIATION OF  
DESK AND DERRICK  
CLUBS

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

<b>Name/Member Info</b>	<b>O/H</b>	<b>Office Info</b>	<b>Home Info</b>	<b>Phones</b>
<b>Reginia Garner</b> President Artesia <b>YrMemb:</b> 1981 <b>Bday:</b> 02/27 Accountant/Bookkeeper	H	Silver Oak Drilling , LLC PO Box 1370 Artesia, NM 88211-1370 reginiagarner@mackenergycorp.com	803 W Centre Ave Artesia, NM 88210 reginia@pvt.net	(505) 748-1288 O (505) 746-9539 F (505)748-3444 H
<b>Donna Siburt</b> President Elect Tuscarawas Valley <b>YrMemb:</b> 1992 <b>Bday:</b> 06/18 Business Performance Analyst	O	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
<b>Angelia Duplessis</b> Vice President Westbank <b>YrMemb:</b> 1978 <b>Bday:</b> 12/09 HR Support Spclst-Payroll	O	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
<b>Judi Adams</b> Secretary Houston <b>YrMemb:</b> 1990 <b>Bday:</b> 08/28 Administrative Associate	O	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
<b>Ruby Redington</b> Treasurer Bartlesville <b>YrMemb:</b> 1998 <b>Bday:</b> 06/19 Analyst	O	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
<b>Sheryl Minear</b> Imm. Past President Abilene <b>YrMemb:</b> 1983 <b>Bday:</b> 10/11 Account Representative	O	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
<b>Misty Hendricks</b> Executive Assistant Artesia <b>YrMemb:</b> 1992 <b>Bday:</b> 03/01 Owner	O	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
<b>Nell Lindenmeyer</b> Parliamentarian Farmington <b>YrMemb:</b> 1976 <b>Bday:</b> 07/10 Engineering Tech	O	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
<b>Andre' Martin</b> ADO Manager  <b>YrMemb:</b> 2005 <b>Bday:</b> 02/17 ADO Manager	O	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

O/H - Preferred Mailing Address

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

<b>Name/Member Info</b>	<b>O/H Office Info</b>	<b>Home Info</b>	<b>Phones</b>
<b>Christine Wolfe</b> Region I Buckeye <b>YrMemb:</b> 2001 <b>Bday:</b> 02/20 Administrative Assistant	O    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
<b>Marsha Bundy</b> Region II Little Egypt <b>YrMemb:</b> 1995 <b>Bday:</b> 10/16 Operations Technician I	H    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
<b>Elaine Lesnak</b> Region III Westbank <b>YrMemb:</b> 1995 <b>Bday:</b> 11/01 Sr Accounting Clerk	O    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
<b>N Lois Roberts</b> Region IV Fort Worth <b>YrMemb:</b> 1993 <b>Bday:</b> 05/26 Branch Office Administrator	H    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) 236-3852 H
<b>Linda Clark</b> Region V Farmington <b>YrMemb:</b> 2004 <b>Bday:</b> 08/28 N/A	O    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 <b>YrMemb:</b> 1997 <b>Bday:</b> 01/27 Admin Asst./Engineering Tech	O    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
<b>Brian Carter</b> Region VII Alberta Foothills <b>YrMemb:</b> 2003 <b>Bday:</b> 12/31 Sr Security Advisor	H    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**  
**2009 ADDC Committee Chairmen**

<i>Name/Member Info</i>	<i>O/H</i>	<i>Office Info</i>	<i>Home Info</i>	<i>Phones</i>
<b>Standing Committees</b>				
<b>Shingleton, Lorena 1140044</b> Club Bylaws Review Reg: I West Virginia YrMemb: 2005 Bday: 04/30 Paralegal	O	Steptoe & Johnson PLLC PO Box 1588 Charleston, WV 25326 lorena.shingleton@steptoe-johnson.com	1812 Cliffview Ave Charleston, WV 25312	(304) 556-8246 O (304) 353-8180 F (304) 342-5296 H
<b>Oelze, Kimberly 2050017</b> Education Reg: II Heartland Sou Illinois YrMemb: 1982 Bday: 06/04 Manager	O	Oelze Equipment Company LLC PO Box 325 Nashville, IL 62263 genchaos1@aol.com	N/A Nashville, IL 62263	(618) 327-9111 O
<b>Cook, Susan 6110021</b> Membership Reg: VI Tulsa YrMemb: 1987 Bday: 02/06 Office Manager	O	Elson Oil Company 20 E. 5th St., Ste 1404 Tulsa, OK 74103-4429 susan@elsonoil.com	HC 67 Box 328 Skiatook, OK 74070 fishingfools1@aol.com	(918) 584-5225 O (918) 584-5226 F (918) 396-3643 H
<b>Bauer, Maxine 6040066</b> Program Reg: VI Butler County YrMemb: 2002 Bday: 10/17 Accountant	O	Frontier El Dorado Refining Co PO Box 1121 El Dorado, KS 67042 mbauer@frontieroil-eld.com	10061 SW Parkview Rd Augusta, KS 67010 donbauer@sbcglobal.net	(316) 321-8362 O (316) 321-8206 F (316) 742-3706 H
<b>Bailey, Sherlee 8020108</b> Public Relations Reg: V Bakersfield YrMemb: 1999 Bday: 04/11 Admin Assistant/External Affairs	O	Western States Petroleum Assn 901 Tower Way Ste 300 Bakersfield, CA 93309 sherlee@wsipa.org	317 Curnow Rd Bakersfield, CA 93307 sbailey1@bak.rr.com	(661) 321-0884 O (661) 321-9629 F (661) 833-3791 H
<b>Horton, Audra 5010013</b> Rules Reg: V Abilene YrMemb: 1979 Bday: 10/18 Office Manager	O	Geological Research Center LLC 1157 N 5th St Abilene, TX 79601 grcabilene@midlandmap.com	1602 N 4th St Merkel, TX 79536 herold@camalott.com	(325) 673-5057 O (325) 672-2579 F (325) 928-5016 H
<b>Hasse, Star 4070190</b> Tax Exempt Reg: IV Dallas YrMemb: 1996 Bday: 10/11	O	Fairway Resources, LLC 538 Silicon Dr., Ste. 101 Southlake, TX 76092 shasse@fairwayresources.com	2600 E Southlake Blvd #120-313 Southlake, TX 76092 skhasse@sbcglobal.net	(817) 416-1946 O (817) 416-1949 F (214) 348-0977 H
<b>Kellgren, Maida 7060057</b> Tax Exempt Reg: VII Edmonton YrMemb: 1972 Bday: 02/14 N/A	H	WH Stuart & Associates N/A Beaumont, AB T4X 1A5	5413 56th St Beaumont, AB T4X 1A5 maida@shaw.ca	(780)929-5880 H

**Special Committees**

**Association of Desk and Derrick Clubs**  
**2009 ADDC Committee Chairmen**

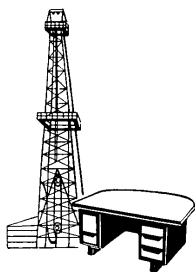
<i>Name/Member Info</i>	<i>O/H</i>	<i>Office Info</i>	<i>Home Info</i>	<i>Phones</i>
<b>Special Committees</b>				
<b>Carter, Marilyn 7010009</b> 2009 GAC Reg: VII Alberta Foothills YrMemb: 1985 Bday: 06/16 Invoice/Cost Administrator	O	Canadian Natural Resources Ltd 2500, 855 - 2 Street SW Calgary, AB T2P 4J8 marilyn.carter@cnrl.com	42 Pomenade Way SE Calgary, AB T2Z 3R4 marilyn.carter@shaw.ca	(403) 386-5056 O (403) 517-7438 F (403)241-7267 H
<b>Cook, Patricia 4150004</b> 2010 GAC Reg: IV Houston YrMemb: 1977 Bday: 12/28 Graphics Supervisor	H	KPMG LLP 700 Louisiana Houston, TX 77002 pcook@kpmg.com	PO Box 55162 Houston, TX 77255-5162 pcook43@sbcglobal.net	(713) 319-2762 O (281) 605-5293 F (713) 589-3358 H
<b>Weaver, Cindy 2010022</b> 2011 GAC Reg: II Bay Area YrMemb: 1983 Bday: 12/20 Operations Manager	H	Walton Agency Inc. PO Box 3029 Jackson, MI 49204 cweaver@waltonagency.com	12000 Sutfin Rd Horton, MI 49246 cd-weaver@hotmail.com	(517) 787-2600 O (517) 787-3857 F (517) 529-4621 H
<b>Pyles, Cathy 1090085</b> ADDC Manuals Review Reg: I Ohio Valley YrMemb: 1997 Bday: 07/10 Lease Administrator	O	Triad Resources Inc PO Box 430 Reno, OH 45773 cpyles@triadcompanies.net	Rt 2 Box 309 Middlebourne, WV 26149	(740) 374-2940 O (740) 374-5270 F (304) 758-2260
<b>Adams, Judi 3160086</b> Certification Reg: IV Houston YrMemb: 1990 Bday: 08/28 Administrative Associate	O	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
<b>Carscadden, Sue 2120004</b> Contest Reg: II Bay Area YrMemb: 1989 Bday: 12/18 Executive Assistant	O	Eagle Investments Inc PO Box 348 Traverse City, MI 49685-0348 scarscadden@eagleinvestments.us	2954 English Woods Traverse City, MI 49686	(231) 933-3233 O (231) 933-3253 F (231) 946-1641 H
<b>McClellan, Maureen 7020338</b> Credentials Reg: VII Calgary YrMemb: 1990 Bday: 07/14 Management Associate	O	Imperial Oil Resources PO Box 2480 Stn M Calgary, AB T2P 0H6 maureen.mcclellan@esso.ca	46 Atlanta Cres SE Calgary, AB T2J 0Y1 mcclellan3@telus.net	(403)237-3787 O (403)237-4026 F (403)255-7010 H
<b>Haynes, Rebecca "Becky" 5090041</b> DDJ Reg: V Farmington YrMemb: 1990 Bday: 02/15 Account Manager	O	Compressor Systems Inc PO Box 1886 Bloomfield, NM 87413 becky.haynes@compressor-systems.com	PO Box 1002 Flora Vista, NM 87415	(505)632-5501 O (505)632-8985 F (505)334-0619 H
<b>Vaughan, Kyla 5090090</b> DDJ Reg: V Farmington YrMemb: 1994 Bday: 11/30 Regulatory Compliance	O	XTO Energy Inc 382 CR 3100 Aztec, NM 87410 kyla_vaughan@xtoenergy.com	PO Box 1293 Farmington, NM 87499	(505) 333-3159 O (505) 213-0544 F (505) 330-3697 H

**Association of Desk and Derrick Clubs**  
**2009 ADDC Committee Chairmen**

<i>Name/Member Info</i>	<i>O/H</i>	<i>Office Info</i>	<i>Home Info</i>	<i>Phones</i>
<b>Special Committees</b>				
<b>Cook, Patricia 4150004</b> Energy Activity Book - Series 2 Reg: IV Houston YrMemb: 1977 Bday: 12/28 Graphics Supervisor	H	KPMG LLP 700 Louisiana Houston, TX 77002 pcook@kpmg.com	PO Box 55162 Houston, TX 77255-5162 pcook43@sbcglobal.net	(713) 319-2762 O (281) 605-5293 F (713) 589-3358 H
<b>Wagner, Julie 1020075</b> Leadership Resource Reg: I Buckeye YrMemb: 1998 Bday: 12/16 Advanced IT Integrator	O	Marathon Petroleum Company LLC 539 S Main St Rm 2104 Findlay, OH 45840 jmwagner@marathonoil.com	421 Rector Ave Findlay, OH 45840 wagner_jm@yahoo.com	(419) 421-2501 O (419) 421-2462 F (419) 427-0245 H
<b>Shaffer, Rena 5170057</b> Long Range Planning Reg: V Wichita Falls YrMemb: 1987 Bday: 02/12 Executive Assistant	O	Eagle Oil & Gas Co. 2525 Kell Blvd., Ste. 510 Wichita Falls, TX 76308-1061 rena@eagleog.com	4810 K Mart Dr Wichita Falls, TX 76308	(940) 723-7322 O (940) 723-1478 F (940) 696-1452 H
<b>Cook, Patricia 4150004</b> Nominating Reg: IV Houston YrMemb: 1977 Bday: 12/28 Graphics Supervisor	H	KPMG LLP 700 Louisiana Houston, TX 77002 pcook@kpmg.com	PO Box 55162 Houston, TX 77255-5162 pcook43@sbcglobal.net	(713) 319-2762 O (281) 605-5293 F (713) 589-3358 H
<b>Weeks, Ada 3050269</b> Publications Reg: III Lafayette YrMemb: 1988 Bday: 03/23 Sr. Office Manager	O	Weatherford International 200 St. Nazaire Rd. Broussard, LA 70518 ada.weeks@weatherford.com	204 Rue Plaisance Youngsville, LA 70592 aweeks1@bellsouth.net	(337) 837-1899 O (337) 837-5922 F (337) 837-6549 H
<b>Walker, Diana 5170024</b> Scrapbook Reg: V Wichita Falls YrMemb: 1980 Bday: 10/24 Draftsman	O	Stephens Engineering PO Box 2249 Wichita Falls, TX 76307-2249 dwalker@sjoc.net	200 Piute Trail Wichita Falls, TX 76310-8397	(940) 716-5344 O (940) 723-8113 F (940) 767-3518 H
<b>Lewis, Rebecca "Becky" 5170159</b> Scrapbook Reg: V Wichita Falls YrMemb: 2004 Bday: 02/07 Draftsman	O	Stephens Engineering 811 6th St Ste 300 Wichita Falls, TX 76301 blewis@sjoc.net	200 Piute Trl Wichita Falls, TX 76310 dstars911@yahoo.com	(940) 716-5344 O (940) 723-8113 F (940) 767-3518 H
<b>Hildebrant, Shelly 2120077</b> Tally Reg: II Bay Area YrMemb: 2000 Bday: 08/20 Executive Assistant	O	Northern Tank Truck Serv Inc PO Box 8 Waters, MI 49797 ntts@i2k.com	99 Old Colony Gaylord, MI 49735	(989) 732-7531 O (989) 732-9578 F (231) 546-3430 H
<b>Durham, Karol 6090265</b> Trade Show Reg: IV Houston YrMemb: 1994 Bday: 04/29 Senior Production Analyst	H	Hess Corporation 500 Dallas Street Houston, TX 77002 kdurham@hess.com	10103 Sands Trail Ct Houston, TX 77064 tylertxn@aol.com	(713) 609-4940 O (713) 609-5253 F (281) 970-0519 H

**Association of Desk and Derrick Clubs**  
**2009 ADDC Committee Chairmen**

<i>Name/Member Info</i>	<i>O/H</i>	<i>Office Info</i>	<i>Home Info</i>	<i>Phones</i>
<b>Special Committees</b>				
<b>Montgomery, Melinda 4120106</b> Trade Show Reg: IV North Harris/Montgomery YrMemb: 1999 Bday: 01/27 Sr Engineering Technician	H	Greystone Oil & Gas LLP 1616 S Voss Rd Ste 400 Houston, TX 77057 melinda.montgomery@greystone.bz	31214 Fountainbrook Park Ln. Spring, TX 77386	(832) 333-4004 O (832) 333-4029 F (281) 367-2548 H
<b>Burak, Doris 7020311</b> Trade Show Reg: VII Calgary YrMemb: 1990 Bday: 06/18 Executive Assistant	O	Imperial Oil Resources 23075, 237 4th Ave SW Calgary, AB T2P 0H6 doris.burak@esso.ca	127 Cantrell Dr SW Calgary, AB T2W 2M5 burakd@telusplanet.net	(403) 237-4030 O (403) 237-4300 F (403) 238-4144 H
<b>Tenney, Charlene 1140050</b> Winning Image Photo Reg: I West Virginia YrMemb: 2005 Bday: 03/01 Paraprofessional	O	Toothman Rice PLLC PO Box 2407 Buckhannon, WV 26201 ctenney@toothmanrice.com	Rt 2 Box 214 Buckhannon, WV 26201	(304) 472-5550 O (304) 472-5577 F (304) 472-4721 H
<b>Ryan, Sheryl 5100253</b> Winning Image Photo Reg: V Midland YrMemb: 2003 Bday: 04/05 Systems Administrator	O	Key Energy Services 6 Desta Dr Ste 4400 Midland, TX 79705 sryan@keyenergy.com	2104 Western Midland, TX 79705 sheryl-james@yahoo.com	(432) 571-7413 O (432) 571-7475 F (432) 683-7655 H



**ASSOCIATION OF  
DESK AND DERRICK  
CLUBS**

**Board of Directors**

PRESIDENT  
**Reginia Garner**  
Silver Oak Drilling LLC

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Dominion East Ohio

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**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

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**Christine Wolfe**  
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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

**Audra Horton**  
2009 Rules Committee Chairman

c/o Geological Research Center, LLC  
1157 N. 5<sup>th</sup>  
Abilene, TX 79601

(325) 673-5057 H

[grcabilene@midlandmap.com](mailto:grcabilene@midlandmap.com)

December 19, 2008

TO: ALL CLUB PRESIDENTS

FROM: 2009 RULES COMMITTEE CHAIRMAN

SUBJECT: PROPOSED AMENDMENTS TO ADDC  
BYLAWS AND/OR STANDING RULES

In accordance with Article XXV-Amendments, Section 1, (a)-“...the proposed amendments are submitted in writing to the Chairman of the Rules Committee by an Association Officer, the Board of Directors, the Rules Committee, or a club prior to a deadline date set by the Board of Directors, such date not to be less than ninety (90) days prior to convention, and...”

A deadline date, postmarked, faxed, or emailed no later than Thursday, February 12, 2009 has been set for submitting proposed amendments to the ADDC Bylaws and/or Standing Rules to the Rules Committee for presentation to the delegates at the 2009 ADDC Convention.

If your club wishes to propose a change, please be sure to include your phone, fax number, or email address in your correspondence. If you or your club wishes to discuss the proposals before they are submitted, please feel free to call or email me.

It is very important to state the Article number or Standing Rule number as it **now reads**, and then state the wording you are proposing.

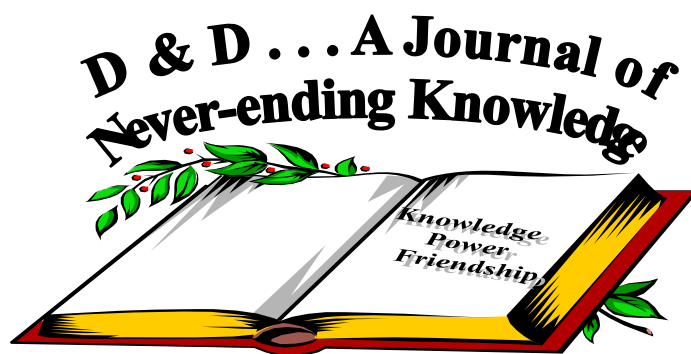
Please send your proposed amendments to the ADDC Bylaw and/or Standing Rules to me at the above address or email me at [grcabilene@midlandmap.com](mailto:grcabilene@midlandmap.com).

NOTE: Be sure to follow up after sending the proposed amendment(s) with either an email or phone call to be sure that I have received them.

Audra Horton  
2009 Rules Committee Chairman

Copy: Reginia Garner, 2009 ADDC President  
Donna Sibert, 2009 President Elect  
Nell Lindenmeyer, 2009 ADDC Parliamentarian

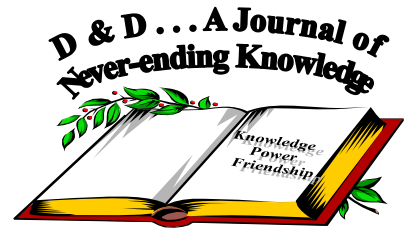
# Region Information



# Region III Director's Newsletter

Elaine Lesnak  
Region III Director

[elesnak@miswaco.com](mailto:elesnak@miswaco.com)



*January 2009*

*To: All Region III Members*

*Happy New Year to each and every one of you. I hope everyone had a great holiday.*

*My Journal of Knowledge already has a few entries. First was the installation of the Laurel Club on November 11<sup>th</sup>, then on to Morgan City on December 4<sup>th</sup>, Houma on December 9<sup>th</sup>, New Orleans on December 10<sup>th</sup> and my own Westbank Club on December 17<sup>th</sup>. These clubs impressed me with their commitment to our organization, industry and community. Their hospitality shown to me, my assistants Gaylen Guillory and Cheryl LeBoeuf and others who accompanied me was memorable. I look forward to installing Lafayette, Baton Rouge, Red River and El Dorado later in the year.*

*The Budget and Planning meeting will be held in Albuquerque, New Mexico January 23<sup>rd</sup> and 24<sup>th</sup>. If there are questions or concerns you would like me to address, please inform your Club President or contact me directly at (504)-368-1414 or [region3director@yahoo.com](mailto:region3director@yahoo.com).*

*Mark your calendars for March 25-28 for the Region III Meeting in New Orleans, LA. The New Orleans Club is hard at work planning an informative and fun filled Meeting.*

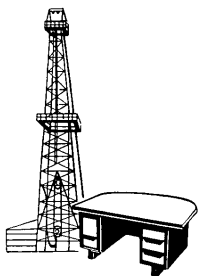
*Serving as our new Region III Treasurer is Joyce Perkins with the Lafayette Club. Joyce's information will be sent out shortly.*

*Dorothy Dishman with the Houma Club will serve as Chairman of the Nominating Committee for Region III Director. She will be sending out the information needed to your Club Presidents to nominate the 2010 Region III Director. I know we have quite a few qualified Members who would make a great Director.*

*Look forward to seeing everyone this year and thank you for allowing me to serve as your Region III Director.*

*Best Regards*

*Elaine*



ASSOCIATION OF  
DESK AND DERRICK  
CLUBS



## **REGION III NEEDS YOU!!**

Region III needs members to volunteer for the following regional representative positions:

Club Bylaws Review

Public Relations

Contest

Long Range Planning

Publications

WIPC

If you are willing to represent Region III,  
please contact Elaine Lesnak as soon as possible!

Phone: 504-368-1414  
email: [elesnak@miswaco.com](mailto:elesnak@miswaco.com)



Date: January 6, 2009

To: Desk and Derrick Club 2009 Presidents

Region III

From: Dorothy Dishman

Region III Nominating Chairman

Subject: Nominee for 2009 Region III Director

Good Luck to each and every one of you for stepping forward to serve your club as President for 2009! We are all looking forward to a very productive year and under your guidance, I know that will be achieved!

Our 2009 Region III Director, Elaine Lesnak has given us the task of searching for candidates for the 2010 Region III Director. We are fortunate in that Region III has many qualified candidates. Please discuss this with your club members at your next membership meeting or by email, whichever is quicker. Due to the Region III meeting being held early this year (March 25-27, 2009), time is an important factor in discussing this and submitting a nominee. In addition to this email, you will be mailed a hard copy.

The qualifications and the necessary form for submitting a nominee from your club are attached. If you have any questions, you may contact me by email at [ddishman1@comcast.net](mailto:ddishman1@comcast.net) or by calling me at 985-873-8320 or 985-856-6796 (cell).

Nominalizations and other pertinent information can be mailed to me at:

**Dorothy Dishman, 1761 Acadian Drive, Houma, LA 70363**

Please email and mail qualification forms back to me by January 25<sup>th</sup>, 2009. Thank you and I look forward to hearing from several of you soon.

Dorothy Dishman

Region III Nominating Chairman

ASSOCIATION OF DESK AND DERRICK CLUBS

**REGIONAL DIRECTOR QUALIFICATIONS FORM**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

COMPANY AFFILIATION: \_\_\_\_\_

DESK AND DERRICK ACTIVITIES:

ASSOCIATION:

CLUB:

HAS SERVED AS CONVENTION DELEGATE: YES \_\_\_ NO \_\_\_

HAS SERVED AS CONVENTION ALTERNATE: YES \_\_\_ NO \_\_\_

HAS ATTENDED \_\_\_ NUMBER OF CONVENTIONS.

HAS ATTENDED \_\_\_ NUMBER OF REGIONAL MEETINGS.

BUSINESS EXPERIENCE:

EDUCATIONAL BACKGROUND:

PERSONAL DATA:

DOES NOMINEE PLAN TO ATTEND THE \_\_\_(year)\_\_\_ ADDC CONVENTION: YES \_\_\_ NO \_\_\_

DATE: \_\_\_\_\_

SIGNATURE OF NOMINEE

REV 5-2005

## **WHAT IT TAKES TO BE A REGIONAL DIRECTOR**

### **ADDC Bylaws: Article IX - Nominations and Election of Officers**

**Section 1.** Nominees for any Association office shall be employed in the petroleum, energy, or allied industries. Nominees for Regional Director shall have served or be serving as a President of a Desk and Derrick Club. All nominees shall be bondable.

#### **Other Qualifications – Not required, but extremely important and helpful**

- Broad local club experience.
- Association Committee experience.
- Served as Delegate or Alternate to ADDC Convention.
- Convention and Regional Meeting attendance.
- Understanding of Desk and Derrick and its aims.
- Time for assigned responsibilities.

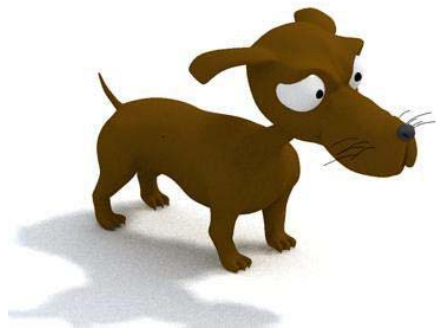
#### **Duties And Responsibility**

- Liaison between Clubs in Region and the Association Board.
- Regional Meeting.
- Monthly Newsletter.
- Attend Budget and Planning Meeting.
- Attend Association Pre-Convention Meeting (as Director-Elect and as Director).
- Attend Association Post-Convention Meeting.
- Correspondence (this is very important since it is the main method of communication).

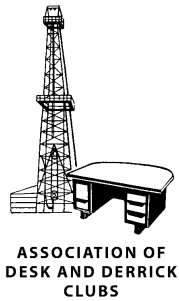
#### **Financial Assistance**

- Region Fund
  - Travel expenses as Director-Elect to Pre-Convention Board Meeting, Convention and Post-Convention Board Meeting (If provided by Region).
- ADDC Fund
  - Expenses to attend Budget and Planning Board Meeting as Director.
  - Expenses to attend Pre-Convention Board Meeting, Convention and Post-Convention Board Meeting as Director.
  - Other expenses as provided in current ADDC Budget.

# Westbank Club Information



*The Long and Short  
of Desk and Derrick*



**President's Letter**  
Cheryl LeBoeuf  
[cheryl@cmaaccess.com](mailto:cheryl@cmaaccess.com)



January 2009

Hello to 2009!! I hope that all of you had a Merry Christmas and a Happy New Year!

I'm very excited about the New Year! We will have some challenges ahead of us, but if we work together, we can get the job done.

My theme for this year is "The Long and Short of Desk and Derrick". The long signifies the club's longevity because the club has been in existence since 1976 and the short signifies the duration of my term as your president.

With the help of our members and our little mascot, the dachshund we hope to encourage new members to join, while renewing the interest of our current members to become more involved. Please renew your membership so you can be a part of this new exciting year!

The Officers and Board are here to serve you. The suggestion box will be at every meeting again this year and the suggestions will be read and discussed at the board meeting. Changes will be implemented if they are determined to be necessary and in the best interest of the club.

Our meetings will be held at The Four Columns from 6:00 p.m. to 9:00 p.m. We need to make every effort to begin and end our meetings on time because we will have to vacate the facility promptly at 9:00 p.m.

I will be using motions in 2009 to conduct the business of the club. This should make the meetings run more efficiently.

In January, we will be focusing on recruiting new members. I will do a mail out about our club to businesses on the Westbank with the help of Spartan Ind. Products.

I hope to see all of you at the January 28 meeting and I look forward to working with you!!

*Cheryl*

**Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.**

Oprah Winfrey

## 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](mailto:cheryll@cmaaccess.com)

### Vice President

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

[seawall4@cox.net](mailto:seawall4@cox.net)

### Treasurer

Robbye St. Pierre  
36 Grand Canyon Drive  
New Orleans, La 70131  
(504) 392-1045(h)  
(504) 392-8823 Fax  
[robbye.stpierre@gmail.com](mailto:robbye.stpierre@gmail.com)

### 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](mailto:angie.a.duplessis@conocophillips.com)

### Corresponding Secretary

Cora Bergeron  
125 Gardenia Lane  
Belle Chasse, La. 70037  
(504) 394-7538(h)  
(504) 615-6963©  
[cbqg@chervon.com](mailto:cbqg@chervon.com)

### Immediate Past President

Gaylen Guillory  
2204 Stall Drive  
Harvey, La. 70058  
(504) 367-2447(h)  
[gagui811@cox.net](mailto:gagui811@cox.net)

### Director

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

### 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](mailto:elesnak@miswaco.com)

### Parliamentarian

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

**2009 COMMITTEE CHAIRMEN**

<b>COMMITTEE</b>	<b>CHAIRMEN</b>	<b>E-MAIL ADDRESS</b>	<b>MAILING ADDRESS</b>
<b>AIMEE</b> Board Contact Self	Dawn Ott (504) 297-5700(o) (504) 606-2446(h)	<a href="mailto:gatasby@aol.com">gatasby@aol.com</a> <a href="mailto:dott@usagencies.com">dott@usagencies.com</a>	672 W. Niagara Terrytown, LA 70056
<b>BULLETIN/WEB</b> Board Contact Gaylen Guillory	Theresa Adams (985) 892-4015(h)	<a href="mailto:theresabadams@bellsouth.net">theresabadams@bellsouth.net</a>	300 Long Lake Drive Covington, La. 70435
<b>BYLAWS</b> Board Contact Self	Dawn Ott (504) 297-5700(o) (504) 606-2446(h)	<a href="mailto:gatasby@aol.com">gatasby@aol.com</a> <a href="mailto:dott@usagencies.com">dott@usagencies.com</a>	672 W. Niagara Terrytown, LA 70056
<b>ELECTION</b> Board Contact Elaine Lesnak	JoAnn Brown (504) 3934-4888(o) (504) 392-3328(h)	<a href="mailto:msjo4888@bellsouth.net">msjo4888@bellsouth.net</a>	19 Park Timbers Drive New Orleans, La. 70131
<b>FIELD TRIP</b> Board Contact Cora Bergeron	Linda Tillis (504) 520-8923 (o) (504) 362-4558 (h)	<a href="mailto:linda@spartan-industrail.com">linda@spartan-industrail.com</a>	P.O. Box 2345 Gretna, La. 70054
<b>FINANCE</b> Board Contact Angie Duplessis	Dottie Ancona (504) 835-6610(h)	<a href="mailto:dancona@cox.net">dancona@cox.net</a>	1448 Seminole Ave. Metairie, La. 70005
<b>GOLF TOURNAMENT</b> Board Contact Angie Duplessis	Angie Duplessis/Bonnie Wall (504) 656-3221 Angie (w) (504) 362-3671 Bonnie (h)	<a href="mailto:angie.a.duplessis@conocophillips.com">angie.a.duplessis@conocophillips.com</a> <a href="mailto:seawall@cox.net">seawall@cox.net</a> (Bonnie)	#3 Fernwood Street Gretna, La. 70056 (Bonnie) 1802 Farmington Place Gretna, La. 70056(Angie)
<b>GENERAL ARRANGEMENTS</b> Board Contact Self	Gaylen Guillory (504) 367-2447(h) (504) 301-9909©	<a href="mailto:gagui811@cox.net">gagui811@cox.net</a>	2204 Stall Drive Harvey, La. 70058
<b>IAN/SOCIAL</b> Board Contact Cora Bergeron	Cora Bergeron/Gabrilla Hunter (504) 394-7538 Cora (h) (504) 615-6963© (504) 481-0190 Gabrilla ©	<a href="mailto:cbgg@chervon.com">cbgg@chervon.com</a> (Cora) <a href="mailto:hunter.9873@bellsouth.net">hunter.9873@bellsouth.net</a>	125 Gardenia Lane Belle Chasse, La. 70037 (Cora) 5491 Green Park Drive Gonzales, La. 70737 (Gab)
<b>LEADERSHIP RESOURCE</b> Board Contact Self	Angie Duplessis (504) 367-9202 (h) (504) 656-3221(o) (504) 656-2013 (f)	<a href="mailto:angie.a.duplessis@conocophillips.com">angie.a.duplessis@conocophillips.com</a>	1802 Farmington Place Gretna, La. 70056
<b>MEMBERSHIP/ ORIENTATION</b> Board Contact Self	Elaine Lesnak (504) 374-0049(o)(504) 368-9271(f) (504) 341-2322(h) (504) 237-2322©	<a href="mailto:elesnak@miswaco.com">elesnak@miswaco.com</a>	M-I Swaco P. O. Box 317 Harvey, LA 70059
<b>MEMORY BOOK</b> Board Contact Cora Bergeron	Cora Bergeron/Linda Tillis (504) 394-7538 Cora (h) (504) 520-8923 (o) (504) 362-4558 (h)Linda	<a href="mailto:cbgg@chervon.com">cbgg@chervon.com</a> (Cora) <a href="mailto:linda@spartan-industrail.com">linda@spartan-industrail.com</a>	125 Gardenia Lane Belle Chasse, La. 70037 (Cora) P.O. Box 2345 Gretna, La. 70054(Linda)
<b>NOMINATING</b> Board Contact Robbye St. Pierre	Judy Guillot (504) 347-0022 (h) (504) 897-2886 (o) (504) 897-3761 (f)	<a href="mailto:judy.s.guillot.hvze@statefarm.com">judy.s.guillot.hvze@statefarm.com</a>	4005 Hillcrest Drive Marrero, La. 70072
<b>PROGRAM/ MONTHLY DECORATING</b> Board Contact Angie Duplessis	Angie Duplessis/Dottie Ancona (504) 367-9202 (h) Angie (504) 656-3221(o) Angie (504) 656-2013 (f) Angie (504) 835-6610(h) Dottie	<a href="mailto:angie.a.duplessis@conocophillips.com">angie.a.duplessis@conocophillips.com</a> <a href="mailto:dancona@cox.net">dancona@cox.net</a>	1448 Seminole Ave. Metairie, La. 70005(Dottie) 1802 Farmington Place Gretna, La. 70056 (Angie)
<b>PR/LIC/EMPLOYMENT</b> Board Contact Angie Duplessis	Pam Lauckner (504) 656-3087(O) (281) 923-2986	<a href="mailto:pamela.v.lauckner@conocophillips.com">pamela.v.lauckner@conocophillips.com</a> <a href="mailto:plauckner@yahoo.com">plauckner@yahoo.com</a>	3251 Wall Blvd., Apt 3101 Gretna, La. 70056
<b>SCHOLARSHIP</b> Board Contact Self	Gaylen Guillory (504) 367-2447(h) (504) 301-9909©	<a href="mailto:gagui811@cox.net">gagui811@cox.net</a>	2204 Stall Drive Harvey, La. 70058

Join us at the January Meeting of the  
Desk and Derrick Club of the Westbank

Wednesday, January 28, 2009

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

Speaker  
Charles Miller, III  
Waring & Associates

Topic  
Offshore Well Leasing System  
(OWL)

Dinner - Buffet \$20

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



## 2009 Mardi Gras Parade Schedule

Each year there are dozens of parades in New Orleans and the surrounding area, and this year is no different. Parades begin Friday, February 13, 2009 and continue until Mardi Gras day, February 24, 2009. Usually days have several parades booked back to back, so whether you are on St. Charles Avenue with the family, catching beads from a Central Business District balcony or enjoying the floats on Canal before a night in the French Quarter, plan for a day of Mardi Gras magic!

Pack clothing that is comfortable and can be layered, as the weather is often warm during the day and cooling off for the night parades. And don't be shy—wear a costume, especially on Mardi Gras day. It's all about fun!

New Orleans Parades during the 2009 Mardi Gras season include:

Friday, February 13, 2009		
<b>Oshun</b>	6:00 p.m.	Uptown
<b>Cleopatra</b>	6:30 p.m.	Westbank
<b>Pygmalion</b>	7:00 p.m.	Uptown
Saturday, February 14, 2009		
<b>Pontchartrain</b>	2:00 p.m.	Uptown
<b>Sparta</b>	6:00 p.m.	Uptown
<b>Pegasus</b>	6:45 p.m.	Uptown
Sunday, February 15, 2009		
<b>Alla</b>	Noon	Westbank
<b>Carrolton</b>	Noon	Uptown
<b>King Arthur</b>	1:15 p.m.	Uptown
Wednesday, February 18, 2009		
<b>Druids</b>	6:30 p.m.	Uptown
Thursday, February 19, 2009		
<b>Knights of Babylon</b>	5:45 p.m.	Uptown
<b>Muses</b>	6:15 p.m.	Uptown
<b>Chaos</b>	6:30 p.m.	Uptown
Friday, February 20, 2009		
<b>Hermes</b>	6:00 p.m.	Uptown
<b>Le Krewe D'etat</b>	6:00 p.m.	Uptown
<b>Morpheus</b>	7:00 p.m.	Uptown
Saturday, February 21, 2009		
<b>NOMTOC</b>	10:45 a.m.	Westbank
<b>Iris</b>	11:00 a.m.	Uptown
<b>Tucks</b>	Noon	Uptown
<b>Endymion</b>	4:15 p.m.	Uptown

<b>Sunday, February 22, 2009</b>		
<b>Okeanos</b>	11:00 a.m.	Uptown
<b>Mid-City</b>	11:45 p.m.	Uptown
<b>Thoth</b>	Noon	Uptown
<b>Bacchus</b>	5:15 p.m.	Uptown
<b>Monday, February 23, 2009</b>		
<b>Proteus</b>	5:15 p.m.	Uptown
<b>Orpheus</b>	6:00 p.m.	Uptown
<b>Tuesday, February 24, 2009</b>		
<b>Zulu</b>	8:00 a.m.	Uptown
<b>Rex</b>	10:00 a.m.	Uptown
Elks (Truck Parade)	Follows Rex	Uptown
Crescent City (Truck Parade)	Follows Elks	Uptown

## History of Mardi Gras

By Arthur Hardy

*"It took the city of New Orleans to transform the centuries-old celebration of Mardi Gras into America's Greatest Party."*

The celebration of Mardi Gras came to North America from Paris, where it had been celebrated since the Middle Ages. In 1699, French explorer Iberville and his men explored the Mississippi River from the Gulf of Mexico. On a spot 60 miles south of the present location of New Orleans, they set up camp on the river's West Bank. Knowing that the day, March 3, was being celebrated as a major holiday in France, they christened the site Point du Mardi Gras.

But Mardi Gras' roots predate the French. Many see a relationship to the ancient tribal rituals of fertility that welcomed the arrival of Spring. A possible ancestor of the celebration was the Lupercalia, a circus-like orgy held in mid-February in Rome. The early Church fathers, realizing that it was impossible to divorce their new converts from their pagan customs, decided instead to direct them into Christian channels. Thus Carnival was created as a period of merriment that would serve as a prelude to the penitential season of Lent.

In the late 1700s pre-Lenten balls and fetes were held in New Orleans. Under French rule masked balls flourished, but were later banned by the Spanish governors. The prohibition continued when New Orleans became an American city in 1803, but by 1823, the Creole populace prevailed upon the American governor, and balls were again permitted. Four years later street masking was legalized.

In the early 19th Century, the public celebration of Mardi Gras consisted mainly of maskers on foot, in carriages and on horseback. In 1837, a costumed group of revelers walked in the first documented "parade," but the violent behavior of maskers during the next two decades caused the press to call for an end to Mardi Gras. Fortunately, six New Orleanians who were former members of the Cowbellians, (a group that had presented New Year's Eve parades in Mobile since 1831), saved the New Orleans Mardi Gras by forming the Comus organization in 1857. The men beautified the celebration and proved that it could be enjoyed in a safe and festive manner. Comus coined the word "krewe" and established several Mardi Gras traditions by forming a secret Carnival society, choosing a mythological namesake, presenting a themed parade with floats and costumed maskers, and staging a tableau ball.



*Happy  
Birthday*

to

*Our Members born in January*

Dean Mehle -- January 6

Linda Tillis -- January 14

Debbie Brazeal -- January 27

Robbye St. Pierre -- January 27

James Hunter -- January 28

# *Nutrition Information*

by Theresa Adams

The NEW YEAR! Almost everyone decides to make changes to their lives for the new year – yes, we all seem to have good intentions and set up goals for ourselves. Yes, resolutions! Some of us voice them aloud and others simply keep them secret. Whatever your method - aloud or secretly – most of us fail to fulfill them within a few weeks.

It is difficult to set a goal and stick to it. However, with some willpower, proper success tools and the help of a relative or friend, we can succeed. The first step is to get the proper equipment for each of our resolutions.

**Resolution 1: Losing Weight** - Research various meal plans; decide on the one; write down the foods necessary to succeed; bring the list when shopping; buy ONLY the items on the list; remove temptations from pantry and fridge (don't eat them - throw away or give to someone).

**Resolution 2: Exercise More** - Check with a physician before beginning an exercise program . Once a safe type of exercise is determined, begin slowly. **Walk** - around the room to begin; increase the amount of time and distance once comfortable with the original schedule. **Swim or Ride a Stationery Bike** - begin slowly and increase the time and distances as needed. **Participate in a Sport** - again, begin slowly and increase activity when ready. There are numerous exercise/fitness gyms and programs available. Get off the couch and try one.

**Resolution 3: Organize** - Organizing can reduce stress in our lives. I always clean out closets and drawers during the first few weeks of the new year. It makes the areas neat and helps me to remember what I have so that I don't go buy more of the same items. It makes me feel organized and removes a burden of doing it later!

**Resolution 4: Be more tolerant of Others** - No one thinks or reacts exactly alike. Everyone is not YOU! Begin the day asking God for patience. We tend to worry about things that we have no control over - Don't worry – give the problem to God – and He will solve the problem in His time, not ours! This truly helps!

There are numerous resolutions made each year - too numerous to list here. The point is don't give up on resolutions and goals too quickly! When it seems too difficult, talk to friend or relative to get over the tough spot. DON'T GIVE UP!

You probably are asking yourself, what do resolutions have to do with nutrition?? Well, the less stress in life leads to a calmer self; this calmer self can concentrate on proper diet, exercise and focus on other areas in life.

Doctors Jennifer Nelson, M.S., R.D. and Katherine Zatersky, M.S., R.D. of Nutrition Wise included this message in their New Years column:

“Beyond our genetics, our lifestyle choices dictate our health. As you reflect on the lifestyle changes you'd like to make, **remember the goal is not a quick fix**. The goal is long-term health, and any changes to achieve it must be reasonable and realistic.

“As you look in the mirror and into your future, imagine your ideal reflected back at you as many puzzle pieces. And as with any puzzle, it will take time to put all the pieces in place. What's your first piece going to be?

“When you've decided, commit to it and create a plan for achieving it. Make sure your plan includes strategies for handling tempting situations and getting yourself back on track if you stray. Then act.”

In future months, Nutrition Information will focus on understanding food labels, the change to the food pyramid, important vitamins and minerals, etc.

***HAPPY NEW YEAR!***

***AND SUCCESS IN FULFILLING***

***YOUR RESOLUTIONS FOR 2009!***

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

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

1. 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.
2. Graduating high school seniors must provide copies of both GPA and ACT scores. Proof of **cumulative** 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#.
- 2a. Current college students must submit proof of **cumulative** GPA of 2.5 or higher on official school-issued document with student name and ID#.
3. All applicants must submit completed application form, including all requested documentation, **by March 1<sup>st</sup> each year to your D&D Sponsor.** **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).
5. All applicants must provide at least one letter of recommendation (from someone other than 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 Chairman 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.

**Desk and Derrick Club of the Westbank  
College Scholarship Application**

**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:** \_\_\_\_\_ **Part 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: \_\_\_\_ **Part Time:** \_\_\_\_ **Full Time:** \_\_\_\_ **Summer Only:** \_\_\_\_

**Comments:** \_\_\_\_\_

**Number of members in your household:** \_\_\_\_\_

**List any scholarships, including TOPS, which are currently awarded, the amount, and the expenses covered.** \_\_\_\_\_

\_\_\_\_\_

**Desk and 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.**

DESK AND DERRICK CLUB OF THE WESTBANK  
SCHOLARSHIP CONTRIBUTION/DONATION FORM

NAME OF CONTRIBUTOR: \_\_\_\_\_

ADDRESS OF CONTRIBUTOR: \_\_\_\_\_  
\_\_\_\_\_

TYPE OF CONTRIBUTION (please list individual's name under type of donation):

CONGRATULATIONS: \_\_\_\_\_

GUEST SPEAKER: \_\_\_\_\_

IN MEMORY OF: \_\_\_\_\_

OTHER: \_\_\_\_\_

NAME OF PERSON TO RECEIVE ACKNOWLEDGEMENT OF CONTRIBUTION:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

AMOUNT OF CONTRIBUTION: \$ \_\_\_\_\_

DATE OF CONTRIBUTION: \_\_\_\_\_

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 PAYABLE TO: DESK AND DERRICK CLUB OF THE WESTBANK







2009 Westbank Officers and Board



Cheryl LeBoeuf presents Gaylen Guillory with 2008 President's Plaque/Gavel

**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 25, 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 Alberta, 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

# January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>WISHING EVERYONE A HAPPY NEW YEAR!</b>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	<b>BOARD MEETING</b>			
25	26	27	<b>GENERAL MEETING</b>			
28	29	30	31	Westbank Oil Patch Page 28		

# February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
						
15	16	17	18	19	20	21
	 <b>Presidents' Day</b>		<b>BOARD MEETING</b>			
22	23	24	25	26	27	28
		 <b>GENERAL MEETING</b>				

On the inside back cover, you will find the **New Member Application for 2008**. THIS FORM NEEDS TO BE USED FOR **NEW MEMBERS ONLY**. Because of the database system used at ADO these are the fields that are recognized. All potential members must fill in **ALL OF THE FIELDS**, 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."

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*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:* **Member**  
*Job Title:* \_\_\_\_\_  
*Company Address:* \_\_\_\_\_ *Home Address:* \_\_\_\_\_  
*City:* \_\_\_\_\_ *State:* \_\_\_\_\_ *City:* \_\_\_\_\_ *State:* \_\_\_\_\_  
*Country:* \_\_\_\_\_ *Postal/Zip:* \_\_\_\_\_ *Country:* \_\_\_\_\_ *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

Note: Membership Dues and Donations to the Association of Desk and Derrick Clubs are not tax deductible as CHARITABLE CONTRIBUTIONS but may qualify as BUSINESS DEDUCTIONS on Federal and State Tax Returns. DUES WILL NOT BE USED FOR LOBBYING PURPOSES.

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.

Release Name: ☐ Y=Yes N=No

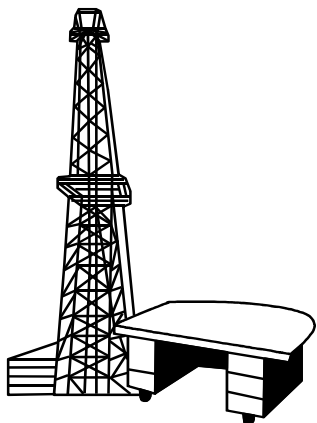
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Corporate Contribution: Amount \$ \_\_\_\_\_ Local ☐ Regional ☐ Association ☐

---

*Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Dues:* \_\_\_\_\_ *Send to:* \_\_\_\_\_



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