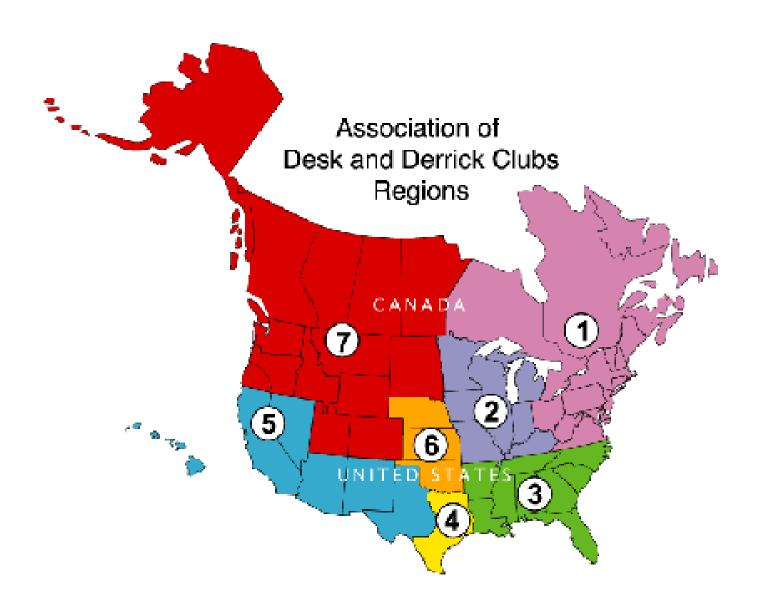


Volume 33 March 2009 Number 3

WESTBANK





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
elesnak@miswaco.com

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> March 2009



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Association Information





President's Newsletter

March 2009

March is Desk and Derrick Awareness Month throughout our Association. I know most of our clubs are planning special programs or activities to promote their clubs and the Association thereby helping to build and retain a positive community image. I can hardly wait to hear about them all!

As many of you are aware, the ADDC Board met in Albuquerque, NM late in January for the annual Budget and Planning Meeting. Your Board worked diligently to sort through the committee reports and proposed budget items and put together a workable budget. All our committees worked very hard putting together a myriad of potential programs and had fabulous ideas for us to consider. In addition, we've listened to the members who have expressed a desire to bring ADDC's image into the 21st Century. Therefore, keeping in mind these economically challenging times our members and industry are currently experiencing, we were faced with several difficult decisions. The following paragraphs provide a synopsis of some of those decisions.

Upon the advice of our CPA and attorneys, the Board is proposing several amendments to the ADDC Bylaws, not the least of which will ask you to consider a change to our purpose. We're also proposing changes in our auditing procedures and including a possible Dissolution Clause. When the Rules committee releases the Proposed Bylaw Amendments, please read the reasoning for these proposed changes carefully. Feel free to contact me or anyone on the board with questions you may have.

Several projects were revamped, some were cut entirely, while others were relegated to the Specially Budgeted Items area in an effort to keep our current year's Operating Budget within reason. I'm sure everyone understands that none of these decisions was made easily or with disregard. One such decision concerns the Winning Image Photo Contest. The committee presented a proposal to expand the WIPC, enlarging its scope of photos and proposing added awards. After much discussion, the Board determined that expansion in this area was not feasible and did not help promote ADDC's purpose. We, therefore, have asked the committee to actually downsize WIPC to bring it more in line with the AIMEE awards and to limit its scope to items pertaining only to D&D and our industries. The committee will rework the contest guidelines and entry forms accordingly and more formally introduce the new, streamlined WIPC to the members soon.

An item I'm particularly excited about concerns the Public Relations Committee. In an effort to advance our overall image, we approved Specially Budgeted funds for ads placed by the committee and approved their request to research the expense and feasibility of hiring a small advertising firm to develop a marketing strategy to help ADDC market itself. They will also develop a Request for Proposal including a Scope of Work to be sent to small firms with a bid request.

We invite all ADDC members to participate in a little experiment for 2009. The idea for this experiment grew from a budgetary discussion into an imagery discussion and



reginia@pvtn.net reginiagarner@mackenergycorp.com



finally developed into a decision by the Board to try something a little different at the Regional Meetings and Convention this year. We've decided to dispense with name badge ribbons this year. Some of you might ask why ... as I said, it began as a discussion concerning the cost of printing and maintaining an inventory of ribbons in ADO, but I believe our determining factor came about when discussing our professionalism and image within our own industry. When any of us attend other conferences within our industry scope, how many times do you see colored ribbons? Some will say that makes us unique, while others see it as a holdover from the era of Women's Clubs and Socials. Admittedly, this is only a small step we're taking toward a newer, more professional image, but it is, at the least, a first step.

We'd like to thank Ada Weeks, chairman, and the members of the Affiliated Review Committee. The committee took on the task of defining the term "affiliated" in relation to our membership requirements. Please read your B&P Highlights for exact wording. Now, when someone questions if one is eligible for membership although not employed directly in an energy industry, we have a definitive resource to consult.

Thanks also go to Immediate Past President Sheryl Minear. Sheryl has volunteered to examine all our ADDC and ADO forms and update them accordingly. She has already revised the Club Sales Approval Form and developed a request form for the new *Hard Hat Harry* costume donated to ADO last year by the Farmington Club.

Although a little more wordy this month than usual, I appreciate the opportunity to offer our members a glimpse at the processes your Board undertook on their behalf. We had to look at the situations we will all be facing during the upcoming years and try our best to keep ADDC on track to better serve all our members. Each Board faces unpopular or untried choices, but the 2009 Board feels we made the best decisions possible at the time and are confident the members will benefit.



The first step out the door is hardest. Each step after comes easier and faster, until one day you stop and realize you're free. How incredible to discover your greatest champion is you.

Author Unknown

Name/Member Info			O/H	Office Info	Home Info	Phones
Reginia Garner President Artesia YrMemb: 1981 B Accountant/Bookkeep		02/27	Н	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 C (505) 746-9539 F (505)748-3444 H
Donna Siburt President Elect Tuscarawas Valley YrMemb: 1992 B Business Performance	-	06/18 lyst	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 C (866) 368-2710 F (330) 875-3260 F
Angelia Duplessis Vice President Westbank YrMemb: 1978 B HR Support Spclst-Pa	•	12/09	0	ConocoPhillips PO Box 176 Belle Chasse, LA 70037 angie.a.duplessis@conocophillips.com	1802 Farmington PI Gretna, LA 70056	(504) 656-3221 C (504) 656-3000 F (504) 367-9202 F
Judi Adams Secretary Houston YrMemb: 1990 B Administrative Associ	-	08/28	0	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 C (832) 337-0552 F (281) 597-8914 F
Ruby Redington Treasurer Bartlesville YrMemb: 1998 B Analyst	3day:	06/19	0	ConocoPhillips 1070 Plaza Office Bldg Bartlesville, OK 74004 ruby.e.redington@conocophillips.com	1632 S.W. Jennings Bartlesville, OK 74003	(918) 661-4122 C
Sheryl Minear Imm. Past President Abilene YrMemb: 1983 B Account Representati	-	10/11	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 C (325) 677-1599 F (325) 698-7831 F
Misty Hendricks Executive Assistant Artesia YrMemb: 1992 B Owner	Bday:	03/01	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 C (505) 746-1675 F (505) 748-8888 F
Nell Lindenmeyer Parliamentarian Farmington YrMemb: 1976 B Engineering Tech	Bday:	07/10	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 C (505) 325-1211 F (505) 486-6958 F
Andre' Martin ADO Manager YrMemb: 2005 B ADO Manager	Bday:	02/17	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 C (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
Linda Gau Region VI Enid YrMemb: 1997 Bday: 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

Region Information



Region III Director's Newsletter

& D... A Journal of Knowledge Friendskip

Elaine Lesnak Region III Director

elesnak@miswaco.com

March 2009

To: All Region III Members

As you well know, March is Desk and Derrick Awareness Month. Hope everyone has plans in the works to promote your respective clubs. If you find something that works well, I encourage you to please share with other clubs.

Remember March 25-28 is the Region III Meeting in New Orleans, LA at the Holiday Inn Downtown Superdome. Registration packets have been sent out. I know for a fact that it will be an educational, fun filled meeting with great seminars and a wonderful fieldtrip. Remember to bring you D & D Journal to take notes.

Cheryl LeBoeuf, Bonnie Wall and I attended Baton Rouge's Industry Appreciation Mardi Gras Ball on February 14th. It was fabulous, lots of sparkle and camaraderie.

Remember to get your dues in to ADO and Region on a timely basis.

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.

Please make sure to read Reginia's letter this month. She will touch on items we discussed at length to improve the Association.

Best Regards





Association of Desk and Derrick Clubs

2009 Region III Club Presidents

2009 Region III Club Presidents Name/Member Info	O/H	Office Info	Home Info	Phones
Lois Folse Baton Rouge YrMemb: 1990 Bday: 08/31 Legislative Assistant	0	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
Anita Cunningham Houma YrMemb: 1998 Bday: 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
Lori Landry 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 lorimatthieu@cox.net	(337) 234-2326 O (337) 234-2330 F (337) 839-9478 H
Rhonda Reynolds Laurel YrMemb: 2004 Bday: 02/25 Retired/Co-Owner	Н	Retired/Double R Packers rhonda_reynolds@comcast.net	81 Southern Colonel rd Laurel, MS 39443	(601) 649-1436 H
Valina "Val" Blanchard Morgan City YrMemb: 1986 Bday: 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
Deborah Baiamonte New Orleans YrMemb: 1972 Bday: 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
Dee Hilliard 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
Cheryl LeBoeuf Westbank YrMemb: 1999 Bday: 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 FORM, ETC.

COMPLETE REGISTRATION PACKET

PUBLISHED IN FEBRUARY BULLETIN



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

Name:	
Company:	Luncheon –
Address:	Guesi(s) @ \$30.00 \$
City: State: Zip: _	Banquet –
Phone: Fax:	Guest(s) @ \$35.00 \$
Club:Region:	
Official Delegate / AlADDC Officer? Year:Regional Director? Year:Is this your first Region III NNumber of Region III Meetings at	Yes No Explain: Meeting?
Member Registration \$115.00 \$ (Includes Friday Nite, Business Meetin Saturday Luncheon & Banquet)	
Thursday, March 26 Field Trip Shell Training Facility & Tour of Laura Plantation (includes Lunch) Guest(s) @ \$50.00	Meeting, if funds are available. Request for refund must be made in writing. Registration form and emergency release (please send one release form for each guest attending
Friday, March 27 Seminars 21 st Century Tools & Techniques Leadership Skills \$5.00 \$ Guest(s) \$5.00	
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 Party Members FREE \$ 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 (Optiona	I)
Insurance Company:	Policy No.:
Address:	Phono: (
I understand that my participation in the field trips own risk and responsibility. The Desk and Derrick Desk and Derrick Clubs shall not assume any liabi	Club of New Orleans and the Association o
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.

Westbank Club Information





President's Letter Cheryl LeBoeuf cheryll@cmaaccess.com



March 2009

March is Desk and Derrick Awareness month. Do you have co-workers, family members or social organizations that do not know about the Desk and Derrick Club? Will this be the month you tell them about your club? Why don't you tell them about all the good things this club does for the Westbank? Do they know we are active participants in the Food Bank of Gretna, Toys for Tots, Christmas for the Military Family, and Socks for the Elderly? Do they know that we give scholarships away every year to local, hard working students?

Our club members understand the importance of this work and we want to see our club grow and prosper. Please do your part by getting this message out to the communities in which we serve.

I will be helping Elaine Lesnak with Membership Committee this year. I will be sending out 10 information packets each month in hopes of obtaining some new members. I hope that Spartan Industries with help with the cost of the mail out.

Please try your best to make it to Regional and support Elaine Lesnak. She will be representing our Westbank club in the "club pride" category.

I cannot wait to go on the field trip to Shell's Training Center in Robert, LA. While employed by Nabors, I scheduled field employees for their training classes, so this should be interesting. I'm looking forward to touring the Laura Plantation since many of us have never visited this plantation. I signed up for both seminars on Friday so that I can learn all about 21st Century Tools and Techniques and Home Safety. The tailgate party should be fun. You know that the Westbank club will all look alike.

Enjoy St. Patrick's Day! Remember to wear Green!

Cheryl LeBoeuf

A best friend is like a four leaf clover: hard to find and lucky to have. ~Author Unknown

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

Treasurer

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

Corresponding Secretary

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

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 **COMMITTEE CHAIRMEN**

COMMITTEE CHAIRMEN AIMEE

Board Contact

Dawn Ott

(504) 297-5700(o) (504) 606-2446(h)

Self

BULLETIN/WEB Board Contact

Gavlen Guillory

Theresa Adams

(985) 892-4015(h)

Dawn Ott

Linda Tillis

theresabadams@bellsouth.net

E-MAIL ADDRESS

dott@usagencies.com

gatasby@aol.com

300 Long Lake Drive Covington, La. 70435

MAILING ADDRESS

Terrytown, LA 70056

672 W. Niagara

672 W. Niagara

BYLAWS

Board Contact

Self

(504) 297-5700(o) (504) 606-2446(h)

dott@usagencies.com msjo4888@bellsouth.net

gatasby@aol.com

19 Park Timbers Drive

Terrytown, LA 70056

ELECTION JoAnn Brown **Board Contact**

Elaine Lesnak

(504) 3934-4888(o) (504) 392-3328(h)

New Orleans, La. 70131

FIELD TRIP

Board Contact

(504) 520-8923 (o) (504) 362-4558 (h)

linda@spartan-industrail.com

P.O. Box 2345 Gretna, La. 70054

Cora Bergeron

FINANCE

Dottie Ancona

(504) 835-6610(h)

dancona@cox.net

1448 Seminole Ave. Metairie, La. 70005

Board Contact Angie Duplessis

GOLF **TOURNAMENT** Angie Duplessis/Bonnie Wall

(504) 656-3221 Angie (w) (504) 362-3671 Bonnie (h) angie.a.duplessis@conocophillips #3 Fernwood Street seawall@cox.net (Bonnie)

Gretna, La. 70056 (Bonnie) 1802 Farmington Place

Gretna, La. 70056(Angie)

Board Contact Angie Duplessis

GENERAL ARRANGEMENTS

Gavlen Guillory (504) 367-2447(h) (504) 301-8809©

gagui811@cox.net

2204 Stall Drive

Harvey, La. 70058

Board Contact Self IAN/SOCIAL

Board Contact

Cora Bergeron

Cora Bergeron/Gabrilla Hunter

(504) 394-7538 Cora (h) (504) 615-6963© (504) 481-0190 Gabrilla © cbqg@chervon.com (Cora) hunter 9873@bellsouth.net

125 Gardenia Lane Belle Chasse, La. 70037 (Cora) 5491 Green Park Drive

Gonzales, La. 70737 (Gab)

Angie Duplessis **LEADERSHIP**

RESOURCE (504) 367-9202 (h) (504) 656-3221(o) Board Contact (504) 656-2013 (f) Self

ingie.a.duplessis@conocophillips 1802 Farmington Place

Gretna, La. 70056

MEMBERSHIP/ Elaine Lesnak

ORIENTATION (504) 374-0049(o)(504) 368-9271(f) **Board Contact** (504) 341-2322(h) (504) 237-2322©

elesnak@miswaco.com

M-I Swaco P. O. Box 317 Harvey, LA 70059

Self

Cora Bergeron

MEMORY BOOK Cora Bergeron/Linda Tillis (504) 394-7538 Cora (h) **Board Contact**

(504) 520-8923 (o) (504) 362-4558 (h)Linda

cbqq@chervon.com (Cora) linda@spartan-industrail.com 125 Gardenia Lane Belle Chasse, La. 70037 (Cora)

P.O. Box 2345 Gretna, La. 70054(Linda)

NOMINATING Judy Guillot

(504) 347-0022 (h) (504) 897-2886 (o) **Board Contact**

(504) 897-3761 (f) Robbye St. Pierre

judy.s.guillot.hvze@statefarm.com 4005 Hillcrest Drive

Marrero La 70072

PROGRAM/

MONTHLY DECORATING **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

dancona@cox.net

angie.a.duplessis@conocophillips 1448 Seminole Ave. Metairie, La. 70005(Dottie)

> 1802 Farmington Place Gretna, La. 70056 (Angie)

PR/LIC/EMPLOYMENT Pam Lauckner

Board Contact Angie Duplessis

SCHOLARSHIP

(504) 656-3087(O) (281) 923-2986 ©

pamela.v.lauckner@conocophillip; 3251 Wall Blvd.,Apt 3101 plauckner@yahoo.com

Gretna, La. 70056

2204 Stall Drive

Gaylen Guillory **Board Contact** (504) 367-2447(h) (504) 301-8809© Self

gagui811@cox.net

Harvey, La. 70058

Join us at the March Meeting of the

Desk and Derrick Club of the Westbank

Wednesday, March 18, 2009

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

Speaker
Richard Dobies
Crude Oil Specialist
ConocoPhillips

Topic
Crude Oil Quality & Economics

Dinner - Buffet \$20

If you make a dinner reservation and cannot attend the Membership Meeting, please contact Gaylen Guillory 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.

WESTBANK CLUB BYLAWS

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

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



16th Annual

DESK AND DERRICK CLUB OF THE WESTBANK PAR FOR THE COURSE GOLF CLASSIC

	PAR FOR THE COURS	FOR THE COURSE GOLF CLASSIC
LOCATION:	BAYOU BARRIERE GOLF CLUB BELLE CHASSE, LA	HOLE SPONSOR
DATE:	FRIDAY, APRIL 3, 2009	GOLD LEVEL\$500
COST:	\$75.00 PER PLAYER	BRONZE LEVEL\$230
IIME:	LUNCH AI NOON SHOTGUN START 1 PM	All applications must be accompanied with
AWARDS:		payment and will be accepted on a first come basis.
V	LONGEST DRIVE ON ALL PAR 5'S	
Vestba Pa	CLOSEST TO THE HOLE ON ALL PAR 3'S	Price includes cart, green fees, food and beverages.
Negalue:	Mulligans	Make check payable to:
Name:	Mulligans	Desk and Derrick Club of the Westbank
Name:	Mulligans	P. O. Box 2875
Name:	Mulligans	Gretna, LA 70054
	Players (@ \$75) \$	
	Mulligans (@\$5) \$	Contacts: Angie Duplessis (504)656-3221
	Hole Sponsor \$	<u>aduples1@conocophillips.com</u>
	Total \$	Bonnie Wall (504)362-3671
		Cell (504)439-1650
		seawall4@cox.net
	Contact Name:	
Spc	Sponsor/Company Name:	
	Mailing Address:	
	Phone Number:day	night
	Card Number:	Expiration Date
		•

VISA/Mastercard/American Express accepted

Additional Mulligans can be purchased on tournament day.

Duties of the Recording Secretary

The Recording Secretary for the Desk and Derrick Club of the Westbank is first a member of the Board of Directors. As Recording Secretary I am to assume all responsibilities in connection with this position and set an example, upholding the club's purpose when in contact with the public.

I am responsible to inform the Board of Directors of the monthly Board Meetings, report absences, and take minutes at all Board and General Membership Meetings of the Club and attend all meetings when possible. The bylaws do allow for missing up to four board and general membership meetings annually.

Once the Board minutes have been approved by the President, they are distributed to the Board for review of corrections. They are approved at the monthly Board Meeting. The General Membership Meeting Minutes are also approved by the President and are distributed to all members prior to the General Membership Meeting for review. The minutes are approved by membership at the general membership meeting. Both the Board and General Membership Minutes are filed in a binder to keep as the club's "Official Record". At the end of each year all relevant files are to be turned over to my successor as soon as possible; no later than 30 days after the end of term of office.

I also serve as a Board contact for the Finance/Golf, Leadership Resource, Program, and Public Relations Committees. Each month, I report on the progress or problems of the assigned committees to the President and the Board of Directors. I am the liaison between the committees and the Board of Directors and assist in coordinating the activities associated with the committees.

It is recommended but not mandatory to attend the Regional Meeting, The Association Convention, and other Club activities whenever possible.

I welcome any questions regarding this board position in hopes you will become more involved in our organization.

Angie Duplessis 2009 Recording Secretary



So, you would like to know how a Membership Chairman spends his/her time, well here goes.

One of the first things you do in the new year is receive all the renewal membership applications from the President. This is sent to him/her by ADO electronically in one big file. You then need to print them out and get them to membership, you can hand them out at the December Membership meeting. For those who cannot make the meeting, mail or e-mail them to the respective members. Then wait for

them to start pouring in along with the dues.

You then need to prepare a Membership Report to be presented to the Board of Directors at the January Board meeting. This report should contain a list of all renewed Members received up to that point. The Board will then approve renewals as long as that Member is in good standing. You need to keep a copy for yourself and give the original applications and checks to the Treasurer. She will then forward on to ADO and Region.



You will need to submit a budget; this is for a membership contest we hold and any other incidents, such as supplies for Orientation.

You will most likely receive more after the January Board meeting, which means you will have to do it all again for the February Board meeting. All renewed Applications should be in by February 28th or they are considered delinquent.

You will need to make a roster containing names, addresses, phone numbers, etc. to have available to Membership. You will keep this up to date with additions and changes. Some other lists you may want to keep up are:



A roster of Member's birthdays to give to the President for her report and the Bulletin editor so she can acknowledge Members in the Bulletin.



A list of Members who have renewed so they can be presented with our club pin.



A list of Members who have sponsored a new member so their name can be entered in the Membership Contest.

Other responsibilities associated with your position:

- 1. You will submit a monthly report of the board which will consist of
 - a. keeping an accurate account of the number of renewed and new members
 - b. requesting approval of new member applications and guest for each meeting

- c. once a guest or new member has been approved you will contact the General Arrangements committee with the guest's name and contact information.
- 2. If a Member has a change of any kind, contact numbers, address, new employer, etc. they are to contact you so a Change form (ADO 30) can be filled out and sent to ADO. You will also update the roster.
- 3. If a Member transfers in our out of the club, a Transfer form (ADO 19) can be filled out which also needs to be sent to ADO. This will also cause you to go back to the roster and update that again.



So this means keep a good supply of Change forms and blank applications handy, you never know when someone will invite a guest to the meeting and they want to join that night.

You also want to try to recruit new members. Our Club has a broacher and introductory letter that is sent out to businesses introducing them to our Club. In the past we have had brown bag lunches at perspective company locations.



Now for the fun part. You get to present an orientation sometime during the year. It is easy; you work up a program that informs members of our Club and Association history, the structure of the Association and other facts that will help them understand what we are about.



So if you have any other questions please do not hesitate to ask

Elaine Lesnak Membership Chairman



2008 Perfect Attendance Members

Westbank Flood Protection Benefiting From Proven Oil & Gas Technology

Times Picayune, Saturday, February 21, 2009

Written By: Paul Rioux, West Bank bureau Submitted by: Charles Miller

The West Bank levee district plans to use experimental seismic tests to investigate what is causing apparent seepage along a new levee south of Marrero.

Levee district officials said they are concerned the wet spots could be early warning signs of a possible "fault line" similar to the one that doomed the 17th Street Canal during Hurricane Katrina.

The moisture has been surfacing on a dirt road that parallels a 2-mile stretch of the V-Line Levee being raised by an Army Corps of Engineers contractor. The problem was discovered during an inspection last month by the levee district.

"We need to find out if this is the result of a fault line or a failure line beneath the levee," said Giuseppe Miserendino, chief administrative officer of the Southeast Louisiana Flood Protection Authority-West.

Members of the levee board's operations and maintenance committee said they want to discover what is causing the apparent seepage before accepting the levee, which the corps deems to be 95 percent complete.

The levee, which protects areas west of the Harvey Canal, will eventually connect to a \$500 million floodwall and floodgate that the corps plans to build to block storm surge from the Harvey and Algiers canals.

The committee recommended Thursday that the full board hire Louisiana State University geologist Juan Lorenzo to analyze the levee using an experimental seismic test he developed.

The method involves dropping an 80-pound weight on the ground and measuring how long it takes the sound reverberations to reach various points. The data is then used to create a geological profile.

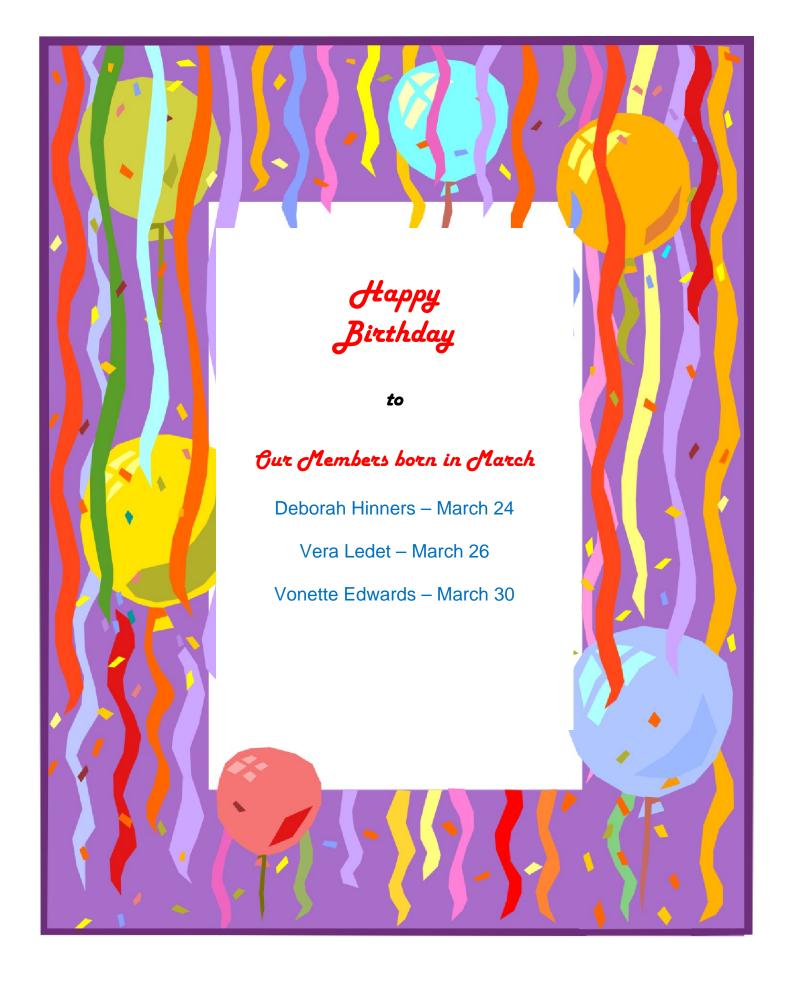
The levee board sought to use the same procedure to evaluate clay in a proposed borrow pit south of Avondale. But the corps indicated it will require soil borings to determine whether the clay is suitable to be used in constructing levees.

Board member Michael Merritt, a Baton Rouge geologist, said the method is highly reliable and is based on techniques used for decades in oilfield exploration.

Saying the test can quickly identify weak spots along levees, he said the board should consider incorporating it in routine levee maintenance and monitoring procedures.

The levee board is expected to	approve the tests on the V	V-Line Levee when it meets F	riday.

Paul Rioux can be reached at prioux@timespicayune.com or 504.826.3785.



Mutrition Information

by Theresa Adams

Food Label information – continued from previous issue.

Information taken from US FDA website. Now let's look at the %DVs.

6 The Percent Daily Value (%DV):

The % Daily Values (%DVs) are based on the Daily Value for key nutrients but only for a 2,000 calorie daily diet--not 2,500 most people, may not know how many calories you consume in a still use the %DV as a frame of reference whether or not you less than 2,000 calories.

The %DV helps you determine if a serving of food is high or low few nutrients, like *trans* fat, do not have a %DV--they will be

Do you need to know how to calculate percentages to use the (the %DV) does the math for you. It helps you interpret the milligrams) by putting them all on the same scale for the day (0-%DV column doesn't add up vertically to 100%. Instead each 100% of the daily requirements for that nutrient (for a 2,000 calorie can tell high from low and know which nutrients contribute a lot, **daily** recommended allowance (upper or lower).

18%	% Daily Value*
15%	
	recommendations
10%	calories. You, like
	day. But you can
20%	consume more or
10%	
0%	l
	in a nutrient. Note: a
	discussed later.
	0/ DV/9 N - 41 1-1-1
4%	%DV? No, the label
2%	numbers (grams and
	100%DV). The
20%	nutrient is based on
4%	diet). This way you
	or a little, to your

Quick Guide to %DV:

5%DV or less is low and 20%DV or more is high

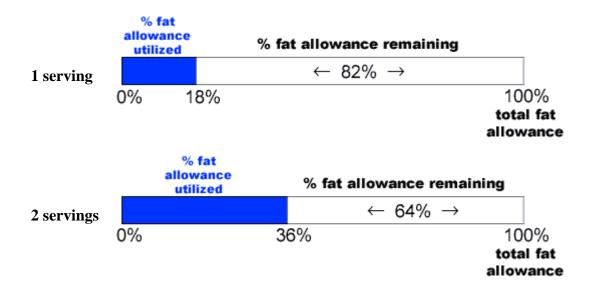
(#6 on sample label):

This guide tells you that **5%DV** or less is low for all nutrients, those you want to limit (e.g., fat, saturated fat, cholesterol, and sodium), or for those that you want to consume in greater amounts (fiber, calcium, etc). As the **Quick Guide** shows, **20%DV** or more is high for all nutrients.

Example: Look at the amount of Total Fat in one serving listed on the sample nutrition label. Is 18%DV contributing a lot or a little to your fat limit of 100% DV? Check the **Quick Guide to %DV**. 18%DV, which is below 20%DV, is not yet high, but what if you ate the whole package (two servings)? You would double that amount, eating 36% of your daily allowance for Total Fat. Coming from just one food, that amount leaves you

% Daily	Value
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

with 64% of your fat allowance (100%-36%=64%) for *all* of the other foods you eat that day, snacks and drinks included.



Using the %DV for:

Comparisons: The %DV also makes it easy for you to make comparisons. You can compare one product or brand to a similar product. Just make sure the serving sizes are similar, especially the weight (e.g. gram, milligram, ounces) of each product. It's easy to see which foods are higher or lower in nutrients because the serving sizes are generally consistent for similar types of foods, (see the comparison example at the end) except in a few cases like cereals.

Nutrient Content Claims: Use the %DV to help you quickly distinguish one claim from another, such as "reduced fat" vs. "light" or "nonfat." Just compare the %DVs for Total Fat in each food product to see which one is higher or lower in that nutrient--there is no need to memorize definitions. This works when comparing all nutrient content claims, e.g., less, light, low, free, more, high, etc.

Dietary Trade-Offs: You can use the %DV to help you make dietary trade-offs with other foods throughout the day. You don't have to give up a favorite food to eat a healthy diet. When a food you like is high in fat, balance it with foods that are low in fat at other times of the day. Also, pay attention to how much you eat so that the **total** amount of fat for the day stays below 100% DV.

Nutrients With a %DV but No Weight Listed - Spotlight on Calcium:

Calcium: Look at the %DV for calcium on food packages so you know how much one serving contributes to the *total amount you need* per day. Remember, a food with 20%DV or more contributes a lot of calcium to your daily total, while one with 5%DV or less contributes a little.

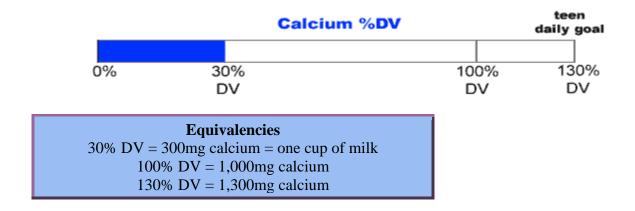
Experts advise adult consumers to consume adequate amounts of calcium, that is, 1,000mg or 100%DV in a daily 2,000 calorie diet. This advice is often given in milligrams (mg), but the Nutrition Facts label **only** lists a %DV for calcium.

For certain populations, they advise that adolescents, especially girls, consume 1,300mg (130%DV) and postmenopausal women consume 1,200mg (120%DV) of calcium daily. The DV for calcium on food labels is 1,000mg.

Don't be fooled -- always check the label for calcium because you can't make assumptions about the amount of

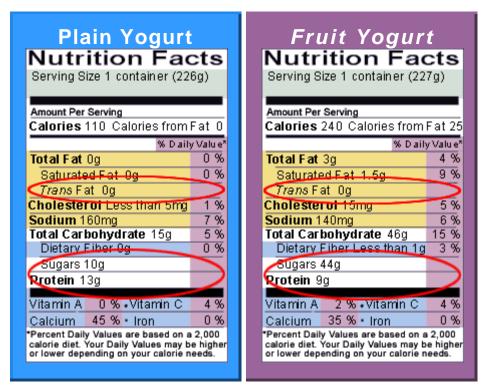
calcium in specific food categories. Example: the amount of calcium in milk, whether skim or whole, is generally the same per serving, whereas the amount of calcium in the same size yogurt container (8oz) can vary from 20-45 %DV.

Nutrition Fac Serving Size 1 cup (236ml) Servings Per Container 1	cts
Amount Per Serving Calories 80 Calories from F	at O
% Daily	y Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og .	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4 %
Dietary Fiber Og	0 %
Sugars 11g	
Protein 9g	17%
Vitamin A 10% • Vitamin	
Calciun 30% Iron 0% Vitamin [25%
*Percent Daily Values are based on a 2 calorie diet. Your daily values may be l or lower depending on your calorie nee	2,000 higher eds:



Nutrients Without a %DV: Trans Fats, Protein, and Sugars:

Note that *Trans* fat, Sugars and, Protein do not list a %DV on the Nutrition Facts label.



Trans Fat: Experts could not provide a reference value for *trans* fat nor any other information that FDA believes is sufficient to establish a Daily Value or %DV. Scientific reports link *trans* fat (and saturated fat) with raising blood LDL ("bad") cholesterol levels, both of which increase your risk of coronary heart disease, a leading cause of death in the US.

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.

Protein: A %DV is required to be listed if a claim is made for protein, such as "high in protein". Otherwise, unless the food is meant for use by infants and children under 4 years old, none is needed. Current scientific evidence indicates that protein intake is not a public health concern for adults and children over 4 years of age.

Sugars: No daily reference value has been established for sugars because no recommendations have been made for the total amount to eat in a day. Keep in mind, the sugars listed on the Nutrition Facts label include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink. Check the ingredient list for specifics on added sugars.

Take a look at the Nutrition Facts label for the two yogurt examples. The plain yogurt on the left has 10g of sugars, while the fruit yogurt on the right has 44g of sugars in one serving.

Now look below at the ingredient lists for the two yogurts. Ingredients are listed in descending order of weight (from most to least). Note that no added sugars or sweeteners are in the list of ingredients for the plain yogurt, yet 10g of sugars were listed on the Nutrition Facts label. This is because there are no added sugars in plain yogurt, only naturally occurring sugars (lactose in the milk).

Plain Yogurt - contains no added sugars INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.

Fruit Yogurt - contains added sugars
INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, APPLES,
HIGH FRUCTOSE CORN SYRUP, CINNAMON, NUTMEG, NATURAL
FLAVORS, AND PECTIN. CONTAINS ACTIVE YOGURT AND L.
ACIDOPHILUS CULTURES.

If you are concerned about your intake of sugars, make sure that added sugars are not listed as one of the first few ingredients. Other names for added sugars include: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

To limit nutrients that have no %DV, like *trans* fat and sugars, compare the labels of similar products and choose the food with the lowest amount.

Comparison Example Below are two kinds of milk- one is "Reduced Fat," the other is "Nonfat" milk. Each serving size is one cup. Which has more calories and more saturated fat? Which one has more calcium?

REDUCED FAT MILK 2% Milkfat

Nutrition Facts Serving Size 1 cup (236ml) Servings Per Container 1 Amount Per Serving Calories (120) Calories from Fat 45 % Daily Value* (8% Total Fat 5g 15% Saturated Fat 3d Trans Fat 0g 7% Cholesterol 20mg Sodium 120mg 5% Total Carbohydrate 11g 4% Dietary Fiber 0g 0% Sugars 11g 17% Protein 9g Vitamin A. 10% Vitamin C4% Calcium 30% • ron 0% • Vitamin D 25% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

NONFAT MILK



Answer: As you can see, they both have the same amount of calcium, but the nonfat milk has no saturated fat and has 40 calories less per serving than the reduced fat milk.

IMPORTANT INFORMATION

A man heated a cup of water in a microwave, and wanted it to come to boil. He reheated it several times, and still the water was not bubbling – indicating that it was actually boiling. When he removed the cup, the liquid inside of the cup exploded into his face causing first and second degree burns. The following response was received from GE when asked how this could happen.

General Electric's Response:

Thanks for contacting us, I will be happy to assist you. The e-mail that you received is correct. Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds! before moving it or adding anything into it.

Here is what our local science teacher had to say on the matter: 'Thanks for the microwave warning. I have seen this happen before. It is caused by a phenomenon known as super heating. It can occur anytime water is heated and will particularly occur if the vessel that the water is heated in is new, or when heating a small amount of water (less than half a cup).

What happens is that the water heats faster than the vapor bubbles can form. If the cup is very new then it is unlikely to have small surface scratches inside it that provide a place for the bubbles to form. As the bubbles cannot form and release some of the heat has built up, the liquid does not boil, and the liquid continues to heat up well past its boiling point.

What then usually happens is that the liquid is bumped or jarred, which is just enough of a shock to cause the bubbles to rapidly form and expel the hot liquid. The rapid formation of bubbles is also why a carbonated beverage spews when opened after having been shaken.'

If you pass this on you could very well save someone from a lot of pain and suffering.

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.
- 2. 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#.
- 2a. 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#.
- 3. All applicants must submit completed application form, including all requested documentation, by March 1st 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 <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 Chairman or be postmarked by March 15th 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 30th 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: Comments:		•
Number of members in your household		
List any scholarships, including TOPS,		arded, the amount, and the
expenses covered.	v	,
Desk and Derrick Sponsor Signature: _		

All applications must be submitted with requested documentation (see Scholarship Guidelines) to Desk & Derrick sponsor by March $\mathbf{1}^{st}$ 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)301-8809 –Gaylen Guillory, Chairman

MAKE CHECKS PAYABLE TO: DESK AND DERRICK CLUB OF THE WESTBANK





DESK & DERRICK CLUB OF THE WESTBANK 2009 MEETING DATES

BOARD MEETINGS

MEMBERSHIP MEETINGS

JANUARY 21, 2009	JANUARY 28, 2009
FEBRUARY 18, 2009	FEBRUARY 26, 2009
MARCH 11, 2009*	MARCH 18, 2009*
APRIL 15, 2009	APRIL 22, 2009
MAY 20, 2009	MAY 27, 2009
JUNE 17, 2009	JUNE 24, 2009
JULY 15, 2009	JULY 22, 2009
AUGUST 19, 2009	AUGUST 26, 2009
SEPTEMBER 23, 2009**	SEPTEMBER 30, 2009**
OCTOBER 21, 2009	OCTOBER 28, 2009
NOVEMBER 11, 2009***	NOVEMBER 18, 2009***
DECEMBER 9, 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

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	BOARD MEETING	12	13	14
15	16	17	GENERAL MEETING	St. Joseph Day	20	21
22	23	24	R	EGIONA New Orlean Marcl	27 L MEETI ns, Louisiana n 25 - 28 ntown-Supe	NG
29	30	31	pu Westbank Oil Patch Page 31	Registrat	Region III ion Packet ebruary Bull	etin

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	#H2#	PPY TER 12th	1	2	3	4
5	6	7	8	9 Passover Begins	10	11
12	13	14	BOARD MEETING	16	17	18
19	20	21	GENERAL MEETING	23	24	25
26	27	28	29 Westbank Oil Patch Page 32	30	Admin: Profession	strative onal's Day 22nd

On the following page, you will find the **New Member Application for**

2009. 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.

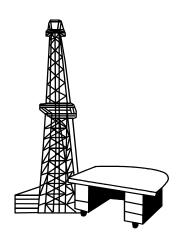


Association of Desk and Derrick Clubs 2009 Membership Application

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."

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:	Postal/Zip:	Country:	Postal/Zip:		
Office Phone:()		Home Phone: ()			
Office Fax: ()		Home Fax: ()			
Primary E-mail:		Secondary E-mail:			
How did you learn about Would you prefer to rece	us? ive The Desk and Derrick Jour	nal online? Y=Yes N=	No		
deductible as CHARITAE may qualify as BUSINES	Derrick Clubs are not tax BLE 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. Release Name: Y=Yes N=No			
Corporate Contribution: Amount \$ Local Regional Association					
Signature:		Date:			
Dues:		Send to:			

ADDC 12 Rev. 10-2005



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