

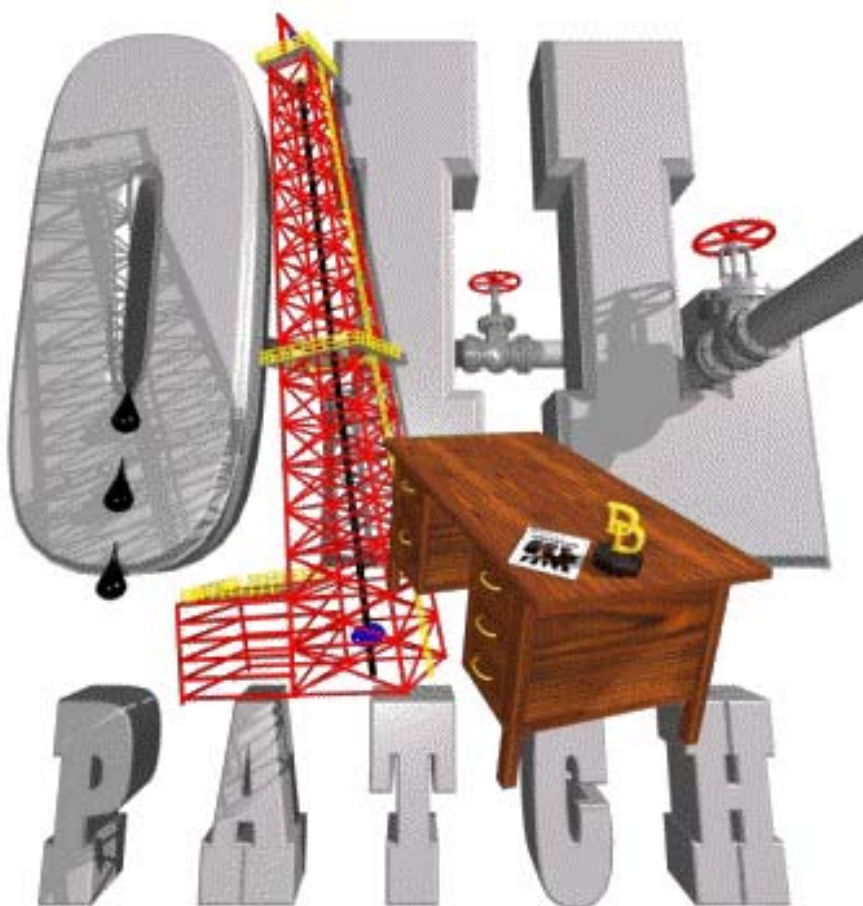
DESK & ERRICK CLUB of the WESTBANK

Volume 33

May 2009

Number 5

WESTBANK





ADDC President

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reginia@pvt.net

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Region III Director

Elaine Lesnak
 M-I SWACO
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 Harvey, LA 70059
 (504) 374-0049 O
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 (504) 237-2322 C
elesnak@miswaco.com

Westbank President

Cheryl LeBoeuf
 110 Mu Street
 Belle Chasse, LA 70037
 (504) 392-7094 H
 (504) 400-0454 C
cheryl@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.**

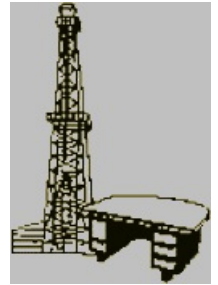


**RSVP to Gaylen Guillory
(504) 301-8809 or gagui811@cox.net**

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

Guide to Knowledge –

May 2009



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Association Information



President's Newsletter



Reginia Garner
President

reginia@pvtm.net
reginiagarner@mackenergycorp.com

May 2009

Greetings members,

The past few weeks have been a whirlwind for the Association ... four regional meetings have been conducted and three more will be held in May. I'm confident that each meeting has and will be unique and informative, with a little fun sprinkled in to top it off. I know the ones I've been able to attend have been wonderful. Thanks to all who have made me feel welcome throughout the Association.

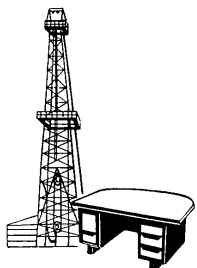
When I joined the Desk and Derrick Club of Artesia in 1981, I didn't have a clue what I was opening myself up to, but I can tell you now that I don't regret a moment! Each new endeavor has forced me to leave my comfort zone, but with the wonderful members of Desk and Derrick as my support system throughout the years, I have learned to take little baby steps into the world of the unknown. I, along with countless other members before me and succeeding me, have had the guidance of D&D mentors and friends to see me through. Each and every step into the world of Desk and Derrick has been an incredible adventure – one which I encourage each of you to pursue. The ADDC Nominating Committee is looking for those of you ready to take that next step. Remember, you only get as much out of Desk and Derrick as you are willing to put in.

For those not quite ready for the "big step" of Association office, there are plenty of opportunities to begin honing the skills needed for the future. Donna Siburt is currently accepting volunteer forms for all 2010 Committees. Volunteers are needed on all levels as Regional Representatives (ADDC Committee members) and as ADDC Committee Chairmen. Go ahead ... take that first baby step. Fill out a form and return it to Donna today.

Some members are content to attend their club meetings and functions, an occasional regional meeting or convention, or maybe only want to attend a portion of the local club's meetings or function and never experience D&D beyond that level. Some members seem to thrive on the experience, throwing themselves into committee work and running for office. Each individual member must find the right combination that works for them. We are very lucky to be members of an organization that offers us these choices. The trick is finding that happy medium that keeps us self-fulfilled and helps the organization grow and mature.

While Desk and Derrick is a great organization with hundreds of members across the United States and Canada which come together to accomplish many endeavors, I've come to believe the journey we all must take within the organization is a very personal one. I look forward to watching each of you commit to your journey and become involved in the adventure. As Sarah Berhardt once said *"Life engenders life. Energy creates energy. It is by spending oneself that one becomes rich."*

A handwritten signature in blue ink that reads "Reginia".



ASSOCIATION OF
DESK AND DERRICK
CLUBS

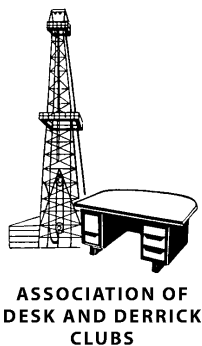
Association of Desk and Derrick Clubs
2009 Board of Directors

Name/Member Info	O/H	Office Info	Home Info	Phones
Reginia Garner President Artesia YrMemb: 1981 Bday: 02/27 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
Donna Siburt President Elect Tuscarawas Valley YrMemb: 1992 Bday: 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
Angelia Duplessis Vice President Westbank YrMemb: 1978 Bday: 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
Judi Adams Secretary 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
Ruby Redington Treasurer Bartlesville YrMemb: 1998 Bday: 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
Sheryl Minear Imm. Past President Abilene YrMemb: 1983 Bday: 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
Misty Hendricks Executive Assistant Artesia YrMemb: 1992 Bday: 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
Nell Lindenmeyer Parliamentarian Farmington YrMemb: 1976 Bday: 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
Andre' Martin ADO Manager YrMemb: 2005 Bday: 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

Name/Member Info	O/H	Office Info	Home Info	Phones
Christine Wolfe Region I Buckeye YrMemb: 2001 Bday: 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
Marsha Bundy Region II Little Egypt YrMemb: 1995 Bday: 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
Elaine Lesnak Region III Westbank YrMemb: 1995 Bday: 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
N Lois Roberts Region IV Fort Worth YrMemb: 1993 Bday: 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
Linda Clark Region V Farmington YrMemb: 2004 Bday: 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
Linda Gau Region VI Enid YrMemb: 1997 Bday: 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
Brian Carter Region VII Alberta Foothills YrMemb: 2003 Bday: 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



Board of Directors

PRESIDENT
Reginia Garner
Silver Oak Drilling LLC

PRESIDENT ELECT
Donna Siburt
Dominion East Ohio

VICE PRESIDENT
Angie Duplessis
ConocoPhillips

SECRETARY
Judi Adams
Shell Exploration

TREASURER
Ruby Redington
ConocoPhillips

IMMEDIATE PAST PRESIDENT
Sheryl Minear
WolfePak Software

EXECUTIVE ASSISTANT
Misty Hendricks
Hendricks Consulting

PARLIAMENTARIAN
Nell Lindenmeyer
A Plus Well Service

REGION I DIRECTOR
Christine Wolfe
Marathon Oil Co.

REGION II DIRECTOR
Marsha Bundy
Marathon Pipeline Co., LLC

REGION III DIRECTOR
Elaine Lesnak
M-I Swaco

REGION IV DIRECTOR
Lois Roberts
Edward Jones

REGION V DIRECTOR
Linda Clark
A Plus Well Service

REGION VI DIRECTOR
Linda Gau
Continental Resources Inc.

REGION VII DIRECTOR
Brian Carter
Fortis Alberta

Maggi Franks
ADDC Membership Committee
Region 1

Artistic Promotions, LLC
2306 Charles Ave
Dunbar, WV 25064
(304) 766-7760 O
(304) 382-0406 F
(304) 206-7377 C

maggi@promosolver.com

Happy Spring from the Membership Committee! We have some interesting things happening that we just can't wait to share with you.

For quite some time there have been questions about who can become a member of the ADDC, particularly what "affiliated with" actually means. We formed a special committee that presented its findings at the Budget and Planning meeting this past January. The Board approved the following insertion to the general information section of the bylaws:

Section III – Membership

C. Guidelines for Membership Eligibility

2.

a.

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

This should help clear up questions regarding potential new members. But remember if you still have questions, you can always ask your region's membership committee representative. We're here to help you.

Another way to answer your questions is to look in your new ADDC Membership Handbook. We started revising the Handbook in 2008, and we are pleased to announce that the project was completed earlier this year. The finished Handbooks have been shipped to the ADO in the expectation that they will be delivered to the regional meetings for distribution to the club presidents. The newest edition will also be available on the web at www.addc.org.

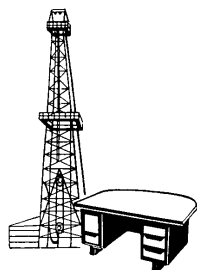
March was an important month to the membership committee. It was the official Desk and Derrick Month, a time to think of ways to recruit new members, but also time to consider ways to retain our current membership. Susan Cook, the committee chair, has tasked us all with asking the question, "What do you want?" It is a simple question, but one that rarely gets asked. What do you want out of your membership? What can your club do for you? What can you do for your club? Talk with your committee rep to let her know your questions, suggestions, and ideas.

Your committee representatives for 2009 are:

Region I – Maggi Franks
Region II – Margaret York
Region III – Vera Ledet
Region IV – Cindy Miller
Region V – Carla Carter
Region VI – Susan Cook, Chairman
Region VII – Jeanne Henschen

Board Contact - Angie Duplessis

As we move forward this year, keep those questions in mind. Look for future updates. We will bring them to you as they become available.



**ASSOCIATION OF
DESK AND DERRICK
CLUBS**

Board of Directors

PRESIDENT

Reginia Garner
Silver Oak Drilling LLC

PRESIDENT ELECT

Donna Siburt
Dominion East Ohio

VICE PRESIDENT

Angie Duplessis
ConocoPhillips

SECRETARY

Judi Adams
Shell Exploration

TREASURER

Ruby Redington
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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

Sherlee Bailey
Public Relations

Western States Petroleum Association
901 Tower Way, Ste. 300
Bakersfield, CA 93309

(661) 321-0884 O
(661) 321-9629 F

sherlee@wspa.org

April 2009

ADDC Members:

Did you know that our members have the opportunity to be recognized for what they do that benefits the Association? There are two awards just waiting to be awarded to a member, a club, or a committee within the Association. These little known awards are the Distinguished Service Award and the Special Achievement Award. Please review these guidelines and submit your entries no later than May 31st.

These awards were developed to honor our members for the work they do that helps promote the industries we serve or the Association of Desk and Derrick Clubs. I would like to encourage each club to review the guidelines and see who has provided outstanding service to the petroleum, energy and allied industries and/or the Association or a club, a club member or a committee within the Association that has made a contribution to the Association in the form of a program, project or an individual accomplishment which benefits the Association and furthers its educational purpose.

I look forward to your entries and presenting the awards at the 58th ADDC Convention in Calgary in September.

If you have any questions please contact me at (661) 321-0884 ext. 2.

Sincerely,
Sherlee

DISTINGUISHED SERVICE AWARD GUIDELINES

The Association may present a Distinguished Service Award to individuals in recognition of outstanding service to the petroleum, energy and allied industries and/or the Association. Submit a detailed description of the service performed and the benefits derived. A biographical sketch of the nominee must also be included.

An original and three copies of the detailed description of the service performed and the benefits derived concerning the nominee shall be submitted to the ADDC Public Relations Chairman and be postmarked no later than May 31. NO ENTRY can be accepted for consideration without the approval of the club membership.

The recipient of the Distinguished Service Award shall be determined by two-thirds (2/3) vote of the membership of the Association Board. The Public Relations Committee shall present the Award at the annual Association Convention.

To qualify for this prestigious award, the outstanding service must:

- I. Widely benefit the petroleum, energy or allied industries and/or the Association.
- II. The contribution must be well known and/or merit recognition.
- III. Be through individual effort and knowledge.
 - A. In public relations, education or other fields resulting in extensive benefits.
 - B. By inventing or improving equipment, tools, methods or procedures resulting in extensive benefits.
 - C. In a research project resulting in extensive benefits.

SPECIAL ACHIEVEMENT AWARD GUIDELINES

A Special Achievement Award may be given to a club, a club member or a committee within the Association of Desk and Derrick Clubs for an outstanding contribution to the Association in the form of a program, project or an individual accomplishment which benefits the Association and furthers its educational purpose.

Nominations shall be submitted to the ADDC Public Relations Chairman and shall be postmarked no later than May 31. NO ENTRY can be accepted for consideration without the approval of the club membership.

The recipient of the Special Achievement Award shall be determined by a two-thirds (2/3) vote of the membership of the Association Board. The Award shall be presented at the annual Association Convention by the ADDC Public Relations Chairman.

More than one award may be made annually; however, to retain its special meaning and to hold this Award in high esteem, there may not always be a recipient – ONLY if an award is actually merited.

Detailed guidelines are attached.

- I. Clubs
 - A. Special projects
 1. Educational benefit to Association
 2. Qualitative description of project (purpose and results)
 3. Quantitative description of project (time and effort spent), level of participation by members, etc.)
 - A. Seminars and workshops
 1. Educational benefit to Association
 2. Qualitative description of seminar or workshop (subjects covered, responses, comments of participants/instructors)

3. Quantitative description of seminar or workshop (preparation time, attendance, level of participation by members, etc.)
- I. Club Member
 - A. Specific achievement benefiting the Association resulting in nomination for award.
 - B. Member club experience
 1. Years of membership
 2. Committee chairs held
 3. Office(s) held
 4. Participation in special club projects (seminars, workshops, etc.)
 - A. Association experience
 1. Committees chaired or served on
 2. Office(s) held
 3. Attendance at regional meetings and conventions
 4. Participants in Association special projects
 - I. Committee
 - A. Special projects
 1. Educational benefit to Association
 2. Qualitative description of project (purpose and results)
 3. Quantitative description of project (time and effort spent, level of participation by chairman and/or committee members, etc.)
 - A. Seminars and workshops
 1. Educational benefit to Association
 2. Qualitative description of seminar or workshop (subjects covered, responses, comments of participants/instructors)
 3. Quantitative description of seminar or workshop (preparation time, attendance, level of participation by members, etc.)

2009

ADDC Convention

Information

Calgary, Alberta, Canada

September 13 - 19, 2009

Complete Information available on ADDC Website

ASSOCIATION OF DESK AND DERRICK CLUBS

58th Annual Convention

September 13 - 19th, 2009

The Westin Hotel ~ Calgary, Alberta



Host: Alberta Foothills Desk and Derrick

First Name: _____ Member #: _____ Region: _____
 Last Name: _____
 Company: _____ Club: _____
 Phone: _____
 Email: _____ Arrival Date: _____ Time: _____

Delegate ☐ Alternate ☐ 1st ADDC Convention ☐

Diet Restrictions: _____ Other Requirements: _____

REGISTRATION DEADLINE: AUGUST 14, 2009**Registration Fee per person includes:**

Business Sessions, Friday Industry Luncheon, Friday Evening
 Social, Saturday Member Recognition Luncheon & Saturday Banquet.

Pay by Cash, Check, Visa or Mastercard in U.S. Funds

Registration Postmarked after August 15, 2009 (Cash/Check)

Fee	# Attending	Total Cost
\$225	_____	\$ _____
\$240	_____	\$ _____

MEMBERS MUST BE REGISTERED TO ATTEND ANY FUNCTION.**PLEASE LIST NAME(S) OF EACH NON-MEMBER ATTENDING THE FUNCTIONS BELOW:****01. Friday Industry Luncheon**

Guest: _____ \$50 _____ \$ _____
 Company: _____ # of guests

02. Friday Energy Symposium

Guest: _____ FREE _____ \$ _____
 Company: _____ # of guests

03. Friday Night Icebreaker - "Celebrating Western Spirit"

Guest: _____ \$50 _____ \$ _____
 Company: _____ # of guests

04. Saturday Member Recognition Luncheon

Guest: _____ \$50 _____ \$ _____
 Company: _____ # of guests

05. Saturday Banquet

Guest: _____ \$65 _____ \$ _____
 Company: _____ # of guests

TOTAL REGISTRATION FEES IN U.S. FUNDS

Credit Card Charge:	Visa <input type="checkbox"/>	MasterCard <input type="checkbox"/>
Card Number: _____	Exp. Date: _____	
Signature: _____	Date Paid: _____	
Email Registration with Credit Card payment to: adotulsa@swbell.net		

Total - Page 1	\$ _____
Total - Page 2	\$ _____
GRAND TOTAL	\$ _____

Make checks payable to: 2009 Convention Fund
 Mail to: **ASSOCIATION OF DESK AND DERRICK CLUBS**
5153 E. 51st Street, Suite 107
Tulsa, Oklahoma 74135
ADO Fax: (918) 622-1675

Contact: Marilyn Carter, GAC Co-Chair
 Email: marilyn.carter@cnrl.com
 Telephone: 403-386-5056

Lucy Mulgrew, GAC Co-Chair
lucy.mulgrew@cnrl.com
 403-514-7587

REGISTRATION DEADLINES

ADDC Board July 24, 2009
 Delegates/Alternates July 24, 2009
 Final Registration Date (Postmarked) August 14, 2009

REFUND POLICY

Full Refund August 15, 2009
 No Refund After September 1, 2009

RETURN CHECK POLICY - \$35

FOR ADO USE ONLY	Date Rec'd	No:	Emergency Form Rec'd
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FIELD TRIPS & TOURS

SUNDAY, Sept. 13 - TUESDAY, Sept. 15

06. Experience the Energy (Sun 7:00 am - Tues 9:00 pm)

Fees Member/Non-Member	# Attending Mem / Non	Total Cost
MBR \$360 / Non \$425	/	\$

MONDAY, September 14

07. Mountain Building & Global Warming (7:00 am - 10:00 pm)

MBR \$165 / Non \$175	/	\$
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08. Snubbing, Not Just a Coal(d) Shoulder (7:30 am - 6:00 pm)

MBR \$60 / Non \$70	/	\$
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TUESDAY, September 15

09. Looking Back - Moving Forward (7:00 am - 6:00 pm)

MBR \$70 / Non \$80	/	\$
---------------------	---	----

10. One Heck of a Coilin, Fracin...Tour (7:30 am - 6:00 pm)

MBR \$60 / Non \$70	/	\$
---------------------	---	----

CERTIFICATION PROGRAM

WEDNESDAY, September 1611. ADDC Certification Program (8:00 am - 5:00 pm)
Land & Leasing

Fees Member/Non-Member	# Attending Mem / Non	Total Cost
MBR \$75 / Non \$125	/	\$

SEMINARS

WEDNESDAY, September 16

12. Spud to Rig Release (8:00 am - 10:00 am)

MBR \$25 / Non \$35	/	\$
---------------------	---	----

13. Be Safe~Not Sorry (10:30 am - 12:30 pm)

MBR \$35 / Non \$45	/	\$
---------------------	---	----

14. Coming Together With Rhythm (1:30 pm - 4:00 pm)

MBR \$40 / Non \$50	/	\$
---------------------	---	----

THURSDAY, September 17

15. Introduction to Drilling Fluids (8:00 am - 10:00 am)

MBR \$25 / Non \$35	/	\$
---------------------	---	----

16. Wired That Way (8:00 am - 10:30 am)

MBR \$35 / Non \$45	/	\$
---------------------	---	----

17. Wind Power 101 (10:30 am - Noon)

MBR \$25 / Non \$35	/	\$
---------------------	---	----

18. The Oil Sands Story (1:00 pm - 2:30 pm)

MBR \$25 / Non \$35	/	\$
---------------------	---	----

19. Why I Can't Be A Regional Director (7:00 pm - 8:30 pm)

No Charge	/	N/C
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NON-INDUSTRY EVENTS

WEDNESDAY September 1620. Jubilations Dinner Theatre (5:00 pm - 10:00 pm)
"Thank You Mr. Presley"

Fees Member/Non-Member	# Attending Mem / Non	Total Cost
MBR-\$65 / Non-\$75	/	\$

TOTAL PAGE 2 = Field Trips/Tours + Certification + Seminars + Non-Industry Event**\$**

EMERGENCY RELEASE INFORMATION

Last Name: _____

First Name: _____

IN CASE OF EMERGENCY, PLEASE NOTIFY:

Name: _____

Relationship: _____

Home Phone: _____

Work Phone: _____

I understand that my participation in the field trips or special events is at my own risk and responsibility. The Alberta Foothills Club and the Association of Desk and Derrick Clubs assume no liability.

Signature: _____

Date: _____

Guest(s) Last Name: _____

Guest(s) First Name: _____

This form is to be completed by each person attending ADDC Convention Activities.
Signed release forms must be received before departure on any Field Trip/Tour or Special Event.

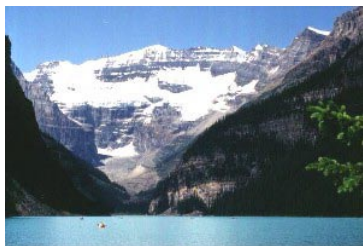

The information provided here will be treated as confidential.

This form may be copied for additional reservations.



Event No.	Event Detail	Date, Time, Cost
FIELD TRIPS		
6	<p><u>Experience the Energy</u></p> <p>Canadian Petroleum Discovery Centre The Canadian Petroleum Discovery Centre at Leduc No. 1 Historic Site opened in 1997 to showcase Canada's oil industry to the world. The Centre contains artifacts, photos, archives, interpretive displays and oilfield equipment all designed to give the viewing public a taste of what it is like to be part of the oil industry. The Canadian Petroleum Discovery Centre is not-for-profit and largely volunteer driven. It is owned and operated by Leduc/Devon Oilfield Historical Society.</p> <p>Suncor Tour of the Oil Sands Visit Suncor Energy, the world's first commercially successful oil sands plant. Learn about the advanced technology and massive equipment that is used to produce this incredible resource. Suncor tour guides will explain the process from mining to pipeline, while traveling the designated tour route through the Steepbank, Millennium and base plant sites. Suncor works hard to reduce the impact of their activities on the ecosystems of the boreal forest. Learn about Suncor's reclamation efforts and see how native plants and animals are thriving on reclaimed land.</p> <p>The Oil Sands Discovery Centre Located in Fort McMurray it is in the heart of the world's biggest single oil deposit - Alberta's Oil Sands. At the Centre you'll be surrounded by BIG things - a dragline bucket, a 150 tonne heavy hauler with tires three metres high and "Cyrus," an 850 tonne bucketwheel excavator. You'll really get the "big picture" when you see the big screen movie "Quest for Energy." A 10 minute demonstration showing how oil is extracted from the oil sand is presented to visitors. It is a simplified version of the hot water separation method used by commercial surface oil sand mining companies today. Visitors get an opportunity to see, smell and touch oil sand and its components: bitumen, sand and water.</p> <p style="text-align: center;">STURDY WALKING SHOES AND A WARM COAT ARE RECOMMENDED</p> <p>Includes: bus transportation, 2 nights shared accommodation, entrance fees, lunches and snacks (on your own for breakfasts</p>	<p>Sun 7:00 am – Tue 9:00pm Sept. 13-15, 2009</p> <p>Members \$360 Non-Members \$425</p> <p>Minimum – 35 Maximum – 50</p> <div data-bbox="1166 743 1528 987" data-label="Image"> </div> <div data-bbox="1195 1045 1495 1442" data-label="Image"> </div> <div data-bbox="1195 1476 1495 1871" data-label="Image"> </div>



	&dinner)	
7	<p><u>Mountain Building and Global Warming - The Ultimate Learning Experience</u></p> <p>This field trip is a must for individuals interested in the natural history of the Canadian Rocky Mountains. The tour begins in the Foothills, continues along the Bow Valley and on into Banff National Park. The tour includes a gondola ride up the Sulphur Mountain Gondola in Banff. Enjoy the world class scenery of the Canadian Rocky Mountains and Banff National Park.</p> <p>This field trip continues on to the Columbia Icefields and Athabasca Glacier for an Icefield Glacier experience. Participants learn how and when the Canadian Rockies were formed and moulded, about glaciers and ice ages - what they are, why they occur, their role in the global warming debate and their importance in the economy of the area</p> <p style="text-align: center;">STURDY WALKING SHOES AND A WARM COAT ARE RECOMMENDED</p> <p>Includes: bus transportation, fees for gondola and icefield, lunch, and snacks (dinner will be on your own)</p>	<p>Mon., Sept. 14, 2009 7:00 am – 10:00 pm</p> <p>Member \$165 Non-Member \$175</p> <p>Minimum – 35 Maximum – 50</p>  

8

Snubbing – Not Just a Coal(d) Shoulder



Snubbing is the movement of pipe against the pressure exerted by the well. In snubbing operations, the pressure in the wellbore, acting on the cross-sectional area of the tubular, can exert sufficient force to overcome the weight of the drill string, so the string must be pushed (or "snubbed") back into the wellbore.

Visit High Arctic Energy Services facility and experience hands on, the snubbing of a well and the various scenarios encountered.

Atlas Coal Mines

The Atlas Coal Mine National Historic Site is one of the most complete coal mining museums in Canada. Tours and educational programs make a visit to this historical attraction fun and fascinating.

TUNNEL TOUR

Venture underground through 210 feet of newly re-timbered tunnel and walk the path of the miners up to the mine terrace, mine entry and newly restored Blacksmith shop! Don helmets and lights and hear the stories of real men who worked underground. Good footwear is essential.

TIPPLE TOUR

Explore the mine site with an entertaining guide. Climb the last wooden tippie in Canada, ride on an authentic mine locomotive that was once used underground, learn about the men who worked at the mine and some of the adventures they encountered underground!

**STURDY WALKING SHOES
AND A WARM COAT ARE RECOMMENDED**

Includes: bus transportation, entrance fee for Atlas Mine, lunch and snacks





Mon., Sept. 14, 2009
7:30 am – 6:00 pm

Member \$60
Non-Member \$70

Minimum 30
Maximum 50





<p>9</p>	<p><u>Looking Back – Moving Forward</u></p> <p>Experience Southern Alberta at its finest with a beautiful backdrop of the majestic Rocky Mountains along the way. This day tour will take you through rolling hills and ranch country, south towards the US/Canada border</p> <p>Head-Smashed-In Buffalo Jump</p> <p>Where the foothills of the Rocky Mountains meet the great plains, experience one of the world's oldest, largest and best preserved buffalo jumps known to exist. The Jump was designated as a UNESCO World Heritage Site in 1981, placing it among other world attractions such as the Egyptian pyramids, Stonehenge and the Galapagos Islands. The \$10 million interpretive centre at Head-Smashed-In blends unobtrusively into the ancient sandstone cliff. Its interior is made up of five distinct levels depicting the ecology, mythology, lifestyle and technology of Blackfoot peoples within the context of available archaeological evidence</p> <p>Bellevue Mine</p> <p>Put on an authentic Miner's helmet and lamp and follow the corridors taken by the Coal Miners as they worked this mine from 1903 to 1961. Walk underground through a portion of the Old West Canadian Collieries Mine at Bellevue. You will see a "room", a coal chute and original mine artifacts, while coal mine interpreters explain the techniques of turn of the century underground mining.</p> <p>Frank Slide</p> <p>On April 29, 1903, at 4:10 a.m., 82 million tonnes (30 million cubic metres) of limestone crashed from the summit of Turtle Mountain and buried a portion of the sleeping town of Frank. The dimensions of the rock mass that fell are 150 metres (500 feet) deep, 425 metres (1,400 feet) high and one kilometre (3,280 feet) wide. The Frank Slide Interpretive Centre highlights the rich history of the Crowsnest Pass amid the breathtaking beauty of the Canadian Rockies.</p> <p>Cont'd on next page</p>	<p>Tue., Sept. 15, 2009 7:00 am – 6:00 pm</p> <p>Member \$70 Non-Member \$80</p> <p>Minimum 30 Maximum 50</p>   
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	<p><u>Looking Back – Moving Forward – Cont’d</u></p> <p>Wind Farm Visit a wind farm and observe this alternative energy source in action. A wind farm is a group of wind turbines in the same location used for production of electric power. Individual turbines are interconnected with a medium voltage (usually 34.5 kV) power collection system and communications network. A large wind farm may consist of a few dozen to about 100 individual wind turbines, and cover an extended area of hundreds of square miles (square kilometers), but the land between the turbines may be used for agricultural or other purposes</p> <p style="text-align: center;">STURDY WALKING SHOES AND A WARM COAT ARE RECOMMENDED</p> <p>Includes: bus transportation, lunch, entrance fees and snacks</p>	
10	<p><u>One Heck of a Coilin, Fracin, Pumpin Bone Chillin Time</u></p> <p>From Calgary our tour takes us north to Red Deer where many of the oil and gas service industry call home. Then heading east, we travel towards an almost desert-like region of the province called the “Badlands”.</p> <p>BJ Services Company</p> <p>The Company's core business comprises cementing, stimulation, downhole tools and coiled tubing services worldwide. BJ also provides tubular services, process and pipeline services, and specialty chemical services in selected geographic markets.</p> <p>Coiled tubing is the fastest growing segment of the well service industry today. It is a continuous, jointless, high-pressure-rated hollow steel tube or pipe that is brought to the wellsite on reels of up to 9,000 metres. This method is considerably quicker and more efficient than joining sections of pipe as in conventional production tubing.</p> <p>The pumping service division consists of cementing and stimulation services in completion and workovers. In addition, BJ supply pressure cementing services to the drilling operations.</p> <p>Cont’d on next page</p>	<p>Tue., Sept. 15, 2009 7:30 am – 6:00 pm</p> <p>Members \$60 Non-Members \$70</p> <p>Minimum 30 Maximum 50</p>  

One Heck of a Coilin, Fracin, Pumpin Bone Chillin Time – Cont’d

The Royal Tyrell Museum – Drumheller, Alberta

The Royal Tyrell Museum celebrates the long history and spectacular diversity of life - from the tiniest grains of pollen to the mightiest dinosaurs.

Set in the Alberta badlands, the Museum opened in September, 1985. Experience the power and excitement of some of the most remarkable fossil displays anywhere in the world, in Canada’s only institution devoted entirely to palaeontology. Their mandate is to collect, conserve, research and interpret paleontological history with special reference to Alberta’s fossil heritage. Begin your journey through geological time with galleries and feature exhibitions that celebrate the spectacular history and diversity of life on Earth, and the palaeontologists who bring the stories to life. There’s been life on Earth for more than 3.9 billion years, so they have a lot to show you!

**STURDY WALKING SHOES
AND A WARM COAT ARE RECOMMENDED**


Includes: bus transportation, lunch, entrance fees and snacks



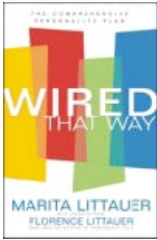



SEMINARS		
11	<p><u>Certification Program – Land and Leasing</u></p> <p>Presenter: TBA</p> <p>Land and Leasing is the second in a series of six segments of the ADDC Certification Program towards a Petroleum Tech Certificate of Completion. This 8 hour course will be a study of land ownership, transfer and leasing as related to the petroleum industry. A comprehensive exam will be given at the end of the course and members who pass the exam will be given a Certificate of Completion.</p>	<p>Wed., Sept. 16, 2009 8:00 am - 5:00 pm</p> <p>Members \$75 Non-Member \$125</p> <p>Lunch on your own</p> <p>Minimum - 30 Maximum – 50</p> 
12	<p><u>Spud to Rig Release – Drilling Technologies</u></p> <p>Presented by Donya Blakney, Smith International</p> <p>Donya Blakney has worked with Smith International for 16 years and is currently a Drilling Analyst conducting efficiency and optimization studies and statistical analysis for new product design. She has a Bachelor's degree in Geography and a second major in Psychology. She has also completed a Petroleum Engineering Technologies Program at SAIT (Southern Alberta Institute of Technology).</p> <p>This presentation will present an overview of the drilling sector of the oilpatch. Beginning with the formation of hydrocarbons, Donya will take the group through the processes of getting oil out of the ground. The basic concept of drilling has changed little in the last hundred years but the techniques and technologies are constantly evolving with fascinating engineering developments.</p>	<p>Wed., Sept. 16, 2009 8:00 am – 10:00 am</p> <p>Members \$25 Non-Members \$35</p> <p>Minimum – 20 Maximum – 75</p> <p>SMITH BITS</p> 



13	<p>besafe notsorry</p> <p>Presented by Debra deWaal, President, Safe and Sound www.safeandsound.ca</p> <p>Debra deWaal, is a skilled facilitator, professional speaker and experiential trainer. She spent 10 years on the Calgary Police Force and many of those were spent undercover. Husband John is also a police officer. Deb left the police force to start her business Safe and Sound to provide education and training on personal safety.</p> <p>In one dynamic session, Deb will share her experiences in an informative high energy and humorous way. You will learn what types of crime are occurring in our society and how to safely prevent and manage any potentially dangerous situation. This session will give you the mental and physical tools to be in control of any verbal or physical conflict.</p>	<p>Wed., Sept. 16, 2009 10:30 am – 12:30 pm</p> <p>Members \$35 Non-Members \$45</p> <p>Minimum – 35 Maximum – 75</p>
14	<p><u>Coming Together with Rhythm - Drum Circle Workshop</u></p> <p>Presented by Judy Atkinson, President, Circles of Rhythm www.circlesofrhythm.com</p> <p>Judy is a professional drum circle facilitator and motivational speaker. Using a multicultural collection of drums and fun percussion tubes called “boom whackers”, this program is guaranteed to wake you up. As a group of diverse individuals, you will come together in a circle to create in-the-moment recreational music in a fun, supportive, safe environment. It is about participation, creative self expression, equality, coming together rather than pulling apart, balance and well being.</p>	<p>Wed., Sept. 16, 2009 1:30 pm – 4:00 pm</p> <p>Members \$40 Non-Members \$50</p> <p>Minimum – 35 Maximum – 75</p> 



<p>15</p>	<p><u>Introduction to Drilling Fluids (Learn Drilling Fluids in 2 hours or LESS!)</u></p> <p>Presented by Carl Smith, CEO, TechStar Fluid Systems</p> <p>Carl started in the drilling fluid industry in 1985 and has worked in Calgary, AB and Cambridge, England. He has a B.Sc. in Chemistry and a Ph.D. in Polymer chemistry.</p> <p>The process of drilling a hole in the ground for the extraction of a natural resource requires a fluid for removing cuttings from the wellbore, controlling formation pressures and maintaining drilling hole stability. Carl will simplify the drilling fluid functions and use in sedimentary formations, clays & shales, the polymers in drilling fluids, mud testing and the purpose and use of different types of mud.</p>	<p>Thur., Sept. 17, 2009 8:00 am – 10:00 am</p> <p>Members \$25 Non-Members \$35</p> <p>Minimum – 20 Maximum – 75</p>
<p>16</p>	<p><u>Wired that Way</u></p> <p>Presented by Marita Noon, Executive Director, C.A.R.E. (Citizens' Alliance for Responsible Energy)</p> <p>Have you noticed that the people with whom you work are different from you? What about the people you live with? We often wish everyone was like us. We think that would make life easier. But, in reality, we are all wired differently—and no matter how hard we may try, we cannot change those other people! Come learn how to identify the hard-wiring of the people with whom you live and work by observing their clothing, behavior patterns, and even their personal space. Once you know how they are wired, you can change your expectations of them and adjust your approach to them--and, therefore, improve your relationship with them.</p> 	<p>Thur., Sept. 17, 2009 8:00 am – 10:30 am</p> <p>Member \$35 Non-Member \$45</p> <p>Minimum – 35 Maximum – 75</p> 



<p>17</p>	<p><u>Wind Power 101</u></p> <p>Presenter: Jason Edworthy, Director – Community Development, TransAlta Wind, a Division of TransAlta Energy Corporation</p> <p>TransAlta Wind (formerly Vision Quest) is one of Canada’s largest producers of wind power. They have built and operate over 250 MW of wind energy facilities in southern Alberta and New Brunswick with two more 66 MW wind farms planned for Alberta in 2009.</p> <p>Jason has over 35 years experience in the wind energy industry and is one of the three founders of Vision Quest.</p> <p>Come and experience the past, present and future development of wind power.</p>	<p>Thur., Sept. 17, 2009 10:30 am – Noon</p> <p>Members \$25 Non-Members \$35</p> <p>Minimum – 20 Maximum – 75</p> 
<p>18</p>	<p><u>The Oil Sands Story – Video & Talk Seminar</u></p> <p>Presenter: TBA</p> <p>The oil sands story is one that describes one of the largest oil deposits in the world and identifies its future possibilities. Pioneers had a vision of the commercial applications of this incredible resource. Through various companies, government and scientific organizations, the oil sands have become a reality as a major supplier of oil for Canada.</p> <p>Come and learn more about the oil sands, the mining processes, extraction methods, and environmental issues associated with the Oil Sands</p>	<p>Thur., Sept. 17, 2009 1:00 pm – 2:30 pm</p> <p>Members \$25 Non-Members \$35</p> <p>Minimum – 20 Maximum – 75</p> 



19	<p><u>Why I Can't Be A Regional Director</u></p> <p>Presented by Nell Lindenmeyer & Barbara Rollinson</p> <p>Come and join these two dynamic ladies for a fun filled evening talking about your favorite subject – Desk and Derrick.</p> <p>Barbara Rollinson resides in Orange, CA, is a member of the Long Beach Club in Region V and was the 1989 Association President. Nell Lindenmeyer is from Farmington, NM, a member of the Farmington Club in Region V and she was the 2003 Association President.</p> <p>Along with your participation, they will explore all the “Reasons Why You Can't be a Regional Director”- so next time you're asked you'll have the reasons on the tip of your tongue.</p>	<p>Thur., Sept. 17, 2009 7:00 pm – 8:30 pm</p> <p>Members – No Charge</p> <p>No minimum No maximum</p>
NON-INDUSTRY EVENT		
20	<p><u>Jubilations Dinner Theatre – “Thank You Mr. Presley”</u> www.jubilations.ca</p> <p>This interactive dinner theatre is a one-of-a-kind experience. From the moment you enter, you will be transformed from your reality to theirs. This musical comedy is combined with a delicious four-course dinner server in a totally unique way.</p> <p>Join us at the Heartbreak Hotel, a wonderful little Inn whose claim to fame is that Mr. Elvis Presley himself stayed there many times. He would escape his hectic life in the spotlight and relax up in Canada.</p> <p>Come experience fabulous live vocals with familiar songs from the past.</p>	<p>Wed., Sept 16, 2009 5:00 pm – 10:00 pm</p> <p>Members \$65 Non-Members \$75</p> <p>No minimum No maximum</p> <div data-bbox="1230 1451 1487 1675" data-label="Image"> </div>

**2009 ADDC Convention
Calgary, AB
September 13 – 19, 2009**

Hotel Information



Don't Miss Out!!

Be sure to check out the added features and amenities of the **Westin Business Room**. In addition to all the standard amenities it also includes: free internet service (wireless or cable), free local and long distance phone calls within North America, free bottled water, daily Wall Street Journal and a breakfast credit for one person.

REMINDER: The posted room rates are in Canadian Dollars. With the current exchange staying around 0.8, that's a savings of 20% for our US Members. Just multiply the posted rate by 0.8 to get your actual cost. Example the Traditional would only cost \$127.20/night instead of \$159.

the westin calgary

the westin calgary

320 4th avenue sw, calgary, alberta t2p 2s6

t 403.266.1611 f 403.265.7908

westin.com/calgary

The Westin Calgary is conveniently located downtown, next to The Bow River and Eau Claire Market where you can enjoy a unique selection of restaurants, pubs and shops. Nestled in the foothills of Canada's Rocky Mountains, Calgary, Heart of the New West™ offers the best of two exciting worlds ~ stimulating, big city life and outstanding wilderness adventure.



guest accommodations

Each of our 525 guest rooms & suites are appointed with refreshing amenities such as the Westin Heavenly Bed® and Heavenly Bath®, High Speed Internet Access, a refreshment centre and gourmet coffee.

westin heavenly bed®

Westin's signature 10-layer Heavenly Bed® envelopes you with pure white, triple sheeted bedding topped with a down blanket and duvet-enclosed comforter. A custom mattress will lull you to sleep as you place your head on a king-size plump, goose-down or thick feather pillow.

westin business

Our 126 Westin Business guest rooms are slightly larger with a more contemporary style. The signature Westin Heavenly® amenities:

- complimentary long distance phone calls in North America, local, toll-free & credit card calls
- complimentary high speed internet access
- continental breakfast credit for 1 guest
- complimentary bottled spring water
- evening turndown & shoe shine service

check-in / check-out

check-in

Our check-in time is 3:00 p.m. Guests may be able to check-in earlier depending on our levels and availability of "ready" rooms.

check-out

Our check-out time is 12:00 p.m. Please contact the front desk if you require a later checkout time and we will do our best to accommodate.

early departure

All guests will be asked to verify their departure date at check-in. Changes can be made at this time without penalty. If a guest has checked in and chooses to depart before the agreed upon date, a one time fee of 1-night's room & tax will be charged.

fun westin calgary fact

In 1969, the "Bloody Caesar," Canada's favourite cocktail was concocted in the Westin Calgary's new Italian restaurant to compliment several of its dishes.



welcome to the westin calgary

the westin calgary welcomes the association of desk and derrick - September 11 - 22, 2009

On behalf of the Westin Calgary, we hope your stay will inspire personal renewal and provide an opportunity to discover the diversity Calgary has to offer.

Kind Regards,

Dawn Collings
Association Sales Manager
The Westin Calgary



transportation

The Westin Calgary is located 25 minutes from the Calgary International Airport (YYC). The most convenient ways to get to the hotel are by Taxi (approximately \$35) or Airport Shuttle. Two shuttles services include:

airport shuttle & 5 star limousine - (403) 259-5959

- Hotel to airport service only
- booked based on flight time from approximately 4am—7pm

sundog – (403) 291-9617

- Hotel to airport & airport to hotel service
- 6am, 7:57am, the remainder arrive 3 minutes to the hour until 9:57pm

Note: rates / times are subject to change based on season / demand - for details contact the hotel concierge or the specific company directly.

parking

valet parking

Sunday through Thursday (excluding holidays) - \$35
Friday through Saturday (including holidays) - \$25

self parking

Sunday through Thursdays (excluding holidays) - \$25
Friday through Saturday (including holidays) - \$19

Note: rates are subject to change without notification

dining

essence / liquid lounge

Offering a stylish atmosphere and tantalizing menu, essence is a place to replenish, renew and nourish. The many flavours of Alberta come alive in this newly renovated venue boasting a decidedly modern vibe. Open 7 days a week for breakfast & lunch.

24-hour in-room dining

Allow us to deliver our culinary delights to the privacy and comfort of your guest room or suite whenever the mood strikes.

Starbucks

Not only does each of our guestrooms feature Starbucks® in room coffee, but an ideal store location in the hotel lobby makes it even more convenient.

4th avenue keg

Our new addition, The Keg Steakhouse & Bar offers great steaks, offering a truly comfortable, satisfying dining atmosphere accompanied by a fun and casual bar setting. Open everyday serving lunch and dinner.

fitness / pool facilities

Guests of The Westin Calgary enjoy our heated, indoor pool, sauna, whirlpool and fitness centre with towels supplied for your convenience. WestinWORKOUT®. Fitness Centre offers the latest fitness equipment and with all this on the 19th floor, experience fabulous city views!

reservations

Reservations can be made by telephone or on ADDC's personalized on-line reservation system, called Stargroup.

stargroup

This convenient website allows "you" to book rooms directly through the link below and receive *instant* confirmation numbers, as well as view hotel & event information.

Click here to make a reservation.

telephone

For assistance with The Westin Calgary reservations, please dial 1-800-937-8461 if you are calling from the U.S. or Canada.

ADDC rates

	(single/double occupancy)
Traditional Room	\$159.00
Deluxe Room	\$179.00
Westin Business	\$219.00
Executive Corner Suite	\$229.00

An additional \$30.00 per person is required for rooms that exceed an occupancy of 2 guests – max occupancy 4 people.

The cut-off date for accepting reservations is August 15, 2009.

westin amenities

Amenities	Traditional Room	Deluxe Room	Executive Corner Suite	Westin Business
High Speed Internet Access (Wireless/Cable)		•		•
Local/Long Distance Calls (within North America)		•		•
Breakfast credit for 1 person in Essence Restaurant daily				•
Bottled Water				•
Wall Street Journal				•

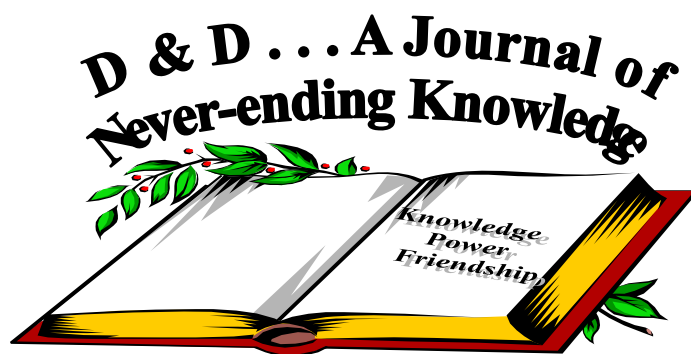
- Daily Newspaper
- Refreshment Centre
- Coffee Maker with Starbucks® Coffee/Tea
- Iron/Ironing Board
- Hair Dryer
- 32" Flat Screen Television with Cable
- Bundled Telecom
- On Command Video
- In-Room Movies
- Dual-Line Telephone with Voice Mail
- Data Port
- High Speed Internet Access
- Large, Well-Lit Work Desk
- Windows that Open
- 100% non-smoking rooms
- Laundry & Dry Cleaning Service
- In-Room Spa Services
- Fitness Centre
- Pool & Hot Tub
- Valet & Self Parking
- Shoe Shine Service
- Gift Shop
- In-Room Safe Deposit Boxes
- Baggage Storage
- 24-hour Business Centre Access

spa services

RNR Wellness provides the Westin with comfortable in-room spa services as well as in-spa services. Located on 102 7th street, the river front spa makes for a beautiful setting of relaxation. To book call RNR Wellness at (403) 244-9290 or feel free to contact the hotel concierge at (403) 508-5178.



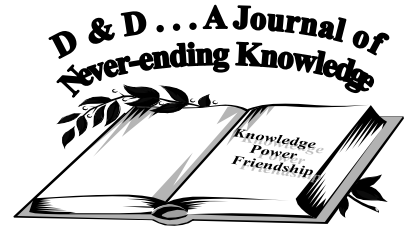
Region Information



Region III Director's Newsletter

Elaine Lesnak
Region III Director

elesnak@miswaco.com



May 2009

To: All Region III Members

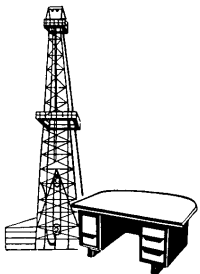
Hope everyone had a great Easter sharing time with family and friends.

Now is the time for you to start thinking about running for Association office for 2010. The Association Nominating Committee is looking for qualified members, which I know for a fact we have many of them in our Region. Also Donna, 2009 President Elect, is looking for committee chairmen to serve during her year as President.

Remember to mark your calendars for Convention to be held in Calgary, Alberta Canada at the Westin Hotel, September 14-20, 2009, hosted by the Alberta Foothills Desk and Derrick. Check the website for the registration packet. Hope to see you there.

Remember each club is required to file a Form TAXE 1. The form and instructions (TAXE 2) are available on the ADDC Website. Some clubs may also need to file either Internal Revenue Service Form 990 or, the new Form 990N e-postcard. This information must be filed with the Tax Exempt Chairman, Star Hass and the IRS by May 15th. Star's address is:

*Fairway Resources, LLC
238 Silicon Dr., Ste. 101
Southlake, TX 76092
shasse@fairwayresources.com*



ASSOCIATION OF
DESK AND DERRICK
CLUBS

I would like to wish belated happy birthdays to the Red River Club; they celebrated their 27th birthday on March 10th and the Westbank Club celebrated their 33rd birthday on April 31st. Congratulations to both Clubs, may you both have many entries in your Desk and Derrick Journal in the years to come.

Best Regards

Elaine

Association of Desk and Derrick Clubs

2009 Region III Club Presidents

Name/Member Info	O/H	Office Info	Home Info	Phones
Lois Folse Baton Rouge <i>YrMemb:</i> 1990 <i>Bday:</i> 08/31 Legislative Assistant	O	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 <i>YrMemb:</i> 2003 <i>Bday:</i> 10/30 Accounting Supervisor	O	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 <i>YrMemb:</i> 1998 <i>Bday:</i> 08/27 Coastal Pipe Rec. Dept. Admin.	H	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 <i>YrMemb:</i> 1997 <i>Bday:</i> 04/24 Administrative Manager	O	Bean Resources Inc PO Box 52768 Lafayette, LA 70505 lmatthieu@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 <i>YrMemb:</i> 2004 <i>Bday:</i> 02/25 Retired/Co-Owner	H	Retired/Double R Packers rhonda_reynolds@comcast.net	81 Southern Colonel rd Laurel, MS 39443	(601) 649-1436 H
Valina "Val" Blanchard Morgan City <i>YrMemb:</i> 1986 <i>Bday:</i> 09/03 Office Manager	O	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 <i>YrMemb:</i> 1972 <i>Bday:</i> 03/19 Secretary/Trea Office Mgr	H	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 <i>YrMemb:</i> 2005 <i>Bday:</i> 02/25	H	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 <i>YrMemb:</i> 1999 <i>Bday:</i> 08/02	H		110 Mu St Belle Chasse, LA 70037 cheryl@cmaccess.com	(504)392-7094 H



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New Orleans**

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May 6, 2009

The Desk and Derrick Club of New Orleans is delighted to announce their Anniversary / Industry Night celebrating "60" Years. We are honored to have Mr. Jim Letten, U. S. Attorney, as our guest speaker.

This exciting event of "Diamonds and Derricks" will take place on Wednesday, June 10, 2009 at the Holiday Inn Downtown-Superdome, 330 Loyola Ave., New Orleans, LA. Social hour starts at 5:00 p.m. followed by our meeting at 5:45 p.m. The cost is \$26.00 and there will be a cash bar.

If you are interested in attending, please fill out the reservation form below and mail it in along with your check, made payable to the Desk and Derrick Club of New Orleans. Please mail the form along with your check to:

Bev George Cowart,
404 Severn Ave.
Metairie, LA 70001-5145

Payment must be received by Friday, June 1, 2009. You must make reservations to attend. No walk-ins.

Name of Guest(s)	Organization
_____	_____
_____	_____

Hope to see you at our celebration.



Judy Quick, Program Chairman

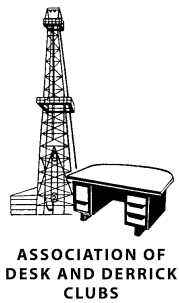
Murphy Oil USA, Inc.
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Westbank Club Information



*The Long and Short
of Desk and Derrick*



President's Letter
Cheryl LeBoeuf
cheryll@cmaaccess.com



May 2009

Well, May is here and so are May flowers, Mother's Day and Memorial Day. So do not forget Mom!

Let me tell you about our first social at Houma's Plantation in Gonzales, LA. It was so much fun! First, we went to the wrong place to eat lunch. We stopped at a reception hall. When we finally found the right place, it was beautiful and the food was delicious. The tour guide was great too. First she sang a beautiful song from an opera, then, the tour started. She was very informed and personable. The tour lasted about two hours and we took a lot of pictures. We had nine Westbank Desk and Derrick Members and twenty guests. Some of us went to Jim and Gab Hunter's home afterwards. It was great to see their home again for me and the first time for my husband Donnie. We all have another social in July. The "Christmas in July" is always fun so I hope we will have a good turn out.

Please join us at the May meeting with our guest speaker is Barb Hestermann with Loop, LLC with her topic "Loop- America's Only Deep Water Port" on May 27, 2009.

Please make sure to check your calendars in the back of the bulletin so you don't miss anything. Theresa Adams is looking for articles for the bulletin, so please do not let her down.

I hope you all enjoy the quotes that I include in my presidents letter very month. I enjoy looking than up every month.

Cheryl Le Boeuf

Washington Irving

A mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts.

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

Wednesday, June 24, 2009

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

Speaker
Keith Tolleson
Javier Guerrero
Nunez Community College

Topic
Petroleum Technology Program

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.

TOWING AND RIG MOVING

Tugboats are used to maneuver barges, rigs or other vessels in harbors, through rivers and canals and over open seas. Tugboats are quite strong for their size. Early tugboats had steam engines; today diesel engines are used. Tugs are built for specific jobs and locations. A tug built to be used on the river would not be of any use in the gulf. However, offshore tugs can be used in some rivers and some inland canals.

According to Royal Adams, April Westbank Speaker, a tug's power is typically stated by its engine's horsepower and its overall bollard pull. What is bollard pull? Bollard pull is the amount of pulling force in tons that a tug can exert on another ship or object. It is calculated by securing a line from the tug to a dynamometer that is attached to a fixed object - the tug then pulls at full throttle for thirty minutes. The meter registers the tons of pull.

Tugboats are highly maneuverable, and various propulsion systems have been developed to increase their maneuverability and safety. The earliest tugs were fitted with paddle wheels, but these were soon replaced by propeller-driven tugs.

Kort nozzles have been added to increase thrust. The kort nozzle is a sturdy cylindrical structure around a special propeller having minimum clearance between the propeller blades and the inner wall of the kort nozzle. The thrust power ratio is enhanced because the water approaches the propeller in a linear configuration and exits the nozzle the same way. A kort nozzle can increase horsepower by about 15 percent. The kort nozzle is named after its inventor, Ludwig Kort, but many brands exist. Other propulsion methods have been developed: the Cycloidal Propeller was developed prior to World War II and was occasionally used in tugs because of its maneuverability. In the late 1950s, the Z-drive or (Azimuth Thruster) was developed. Although sometimes referred to as the Schottel System, many brands exist: Schottel, Z-peller, Duckpeller, Thrustmaster, Ulstein, Wartsila, etc. These propulsion systems are used on tugboats designed for tasks such as ship docking and marine construction. Conventional propeller/rudder configurations are more efficient for port-to-port towing.

There are two types of tugs - Inland and Oceangoing.

Inland tugboats come in two categories:

Harbor tugs with a model bow are the most typical and people easily recognize them. These tugs are used worldwide to move ships in and out of berth and to move industrial barges around waterfront business complexes.

River tugs are also referred to as towboats or pushboats. Most are designed as large squared-off vessels with flat bows for connecting with the rectangular stern of barges. They are large and powerful, most commonly seen on the big rivers. Horsepower of these pushboats can exceed 16,000 hp and they each can move 50 or more barges. Of course, we see them all the time in our area - on the Mississippi.

Oceangoing tugboats come in four categories: conventional, notch, articulated and integrated tugs.

The Conventional tug is the standard seagoing tugboat with a model bow that tows its payload on a hawser. (A hawser is the nautical term for a long steel cable or large synthetic fiber rope.) This is the most versatile method of towing since the conventional tug is able to move its load three ways: pushing from behind, secured to the side of the towed vessel, or by towing astern, all achieved by the use of various lines and cables in various configurations. They are importantly recognized as the design of choice for salvage and assistance of wrecked ships and in the rescue and safe return of disabled ships from the high seas. These tugs are used to maneuver barges, rigs or other vessels in harbors, through rivers and canals and over open seas.

The Notch tug is a conventional tug which is designed to tow and push a specific barge, usually built to the shape and specification of that tugboat. A notch tug has a large towing winch on its stern, but it gets its name from the deep notch built into the stern of the barge. The notch on the barge is built in the exact shape of the tug's forward hull and can be quite deep, up to 90 feet or more. The tugboat fits snugly into the notch of the barge and with the use of various lines can be secured firmly enough to push the barge at much higher speeds than it would if it were towing. The towing hawser remains rigged during pushing. In the event that the seas get too rough to push safely, the tug merely releases any securing lines and backs out of the notch while extending its towing hawser. Once in calmer waters, the tug can maneuver back into the notch and resume pushing.

The Articulated tug and barge, or ATB, is a specially designed vessel, composed of a tugboat and a barge which are coupled using specially designed machinery. The tug is connected to the barge inside a notch, similar to the notch boat, using system of heavy pins, clamps and/or side pads. ATB's remain coupled all the time. The tug pushes its barge in all but the roughest seas. The advantages of this system are speed, safety and cost efficiency. As a unit, the ATB can push much faster than a tug can tow from astern, and the use of a coupling system eliminates many of the hazards associated with towing winches and cables. The unit is considered by authorities to be coupled in a "semi-rigid" manner and, thus, regulated by laws governing tugs and barges, rather than ships.

The Integrated tug and barge, or ITB, is a rigidly connected tug and barge. This means that it fits so tightly into the stern of its barge that it will roll and pitch in the same manner with the barge. The systems used to couple the two vessels are varied, but they are similar in that the connection point is virtually seamless, and for all practical purpose, they appear to be a ship. These units stay coupled under any sea conditions, and the tugs usually have poor designs for sea keeping and navigation without their barges attached. Vessels in this category cannot pitch independently from the barge and so are legally considered to be ships rather than tugboats and barges. As a result of this classification, they are regulated by authorities as ships.

Mr. Adams said that he currently works for Offshore Towing, Inc. It was founded in 1996 as a brokerage company for several tug owners in the Lockport/Larose area. OTI currently has 15 tugs in its fleet and two offshore supply vessels. All the tugs in their fleet are conventional tugs and vary from 4200 hp to 10,500 hp. After reviewing the statistics of various tugs in OTI's fleet, Mr. Adams explained that their tugs can tow drill barges, jack-up rigs, mat supported rigs, semi-submersible and submersible rigs. However, OTI vessels have assisted with moving ships, platforms and lay barges.

A package for a typical jack-up rig move would consist of three 4200 hp tugs. All tugs tow from the front of the rig. The lead tug would have a tow line pulling from the center of the rig with the other tugs on tow lines pulling from each corner. A typical package for towing a semi-submersible rig is also three tugs. However, sometimes additional boats are used to move a rig through a channel in order to comply with Coast Guard regulations. Once the rig is in open waters, three tugs are sufficient to move it onto location.

Once the rig is close to the location, the center (or lead) tug breaks off of the tow, and maneuvers to the rear of the rig. He then attaches his tow line to the center of the rear of the rig, and starts holding back to steady the rig as it is moved onto location. In some instances they may have as little as two feet clearance on either side to spot the rig onto location. Once the rig is spotted on location, the rig jacks itself up until the legs tag bottom. The tugs are then released.

Mr. Adams shared some additional information with the group. Costs to build these vessels range from \$8.5 million to \$20 million. Annual regulatory costs - including federal, state regulations and homeland security - are appx. \$250,000 per vessel per year. Add the price of insurance for the vessels - from \$300,000 to one million dollars per vessel per year. The tugs carry a crew of six at a salary of \$3000 per day. Each tug carries two tow cables of 1 3/4 inch to 2 1/2 inch diameter by 1500 feet long. These cables run from \$10,000 to \$25,000 each.

Each tug carries from 45,000 gallons to 143,000 gallons of diesel. An average 4200 hp vessel burns appx. 5,000 gallons per day of fuel and 55 gallons per day of lube oil while running. WOW, think about those fuel bills each month!!

As you can see it is quite expensive to keep the fleet in good working condition and in compliance with all regulations

Mr. Adams fielded several questions about towing and rig moving at the end of his power point presentation.

Written by: Theresa Adams

CRUDE OIL LOGISTICS, QUALITY, AND ECONOMICS

What is crude oil? Have you ever seen it? Being members of a Desk and Derrick Club we know the answer to the first question, and can answer “yes” to the second question. In fact, some of us even have samples of crude on our desks. If you are new to Desk and Derrick, you may not have seen any and you might not be sure of what crude oil is.

Crude oil is a natural occurring substance. It is found in certain types of rock formations in the earth. It was formed millions of years ago even before dinosaurs roamed the earth. It started in a marine environment where the remains of plants and animals were covered by layers of mud. With heat and pressure from these layers, the remains turned into crude oil. Crude oil is usually a dark, sticky liquid and is classified as a hydrocarbon. It is highly flammable and it is burned to create energy. The word, “petroleum” actually means Rock Oil, or Oil from the Earth.

The ConocoPhillips Alliance Refinery is one of only about 10 refineries in Louisiana. It is 37 years old and is the second newest to Marathon. No new refineries are being built, It is too costly, and too time consuming, but primarily no one can get the permits. Instead of new refineries, current ones are being expanded and/or upgraded.

Logistics: How do refineries get crude? Trucks, rail, ships/barges and pipelines. The Alliance refinery gets 99% of their crude via three pipelines that can handle up to 120 thousand barrels a day. These pipelines come from Empire, Ostrica/Grand Isle, and Shell Delta. Two of the pipelines carry HLS (Heavy Louisiana Sweet). Alliance has three docks but they do not bring in crude oil because they do not have the tankage to store it. The docks are used to ship out their products.

There is one other pipeline, CAM, that was built for LOOP (Louisiana Offshore Oil Port). LOOP is eighteen miles in the gulf, in 110 feet of water. VLCC (Very Large Crude Carriers) dock there because it is the

only port that can handle these massive ships with a 2 million barrel capacity, and a draft of 60 to 80 feet. These VLCCs are at least 3 football fields long. LOOP can unload three at one time. It is the largest platform to unload oil in the United States. Certainly the VLCCs can not come up the Mississippi River so they must unload their cargo either by pipelines or to smaller vessels that can come up the river.

Alliance's crude supply is made up of 60% to 75% domestic and 25% to 40% foreign crude. Alliance runs 10.7 million barrels of crude a day through their refinery. Alliance looks to buy the cheapest oil to convert to the most products, be it foreign or domestic.

Foreign oil is brought to the Gulf of Mexico from many countries. From Venezuela, it takes 7 days. From the North Sea, 18 to 22 days. West Africa 17 to 18 days. The Mediterranean will take at least 20 days or more. Alliance does not buy oil from the Middle East, but if it did, it would have to go all the way around and would take 30 to 35 days. Crude is barged in and in addition to the price of the oil you must add the cost of transportation.

Oil is also stored in eight salt domes in Louisiana – large underground salt caverns with a storage capacity of 80 million barrels of oil. Water is forced into these salt domes to leach out the salt and create the cavern. The cavern is then filled with crude. The crude and the salt do not mix. There is only a minimal amount of contamination.

Cost: The cost of domestic crude is based off of WTI (West Texas Intermediate). Foreign crude is based off of Brent. Prices for both can be the same, but the difference would be the mode of transportation that the oil is delivered to the refinery. Last year sweet crude was \$100 barrel. Alliance can run 260,000 barrels per day. Multiply this by 365 days per year and you get \$9.5 billion that is expended just for oil. To this you must add the energy to run the refinery, the employees who work there, and multiple other expenses. The cost of crude also depends on the quality of the crude. Sweet or sour, heavy or light. Sour crude has greater than 0.5% weight of sulfur. The government has forced

refineries to spend billions and billions to add scrubbers to remove sulfur dioxide and avoid “acid rain” and have clean emissions. They have complied with this, but unfortunately, do not get any dollars back for doing so. The cost of removing the sulfur also adds to driving up the cost of gasoline. A refinery will want to run sweet crude to avoid this additional cost.

When crude is received at a refinery, it is passed through a heater and heated to around 650° to 900°, basically being “boiled.” This separates out the components, much like unbaking a cake – removing the flour, then the milk, then the eggs, etc. As it heats, the gasses come off producing propane, butane, methane. At 435° you get Naphtha; at 575° kerosene and jet fuel; 750° gives you light oil and diesel; at 900° heavy oil; and at 1500° you have residual asphalt.

In the petroleum world, there are two configurations: 3-2-1 and 2-1-1. This means that for every 3 barrels that you have, you will make 2 barrels of gasoline and 1 barrel of distillate; or for every 2 barrels you will make 1 barrel of gasoline and 1 barrel of distillate. Today, Alliance is a 2-1-1 refinery.

Economics: How do you find out if a refinery is making any money? There are two ways. The Gas Crack, and the Heat Crack. In the Gas Crack you take the market price for a barrel of gasoline in today’s market, minus the price of WTI and what you have is your gross profit, i.e., $\$55.00 - \$49.00 = \$6.00$. Again, this is without any costs to run the refinery. Yes, this can be a negative number. In the Heat Crack you use the price of diesel minus WTI and quite often this will be an even lower number than the Gas Crack, i.e., $\$50.00 - \$49.00 = \$1.00$ profit. With Alliance being a 2-1-1 refinery, it costs \$4.00 to process 1 barrel of oil. ($6 + 1 \div 2 =$ losing 50¢ on every barrel) So, the rates have to fluctuate from a minimal to a high rate depending on market conditions. (If Alliance were a 3-2-1 refinery they would make 50¢ on every barrel.) So, how to optimize the refinery? Alliance adjusts the raw materials to

make either more gasoline or more diesel, however, they only have a 5% leverage.

All refineries are hurting today. The prices of crude will come up. Things will improve. But when? One can only guess. It is a matter of supply and demand. When the demand increases, things will be looking up. Until then it is only a guessing game – unless one has a crystal ball.

These facts and figures were given to us by Mr. Rick Dobies. He has 20 years in petroleum and enjoys working with crude oil. He was been with ConocoPhillips for the last 9 years. When asked why diesel is now higher than gasoline, his answer was because there is a demand for it in South America, a country that uses more diesel than gasoline.

If a company were to invest with another country to tap into their reserves it is a very risky undertaking. More joint ventures have failed than succeeded. The motivation, however, is money. If the government keeps pushing, it will drive the third world countries to take over the refinery business, because it will cost too much to process a barrel of oil in the United States.

A question about hurricane preparedness was asked. Alliance has various phase levels for hurricanes but when there is a high level, they must shut down. Unlike platforms that can be run remotely, refineries can not. Thus it is a major but necessary undertaking. They get a 15 day warning about the possibility of a hurricane and a 5 day warning when it comes into the gulf. Katrina cost them \$300 to \$400 Million. There is no economic planning for a hurricane.

Written by:
Dottie Ancona

WESTBANK DESK & DERRICK FIELD TRIP

The Leader in Deepwater Lifting



**SEATRAX MARINE CRANES
208 GUNTHER LANE
BELLE CHASSE, LA. 70037**



**SATURDAY JUNE 20TH, 2009
10:00 A. M.**

A LITE LUNCH WILL BE SERVED

**FOR MORE INFORMATION PLEASE CONTACT:
LINDA TILLIS
CELL# (504) 343-3012**

Those of us who remember the classic “Who’s on First” routine that Abbott and Costello did will find this funny. Some of you will not even know who Abbott and Costello are. If you get flustered with your computer at times you should enjoy this too.

COSTELLO CALLS TO BUY A COMPUTER FROM ABBOTT

ABBOTT: Super Duper computer store. Can I help you?

COSTELLO: Thanks. I'm setting up an office in my den and I'm thinking about buying a computer.

ABBOTT: Mac?

COSTELLO: No, the name's Lou.

ABBOTT: Your computer?

COSTELLO: I don't own a computer. I want to buy one.

ABBOTT: Mac?

COSTELLO: I told you, my name's Lou.

ABBOTT: What about Windows?

COSTELLO: Why? Will it get stuffy in here?

ABBOTT: Do you want a computer with Windows?

COSTELLO: I don't know. What will I see when I look at the windows?

ABBOTT: Wallpaper.

COSTELLO: Never mind the windows. I need a computer and software.

ABBOTT: Software for Windows?

COSTELLO: No. On the computer! I need something I can use to write proposals, track expenses and run my business. What do you have?

ABBOTT: Office.

COSTELLO: Yeah, for my office. Can you recommend anything?

ABBOTT: I just did.

COSTELLO: You just did what?

ABBOTT: Recommend something.

COSTELLO: You recommended something?

ABBOTT: Yes.

COSTELLO: For my office?

ABBOTT: Yes.

COSTELLO : OK, what did you recommend for my office?

ABBOTT: Office.

COSTELLO: Yes, for my office!

ABBOTT: I recommend Office with Windows.

COSTELLO: I already have an office with windows! OK, let's just say I'm sitting at my computer and I want to type a proposal. What do I need?

ABBOTT: Word.

COSTELLO: What word?

ABBOTT: Word in Office.

COSTELLO: The only word in office is office.

ABBOTT: The Word in Office for Windows.

COSTELLO: Which word in office for windows?

ABBOTT: The Word you get when you click the blue "W".

COSTELLO: I'm going to click your blue "w" if you don't start with some straight answers. What about financial bookkeeping? You have anything I can track my money with?

ABBOTT: Money.

COSTELLO: That's right. What do you have?

ABBOTT: Money.

COSTELLO: I need money to track my money?

ABBOTT: It comes bundled with your computer.

COSTELLO: What's bundled with my computer?

ABBOTT: Money.

COSTELLO: Money comes with my computer?

ABBOTT: Yes. No extra charge.

COSTELLO: I get a bundle of money with my computer? How much?

ABBOTT: One copy.

COSTELLO: Isn't it illegal to copy money?

ABBOTT: Microsoft gave us a license to copy Money.

COSTELLO: They can give you a license to copy money?

ABBOTT: Why not? THEY OWN IT!

(A few days later)

ABBOTT: Super Duper computer store. Can I help you?

COSTELLO: How do I turn my computer off?

ABBOTT: Click on "START"

The WESTBANK EAR



This is the Region III rendition of **The Ear** and we are here to tell you all that there is to tell.

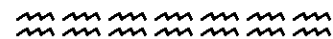
Before the start of Region III, **The Ear** heard about an abundance of stories. One member was mentioned more than others, however, in the interest of fairness, we will try to be selective.



The Ear hears that some early birds found themselves in the Chris Owens Club. Not surprising, Angie ended up on stage, but what was surprising was that Robbye looked like she was auditioning for the next season of Dancing With the Stars. I'm talking lifts and all, ya'll.

The Ear hears that a few Westbank members were smoozing with the Mayor at Zea. Yes, Elaine got a picture for her scrapbook. Joining us for our club dinner were ADDC officers Regina Garner and Donna Siburt as well as Region V Director Linda Clark. Linda told **The Ear** that she had a great time and will definitely be back.

Of course, in addition to C. Ray, Bonnie ran into someone she knew. That woman can be on another planet and run into someone!



A quote overhead by **The Ear** at Region III: "The trouble with Texas is that there are too many Texans in it."

In working Club Sales, **The Ear** hears that Bonnie traded club pins for a ring. Someone almost got the shirt off her back too but she stopped short of that.

~~~~~

Also in Club Sales, the Houma Club was selling neat little gadgets called Pop Tops. The premise is you snap in on top of a can and drink what you want and then store the rest for later. **The Ear** can still hear the peals of laughter from the Houma members watching Dottie trying to get it off. Hint: You have to OPEN the can first!

~~~~~

The Ear hears that Robbye had a plumbing problem and called maintenance. It helps if you give him the correct room number Robbye! Also, **The Ear** advises that one must read from the top of an article rather than the middle to avoid missing a bus.

~~~~~

Keith Atkins of the El Dorado Club is Region III Director-Elect for 2010. **The Ear** hears that Elaine was so stressed from lack of sleep she offered him the position **now**. Never fear, she got it together and did a great job.

Keith has asked ADDC to come up with another way of addressing him, rather than "Madam Director" as we do our current RDs. Send suggestions to ADDC, but be nice.

~~~~~

The Ear heard tales of Region III members going off to Harrah's Casino, but **The Ear** heard no tales of any winnings.

~~~~~

Honorary Westbank member Sheryl Cole from the Red River Club could not make up her mind what type of iced tea she wanted so she ordered all three types. **The Ear** does not remember which one she chose, but **The Ear** did get her shrimp in a "to go" box. There are advantages to not staying at the hotel!

Anyone remember Dolly Rodivich? **The Ear** hears that she has retired and moved back to the Westbank. Membership Chairman, sign her up!

~~~~~

Unbelievable luck at the golf tournament: **The Ear** hears that the same woman who won the 50/50 last year, won it again, AND her daughter won the golf basket!

Our Spa basket at Region III was won by New Orleans member, Johanna Lae. **The Ear**, as usual won ZIPPO!

~~~~~

**The Ear** hears that Albert Duplessis made a hole-in-one at our tournament. **The Ear** thinks this is a first in the 16 years we have been hosting it.

**The Ear** heard one golfer telling another, "you can't win if you keep hitting the ball into those trees, bro."

~~~~~

The Ear is here to congratulate Westbank members Minerva Hawkins and Vonette Edwards, receiving certificates for 15 and 35 years respectively.

~~~~~

At the awards luncheon, Westbank took first place for Best Field Trip. **The Ear** hears that Tommy Tillis was there to accept his award along with Cora, Linda, and Gaylen.

~~~~~

The Westbank again stopped the show with the entrance of the Who-Dat angels at the Tailgate Party. Those not in robes, wore black and gold with the exception of a few – LT & ZG. GH of course wore purple and gold. **The Ear** hears that there was even a Tulane jersey seen.

~~~~~

**The Ear** was very proud of Cheryl as she gave her speech. She was professional and poised. We can see her improving month by month.

~~~~~

Those commuting back and forth from the Holiday Inn never found out what time the garage attendant left. He was not there at 10, 12, or even 2 a.m. Westbank members are very resourceful and all managed to track him down to unlock the gate, even during the monsoon.

~~~~~

You needed to be a fly on the wall in Elaine's suite during some of those late night sessions. **The Ear** hears that a lot of brainstorming was going on and some good ideas were brought up. OK, so a little bit of gossip went on too.

~~~~~

Westbank and **The Ear** appreciate all of Dawn's help at Region III. She was not registered, but she was there every day helping with whatever was needed.

~~~~~

If Elaine's room was office central, then Bonnie's room was craft central. Do you know what a poof and a tit are and how to make them? **The Ear** does.

~~~~~

The Ear is here to tell you, (but not about that). You must tell us first.

~~~~~  
~~~~~  
~~~~~

# Nutritional Information

## Food Additives

### Part 1 of 2

Did you know that there are over 14,000 man-made chemicals added to our American food supply?

Food additives are not natural nutrition for humans or their pets. Children are suffering the most from food additives because they are exposed to food chemicals from infancy, and human bodies were not meant to be exposed to the degree of chemicals and food additives currently being introduced to our bodies.

It is important for everyone to be aware of the types of chemicals and food additives they are consuming. Below are a few chemical food additives but it is recommended you use the internet resources to research the myriad of chemicals and food additives inundating our modern food supply.

This information is for you to determine what you wish to eliminate from your diet.

#### **Acesulfame K**

Known commercially as Sunette or Sweet One, acesulfame is a sugar substitute sold in packet or tablet form, in chewing gum, dry mixes for beverages, instant coffee and tea, gelatin desserts, puddings and non-dairy creamers. Tests show that the additive causes cancer in animals, which means it may increase cancer in humans. Avoid acesulfame K and products containing it. Your sweet tooth isn't worth it.

#### **Artificial colorings**

The great bulk of artificial colorings used in food are synthetic dyes. For decades synthetic food dyes have been suspected of being toxic or carcinogenic and many have been banned. Whenever possible, choose foods without dyes. They're mostly used in foods of questionable nutritional worth anyway. Natural ingredients should provide all the color your food needs.



## **Aspartame**

This sugar substitute, sold commercially as Equal and NutraSweet, was hailed as the savior for dieters who for decades had put up with saccharine's unpleasant after taste. There are quite a few problems with aspartame. The first is phenylketonuria (PKU). One out of 20,000 babies is born without the ability to metabolize phenylalanine, one of the two amino acids in aspartame. Toxic levels of this substance in the blood can result in mental retardation. Beyond PKU several scientists believe that aspartame might cause altered brain function and behavior changes in consumers. And many people (though a minuscule fraction) have reported dizziness, headaches, epileptic-like seizures, and menstrual problems after ingesting aspartame.

Avoid aspartame if you are pregnant, suffer from PKU, or think that you experience side effects from using it. If you consume more than a couple of servings a day consider cutting back. And, to be on the safe side, don't give aspartame to infants.

## **BHA & BHT**

These two closely related chemicals are added to oil-containing foods to prevent oxidation and retard rancidity. The International Agency for Research on Cancer, part of the World Health Organization, consider BHA to be possibly carcinogenic to humans, and the State of California has listed it as a carcinogen. Some studies show the same cancer causing possibilities for BHT.

BHT and BHA are totally unnecessary. To avoid them read the label. Because of the possibility that BHT and BHA might cause cancer, both should be phased out of our food supply. To play it safe, phase them out of your diet.

## **Caffeine**

Caffeine is found naturally in tea, coffee, and cocoa. It is also added to many soft drinks. It is one of the few drugs -- a stimulant -- added to foods. Caffeine promotes stomach-acid secretion (possibly increasing the symptoms of peptic ulcers), temporarily raises blood pressure, and dilates some blood vessels while constricting others. Excessive caffeine intake results in "caffeinism," with symptoms ranging from nervousness to insomnia. These problems also affect children who drink between 2 to 7

cans of soda a day. Caffeine may also interfere with reproduction and affect developing fetuses. Experiments on lab animals link caffeine to birth defects such as cleft palates, missing fingers and toes, and skull malformations.

Caffeine is mildly addictive, which is why some people experience headaches when they stop drinking it. While small amounts of caffeine don't pose a problem for everyone, avoid it if you are trying to become or are pregnant. And try to keep caffeine out of you child's diet.

Note: Caffeine can be ingested in cases of severe migraine headaches to quickly relieve pain due to its dilating effects.

Submitted by: Theresa Adams

**Info gathered from Janet Starr Hull Website**

<http://www.sweetpoison.com/nutrition-information.html>

**Dr. Oz Shares Tips to a Slim, Happy and Healthy You**

1. Shave calories effortlessly by switching plates.  
Use a salad plate - it holds 50% less food than a dinner plate.
2. Enjoy an anti-hunger snack.  
Munch a handful of nuts 30 minutes before lunch and dinner.
3. Fight fat with fresh foods.  
Fresh vegetables, fruits and beans are loaded with fiber which are so filling and thus, reduces your appetite.
4. Eat brown carbs daily.  
Wheat flour, brown rice and oatmeal deliver nutrients that stave off hunger, cravings and disease.
5. Walk to your perfect body.  
Begin slowly (walk to a co-worker's desk rather than emailing). Work up to 10,000 steps per day to keep your body lean.

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





*Happy  
Birthday*

*to*

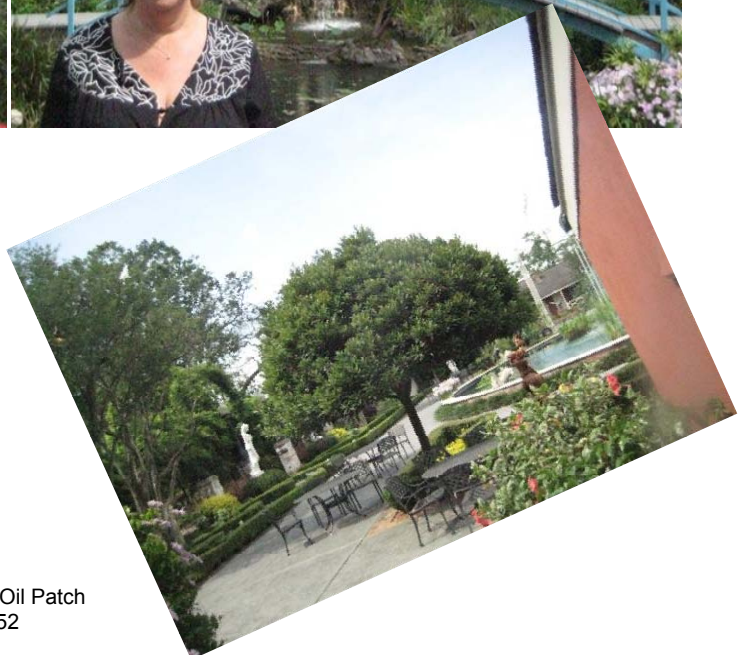
*Our Members born in May*

Pam Lauckner -- May 10

Linda Lofton -- May 15



**Houmas House  
Westbank Social  
Sunday, April 26, 2009**





**Houmas House  
Westbank Social  
Sunday, April 26, 2009**





**DESK & DERRICK CLUB OF THE WESTBANK  
2009 MEETING DATES**

**BOARD MEETINGS**

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

**MEMBERSHIP MEETINGS**

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

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

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

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

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

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

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

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

\*\*\*\*\*

**REGION III MEETING:**

March 25-28, 2009 in New Orleans, La – hosted by the New Orleans Club

**ADDC CONVENTIONS**

September 14-20, 2009 in Calgary 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



# May 2009

| Sun                                                                                       | Mon | Tue | Wed                      | Thu                       | Fri | Sat |
|-------------------------------------------------------------------------------------------|-----|-----|--------------------------|---------------------------|-----|-----|
| <p><i>Happy Mother's Day!</i></p> <p><i>May 10, 2009</i></p>                              |     |     |                          |                           | 1   | 2   |
| 3                                                                                         | 4   | 5   | 6                        | 7<br>Bulletin<br>Deadline | 8   | 9   |
| 10<br>   | 11  | 12  | 13                       | 14                        | 15  | 16  |
| 17                                                                                        | 18  | 19  | 20<br>Board<br>Meeting   | 21                        | 22  | 23  |
| 24<br> | 25  | 26  | 27<br>General<br>Meeting | 28                        | 29  | 30  |
| 31                                                                                        |     |     |                          |                           |     |     |

# June 2009

| Sun                                                                                                         | Mon | Tue | Wed                                     | Thu                        | Fri | Sat |
|-------------------------------------------------------------------------------------------------------------|-----|-----|-----------------------------------------|----------------------------|-----|-----|
|                                                                                                             | 1   | 2   | 3                                       | 4                          | 5   | 6   |
| 7                                                                                                           | 8   | 9   | 10                                      | 11<br>BULLETIN<br>DEADLINE | 12  | 13  |
| <br>14<br>Flag Day        | 15  | 16  | 17<br>BOARD<br>MEETING                  | 18                         | 19  | 20  |
| <br>21<br>Father's<br>Day | 22  | 23  | 24<br>GENERAL<br>MEETING                | 25                         | 26  | 27  |
| 28                                                                                                          | 29  | 30  | HAPPY<br>FATHER'S DAY!<br>June 21, 2009 |                            |     |     |

Westbank Oil Patch

Page 56

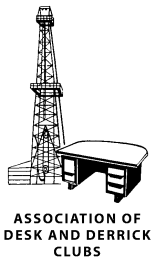
On the following page, you will find the **New Member Application for 2009**. THIS FORM NEEDS TO BE USED FOR **NEW MEMBERS ONLY**.

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:* **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 ☐

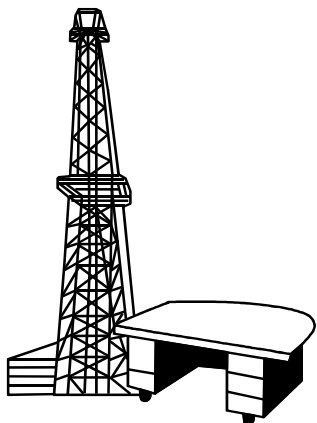
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Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Dues: \_\_\_\_\_

Send to: \_\_\_\_\_



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