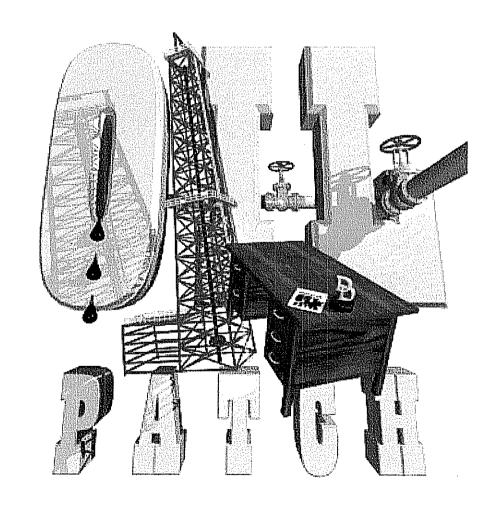
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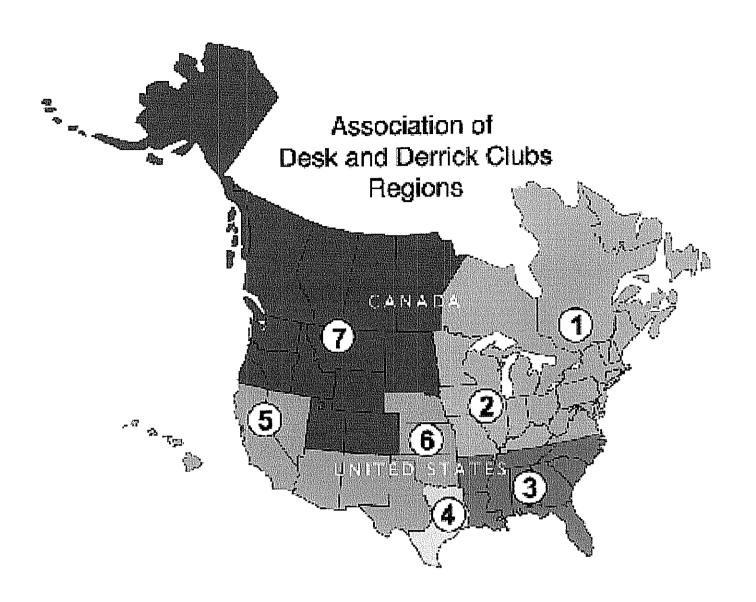
Volume 35

June 2011

Number 6

WESTBANK





ADDC President

Angie A. Duplessis P. O. Box 2576 Gretna, La. 70054 (504) 656-3221 O (504) 656-2013 F (504) 367-9202 H

angie.a.duplessis@conocophillips.com

Region III Director

Lori Landry P. O. Box 52768 Lafayette, La. 70505 (330) 234-2326 llandry@beanresources.com

Westbank President

Dawn Ott 672 W. Niagara Terrytown, La. 70056 (504) 392-7741 H (504) 606-2446 C gatasby@aol.com

Motto Greater Knowledge - Greater Service

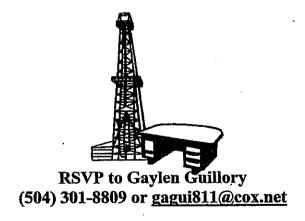
CLUB PURPOSE

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.

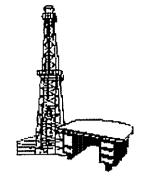
Monthly General Membership Meeting held the fourth Wednesday of each month at The Four Columns, 3711 Westbank Expressway, Harvey, Louisiana Meetings begin at 6:00 p.m.



The Westbank Oil Patch is published monthly.
Submit articles or items of interest to
Desk & Derrick Club of the Westbank
P. O. Box 2875
Gretna, La. 70054-2875

Club web site: http/www.westbankdandd.org Cover artwork by Superior Software Design







Association Information

President's Letter
2012 Board Nominations Letter

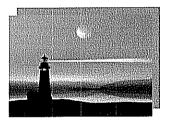
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Association Information



President's Newsletter



Angie Duplessis
ADDC President
angie.a.duplessis@conocophillips.com

June 2011

Dear Members,

By the time you read this, all of the Regional Meetings will be history. I wasn't able to attend all Regions but I have heard from President-Elect, Judi Adams; Vice President, Marilyn Carter; and Immediate Past President, Donna Siburt; that Regions I, IV, and VII were very interesting, educational, and well attended by the members. I did have the opportunity to visit Regions II, III, V, and VI. Each meeting was unique, giving those in attendance a *Gateway to Growth and Opportunity*. I want to thank all the members for their hard work and hospitality in hosting a successful meeting.

Join me in congratulating the 2012 Region Director-Elects. They are:

Maggi Franks, West Virginia Club - Region I Linda Welty, Olney Club - Region II Kathy Denley, New Orleans Club - Region III Judy Lile, Houston Club - Region IV Melissa Spencer, Farmington Club - Region V Mark Loch, Red Earth Club - Region VI Jerry Rasmussen, Denver Club - Region VII

Soon you will receive the ADDC Nominating Committee report; take time to review each of the candidate's qualifications and goals and inform your selections to your Club President.

Convention is just a few months away and you won't want to miss any of the exciting events that are planned for you. The General Arrangements Committee has been very busy finalizing activities. It's time to send in your convention registration and make your hotel reservation.

There is a lot of buzz around the Association concerning Facebook, Twitter, and other types of social networking media. At the Budget and Planning Meeting a special committee was formed to further investigate its uses. The Board approved two members of this committee to attend a seminar on Social Networking in May, so I look forward to getting their report and sharing it with you soon.

Until next month...

Angie





ASSOCIATION OF DESK AND DERRICK CLUBS

Board of Directors

PRESIDENT Angie Duplessis ConocoPhillips

PRESIDENT ELECT
Judi Adams
Shell Exploration

VICE PRESIDENT
Marilyn Carter
Canadian Natural Resources Ltd.

SECRETARY Linda Clark A Plus Well Service

TREASURER
Ada Weeks
B&B Ollfield Services, LLC

IMMEDIATE PAST PRESIDENT Donna Siburt Contractor

EXECUTIVE ASSISTANT Gabriella Hunter Halliburton-Relired

PARLIAMENTARIAN Sheryl Minear, RP WolfePak Software

REGION | DIRECTOR

Candi Miller

Marathon Oil Company

REGION II DIRECTOR Betty Wajda Michaen DTE Energy

REGION III DIRECTOR Lori Landry Bean Resources, Inc.

REGION IV DIRECTOR Connie Harrison Valero Energy Corp

REGION V DIRECTOR Dlana Walker Stephens Engineering

REGION VI DIRECTOR Sharon Hiss Bentley & Associates, Inc.

REGION VII DIRECTOR Barb Schaefer Weatherford Wellhead Systems Sheryl Minear Nominating

WolfePak Software 2901 S. 1st St. Abilene, TX 79605

(325) 677-1543 O (325) 677-1599 F (325) 698-7831 H

sheryl@wolfepak.com (o)

June 20, 2011

To:

All Club Presidents

From:

2011 Nominating Committee

Re:

Nominations for 2012 ADDC Officers

The ADDC Nominating Committee is pleased to announce the following candidates for 2012 ADDC Officers:

President-Elect	Marilyn Carter	Alberta Foothills Club	Region VII
Vice-President	Linda Clark	Farmington Club	Region V
Secretary	Connie J. Harrison	San Antonio Club	Region IV
Treasurer	Lori Landry	Lafayette Club	Region III

The Slate of Candidates will be officially presented and voted on at the 2011 Convention in St. Louis, Missouri.

The Candidates' Qualifications and Goals are included in this mailing to the Club Presidents and will also be located on the ADDC website; Members Tab, Monthly Committee Letters.

The Presentation of Candidates and Candidates' Caucus will be held at the Open Forum, Friday, September 23, 2011.

Sincerely,

2011 ADDC Nominating Committee Chairman

Cc;

Marsha Bundy, Committee Member Theresa Adams, Committee Member Becky Perez, Committee Member Lynne Dunstan, Committee Member Angie Duplessis, ADDC President Judi Adams, ADDC President-Elect

ASSOCIATION OF DESK AND DERRICK CLUBS CANDIDATE'S QUALIFICATIONS FORM

Candidate For	President Elect			
Name	Marilun Carte	Dr.		
Address	Marilyn Carter 42 Promenade Way SE			
71441.000			204	
E-mail	Calgary, Alberta, Canada T2Z 3R4 marilyn.carter@shaw.			
				
Club Affiliation	Alberta Footl	nills Club	Region	VII
Employer	Canadian Na	itural Resources I	imited	
Current Position	Drilling Oper	ations Technician	-111110501	
Dask and Derrick Activities				
Association Experience	Year(s)			
President Elect	rear(s)			
Vice President	2011			
Secretary	2010			
Treasurer	2010			
Executive Assistant				
Parlimentarian	H			
Regional Director (Region #VII)	2007			
Committee Experience	2007			
Certification		Chalana -		· · · · · · · · · · · · · · · · · · ·
Club Bylaws Review		Chairman	Member	×
Contest		Chairman	Member	
Credentials		Chairman	Member	
The Desk and Derick Journal		Chairman	Member	
Education	***************************************	Chairman	Member	
Leadership Resource	4000	Chairman	Member	
	1989	Chairman	Member	X
Long Range Planning Manuals Review		Chairman	Member	
Membership		Chairman	Member	
Nontinating		Chairman	Member	
-		Chairman	Member	
Program Public Relations		Chairman	Member	<u> </u>
Publications Publications		Chairman	Member	
Rules	2000	Chairman	Member	
	2000	Chairman	Member	X
Scrapbook Tally	***************************************	Chairman	Member	J
,		Chairman	Member	
Tax Exempt Trade Show		Chairman	Member	
		Chairman	Member	
Winning Image Photo Special Appointed Committee:		Chairman	Member	
opolici rippolitica committee.		Chairman	Member	
Convention		Chairnan	Imember	
General Arrangement	2009	Co-Chair	Member	II
Committee:	1997			
Sommittee.	1551	Chairman L	Member	X
Regional Experience	Year(s)			
Region Meeting GAC	1994	Chairman 🗀	Member	[
Region Meeting Committee	1989/05	Chairman X		\vdash
Regional Nominating Committee	2008	Chairman X		
regional result that is seen in the contraction	2,000	GHAIIIIIAH /	Institute	L
Day A1 A9				

Seminars or Workshops Any at a Regional/Association level where you presented or assisted in presentation	Year(s) 2007	participated in the	e or Description of Program e Desk and Derrick seminar staining members
Club Experience President	Year 1997	Year 2008	Year
Year you joined Desk and Derrick	1985		
Number of Conventions Attended	14	Delegate 2	Alternate 2
Number of Region Meetings (Within	Region)	23	
Number of Region Meetings (Other F	Regions)	1	
Business Experience			The state of the s
I have worked in the energy industry Natural Resources, initially as an Invas a Drilling Operations Technician. to the ERCB, ensuring information g submitting information for AFE appropriate to that my career covered rail a coordination of propane across Canara.	coice Cost Admini My primarty dutie ets to the well file ovals. and truck logistics	strator in the drillings include; submitte, uploading well in the propane and	ig department and most recently ing applications for well licences information to the system, and
My early years in the industry include the construction of gas plants and oil	ed project expediti	ng, purchasing, ar	nd scheduling of equipment for
Education Background I have a General Business Managen courses towards a Project Schedulin the Fundamentals of Petroleum, varil H2S Alive.	g Certificate, In ad	ddition. I have take	of Calgary as well as additional en many courses including: ansportation of Dangerous Goods and
Participation in other Organization I have participated as a member of other organize a Desk and Derrick United Way Campaign and with the Older have also helped and/or participated Food Bank, Habitat for Humanity and	ur church vestry, Team for the CIB Christmas Adoptic d in the Calgary C	C Run for the Cure on program. forporate Challeng	pics for the Alberta Winter Games, e, helped with the yearly se (a yearly fund raiser), the Calgary
Please attach a page stating your ca	ndidate's goals in	100 words or less	,
Each candidate is to submit one (1) of	copy via e-mail or	three (3) copies vi	a printed mail.
Signed:	/ Candi	date	
Rev 01-08	Sistilia	- events	NOMN 2

Candidate's Goals:

Marilyn Carter

President Elect

My goal as President-Elect for 2012 is to assist the President and Board in leading the association. As a board member, I believe it is important to step forward as an ambassador of Desk and Derrick to promote the benefits and educational opportunities that are available to our members and to promote the organization within the industry.

Change is inevitable and I would like to see that the changes in our organization reflect who we are and what we stand for. Let's build on our history and the solid foundation which 60 years has given us. With the vast amount of information that is available in an instant, we need to keep pace with the industry and other organizations and make changes that continue to develop our members, promote our organization and especially to continue to educate the public, especially the children of the future.

ASSOCIATION OF DESK AND DERRICK CLUBS CANDIDATE'S QUALIFICATIONS FORM

Candidate For	ADDC Vice President			
Name		•		
Name	Linda Clark			
Address	1624 E, 21st			
r"	Farmington, I			
E-mail	linda@aplusv	<u>vell.com</u>		
Club Affiliation	Farm	nington	Region	V
Oldo / Himadoli		ington	region	
Employer	A-Plus Well S	Service, Inc.		
Current Position	Office Manag	er		
Desk and Derrick Activities				
			•	
Association Experience	Year(s)			
President Elect			•	
Vice President	0044			
Secretary	2011			
Treasurer	2010			
Executive Assistant				
Parlimentarian				
Regional Director (Region V)	2009			
Committee Experience				
Certification		Chairman	Member	
Club Bylaws Review	·	Chairman	Member	
Contest		Chairman	Member	
Credentials		Chairman	Member	
The Desk and Derrick Journal		Chairman	Member	
Education	2008	Chairman	Member	Х
Leadership Resource		Chairman	Member	
Long Range Planning		Chairman	Member	
Manuals Review		Chairman	Member	
Membership	·	Chairman	Member	
Nominating	***************************************	Chairman	Member	
Program		Chairman	Member	
Public Relations		Chairman	Member	
Publications		Chairman	Member	
Rules		Chairman	Member	
Scrapbook		Chairman	Member	
Tally		Chairman	Member	
Tax Exempt		Chairman	Member	
Trade Show		Chairman	Member	
Winning Image Photo		Chairman	Member	
Special Appointed Committee:				
Convention		Chairman	Member	L
General Arrangement		Chairman [: Na la	
Committee:		Chairman	Member	<u> </u>
Committee.	•	Chairman	Member	
Regional Experience	Year(s)			
Region Meeting GAC	· \ - /	Chairman	Member	
Region Meeting Committee		Chairman	Member	H
Regional Nominating Committee		Chairman	Member	
Rev 01-08				

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Seminars or Workshops Any at a Regional/Association	Year(s)	Name or Description of Program		
level where you presented or				
assisted in presentation				
				
Club Experience	Year	Year	Year	
President	2007			
Vice President	2006			
Treasurer Parliamentarian	2005			
ranjanjentarian	2010			
Year you joined Desk and Derrick	2004			
Number of Conventions Attended	6	Delegate	1 Alternate 1	
Number of Region Meetings (Within	Region)	6		
Number of Region Meetings (Other F	Regions)	2		
Business Experience		<u></u>		
-Business Banking Manager, Wells	Fargo Bank, 198	32 - 2004; dutie:	s included manager of 18 business	
bankers and banking assistants and	d a \$500 million po	ortfolio of comn	nercial loans and commercial loan clients;	
worked in various capacities during	22 year career, ir	icluding bookke	eping, credit analysis, loan review / audit.	
-Secretary / Treasurer, A-Plus Well Accounts Payable and Accounts Re	Service, Inc., 200 ceivable; Payroll;	04 - Present; du Cash Manager	ties include HR Management, ment.	
Education BackgroundAssociate of Applied Science in Ba	anking, 1992, Sar	Juan College.	Farmington, New Mexico	
Associate of Arts in Business Adm		_		
Associate of Arts III Eddiness Adm	mistration, 2002,	dan Juan Colle	ge, Fairnington, New Mexico	
Bachelor of Arts in Business Admir New Mexico; graduated summa cun		New Mexico I-IIg	hlands University, Farmington,	
Participation in other Organization	ne			
San Juan United Way - 1992 to Pr Treasurer, Board Secretary and Con	resent; served in	various capacit ın Chairperson	les including Board President, Board responsible for \$2 million campaign	
Farmington Convention and Visitor	s Bureau, 1997 te	o Present; serv	ed as Board President	
Farmington Parks & Recreation Co	ommission, 1994	to 2000; appoir	ted position by the Mayor of Farmington	
Association of Energy Service Com	npanies, 2004 to	Present; assiste	ed with monthly educational meetings	
American Petroleum Institute, 2004	to Present			
Member, Pinon Hills Community C	hurch, Farmingto	n, New Mexico		
Please attach a page stating your ca	ndidate's goals ir	100 words or I	ess.	
Each candidate is to submit one (1)	copy via e-mail o	three (3) copie	es via printed mail.	
Signed:		Clark	May 17, 2011	
Rev 01-08	Can	didate	Date NOMN 2	

What an honor it has been to serve as the Association's Secretary!

My desire is to be elected to Vice President. I will continue to serve the best interests of the members.

The Association has faced challenges but we should continually look for ways to build bridges between old traditions and new ideas. This takes dedication from all of us. With every member giving their best, we can become better and achieve more than we ever thought possible.

ADDC is a phenomenal organization! My vision is that we, the members, take ADDC to even greater levels of success.

Linda Clark

ASSOCIATION OF DESK AND DERRICK CLUBS CANDIDATE'S QUALIFICATIONS FORM Candidate For Name Address E-mail ALERO, Com Club Affiliation Region Employer **Current Position Desk and Derrick Activities** Association Experience Year(s) President Elect Vice President Secretary Treasurer **Executive Assistant** Parlimentarian Regional Director (Region #) Committee Experience Certification Chairman Member Club Bylaws Review Chairman Member Contest Chairman Member Credentials Chairman Member The Desk and Derick Journal Chairman Member Education Chairman Member Leadership Resource Chairman Member Long Range Planning 2009 Chairman Member Manuals Review Chairman Member Membership Chairman Member Nominating Chairman Member Program Chairman Member Public Relations Chairman Member **Publications** Chairman Member Rules Chairman Member Scrapbook Chairman Member Tally Chairman Member Tax Exempt Chairman Member Trade Show Chairman Member Winning Image Photo Chairman Member Special Appointed Committee: 2011 Chairman Member Convention General Arrangement Chairman Member Committee: Chairman Member

Year(s)

Regional Experience

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Region Meeting GAC

Region Meeting Committee

Regional Nominating Committee

NOMN 2

Chairman

Chairman

Chairman

Member

Member

Member

Seminars or Workshops Any at a Regional/Association level where you presented or assisted in presentation	Year(s)	Name	or Description of Prog	Jram
Club Experience President	Year 2009	Year 2010	Year	
Year you joined Desk and Derrick	2005			
Number of Conventions Attended	.5	Delegate 3	Alternate 2.	
Number of Region Meetings (Within	Region)	5		
Number of Region Meetings (Other	Regions)	_2		
Business Experience Retail Story DUNED OWN CORPORATE TRA PAULATION COO. Education Background D. S. NEGLEE AMERICAN EX CLEAN B CLEAN B Participation in other Organization PERMER A. BOARD ME Please attach a page stating your ca Each candidate is to submit one (1) Signed:	IN BUSINES PRESS TRAN SEVERAL LAKING LE NOER - LE MOER - LE	- COURSES C SCHOOL- COURSES C SCOLL, FEOPLE, JAN ANTON BEXAL OL MERICAN C FUEL TOO WORDS OF less. three (3) poples via	Phoenix AZ THERED Y-IN INTERPERSONAL TO COULSES O ANCER SOCIETA RATINING - VALER RATINING - VALER	LEAS PELATIONShips OFFERED AT Coalition 4 Coalition 4 Floor Hole DIVISION
Signed:	(Onrue) Cand	Marriso.) 4/19/	/// ate

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Our vision of ADDC should be the marriage of the years of experience of our present members and the enthusiasm of future recruited members. To achieve this we must use all of the tools available to us, whether it is modern technology or personal networking. Our greatest resource is the legacy given to us by all those who paved the way for us. Our greatest challenge will be to continue to "walk our talk" and the keys are communication and transparency. We must always remember our primary purpose is education, service and promoting our industry.

ASSOCIATION OF DESK AND DERRICK CLUBS CANDIDATE'S QUALIFICATIONS FORM

Candidate For		2012 ADDC 1	reasurer	
None	1 1 1 1 1-			
Name	Lori L. Landry			
Address		113 Dogleg Dr.		
	Broussard, L			
E-mail	<u>llandry@bear</u>	resources.com	<u> </u>	
Club Affiliation	l af:	ayette	Region	Ш
Cido / tilidadon		ayone	. Region	111
Employer	Bean Resour			
Current Position	Accounting/La	and Manager		
Desk and Derrick Activities				
Association Experience	Year(s)			
President Elect				
Vice President				
Secretary	• •••••			
Treasurer				
Executive Assistant	<u> </u>			
	,			
Parliamentarian	0044			
Regional Director (Region III)	2011			
Committee Experience		I	 1	
Certification		Chairman	Member	ļ
Club Bylaws Review		Chairman	Member	
Contest	2007	Chairman	Member	X
Credentials		Chairman	Member	
The Desk and Derrick Journal		Chairman	Member	
Education	2005/2010	Chairman [Member	Х
Leadership Resource		Chairman	Member	
Long Range Planning		Chairman	Member	
Manuals Review	 	Chairman	Member	
Membership		Chairman	Member	
Nominating		Chairman T	Member	
Program		Chairman	Member	
Public Relations		Chairman	Member	-
Publications		Chairman	Member	
Rules		Chairman	Member	
Scrapbook		Chairman	Member	-
Tally		Chairman	Member	-
Tax Exempt		Chairman	Member	
Trade Show		Chairman	Member	
Winning Image Photo	2003-2004	Chairman	X Member	X
Special Appointed Committee:	2000-2004	Offairfriair [XIMEITIDE	
, , , ,		Chairman [Member	
Convention		-, . F		,
General Arrangement		Chairman L	Member	
Committee:	· · · · · · · · · · · · · · · · · · ·	Chairman [Member	
Regional Experience	Year(s)			
Region Meeting GAC	2004	Chairman [X Member	<u> </u>
Region Meeting Committee		Chairman	Member	
Regional Nominating Committee	2006	Chairman	X Member	
regional rominating committee	2000	Onaminan L	V Intelline	<u></u>
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Seminars or Workshops Any at a Regional/Association level where you presented or assisted in presentation	Year(s)	Name or Description of Program
Club Experience President	Year 2002	Year Year 2009
Year you joined Desk and Derrick	1997	
Number of Conventions Attended	7	Delegate X Alternate X
Number of Region Meetings (Within	Region)	10
Number of Region Meetings (Other	Regions)	
Business Experience		
Have been employed with Bean Re I am in charge of all accounting fun- land management, insurance and re	ctions including (ce 1997 as Accounting/Land Manager. general ledger, joint billing, revenue, payroll;
Education Background		
Graduated from Comeaux High Sch Louisiana and received a Secretaria		ended the University of Southwestern
the Krewes of Xanadu and Bonapar and am a member of the Ladies Aux	and Derrick Club te. Serve as a v killary of the Knig n active voluntee	o of Lafayette since 1997, I am involved with olunteer Wedding Coordinator at my Church ohts of Columbus where I currently serve or with the Muscular Dystrophy Association tee.
Please attach a page stating your ca	indidate's goals	in 100 words or less.
Each candidate is to submit one (1) Signed:	copy yia e-mail o Car	or three (3) copies via printed mall. Landy 4/6/11 Indidate Date

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LORI L. LANDRY 2012 ADDC TREASURER NOMINEE CANDIDATE'S GOALS

My goals as ADDC Treasurer are to help promote and represent our organization in a positive light, to enlighten potential members as to what our organization has to offer and to ensure that the funds of ADDC are properly accounted for.

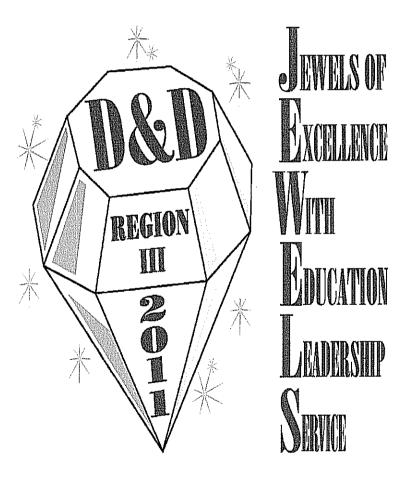
My many years of accounting experience as well as my passion for this wonderful organization should more than qualify me for the position of 2012 ADDC Treasurer.

Our organization has many educational opportunities as well as an opportunity for personal growth.

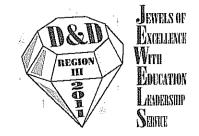
It would be an honor to serve as 2012 ADDC Treasurer and I hope that you will allow me the opportunity to serve.

Lori L. Landry

Region III Information



Region III Director's Newsletter



Lori L. Landry Region III Director

June 2011

llandry@beanresources.com

Well, summer is here like it or not! The kiddies are out of school and I hope everyone has a nice summer vacation planned with family.

The 2011 ADDC 60th Annual Convention will be held September 21 – 25, 2011 at the Hyatt Regency St. Louis Riverfront hosted by the members of Region II. The Registration Packet is available on the ADDC website, take a look and get in your Registrations early as the deadline is August 15, 2011. It promises to be a wonderful convention filled with educational field trips and seminars as well as the Energy Symposium and industry speakers.

I hope all Clubs in Region III plan to send a Delegate and Alternate to attend Convention to act on behalf of your Club during the business sessions. The Credentials Form (CRED1) must be completed and submitted to Kathy Deshasier, Credentials Chair even if your Club will not be represented. The deadline to submit the Form is Monday, August 1, 2011.

The beautiful birthstone for June is the Pearl. The Greek believe that pearls were the hardened tears of joy that the goddess of love shook from her eyes as she was born from the sea. The pearl continues to be viewed as a mark of taste and refinement as well as a symbol of purity.

Members of Region III – please remember that I am here to serve you. If you have any questions or concerns, I am only an e-mail or phone call away.

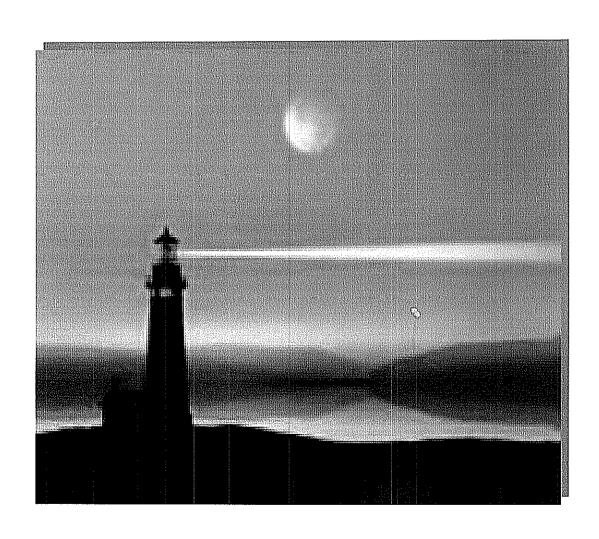
Until next month...

Lori

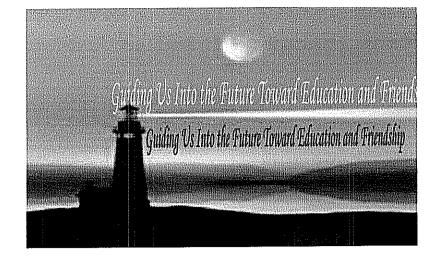


Westbank 2011 Information

Guiding Us Into The Future Toward Education and Friendship



Dawn Ott 2011 Westbank President



May/June 2011 President's Letter

Wow how time flies, as the saying goes, last time I looked it was April. We are having a great but changing year, we have faced obstacles and have come together as a club and worked to move pass them. I would like to thank everyone who stepped up at our time of need. This will be the first time that we do not have a general membership meeting in July; the board will be keeping in touch to take care of any business that may come up in July.

In June we awarded Scholarships to four deserving young people, all four were able to attend our June meeting; it was great to see the support from their family. We have enjoyed our time at the Holiday Inn so we will be staying until the end of the year. From what I hear, our August General Membership meeting may be off site at our guest speaker's, location. Stay tuned for more info.

Before you know it, August will be here and that means BONCO, which is both lots of work but also LOTS OF FUN. Please join us rolling the dice and having fun on Saturday August 13, 2011. Please contact Gaylen if you have any questions or can help in any way.

The Macy's Shop for a Cause, sale that we have been selling tickets for the last few years is sooner this year it will be August 27, 2011 tickets are still \$5 and all monies collected go to the club. Please see Dottie if you would like tickets or would like to sell them. We have discussed using the proceeds form the Macy's Shop for A Cause to educate our members. There will more details in the coming months.

Until next month, I will leave you with a quote:

"We do not see things as they are. We see them as we are." Talmud

Dawn Ott 2011 Westbank President

WESTBANK DESK & DERRICK CLUB RESUME' FOR 2011 OFFICE

Name: Alice R. GROS
Candidate for: <u>Recording Secretary</u>
Company: Deltide, INC - Retired
Position: UP- Executive
Years as D&D Member: 32
Offices held: TREASURER - UP - PRESident-etc.
Club Experience: VARIOUS Committees
Association Experience: 1993-Region al DiRector
Regionals Attended: 34 Conventions Attended: 28
Business Experience: 50 years Act. Class-HYRB/ock
Educational Background: High School & RADUATE
Personal Data: MARRIED - 2 Children - 3 Step Children 6- GRANCHILDREN - 1 great grand children Company Support:
Company Support:
Deadline:

GREAT DESK AND DERRICK MEMORIES

First Meetings – Wonder of the officers - speaking at microphone; etc.

I was in awe of their talent!! I could never do that!

Working with Donna Settoon - to decrease my fear of public speaking

Election as Club President in 1988.

Convention was in Anchorage, AL. What a wonderful experience! Dance Hall Girls; men dressed as gamblers.

Trip to Danali Park; Vera and Al, Roy and me. We could see Mt McKinley from the first turn in the road outside of Anchorage; unbelievable. It looked like a huge piece of white plastic. We drove to the park and were told to trip the 40 or so miles to the mountain because the next day we might not be able to see it. We drove through the park straight to the mountain, took numerous photos. AND, the next morning - the weather was terrible, rainy, cold and foggy. We drove through the park again, saw numerous wildlife, but, when we got to the mountain - we couldn't tell there was any mountain there!

Election as Regional Director in 1995.

That was a busy and exciting time. It is unbelievable the amount of work the ADDC board does for membership. A member cannot understand the time and dedication that the officers and RD's invest in our organization on their behalf. With the encouragement of members and officers throughout ADDC, I decided to take the next step. To run for ADDC Secretary.

Election as ADDC Secretary -

Convention was in San Francisco. There were three candidates running for Secretary in 1996 to serve in 1997. I was sooo excited that I won! What a rush! And, then I continued to run for other offices. I served as 2nd VP in 1998. 1st VP in 1999.

Election as ADDC President -

Year was 1999 and convention was in Edmonton. The thrill of membership having confidence in me to serve as President was overwhelming!

Regional Meeting in 2000 was so wonderful!! Westbank hosted that meeting and all of you participated to make it a truly remarkable event; I have so many beautiful memories of that meeting – Angie's MOM cooking for all of us, the social at the Barn in Marrero; all of you working to make that meeting the best that Region III members ever experienced!

And, then 2000 Convention in Wichita, Kansas. The members of Region VI hosted convention. What a wonderful group of members! They were soo creative! When we arrived in Wichita, the Lion, Tin Man, Scare Crow and Dorothy were in the lobby of the hotel to greet us! We followed the yellow brick road to the Magical Millenium and enjoyed education seminars along with field trips including a ride down into a salt dome that housed immense amounts of documents, films and government files. The elevator took about ten of us at a time, and it was ptich black as we descended. But, when we got to the bottom, we were amazed at the vastness of the storage area. Small pickup trucks were moving boxes and cases of material from one area

to another. It was an amazing week and I will never forget it.

I have brought scrapbooks from the year as ADDC President. Unfortunately, I don't have my WB President's book as it was destroyed a few years ago when Katrina struck the storage container where it was stored.

I thank all of you for your encouragement and help throughout my D&D career. But, most importantly, I thank you all for the friendship you have given me throughout my years as a Desk and Derrick Member.

Theresa Adams



West Bank Desk & Derrick Field Trip
To the Homeland Security & Emergency
Preparedness-EOC Center

8056 Hwy 23 Suite 308 Belle Chasse, Louisiana 70037

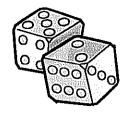
Thursday, July 14 2011 6:00 p.m.

Join us as we are given an insight into their day-to-day operations related to hurricane season and all emergency preparedness!

Sandwiches and drinks will be provided along with handouts and prize giveaways!

HOPE TO SEE YOU THERE!

~West Bank Field Trip Committee Chairman







Date:

Saturday, August 13, 2011

Doors Open:

5:30 P.M.

Games Begin:

6:30 P.M.

Place:

M-I SWACO Auditorium

4300 Peter's Road, Harvey, LA



\$20 advance per person \$25 at the door Includes Food & Drink

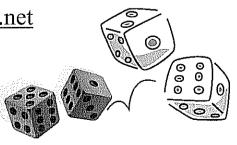
All proceeds benefit the Desk & Derrick Club of the Westbank Scholarship Fund

For tickets contact: Gaylen Guillory 504-301-8809 gagui811@cox.net



Dottie Ancona 504-835-6610 dancona@cox.net





ATTITUDE AND MOTIVATION

CONGRATULATIONS TO OUR SCHOLARSHIP WINNERS! I ALSO CONGRATULATE THEIR PARENTS FOR ALL THE ENCOURAGEMENT AND SUPPORT THAT THEY HAVE GIVEN THEIR CHILDREN OVER THE YEARS. AS SCHOLARSHIP RECIPIENTS, YOU REALIZE THE IMPORTANCE OF EDUCATION IN YOUR LIVES. BUT THERE ARE OTHER IMPORTANT TOOLS NEEDED TO BE A SUCCESSFUL AND CARING HUMAN BEING.

I AM A PERSON THAT HAS STRIVED MY ENTIRE LIFE TO DO SOMETHING WELL WHEN I DID IT. DOING SOME RESEARCH TO UNDERSTAND WHY THAT IS SO IMPORTANT TO ME I CAME ACROSS SEVERAL AUTHORS THAT HELPED ME REALIZE THAT I AM AND HAVE ALWAYS BEEN A SELF-MOTIVATED PERSON. . JOHN MAXWELL, KEITH HARRELL AND NORMAN VINCENT PEALE. - ALL EXPERTS ON LEADERSHIP, EDUCATION, COMMUNICATION, AND ATTITUDES. YOU MAY WANT TO EXPLORE THEIR BOOKS AS YOU CONTINUE YOUR EDUCATION.

DURING A LEADERSHIP CONFERENCE, JOHN MAXWELL MADE THE FOLLOWING STATEMENT, "WE LIVE IN A WORLD OF WORDS. ATTACHED TO THESE WORDS ARE MEANINGS THAT BRING VARIED RESPONSES FROM US. WORDS SUCH AS HAPPINESS, ACCEPTANCE, PEACE AND SUCCESS DESCRIBE WHAT EACH OF US DESIRES. BUT THERE IS ONE WORD THAT WILL EITHER HEIGHTEN THE POSSIBILITY OF OUR DESIRES BEING FULFILLED OR PREVENT THEM FROM BECOMING A REALITY WITHIN US. WHAT IS THAT WORD? ANY IDEA?? COME ON – WE NEED A BIT OF AUDIENCE PARTICIPATION HERE! (EDUCATION, KNOWLEDGE, JOB, TRAINING, SKILLS, MONEY, TIME, FAMILY)

WHAT ABOUT ATTITUDE? DO YOU KNOW THAT OUR ATTITUDE IS THE PRIMARY FORCE THAT CAN DETERMINE WHETHER WE SUCCEED OR FAIL!

WHAT IS ATTITUDE? WEBSTER DEFINES ATTITUDE AS A MENTAL POSITION WITH REGARD TO A FACT OR STATE; A FEELING OR EMOTION TOWARD A FACT OR STATE. SYNONYMS INCLUDE: DISPOSITION, FEELINGS, SENTIMENT.

SOMEONE RECENTLY POINTED OUT TO ME, IF THE LETTERS OF THE ALPHABET HAD THE VALUE OF NUMBERS 1 THROUGH 26, THEN THE LETTERS OF THE WORD KNOWLEDGE WOULD EQUAL 96 PERCENT; THE LETTERS OF THE WORD HARDWORK WOULD EQUAL 98 PERCENT. BOTH ARE IMPORTANT ATTRIBUTES, BUT THEIR TOTAL FALLS SHORT OF 100 PERCENT. HOWEVER, THE WORD ATTITUDE EQUALS 100 PERCENT!!

WHY IS OUR ATTITUDE IMPORTANT? WELL, ACCORDING TO JOHN MAXWELL, OUR ATTITUDE DETERMINES:

OUR APPROACH TO LIFE
OUR RELATIONSHIPS WITH PEOPLE
THE OUTCOME OF A TASK
TURNS PROBLEMS INTO BLESSINGS

AND

CAN GIVE UNCOMMONLY POSITIVE PERSPECTIVE

KEITH HARRELL'S BOOK, *ATTITUDE IS EVERYTHING*, ACTUALLY SHOWS STEP BY STEP HOW WE CAN CHANGE OUR LIVES BY CHANGING OUR ATTITUDES. THOSE STEPS ARE:

STEP 1. UNDERSTAND THE POWER OF ATTITUDE

HOW DO WE TAP INTO THE POWER OF ATTITUDE:

<u>FIRST</u>, FOCUS ON HANDLING STRESS. THE LESS STRESS WE FEEL, THE MORE ENERGY WE'LL HAVE TO EXERCISE OUR POSITIVE-THINKING MUSCLES.

<u>SECOND</u>, IDENTIFY NEGATIVE/PESSIMISTIC THOUGHTS SUCH AS: I'LL NEVER BE ABLE TO FINISH THIS PROJECT; OR, I'M NOT QUALIFIED FOR

24

THAT POSITION. AS SOON AS WE THINK THESE THOUGHTS, WE MUST COUNTER THEM WITH FACTS: TIME IS LIMITED. I NEED HELP WITH COPYING AND COLLATING. SURELY A FELLOW EMPLOYEE WILL HELP, IF I ASK. OF THEY WANT SOMEONE WITH FIVE YEARS MANAGEMENT EXPERIENCE, AND I HAVE ONLY THREE YEARS; HOWEVER, I HAVE MORE COMPUTER KNOWLEDGE AND EDUCATION THAN WHAT THEY'RE ASKING. I'M GOING TO APPLY.

HAVE YOU HEARD THE STORY OF THE TWO SHOE SALESMEN? TWO SHOE SALESMEN ARE SENT TO AN ISLAND TO SELL SHOES. UPON ARRIVAL ON THE ISLAND THE FIRST SALESMAN IS SHOCKED TO FIND OUT THAT NO ONE WEARS SHOES. HE IMMEDIATELY SENDS A WIRE TO HIS HOME OFFICE "WILL RETURN HOME TOMORROW. NO ONE WEARS SHOES HERE."

THE SECOND SALESMAN WAS THRILLED BY THE SAME REALIZATION.
HE IMMEDIATELY WIRES THE HOME OFFICE: "PLEASE SEND 10,000 PAIRS OF SHOES. EVERYONE HERE NEEDS THEM."

THAT IS A GREAT EXAMPLE OF NEGATIVE VS. POSITIVE ATTITUDES.

STEP 2. CHOOSE TO TAKE CHARGE OF YOUR LIFE - CHOOSE YOUR ATTITUDE

OFTEN WE THINK THAT OUR ATTITUDE IS DETERMINED OR AFFECTED BY WHAT OTHERS DO AND SAY TO US. BUT IN REALITY, IT IS WHAT WE SAY TO OURSELVES THAT HAS THE GREATEST INFLUENCE. THE LOUDEST AND MOST INFLUENTIAL VOICE WE HEAR IS OUR OWN INNER VOICE.

STEP 3. IDENTIFY THE ATTITUDES THAT HOLD YOU BACK OR PROPEL YOU FORWARD THROUGH SELF-AWARENESS

WE HAVE THE POWER TO CHOOSE WHETHER WE WISH TO CONVEY A BAD ATTITUDE OR GOOD ATTITUDE. THE ROOT CAUSES OF A BAD ATTITUDE ARE:

LOW SELF-ESTEEM;

STRESS;

FEAR:

RESENTMENT AND ANGER; AND

THE INABILITY TO HANDLE CHANGE

WE NEED TO EXAMINE OURSELVES TO PINPOINT WHEN AND WHY OUR ATTITUDES CHANGE FROM GOOD TO BAD. ONCE WE HAVE DISCOVERED WHEN, WE NEED TO NOTE WHAT ACTUALLY HAPPENED TO SHIFT OUR FEELINGS/EMOTIONS FROM POSTIVE TO NEGATIVE.

STEP 4. RE-FRAME YOUR BAD ATTITUDE

THIS STEP SHOWS THAT CHANGING OUR PERSPECTIVE WILL CHANGE OUR ATTITUDE.

STEP 5. FIND YOUR PURPOSE AND PASSION

THIS STEP HELPS US UNDERSTAND THE POWER OF LIVING LIFE WITH A CLEAR PURPOSE AND PASSION AND HELPS US CREATE THE VISION, GOALS AND PLANS TO TURN ATTITUDE INTO ACTION.

STEP 6. BE PRE-ACTIVE

WHEN WE APPROACH LIFE REALIZING THERE ARE GOING TO BE PROBLEMS, WE UNDERSTAND THAT PROBLEMS SIMPLY SERVE AS MARKERS THAT ALLOW US TO RECOGNIZE WHERE WE ARE IN RELATION TO WHERE WE WANT TO BE.

STEP 7. DISCOVER HOW TO MOTIVATE YOURSELF

STEP 8. BUILD SUPPORTIVE RELATIONSHIPS

TO BUILD A SUPPORTIVE TEAM, WE MUST ACCEPT OTHERS UNCONDITIONALLY; WE MUST EARN TRUST BY BEING TRUSTWORTHY; WE MUST DO NICE THINGS NOT EXPECTING ANYTHING IN RETURN; WE MUST BE LOYAL AND WE MUST LISTEN TO OTHERS.

STEP 9. SEE CHANGE AS AN OPPORTUNITY

THE WAY WE RESPOND TO CHANGE DETERMINES WHETHER WE LET CIRCUMSTANCES AND EVENTS CONTROL US OR WHETHER WE TAKE CONTROL. STEP 10. LEAVE A LASTING LEGACY

THIS STEP SHOWS US THE IMPORTANCE AND SELF-FULFILLIING REWARD OF MAKING A DIFFERENCE IN THE LIFE OF SOMEONE ELSE.

ALSO, IN THIS BOOK, THERE ARE EXERCISES TO HELP YOU IMPROVE YOUR ATTITUDE.

NORMAN VINCENT PEALE REVEALED THE FOLLOWING THREE STEPS TO DEVELOP A POSITIVE ATTITUDE:

- 1. THINK, DON'T REACT. WHEN A DIFFICULTY ARISES, OUR FIRST INSTINCT IS TO BECOME UPSET OR ANGRY. MR. PEALE SAID THAT WE NEED TO DISCIPLINE OURSELVES TO BE CALM FOR THE MIND CANNOT THINK WHEN IT IS HOT! THE MIND WILL ONLY PRODUCE RATIONAL THINKING AND FACTUAL CONCEPTS WHEN IT IS COOL! SO, WE NEED TO PRACTICE TO THINK FIRST, THEN ACT.
- 2. BECOME A HOW THINKER. AN IF THINKER BECOMES EMBROILED IN THOUGHTS I.E., IF ONLY I HAD PAID CLOSER ATTENTION; IF ONLY I HAD NOT WAITED SO LONG TO BEGIN THIS PROJECT. THE HOW THINKER WASTES NO TIME ON POST-MORTEMS WHEN TROUBLE STRIKES. SHE IMMEDIATELY STARTS LOOKING FOR THE BEST SOLUTION.
- 3. BELIEVE YOU CAN AND YOU WILL. THIS DYNAMIC PRINCIPLE HAS BEEN DEMONSTRATED TIME AND TIME AGAIN. IT IS IMPORTANT TO BELIEVE THAT WITH GOD'S HELP YOU CAN OVERCOME ANY SETBACK OR ANY PROBLEM.

ANOTHER IMPORTANT QUALITY FOR SUCCESS WHETHER IN SCHOOL OR GENERAL LIFE - IS MOTIVATION. SOME OF US CAN CREDIT OUR PARENTS, A GRANDPARENT, A TEACHER, AN AUNT OR UNCLE FOR THEIR ENCOURAGEMENT TO MOTIVATE US TO SUCCEED. HOWEVER, AS WE GROW, WE NEED TO LEARN TO MOTIVATE OURSELVES.

TO BE SELF-MOTIVATED WE MUST:

- 1. BELIEVE IN OURSELVES AND FOLLOW OUR GUT INSTINCT.
- MAKE AN EFFORT TO LEAVE TROUBLES AT THE DOOR AND STOP MAKING EXCUSES.
- 3. SURROUND OURSELVES WITH LIKE-MINDED, POSITIVE PEOPLE.
- 4. CONSTANTLY CHALLENGE OURSELVES TO DO BETTER.

- 5. PUT FORTH THE NECESSARY EFFORT TO ACHIEVE THE RESULTS WE DESIRE.
- 6. STOP TALKING AND JUST DO IT.
- STAY FOCUSED ON ONE GOAL AT A TIME.
- MANAGE OUR TIME.
- 9. DO IT FOR YOU! YOU MUST WANT TO DO IT NOT FOR SOMEONE ELSE BUT, FOR YOURSELF!!
- 10. CHANGE SHOULD BE VIEWED AS EXCITING. YOU MUST BE PERSISTENT AND STRONG STAY THE COURSE.

OTHER MOTIVATIONAL SELF HELP TIPS:

- 1. <u>USE AFFIRMATIVE STATEMENTS</u>. REPEATING AN AFFIRMATIVE STATEMENT SEVERAL TIMES A DAY RE-PROGRAMS OUR SUBCONSCIOUS WITH POSITIVE THINKING.
- 2. <u>USE THE POWER OF VISUALIZATION</u>. VISUALIZE SUCCESS SEE EACH STEP OF YOUR GOAL BEING COMPLETED AND PERFECTED; THEN PICTURE THE NEXT STEP, ETC.
- 3. <u>USE ATTITUDE TALK TO ERASE NEGATIVE PROGRAMMING.</u>
 ATTITUDE TALK DIFFERS FROM AFFIRMATIONS IN THAT ATTITUDE
 TALK IS REPEATED IN YOUR MIND NOT STATED OUT-LOUD.
- 4. <u>USE POSITIVE GREETINGS</u>. GREETING OTHERS USING WORDS THAT RAISE OUR SPIRIT AND THOSE AROUND US, ACTUALLY LIFTS OUR POSITIVE ATTITUDE.
- 5. <u>BE ENTHUSIASTIC</u>. ENTHUSIASM GIVES US THE POWER TO GET UP EARLY WHEN WE'RE NOT A MORNING PERSON; IT GIVES US COURAGE TO TAKE RISKS FOR NEEDED SUCCESS; IT FUELS MOTIVATION TO MAKE THINGS HAPPEN.
- 6. <u>USE HUMOR</u>. THE MORE HUMOR AND LAUGHTER IN OUR LIVES, THE LESS STRESS WE'LL HAVE.
- 7. <u>EXERCISE</u>. PHYSICAL EXERCISE HAS BEEN PROVEN TO DECREASE A BAD MOOD OR A BAD ATTITUDE.

SCHOLARSHIP RECIPIENTS, AS YOU WORK TOWARD YOUR DEGREES, I HOPE THAT YOU WILL REMEMBER HOW IMPORTANT ATTITUDE AND

MOTIVATION ARE TO YOUR SUCCESSES IN LIFE.

I'LL CLOSE WITH ONE OF MY FAVORITE QUOTES BY PASTOR CHUCK

SWINDOLL. YOU PROBABLY HAVE HEARD IT IN SOME FORM ALREADY., BUT

EVERY TIME I READ IT, IT HELPS TO REFRESH MY ATTITUDE TO A POSITIVE

ONE.

' WORDS CAN NEVER ADEQUATELY CONVEY THE INCREDIBLE IMPACT

OF OUR ATTITUDE TOWARD LIFE. THE LONGER I LIVE THE MORE CONVINCED I

BECOME THAT LIFE IS TEN PERCENT WHAT HAPPENS TO US AND 90 PERCENT

HOW WE RESPOND TO IT.

"I BELIEVE THE SINGLE MOST SIGNIFICANT DECISION I CAN MAKE ON A

DAY-TO-DAY BASIS IS MY CHOICE OF ATTITUDE. IT IS MORE IMPORTANT THAN

MY PAST, MY EDUCATION, MY BANKROLL, MY SUCCESSES OR FAILURES,

FAME OR PAIN, WHAT OTHER PEOPLE THINK OF ME OR SAY ABOUT ME, MY

CIRCUMSTANCES, OR MY POSITION. ATTITUDE KEEPS ME GOING, OR

CRIPPLES MY PROGRESS. IT ALONE FUELS MY FIRE, OR ASSAULTS MY HOPE.

"WHEN MY ATTITUDE IS RIGHT, THERE'S NO BARRIER TOO HIGH, NO

VALLEY TOO DEEP, NO DREAM TOO EXTREME, NO CHALLENGE TOO GREAT

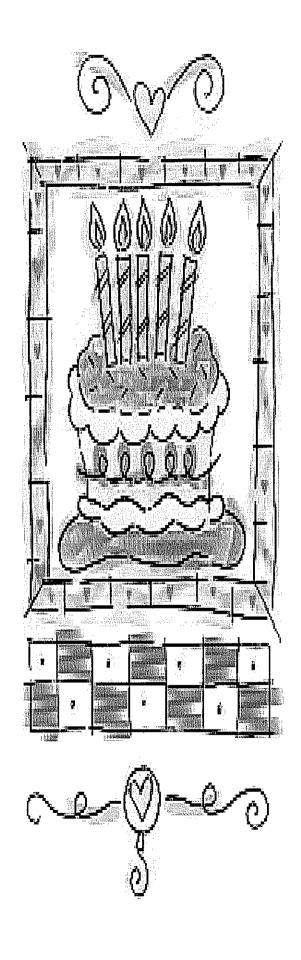
FOR ME. "

Presented by: Theresa Adams

Westbank D&D General Meeting

June 22, 2011

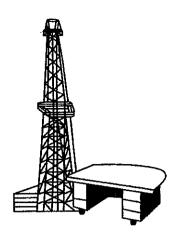
Westbank Oil Patch



happy BIRThDAY

T0 our members Born in June

edna guccione 6®13



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