# Westbank Oil Patch



### A PUBLICATION OF THE DESK AND DERRICK CLUB OF THE WESTBANK GRETNA, LA

### 2020 Board of Directors

President: Angie Duplessis Vice President: Judi Adams Secretary: Zelda Gillan Treasurer: Debbie Brazeal **Director: Linda Belsome** Director: Bonnie Wall Imm. Past President: Theresa Adams

### 2020 Committee Chairmen

Aimee: Bonnie Wall Bulletin: Judi Adams Bylaws: Judi Adams Election: Pam Lauckner Field Trip: Bonnie Wall Finance: Debbie Brazeal and Linda Belsome General Arrangements: Elaine Lesnak and Zelda Gillan Membership/Orientation: Elaine Lesnak

# President's Letter 3 4-5 Monthly Program and Calendar Westbank Club 6-15 Southeast Region (incl. 16-27 **Registration Packet**) ADDC 28-31 Industry 32-35 General 36-37

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Officers and Committees

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Nominating: Judy Guillot

Program/IAN: Judi Adams

Scholarship: Gaylen Guillory

### Front Cover :

President Angie Duplessis presents certificate of appreciation to guest speaker Tim Schotsch, Riverside C&D Landfill

# Club President's Newsletter

Angie Duplessis President

Phillips 66 15551 Highway 23 Belle Chasse, LA 70037 (504) 656-3221 - office (504) 882-4361 - fax

angie.a.duplessis@P66.com

#### March 2020

Letter 3

Dear Westbank Members,

This month is Desk and Derrick Awareness Month, a time to reflect on what D&D means to you – the things you've learned, the many places you visited, and the friends you made throughout your journey in pursuit of "Greater Knowledge – Greater Service" since becoming a D&D member. Have you reached out to family and friends and shared your Desk and Derrick vision? I can't wait to see how many guests attend our upcoming meeting.

I remember the first D&D meeting I attended as a guest. I was hooked immediately, joining the same night. A few months later, I volunteered on a committee and needless-to-say I have been involved ever since.

My most memorable event occurred as member of the Speaker's Bureau Committee (now known as LRC –Leadership Resource), when I portrayed PetroMolly the clown in the production of "PetroMolly and the Magic Suitcase". PetroMolly traveled with her suitcase teaching the public, especially young school aged children about the importance of petroleum products. Clothing and articles made from petroleum were stored in a suitcase until the time came for explaining how petroleum was necessary to produce modern products while performing experiments that revealed how important petroleum is to our lives.



So now that you've had time to think about D&D; how has D&D enhanced your life? Let everyone know about the educational opportunities we provide, our community activities, and all the fun things that keep you coming back.

Now's the time to make your plans to attend the Southeast Region Meeting on board the Carnival Valor; April 15-19, 2020. Don't miss the many opportunities to learn and experience our industry.

Remember......We Can Do It!

Angie Duplessis

| Monthly Program |                |                     |                              |  |  |  |
|-----------------|----------------|---------------------|------------------------------|--|--|--|
| Month           | Speaker        | Торіс               | Invoca-<br>tion/Introduction |  |  |  |
| January         | Tristan Babin  | ACE Pipeline        |                              |  |  |  |
| February        | Tim Schotshch  | Evolution of Waste  | Judi                         |  |  |  |
| March           | Paul Matthews  | Port of Plaquemines | Susan                        |  |  |  |
| April           | Stephen Sears  | Sunniland           | Bonnie/Charles               |  |  |  |
| Мау             | Dr. G Upton    |                     |                              |  |  |  |
| June            | Kenlie Fite    | Taking a Chance…    | /Judi                        |  |  |  |
| July            | NO MEETING     |                     |                              |  |  |  |
| August          | Charlie Miller | TBD                 | /Judi                        |  |  |  |
| September       | Tom Bergeon    | Climate Change      | /Judi                        |  |  |  |
| October         | Elaine/Zelda   | Orientation         |                              |  |  |  |
| November        | Susan Miller   | 2021 Installation   | Judi/Angie                   |  |  |  |
| December        | NO MEETING     |                     |                              |  |  |  |

| 2020 Meeting Schedule                     |                                |  |  |  |
|---|--------------------------------|--|--|--|
| BOARD MEETINGS                            | GENERAL MEETINGS               |  |  |  |
| January 15                                | January 22                     |  |  |  |
| February 19                               | February 26                    |  |  |  |
| March 17 (changed due to conflict)        | March 25                       |  |  |  |
| April 8                                   | April 22                       |  |  |  |
| May 20                                    | Мау 27                         |  |  |  |
| June 17                                   | June 24                        |  |  |  |
| July—NO MEETING                           | July 18 —White Elephant Brunch |  |  |  |
| August 19                                 | August 26                      |  |  |  |
| September 9 (changed due to Convention)   | September 23                   |  |  |  |
| October 21                                | October 28                     |  |  |  |
| November 11 (changed due to Thanksgiving) | November 18                    |  |  |  |
| December—No Meeting                       | December 11—Holiday Brunch     |  |  |  |

# March 2020

| Sun  | Mon | Tue                  | Wed | Thu    | Fri  | Sat    |
|------|-----|----------------------|-----|--------|------|--------|
| 1    | 2   | 3                    | 4   | 5      | 6    | 7      |
| Cora |     |                      |     |        |      |        |
| 8    | 9   | 10                   | 11  | 12     | 13   | 14     |
| DST  |     |                      |     |        |      | Sigrid |
| 15   | 16  | 17                   | 18  | 19     | 20   | 21     |
|      |     | API Lunch            |     | Spring |      |        |
|      |     | St. Patrick's<br>Day |     |        |      |        |
| 22   | 23  | 24                   | 25  | 26     | 27   | 28     |
|      |     |                      |     |        | Vera |        |
|      |     |                      |     |        |      |        |
| 29   | 30  | 31                   |     |        |      |        |
|      |     |                      |     |        |      |        |

# 2020

# CHRISTMAS CARDS FOR OUR SOLDIERS

WESTBANK DESK AND DERRICK COMMUNITY SERVICE PROJECT SENDING THOUGHTS AND WISHES FOR HAPPY HOLIDAYS, SAFE AND QUICK RETURN HOME, GOD'S BLESSINGS, AND THANKS FOR THEIR SERVICE AND PROTECTING OUR FREEDOMS

# Help us meet our 2020 goal of 2020 cards!

CONTACT BONNIE R. WALL 504-362-3671 (H) 504-439-1650 (C) E MAIL seawall4@cox.net

Bonnie will bring cards to the meetings throughout the year So take a few and sign a few! Or take a lot and sign a lot!!





Happy Holiday.

# COMMUNITY SERVICE PROJECT DESK AND DERRICK CLUB OF THE WESTBANK

Desk and Derrick Club of the Westbank will be collecting items for the St. Joseph Apartments in Gretna. Members will be bringing items to the residents living in the Apartments. These are all senior citizens and we could make a difference in the lives of these senior citizens with just a little donation.

Items to be collected are the following: Mens/Ladies socks, books, combs, brushes, shower caps, kleenex, travel soaps, shampoo, conditioners, pens, stationery, games, small food items or any other things that they may need. All will be appreciated by these residents.



Contact: Susan Miller <u>smiller7451@yahoo.com</u> 504.908.6131

# Desk & Derrick

Community service to the

## **GRETNA FOOD BANK**

# **COLLECTING MONEY AND FOOD ITEMS!**

# Judy and Sylvia will have the oatmeal box at the meetings – ready for our \$ donations.

breakfast cereal, oatmeal, pasta, rice, crackers, flour, grits, healthy snacks canned vegetables, canned fruits, shelf-stable vegetable or fruit juice diced tomatoes, tomato sauce, spaghetti sauce, dried fruits, fruit cups canned tuna, canned beans, dried beans, peanut butter



Gretna Food Bank accepts all <u>nonperishable</u> items. (i.e., foods that do not need to be frozen or refrigerated) They prefer <u>non-glass</u> containers for safety reasons. Please also consider nutritional food items that are low in sodium/salt/sugar. Whole grain and whole wheat items are also very much needed. (i.e., bread, crackers, rice, pasta)

### A GARBAGE TIMELINE

Mr. Tim Schotsch was guest speaker at the Westbank March meeting. He is with the Riverside Recycling & Disposal Garbage Collection service in Plaquemines Parish, Louisiana, where they have over 1,000 feet of canal-side property and access to road and marine infrastructure. They purchase complete barges, rigs, ships and boats for scrap recycling.

Mr. Schotsch started his career in the petrochemical field, then worked in the coal mining industry gaining experience in the environmental field. The knowledge he gained has led to now being involved in the landfill and recycling industry here in our state.

His first landfill job was in Montgomery County, Philadelphia. He said it is amazing what goes into landfills. An incident that was outstanding in his memory was about a group of mannequins. The operators of vehicles on the premises each had one, riding shotgun. An operator went to get one for his vehicle. He got the surprise of his life. It was the body of a woman. The local authorities were called. Since the body was from an area of trash from a district in Philadelphia 50 miles away the local authorities told them to call the State Police. Talk about "passing the buck"....

Since the beginning of time the human race, plants and animals have been producing waste. Through the years it was disposed of by decomposition, burying, burning, and dumping in lakes, oceans, streams, rivers or just thrown onto the land, both vacant and developed. As time passed population growth made it necessary to mandate the way waste was to be disposed.

His very interesting and informative talk about laws, the three "R's (recycling, redoing, reusing), invention of throw away products that all end up in landfills brought about lengthy discussion, questions and answers throughout his presentation. I asked if they were still doing the trash to gas program because in 2020 while attending a Regional III meeting in Lafayette, La., one of the field trips was to St. Landry Parish Solid Waste Disposal District BioCNG Fueling Station, where they were converting gas from the landfill and turning it into gas for the parish vehicles and school busses. I still have the history book/helpful hints/instruction manual/saying of the day style calendar they gave each participant. Their mission statement is "To provide an important public service while creating a learning environment for youth in order that they may develop community values through conservation at the same time protecting the environment in which we live while saving landfill space capitalizing on efficiencies wherever and whenever possible". They are capturing gases from the landfill and converting it into gas for use in the parish vehicles and school busses.

The information he used to make presentation to the group came from website Rotten Truth. It covered happenings from 1657 to 1993. The years below are the ones he chose to talk to us about.

Rotten Truth (About Garbage) takes an in-depth look at the complex issues surrounding municipal solid waste. This on-line exhibition is organized into four major sections. **What Is Garbage?** Looks at how we define garbage, and why it consists of more than what we throw away. **There's No "Away"** explores how burying, burning, and recycling garbage doesn't really get rid of it, and that reducing what we use is the only real solution to the garbage problem. **Nature Recycles** shows how the natural process of decay makes new life possible by recycling the limited number of nutrients present in the environment. **Making Choices** provides some helpful hints on how we can all create less garbage. The **Rotten Truth** web site was created in 1998 by the <u>Association of Science-Technology Centers Incorporated</u> and

1657 The town of New Amsterdam (now Manhattan) passed law against casting waste in the streets.

1710 Colonists in Virginia commonly bury their trash, building debris, glass, ceramic objects, animal bones and suits of armor they wore to protect themselves from the Indians.

1810 Peter Durand patents "tin can" to feed the Royal Navy and France used bottles to preserve food.

1860 American newspapers printed on paper made from wood pulp fibers rather than rags.

1879 Frank Woolworth opens first five and dime store in Utica, N.Y. Pioneers idea of displaying items on open counters for customers to feel (a practice that later makes larger, theft proof packaging necessary).

1880 Scott Brothers, Philadelphia produces toilet paper rolls with perforations.

1894 Citizens of Alexandria, Virginia are disgusted by sight of barge loads of garbage floating down Potomac River from Washington, D.C. to be dumped up-river from their community.

1895 King C. Gillette, a traveling salesman, invents a razor with disposable blades.

1900 Hills Brothers Coffee in San Francisco puts the first vacuum packed coffee on the market.

1904 Postmaster General Henry Clay Payne authorizes permit mail. This means that with a single fee, 2,000 or more pieces of third or fourth class mail can be posted without stamps. This opens the door for direct mail advertising and mass solicitations.

1907 An unexpectedly thick run of toilet paper is converted into first paper towels.

1908 Paper cups replace tin cups at water vending machines on trains and in public buildings.

1914 W.K. Kellogg invents a wax paper wrapper for Corn Flakes boxes.

1920s During decade, "reclaiming" or filling in wetlands near cities with garbage, ash and dirt becomes a popular disposal method.

1924 The Kleenex facial tissue is introduced. *Do any of you still have or use the beautiful cloth handker-chiefs of yesteryear?* 

1928 Cellophane is invented by the DuPont Cellophane Company.

1929 Aluminum Foil is invented.

1930 First supermarket opens in NYC by King Cullen who said, "Price it High and Sell it Low.

1930 Polyvinyl chloride a new plastic is patented by B.F. Goodrich. Used as replacement for rubber, protection against corrosion and for adhesives.

1930 Polystyrene plastic invented by German firm, I.G. Farben, and produced by Dow Chemical Company. The hard, shiny material is molded into tackle boxes, refrigerator linings, etc.

1930s Kimberly Clark develops disposable sanitary pads.

1933 Communities of the New Jersey shore obtain court order forcing New York City to stop dumping garbage in Atlantic Ocean. July I, 1934 Supreme Court upholds lower court action, but applies it only to municipal waste, not commercial or industrial wastes.

1935 General Electric begins producing and marketing a garbage "Disposall."

1935 Rohm and Haas invents Plexiglas, clear plastic used in headlights, lenses, windows, clocks and jewelry.

1935 Krueger's Cream of Ale, Richmond, Virginia produces the first can of beer.

1936 Milk products are now commonly sold in paper packaging.

1939 Wisconsin Select Beer starts selling its beer in the no deposit, no return bottles.

1939 Birds Eye introduces first precooked frozen foods, chicken fricassee and crisscross steak.

1940 Japanese conquests in Southeast Asia cut off America's supply of tin and rubber hampering canned food production.

(continued next page)

1941 America enter World War II. Rationing such materials as wood and metal forces and increased reliance on synthetic materials such as plastics. Low density polyethylene film, developed during wartime, replaces cellophane as the favorite food wrap by 1960.

1944 Dow Chemical Company invents an insulation material called Styrofoam.

1945 First American ball point pens go on sale for \$12.50 at Gimbel's in New York

19450s The improved paper cup or hot beverages is introduced. It is lined with polyethylene instead of wax.

1953 Swanson introduces first successful TV dinner: turkey, mashed potatoes and peas.

1953 "It is our job to make women unhappy with what they have" stated B. Earl Puckett, Allied Stores Corp.

1957 High density polyethylene is developed by Standard Oil of Indiana and Phillips Petroleum (now used for milk containers).

1958 Bic Crystal Company introduces the throw-a-way pen.

1959 First photocopier, the Xerox 914, is introduced –22 years after it was patented. Ditto machines.

1960s Easy open tops (pop tops) for beverage cans are invented. Iron City Beer in Pittsburgh is first to try and its sales increased immediately.

1960s Bead molded polystyrene cups are introduced. They provide better insulation for hot drinks.

1960s First disposable razors are sold.

ca. 1963 Aluminum can for beverages is developed.

1970 Federal Resource Recovery Act amends Solid Waste Disposal Act and requires government to issue waste disposal guidelines.

1970 Federal Clean Air Act enacted. New regulations lead to incineration shut downs.

1977 Polyethylene terephthalate (PET) soda bottles introduced, replace glass bottles. 1941 England first developed plastic.

1979 EPA issues landfill criteria that prohibits open dumping.

1988 The EPA estimates more than 14,000 landfills have closed since 1978, more than 70% of those operating at that time. The landfills were full, unsafe, or the owners declined to adhere to new standards.

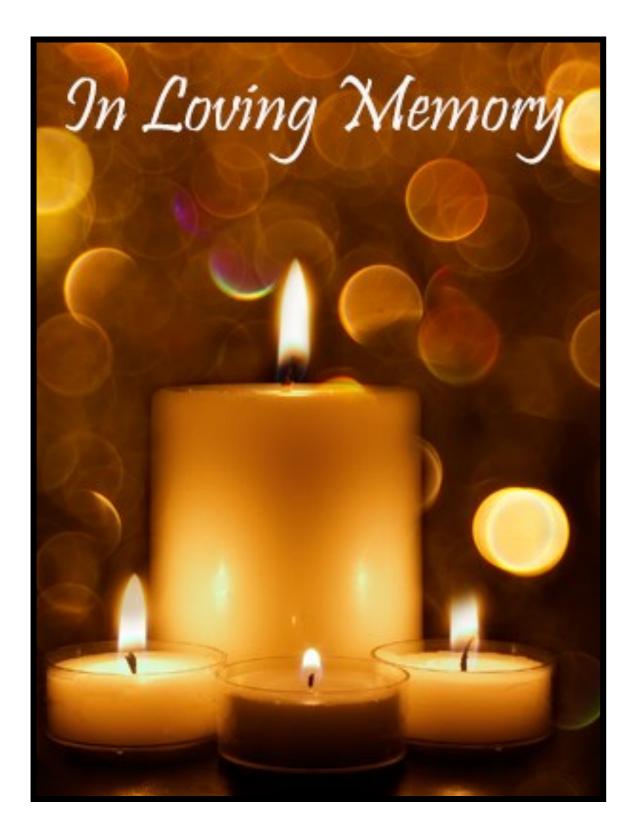
1991 EPA issues comprehensive municipal solid waste landfill criteria required by the Hazardous and Solid Waste Amendment.

There were a number of quotes in the timeline. He mentioned the 1953 one regarding women. Think if spoke with his better half she would have said, *"The only difference between a little boy and a big boy is the price of his toys."* Worldwide we are all creatures of consumption of necessary and maybe not so necessary items.

Further research for doing this article, there was one dating back to 1879 was of interest to me since I live across the river from New Orleans. *"Thither were brought the dead dogs and cats, the kitchen garbage and the like, and duly dumped. This festering, rotten mess was picked over by rag pickers and wallowed over by pigs, pigs and humans contesting for a living from it, and as the heaps increased, the odors increased also, and the mass lay corrupting under a tropical sun, dispersing the pestilential fumes where the winds carried them." Minister describing the New Orleans dump to the American Public Health Association.* 

I will close my article with the last entry of the timeline, the 1993 quote by Michael Jacobson, Center for the Study of Commercialism. "We're reminded a hundred times a day to buy things, but we're not reminded to take care of them, repair them, reuse them, or give them away."

Bonnie R. Wall, Author for March 2020 Westbank Oil Patch



# In Memory:

Maebelle Robert Cheramie passed away on February 14, 2020. Beloved mother of Melissa C. Underwood (Patrick). Grandmother of Jessica Underwood (James Laffrey) and Patrick Underwood (Rebecca). Great-grandmother of



Emmalee, Ethan, Annalyn, Bailey, and Nathaniel. Stepmother of Susan McDonald (CJ), David Cheramie, Yvonne Cheramie, Santto Cheramie, Jr., Jesse Cheramie (Lydia), and the late Wanda "Gail" Cheramie and Linda Matherne.

Also survived by numerous step-grandchildren and step-greatgrandchildren. Daughter of the late Eugene Robert and Marie Ory Robert. Sister of Alice Gros-Doss (Nolan), Edward Robert (Joanie), Eugene "Pat" Robert (Jonell), Vernon Robert (Pam), Cassandra "KC" Trahan (late Gary), Ben Robert (Joanne), and the late Ashley Robert and Myron Robert (Debbie). Former wife of Santto M. Cheramie, Sr. Godmother of Wanda Gros, Brandon Robert, Lauren Trahan, Ben Robert, and Cassandra Robert.

Age 73 years, a native of Bridge City, LA and resident of Marrero, LA. Maebelle worked for Jefferson Parish Department of Water until retirement in 2009. She was a member of the Golden Agers and she was an avid reader in her spare time. She will be deeply missed by all. Relatives and Friends of the Family attended the Memorial Graveside Service at Westlawn Memorial Park Cemetery, Gretna, LA on Monday, March 2, 2020 at 11 AM. Mothe Funeral Homes handled arrangements; to view and sign the online guestbook visit <u>www.mothefunerals.com.</u>

### **ROBBYE ST. PIERRE – WESTBANK, GRETNA, LA.**

Robbye was born in Lubbock, Texas, January 27, 1951 and passed into her next life on December 2, 2019 at her much love home in N.O. surrounded by friends and family.

She grew up in Lubbock, Texas, attending elementary school there and graduating high school from San Marcos Academy in San Marcos, Texas. After high school she moved permanently to Louisiana and took classes at Tulane and attended business school to further her education.

Robbye became very active in the oil and gas industry for which she had a great passion, working with her husband Warren in the formation and daily activities of Warexco, and later as a managing partner in the Bills Family Partnership.

Another of her passions was political action. She was a dedicated and passionate member of the Tea Party, serving in various capacities there until her health required her to slow down.

She was also a valued member of both the Desk and Derrick and Optimist Clubs of the West Bank, serving on committees and as secretary and/or treasurer at various times.

A love of travel filled her free time, always took friends and/or family whenever she could to share the adventure, always wanting everyone to have a good time. At home "the hostess with the mostess" gave crawfish boils and other parties around her pool for various occasions.

Robbye's generosity to the causes promoted by these organizations, to candidates for political office who shared her convictions and family and friends was wide-spread and well known.

In death she continues to give - Robbye donated her body to Tulane Medical School for research and education. Her niece passed from a very rare cancer and her wish was to be donated to Tulane. In her honor Robbye, her sister Beebe, the niece's husband and uncle decided to do the same.

Robbye will be sorely missed by so many, but perhaps the one who will miss her most is "Precious", her much loved pet cat that she rescued as a kitten, as she was fleeing New Orleans ahead of Hurricane Katrina. Sister Beebe says, "Precious still comes into the den, going to the recliner where Robbye usually sat and waits for her head to be scratched."

She will be miss by many, and we all wish her a joyful journey into her new life!



Westbank Oil Patch



Susan Miller Southeast Region Director 1700 Calder St. Gretna, LA 70053 504-908-6131 smiller2020rd@yahoo.com

March 2020

Dear Members,

March is Desk and Derrick Awareness Month!! Let's make an extra effort to invite guests and prospective members to our meetings so they can see the many benefits of Desk and Derrick membership. We need to spread the word of Desk and Derrick and keep the Association growing and increase our chances of surviving.

I attended the Budget & Planning Meeting in Tulsa, Oklahoma and it was very educational and informative. The Board is a very hard-working group and is here for you, the

and informative. The Board is a very hard-working group and is here for you, the member.

Some highlights of the meeting are:

- Reviewed Standing Committees, discussing some of the larger Committees
  - that were combined to have two Chairmen.
- Reviewed Special Committees
- Reports on, upcoming ADDC Conventions, Foundation and Educational Trust, Board Reports, and Proposed Amendments
- Major discussion on the Budget Review and Approval
- Insurance
- Strategic Planning

I am proud to say all the Southeast Region Representative positions are filled. Thanks to all of you who volunteered for these committees.

The Southeast Region Meeting is fast approaching; it is not too late to register for the first Region Meeting on a cruise ship, the Carnival Valor. This will be a memorable experience and educational with the seminar, field trip, and certification class held at the Holiday Inn/Gretna and our business meeting, member recognition being held on the cruise ship.

Thanks to the Nominating Committee's efforts there is a candidate running for 2021 Southeast Region Director; information has been emailed to the Presidents.

Every member should take the time to visit the newly updated ADDC website (<u>www.addc.org</u>). The road was a little bumpy at first and more information is being added to make it easier for members to navigate around the website. Also check out your own club's website and social media pages to ensure they are up-to-date with current information.

Happy St. Patrick's Day to everyone and may good luck be your friend.

Susan

**Board of Directors** 

PRESIDENT **Keith Atkins** Murphy USA Inc.

PRESIDENT ELECT **Evelyn Green** GBC Minerals, Ltd

SECRETARY Casi Nichols Spur Services LLC

TREASURER **Philana Thompson** Merrion Oil & Gas Corp

IMMEDIATE PAST PRESIDENT Terry Ligon L Chem Tech Company Inc

#### PARLIAMENTARIAN Marilyn Carter

CENTRAL REGION DIRECTOR Shelly McCool Taylored Services, LLC

NORTHEAST REGION DIRECTOR **Shelly Hildebrant** Miller & Cook, LLP

SOUTHEAST REGION DIRECTOR Susan Miller

WEST REGION DIRECTOR Christina Forth FFAF Cargo

## ADDC 2<sup>nd</sup> Annual Southeast Region Meeting

## April 15-20, 2020

Hosted by Desk and Derrick Club of the Westbank Susan Miller: 2020 SE Region Director General Arrangements: Angie Duplessis and Judi Adams

# Won't you let me take you on a sea cruise?

New Orleans to Cozumel, Mexico Holiday Inn, 275 Whitney Avenue, Gretna, LA 70053 Cruise & Park Package

\$149 includes:

Room, cruise parking, and buffet breakfast for 2 Transportation to Cruise Ship:

\$20 <u>roundtrip</u> shuttle service to cruise Carnival Valor

Book CRUISE through <u>The Cruise Shoppe</u> for D&D Rates (504-364-1986) or through Carnival directly.

Room Types:

Interior (2 lowers) Ocean view Balcony Suite Grand Suite



# ASSOCIATION OF DESK AND DERRICK CLUBS

2020 SOUTHEAST REGION MEETING

Gretna, Louisiana April 15-20, 2020

**Registration Packet** 

Won't You Let Me Take You on a Sea Cruise?



# Southeast Region Director

| Susan Miller<br>SE Region Director          | To: 2020 SE Region Presidents and Club Members<br>2020 ADDC Board   |
|---|---|
| <u>smiller2020rd@yahoo.com</u>              | It is my honor and pleasure to extend a special invitation to each of you<br>to join us on a sea cruise. We'll start in the city of Gretna for certification,<br>field trip, and seminar activities on Wednesday and Thursday before<br>setting sail on the first ever Southeast Region sea cruise on Thursday<br>afternoon! Please join me, along with host club the Desk and Derrick<br>Club of the Westbank in Gretna, Louisiana, for the 2020 Southeast<br>Region Meeting at the Holiday Inn on Westbank Expressway, April 15-20,<br>2020.  |
|   | The hotel is offering a cruise and park package, that includes one-night stay (Wednesday April 15), buffet breakfast for two (April 16), and free parking until we return on Monday April 20 <sup>th</sup> . All this for just \$149 (plus tax) per night. Send in your registration before the Early Bird Deadline (March 1 <sup>st</sup> ) to be eligible for drawings for \$100; but, definitely send your forms in by the deadline date of March 30 <sup>th</sup> .   |
|   | The topic for the Certification program on Wednesday<br>is <i>Accounting</i> . Wednesday evening, we'll hold the Presidents' meeting.<br>Thursday's field trip and seminar will enlighten us on the business of<br>specialty hoses and give hints and tips for small clubs, plus innovative<br>ways to provide educational programs to meet ADDC requirements.  |
| <b>~</b> 1                                  | On Friday, we'll hold the Business Session, Open Forum, and Member<br>Recognition – where we will get updates on region clubs and committee<br>activity, elect a 2021 Region Director, honor service years of our<br>members, and reveal the names of clubs and members taking home<br>Region Awards of Merit. Saturday is our day in port where we can enjoy<br>the beauty of Cozumel. Heading back - Sunday at Sea - we'll enjoy a<br>networking social. Of course, throughout the cruise, there will be lots of<br>opportunities for photos, spa visits, pool time, and down time. |
|   | GAC's Angie Duplessis and Judi Adams and members of the Westbank<br>Club have been hard at work to bring us a very unique Southeast Region<br>Meeting! So, please let them know how much you appreciate their<br>dedication to Desk and Derrick! Plan to sail into Gretna and let us take<br>you on a sea cruise.   |
| ASSOCIATION OF<br>DESK AND DERRICK<br>CLUBS | Susan   |
|   | Nr. 1 2020  |

January 2020

2020 Southeast Region Club Presidents and Members 2020 ADDC Board of Directors

On behalf of the Desk and Derrick Club of the Westbank, we invite you to attend the 2020 Southeast Region Meeting, which will be held at the Holiday Inn, Gretna, LA and on the Carnival Valor, April 15-20, 2020.

Registration must be postmarked by March 30, 2020. After this date, registrations will not be accepted. There will be no on-site registrations.

We kick-off the 2020 Southeast Region Meeting with the Accounting segment of the ADDC Certification on Wednesday, April 15<sup>th</sup>; this way, members who cannot go on the cruise can attend the Certification class. We also are offering a "Land Only" option, so members can register to attend Certification, field trip, and seminar without cruising.

The Presidents' Meeting will be held Wednesday evening at a local restaurant (separate info will be sent to presidents). Registration on Wednesday and Thursday will be held at the hotel in the Crescent Room. We'll have one field trip and a seminar on Thursday morning, April 16<sup>th</sup> before we make our way to the Carnival Valor for the cruise. Round-trip shuttle service from hotel to docks and back is available for \$20.

Once on board the ship Thursday evening, you'll be on your own for dinner. All D&D members/guests booked through *Cruise Shoppe* will have early dining reservations at the main dining room. However, you can choose to dine at any of the restaurants throughout the ship.

During our first full day at sea, we'll hold the Business Session, Open Forum, and Member Recognition, including Early Bird drawings. Lunch will be on your own.

On Saturday, the ship will dock for our day in Cozumel, Mexico. All excursions must be booked through Carnival directly; these are NOT included in registration or with your cruise costs. We'll be on our own Saturday night for dinner as we sail back to New Orleans. On Sunday at Sea, we will meet for a fun networking time in the afternoon.

We will disembark on Monday morning and if you signed up for the shuttle back to the hotel, they will be there to bring us back to the hotel for our cars. We all look forward to having you join us on a sea cruise!

2020 SOUTHEAST REGION MEETING GRETNA, LOUISIANA APRIL 15-20, 2020 Holiday Inn 275 Whitney Avenue Gretna, LA 70053 Phone: (504) 366-8535

Rooms are blocked in the name of: Desk and Derrick Clubs Southeast Region Meeting Rooms are blocked until March 1, 2020 Room Rates: \$149 + tax, Single, Double, Triple, or Quad 2 Double Beds or King (except for suite) <u>Request the Cruise and Park Package</u>





### **SCHEDULE OF EVENTS**

#### Wednesday, April 15, 2020

| Registration/Hospitality | 8:00 AM - 10:00 AM | Crescent Room        |  |
|--------------------------|--------------------|----------------------|--|
|                          | 3:00 PM - 7:00 PM  | Crescent Room        |  |
| Certification Program    |                    |                      |  |
| (Accounting)             | 10:00 AM - 4:00 PM | Crescent Room        |  |
|                          |                    |                      |  |
| Presidents' Dinner       | 7:00 PM – 10:00 PM | Red Maple Restaurant |  |

### Thursday, April 16, 2020

| Registration/Hospitality/ | 6:30 AM - 10:30 AM  | Crescent Room      |
|---------------------------|---------------------|--------------------|
| Field Trip-Spartan        | 7:45 AM - 9:30 AM   | Leaves Hotel Lobby |
| Seminar                   | 10:00 AM - 11:30 AM | Crescent Room      |
| Embark Carnival Valor     | 12:00 PM            | Leaves Hotel Lobby |

### Friday, April 17, 2020

| <b>Business Session</b> | 8:00 AM - 12:00 PM | Paris Red Hot Lounge |
|-------------------------|--------------------|----------------------|
| Lunch                   | 12:00 PM - 2:00 PM | On Your Own          |
| Member Recognition      | 2:00 PM - 4:00 PM  | Piano Bar            |

### Saturday, April 18, 2020

| Arrive Cozumel, Mexico | On Your Own |
|------------------------|-------------|
|------------------------|-------------|

### Sunday, April 19, 2020

| Networking/Social | 2:00 PM - 4:00 PM | Piano Bar |
|-------------------|-------------------|-----------|
|                   |                   |           |

### Monday, April 20, 2019

Disembark

New Orleans

# **2020 CERTIFICATION PROGRAM**

The purpose of the Association of Desk and Derrick Clubs' (ADDC) certification program is to provide an educational program covering the subjects within the established curriculum.

The program at the 2020 South East Region Meeting, Basic Oil and Gas Accounting, will be presented on Wednesday, April 15, 2020.

Sheryl Minear, San Antonio Club Member, will be the instructor. Sheryl oversees the accounting for several operators. The course will cover different types of ownership; review a joint operating agreement including the COPAS accounting procedures; measurement of oil and gas; and how to read a revenue check.

Don't know anything about oil and gas accounting? This is the perfect opportunity for you to become familiar with this aspect of the industry.

Registration: \$ 75 for members \$125 for non-members

ntoor in

# FIELD TRIP



### Spartan Industrial & Marine

Spartan Industrial & Marine offers industrial products to the south Louisiana oilfield service and marine markets. We are a different kind of company; we provide immediate responsive service to our customers. What's missing from many of today's companies is the necessity to provide its customers with excellent customer service, resolutions in problem solving and fulfillment of orders in a timely manner. Here at Spartan Industrial & Marine, we believe that providing this higher level of service to our customers will enable us to become their first and only choice for our products.

Spartan Industrial & Marine was formed by individuals with over 20 years in the distribution business serving the oilfield and marine markets of south Louisiana. Our goal is to provide a level of service currently unavailable today in the hydraulic, industrial and safety products market.



Attendees must wear closed-toe shoes.

Date: Thursday April 16, 2020 Time: 7:45 am to 9:30 am (board bus in hotel lobby) Cost: Registered Members (free); Registered Guests (\$25) SEMINAR Helpful Hints and Tips for Clubs Sheryl Minear

Date: Thursday, April 16, 2020 Time: 10:00 a.m. – 11:0 a.m. Location: Cost: Holiday Inn Members (Free); Guests (\$10)

### Cost: FREE

Over the course of the past 71 years since the Association of Desk and Derrick Clubs was formed, the majority of the clubs that make up ADDC have become smaller. As a small - or any size – club, what can you do to help your club remain viable?



The goal of this seminar is to provide helpful hints

regarding bylaws content, business meetings, board meetings, using current technologies to your advantage, and overall general attitude of membership.

If you have attended any of the many seminars given by Sheryl Minear, you know the quality of information that you will receive. Over the course of many seminars you often heard her say quality of membership is more important than quantity. Sheryl will encourage a group discussion of the issues your clubs are having so that working together we may all find solutions.

Sheryl has been a member of ADDC since 1983. She served as Region V Director in 1997. Sheryl served on the ADDC Board as Treasurer in 2005, Vice President in 2006, President-Elect in 2007, President in 2008, and Immediate Past President in 2009. As a registered parliamentarian, Sheryl has also served as the ADDC and Region Parliamentarian for several years.

Sheryl served as a member and chairman on several ADDC committees throughout her years; the most notable is the Certification Program Committee. She's presenting the Accounting segment this year at Southeast Region Meeting.

Sheryl was named the United States Energy Person of the Year by Nickles Energy in 1999.

|                       |              |               |                      |            | and Derrick Clubs                     |           |      |        |
|-----------------------|--------------|---------------|----------------------|------------|---------------------------------------|-----------|------|--------|
|                       |              |               | April 1              |            |                                       |           |      |        |
|                       |              | Hosted        |                      |            | ck Club of the Westbank               |           |      |        |
|                       |              |               |                      |            |                                       |           |      |        |
| 1. Member Registra    | ition        |               |                      | _          | 4. Guest Registration                 |           |      |        |
| First                 | M            | La            | ast Name             |            | First                                 | M         | Las  | t Name |
|                       |              |               |                      |            |                                       |           |      |        |
| Member Number         | R            | egion         | Club                 |            |                                       |           |      |        |
| First Region M        | leeting/Firs | t Timers      |                      | -          | 5. Guest Fees:                        |           |      |        |
| Delegate              |              |               |                      |            |                                       | Guest     | How  | Total  |
| Region Directo        | or (Year/Re  | gion)         |                      |            |                                       | Fee       | Many | Cost   |
| Association Of        | fficer       |               |                      |            | Wednesday, Certification              | \$125     |      | \$0    |
| Arrival Date:         |              | Time:         |                      |            | Thursday, Field Trip                  | \$25      |      | \$0    |
|                       |              |               |                      |            | Thursday, Seminar                     | \$10      |      | \$0    |
| 2. Member (Full Reg   | gistration)  |               |                      |            | R/T Transport to ship                 | \$20      |      | \$0    |
| Event                 | Fee          | How Many      | Cost                 |            | Sunday, Farewell                      | \$35      |      | \$0    |
| Registration          | \$100        |               | S                    | <b>;0</b>  | TOTAL GUEST FEES                      |           |      | \$0    |
| Certification         | \$75         |               | S                    | <b>;0</b>  |                                       |           |      |        |
| R/T Transport to ship | \$20         |               | S                    | 60         | 6. Total Fees                         |           |      |        |
| Total Fees            |              |               | \$                   | <b>i</b> 0 | Registration (Full)                   |           |      | \$0    |
| *Member registration  | n includes a | I Business Me | etings,              |            | Registration (Land)                   |           |      | \$0    |
| Field Trip, Seminar,  | and Sunday   | lcebreaker.   |                      |            | Guest Fees                            |           |      | \$0    |
|                       |              |               |                      |            | TOTAL FEES                            |           |      | \$0    |
| 3. Member Field Tri   |              | <u> </u>      |                      |            |                                       |           |      |        |
| Event                 | Fee          | How Many      | Cost                 |            | MAKE CHECKS PAYABLE                   | TO:       |      |        |
| Registration          | \$50         |               | \$                   | _          | 2020 SOUTHEAST REGION                 | MEETIN    | G    |        |
| Certification         | \$75         |               | \$                   | _          | Mail to:                              |           |      |        |
| Total Fees            |              |               | \$                   | 0          | Desk and Derrick Club of the Westbank |           |      |        |
|                       |              |               |                      |            | ATTN: 2020 Region Meetin              | ig        |      |        |
| EARLY BIRD DRAWIN     | NG DEADLI    | NE MARCH 1    | , 2020               |            | P. O. Box 2875                        |           |      |        |
| No late or onsite reg | istration.   |               |                      |            | Gretna, LA 70054                      |           |      |        |
| NOTE: Returned che    | eck fee \$50 | .00           |                      |            |                                       |           |      |        |
| Registration Deadlin  | ie: March 3  | 30, 2020 (pos | stmarked)            |            | Contact Angie Duplessis f             | or questi | ons: |        |
| Refund Policy: Refu   | nds after B  | eaion Meetir  | ng if funds availabl | le         | (504) 626-3221                        |           |      |        |



\$100 Early Bird Drawings for all registration received or postmarked by March 1, 2020.

Winners will be announced at Member Recognition Friday, April 17, 2020.

### ASSOCIATION OF DESK AND DERRICK CLUBS 2020 SOUTHEAST REGION MEETING Emergency Information and Release Form

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

| NAME:  |                    |                                |
|--|--------------------|--------------------------------|
| ADDRESS:   |                    |                                |
| CITY:  | STATE:             | ZIP:                           |
| PHONE: Home/Cell:  | Ofc:               |                                |
| Employer:  |                    |                                |
| EMERGENCY CONTACT  | Optional)          |                                |
| Insurance Company:   | F                  | Policy #:                      |
| Address:   |                    | Telephone:                     |
| I understand that my participation in the fie<br>at my own risk and responsibility. The De<br>sociation of Desk and Derrick Clubs shall  | sk and Derrick Ċlu | ib of the Westbank and the As- |
| <i>Signature</i><br>NOTE: A signed release form is required before any reginner in conjunction with this Meeting. The above confidential |                    |                                |

### \*\*\*Please return signed release form with registration form.



#### **Board of Directors**

PRESIDENT **Keith Atkins** Murphy USA Inc.

PRESIDENT ELECT **Evelyn Green** GBC Minerals, Ltd

SECRETARY Casi Nichols Spur Services LLC

TREASURER **Philana Thompson** Merrion Oil & Gas Corp

IMMEDIATE PAST PRESIDENT **Terry Ligon** L Chem Tech Company Inc

#### PARLIAMENTARIAN Marilyn Carter

CENTRAL REGION DIRECTOR Shelly McCool Taylored Services, LLC

NORTHEAST REGION DIRECTOR **Shelly Hildebrant** Miller & Cook, LLP

SOUTHEAST REGION DIRECTOR Susan Miller

WEST REGION DIRECTOR **Christina Forth** FFAF Cargo PO Box 7300

7300

sa.com

#### March 2020

Just as fast as it got really cold, now there are some warm days mixed with cold days each week. What a crazy weather pattern we have here in the middle of the southern half of the country. Friday, I left work and it was winter outside, and I arrived at work today and BOOM, the Bradford Pear trees are fully white with fresh blooms. Come on warmer weather!

The ADDC Board had a successful Budget and Planning meeting

last month in Tulsa. Cutting what is usually a two-day meeting down into a one-day meeting was a challenge. We did have to have a final meeting session after dinner that night in order to wrap everything up, but we got done what was needed. We had to cut short some usual discussion time, which did lead to some business having to be finalized by email after the meeting though. We also were only able to have a short strategic planning session, which limited our ability to really brainstorm together on ideas for enhancing educational opportunities for our members and exploring



options for extending our membership into more companies within our industries. We succeeded in cutting our B&P costs which was the goal, we will say it was a success.

I hope everyone has had a chance to review the 2019 financial reports that were sent out last month. We had a net income of \$15,000. We are thrilled to have put a little money back into our bank account in 2019, but our excess due to several factors, one being we didn't turn over ADO to Charity Rising until March, saving us \$4,000 in management fees for the year, and the fact we paid them about

Keith Atkins President c/o Murphy USA Inc.

El Dorado, AR 71731-

870-866-8686 keith.atkins@murphyu \$400/month less than was budgeted because they weren't handling our accounting and finance in 2019. For 2020, we have approved a balanced budget. Our expected expenses will be right in line with our revenues. Since our dues income with the budgeted 1,025 members in 2020 do not completely cover our expenses, we rely on the annual guaranteed annuity income and EAB sales to make up the difference. We don't know exactly how many EABs we will sell in 2020, but we budgeted for selling 1,670 books which will make up the \$5,010 we need to balance the budget. We currently have 670 books in inventory and will be ordering more. We have one confirmed order for 1,000 books. We also have a Canadian company that has reached out with an interest in purchasing 2,000 copies of a metric version, which we currently no longer have. We are looking at the cost to add metric equivalents to our current EAB so it can be used for either, hoping this will be a cost-effective way to produce the 2,000 additional copies to fill the order. If we can sell these, we will have a small profit for 2020 if nothing unusual happens. We also can hope that we have a significantly higher than budgeted number of members in 2020, as we did in 2019. The 2020 approved budget and highlights from B&P will soon be available on the ADDC Website.

March is Desk and Derrick Awareness Month! What are you as a member and your club doing to promote D&D this month? Everything we can do to spark interest in ADDC and rekindle the interest in members who are beginning to stray from us are so very important right now. We need to do what we can every day to build up ADDC and carry out our mission.

I've been seeing some nominations for RD for 2021. This is very exciting! Is it your time to step up and serve? Let your club know you are ready, willing, and able to expand your leadership potential by serving as RD in 2021. Already served as RD? There are more rungs on the ladder my friends! ADDC needs YOU to help keep us relevant, interesting, and intellectually inspired. You CAN do it.

All four regional meetings are just weeks away. I am attending the Northeast Region Meeting March 25th-28th; the Southeast Region Meeting April 15th-20th; and the Central Region Meeting April 23rd-25th. Since the West Region Meeting falls during the same week as the Southeast Region Meeting, unfortunately, I will have to miss it. I have not missed my region's meeting since my first region meeting in 1996. I know Christina and the rest of the West Region members will have a fantastic region meeting.

Until next month....

Keith

"Well done is better than well said." Benjamin Franklin

69th Annual ADDC Convention When: September 16-20, 2020 Where: Pittsburgh, PA Hotel: Sheraton Pittsburgh Hotel—Station Square Rates: \$149/night Single, Double, Quad



- 1. When Pittsburghers aren't crossing bridges, they're climbing stairs. The city boasts 712 sets of public steps, more than other hilly cities like San Francisco (350) and Cincinnati (400).
- 2. In order to help maintain all those stairs, one neighborhood association hosts an annual "StepTrek." If you're interested in walking the steps, you better start training now, because you'll be climbing the equivalent of nearby Mount Washington, that famously hilly 'hood overlooking downtown.
- 3. Pittsburghers can always use a good stair climb to burn off the calories of the city's official-unofficial sandwich. The specialty at famed Primanti Bros. features coleslaw and fries ... on the sandwich.
- 4. Would you rather chow down on two all-beef patties, special sauce, lettuce, cheese, pickles, and onions on a sesame seed bun? That fast food staple known as the Big Mac was invented in the Pittsburgh metropolitan area by McDonald's franchise owner Jim Delligatti in 1967. There's even a museum devoted to the sandwich, located in the 'burgh's burbs.

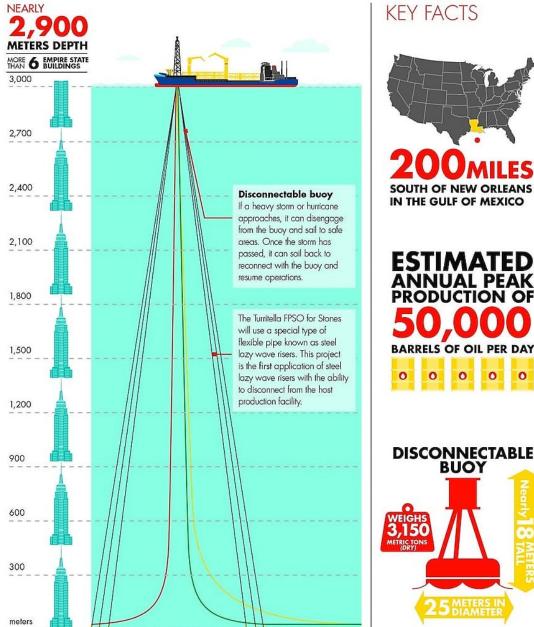
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|  | y. They also perform chemical exp<br>troleum is to our lives.<br>For more information, conto<br>405-543-3464 or by e-mail<br>To order, mail this form alo<br>Associat      | act The Association of [<br>to ado@addc.org.   | Desk and Derrick Clubs at                                     |
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credit card information via e-mail. Credit card orders must be sent via mail or telephone.



# STONES IF GUIF OF MEXICO

The floating production, storage and offloading (FPSO) facility for Stones will feature the world's deepest oil and gas production system with subsea infrastructure located 9,500 feet (2,896 meters) below the water's surface. The Stones project has completed more than 22 million hours of work with an outstanding safety record.









# INTRODUCTION - WHAT IS HYDRAULIC FRACTURING? (source: api.org) WHAT IS FRACKING?

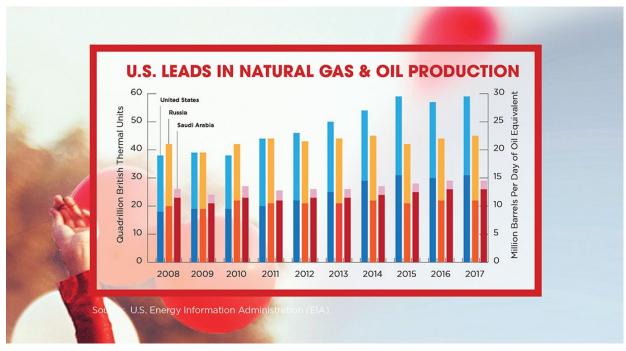
Fracking is shorthand for hydraulic fracturing, a type of drilling that has been used commercially for 65 years. Today, the combination of advanced hydraulic fracturing and horizontal drilling, employing cutting-edge technologies, is mostly responsible for surging U.S. oil and natural gas production.

Hydraulic fracturing involves safely tapping shale and other tight-rock formations by drilling a mile or more below the surface before gradually turning horizontal and continuing several thousand feet more. Thus, a single surface site can accommodate a number of wells. Once the well is drilled, cased and cemented, small perforations are made in the horizontal portion of the well pipe, through which a typical mixture of water (90 percent), sand (9.5 percent) and additives (0.5 percent) is pumped at high pressure to create micro-fractures in the rock that are held open by the grains of sand. Additives play a number of roles, including helping to reduce friction (thereby reducing the amount of pumping pressure from diesel-powered sources, which reduces air emissions) and prevent pipe corrosion, which in turn help protect the environment and boost well efficiency.

## WHY FRACKING?

Safe hydraulic fracturing is the biggest single reason America is having an energy revolution right now, one that has changed the U.S. energy picture from scarcity to abundance. Fracking is letting the U.S. tap vast oil and natural gas reserves that previously were locked away in shale and other tight-rock formations. Up to 95 percent of natural gas wells drilled in the next decade will require hydraulic fracturing. Hydraulic fracturing also is being used to stimulate new production from older wells.

Because of shale and fracking, the United States is leading the world in natural gas and oil production. The U.S. Energy Information Administration(EIA) projects domestic crude production will average 12.4 million barrels per day (mb/d) this year and 13.2 mb/d next year. Simply put, fracking is the engine in the U.S. energy revolution.





The Alliance Refinery, located on the Mississippi River in Belle Chasse, Louisiana, 25 miles south of New Orleans, processes mainly light, low-sulfur crude oil. Alliance receives domestic crude oil from the Gulf of Mexico by pipeline and U.S. tight oil by marine transport. The refinery can also receive foreign crude oil by pipeline connected to the Louisiana Offshore Oil Port.

The single-train refinery's facilities include fluid catalytic cracking, alkylation, coking, and hydrodesulfurization units, a naphtha reformer and aromatics units that enable it to produce a high percentage of gasoline, diesel and aviation fuels. Other products include petrochemical feedstocks, home heating oil and anode-grade petroleum coke.

The majority of its refined products are distributed to customers in the eastern United States through major common-carrier pipeline systems and by barge.

HISTORY: Built in 1971

LOCATION: Belle Chasse, Louisiana, about 25 miles south of New Orleans

**SIZE:** 2,437 acres (approx.)

**WORKFORCE:** More than 850 (including on-site contractors)

### Facts: By the Numbers

Crude Capacity—247k barrels per day Total Capacity—275k barrels per day Gasoline Capacity—130k barrels per day Distillate Capacity—120k barrels per day Clean Product Yield Capacity—87%



### **COVID-19 Prevention Tips**

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Source: cdc.org



# The *DCS BBS* Website

For 24 years, we have offered comprehensive website for critical oil & gas information for the Gulf of Mexico. **Visit our website to signup for a phone demo today at** <u>www.ocsbbs.com</u>. Please call Charlie directly with questions at (504) 439-3164.

#### **OWNER & OPERATOR REPORTS**

Owner/Operator Report (Record Title, Operator & Operating Rights)

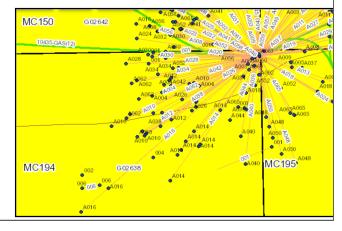
#### WELL, PLATFORM & PIPELINE REPORTS

- 1. Platform information report with details on the platform structure
- 2. Platform Decommission Reports
- 3. Track status and locations of wells
  - Daily Well Operations Report Track current and future well operations scheduled to be performed daily for many operations like TA, PA, Initial Completions, Acidize, Casing Pressure Repair, Sidetrack/ByPass Change Zone and more.

**GIS MAPPING SYSTEM** – Easily view a map of your particular block(s) activity showing owners, operators, wells, platforms, pipelines, well directionals and more.







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### Part 1 By Jude Theriot MD

### 1. Emotional health is an important aspect of your overall health.

Just as your physical health is an aspect of your overall health, emotional health is also an aspect of your overall health. It usually doesn't get as much attention as physical health. It may not be taught in schools or homes or churches. Even your doctor may never bring it up. It's likely you've had a doctor tell you at one point to make certain changes to your diet, or exercise more, but you may have never had a doctor inquire about or educate you about your emotional health. And yet I think we can all agree that emotional health is as important as physical health.

#### 2. Emotional health involves awareness, expression and regulation of emotions.

Physical health can be broken down into more basic elements, for example, strength, flexibility, endurance and balance. Emotional health can also be broken down into more basic elements— emotional awareness, emotional expression and emotional regulation.

- Emotional awareness—We may or may not always notice our emotional states. We can become so absorbed in our emotions that we fail to even notice them. And we all have blind spots when it comes to seeing ourselves. Emotional awareness refers to the level of insight we have into our own emotions, our emotional habits, and the emotions of other people.
- Emotional expression—It's hard to think of expressing an emotion without having some physical expression of that emotion. When we're happy we smile. When we're sad we cry. When we're feeling victorious we pump our fists in the air. When we're scared we tremble. It's healthy to express emotions, but it's not always easy to do, especially when it comes to unpleasant emotions, which can take root in our bodies if left unexpressed or unacknowledged.
- Emotional regulation—Emotions take us on some pretty wild rides, and sometimes they can tip us into states of dysfunction. I think it would be a mistake to say that a goal of emotional regulation is to "control" our emotions. Rather, emotional regulation is a way of being able to ride the waves of emotion we experience without being tossed around too roughly by them. Resilience is a closely related concept. How emotionally resilient are we when faced with the challenges life presents?

#### 3. Emotional health and mental health overlap.

Emotional health is different than mental health. A person with a mental health issue may experience symptoms related to their emotions, but they may also experience symptoms unrelated to emotions, for example, memory impairments, language impairments, paranoia, obsessiveness. A person can be emotionally healthy even in the context of an ongoing mental health issue, and a person can have poor emotional health in the absence of mental illness. Emotional health and mental health overlap. They share certain symptoms. But they also diverge in certain key respects.

#### 4. Emotional health is about more than just brain health.

Emotion involves the brain, of course, but it also involves the whole body. In other words, emotion is more than just brain chemistry. You have to zoom out from the brain to see the whole body, to see how the whole human being fits into the wider world. The reason it's important to see emotional health from this zoomed-out perspective is because when you're considering approaches to treatment you should consider not only approaches that strive to bring about changes in the brain, but also approaches that strive to bring about changes in the rest of the body.

#### 5. There's a spectrum of emotional health.

At one end of the spectrum are the typical ups and downs we all go through—stress, worry, boredom, frustration, regret, surprise, seasonal fluctuations in mood. At the other end of the spectrum are emotional states that cause us great suffering and disability—major depression, panic attacks, rage.

It's important to keep this spectrum in mind when considering treatment approaches. If a person's safety and well-being are at risk, more aggressive treatments may be warranted. If the symptoms shade into the typical ups and downs of life, less aggressive approaches should be considered. It would be as inappropriate to prescribe an anti-anxiety medication to someone with occasional mild anxiety as it would be to prescribe yoga to someone who is suicidal.

(Part 2 in April issue) Reprinted with permission of author.

### Easy Chicken Pot Pie (serves 6)

#### Ingredients

- 1 2/3 cups frozen mixed vegetable, thawed
- 1 cup chopped cooked chicken
- 1 can (10 1/2 oz) condensed cream of chicken soup
- 1 cup Original Bisquick mix

#### 1/2 cup milk

- 1 egg
- 1. Heat oven to 375° F. Spray 9 inch pie pan with cooking spray.
- 2. In medium bowl, mix vegetables, chicken, and soup; pour in prepared pie pan.
- 3. In medium bowl, blend remaining ingredients and pour over ingredients in pie pan.
- 4. Bake uncovered 25-30 minutes until crust is golden brown.

Tips: sprinkle a little shredded cheese on top during last 5 minutes of baking. Use up leftover chicken or cooked vegetables. Add your favorite herbs and spices—sage, basil, cayenne—to bump up the flavor.

Source: bettycrocker.com/recipes



### 2020 Southeast Region Meeting Desk and Derrick Club of the Westbank Westbank April 16-20, 2020 P.O. Box 2875 Gretna, LA 70054-2875 Holiday Inn Westbank **Carnival Valor** 69th Annual ADDC Convention Visit us on the WEB. and Educational Conference www.westbankdandd.org Pittsburgh, PA www.addc.org September 16-20, 2020 Sheraton Pittsburgh – Station Square ASSOCIATION OF AND DERRICK

### ADDC Mission

ADDC's purpose shall be to promote the education and professional development of individuals employed in or affiliated with the petroleum, energy and allied industries, and to educate the general public about these industries as well as the companies and global communities the members serve.

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