

ASSOCIATION OF
DESK AND DERRICK
CLUBS

The

Outline

President's Letter

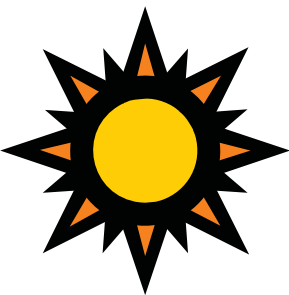
Dear Members,

August is another busy month for the Houston Club with members attending not only board and membership meetings, but the Region IV Town Hall and a 2010 ADDC Convention General Arrangements Committee meeting.

Several of us will be traveling to Kilgore to the East Texas Oil Museum where Town Hall is being held this year. If you haven't seen this museum, you really need to make the effort. A number of years ago, we traveled there to "plant" a time capsule with items from all of the clubs in the region. We put each of the packages into a donated "christmas tree" that had been "planted" in the grass in front of the museum. The museum also boasts an area where you can travel back in time to the days of early oil and gas exploration, taking a stroll down the boardwalk, looking in the windows of replicas of buildings from that era. It's something that you really don't want to miss.

Immediately following the Town Hall meeting, there will be a meeting of the Region IV Seminar and Field Trip Committee members. Plans will be made for the seminars and field trips to be presented next year at the Region IV Meeting. It promises to be a most interesting meeting. If you'd like to participate, you are encouraged to get involved - the more input we have from our members about what they would like to learn about, the better!

Saturday, August 22 is the 2010 Convention GAC meeting. The location will be announced at the August membership meeting. We need to finalize all of our plans for the presentation at Convention in Calgary as well as be brought up to date on the activities of each of the committees. If you are a chairman of one of the committees, please be sure to attend. See you next week.



Pat



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ADDC President's Newsletter



August 2009

Greetings Members!

What a wonderful summer we're having! I hope you've all had a chance to spend a little time with friends and family. Summer here in New Mexico can be beautiful to those of us who are accustomed to the heat and dry air. I imagine others would think we're crazy living in an area where the summers average over 100 degrees every day and we tend to go for weeks without a hint of rain, but this year has been a little different – July was actually milder than normal for us and we've even had a little rain lately. So, in the middle of our normally brown countryside you can see patches of green sprouting. Just goes to show you that even in the middle of the desert there's still hope for something better. Seems to be like our industry this year, even though we're in the middle of a valley, you can still see the trail heading up toward the next peak.

By now I'm sure you've heard everyone reminding you of the upcoming ADDC Convention in Calgary. We just can't help ourselves – we all know it will be a wonderful experience and keep hoping that as many members as possible will be joining us. I've heard that one of the Monday field trips has already reached its limit, so if you haven't sent in your registration yet, check the website for the revised registration form (it shows the one that's full). Delegates and Alternates were supposed to be registered by July 24, but everyone else has until August 14th to avoid the late registration fee!

Another date you need to remember is August 20, 2009. That's the deadline for entries to be submitted for the Nickle's Energy Person of the Year. All our clubs did a wonderful job in 2008 with their submissions – and we know there are just as many, if not more, qualified individuals who deserve this wonderful award. Please remember that each club may submit up to three (3) members of their club for this honor. Let's make 2009 a record year for entries.

For those who have been waiting for news about the upcoming Teaching Guide for the Energy Activity Books – your wait will soon be over!! Dr. Karen (Kay) Zellmer has the first draft done and is working on editing and a pilot program. She has graciously agreed to put together a Power Point presentation regarding the guide and it's new, fun additions which will be shown at the Convention in Calgary. In addition to the already fabulous EAB, teachers will be able to include highlights such as:

- A Rap song called Fossil Fuel Rap
- A game – Petroleum Pursuit
- A dessert they can all make – Petroleum Parfait
- An art activity – Art-Oleum
- A glossary – Petro-Glossary

I don't know about you, but I'm so excited to see the finished project and can hardly wait to offer these great teaching tools to our schools. What a wonderful way to introduce energy education to our students!

Have a great August – I look forward to seeing you in Calgary in September!

A handwritten signature in black ink that reads 'Regina'. The signature is written in a cursive, flowing style.

Enjoy the little things, for one day you may look back and realize they were the big things. ~Robert Brault

Education Corner-Judy Lile, Education Committee Chairman

Calgary is located in the province of Alberta and is nestled in the foothills of Canada's Rocky Mountains. It's the site of our 2009 Association of Desk and Derrick Clubs convention.

Calgary is referred to as the "Heart of the New West". Have you wondered about those white cowboy hats? The white Smithbilt hat is Calgary's symbol of legendary western hospitality. The first cowboy hat was made in 1863 to protect cowboys from the sun and rain on the open ranges of the North American West. In 1946, Calgary hat maker Morris Shumiatcher of Smithbilt Hats introduced the first pure white cowboy hat using felt imported from Russia.

Two years later, the Calgary Stampeders won a chance to compete for Canadian football's highest honor – the Grey Cup. A special train carried 250 Calgary fans, entertainers, a chuck wagon and 12 horses to Toronto for the game against Ottawa. Many fans wore Shumiatcher's white hats and the mayor of Toronto was presented one. Calgary alderman Don Mackay was on that famous trip east and when he became Calgary's mayor in 1950 he began presenting white hats to visiting dignitaries and a tradition was born.

Some of Calgary's other nicknames are "The Stampede City", "Cow town" and "Gateway to the Rockies". Calgary was originally a fort created by the North West Mounted Police at the junction of the Bow and Elbow Rivers back in 1875. It became a city in 1894.


Calgary is known as a hub for national and international business; including oil & gas, information technology, wireless and telecommunications, agriculture and financial services.

As of the April 2008 civic census Calgary's population was 1,042,892 persons. It sits 1,084 meters above sea level and there are 18,533 acres of urban parks and open spaces within the city limits. Calgary has one of the most extensive urban pathway networks with more than 410 miles of walking and bicycle paths.

Calgary has the most sunshine of all major Canadian cities. It has 2,400 hours per year. So let's take in some sun, education and fun head to Calgary!

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Gina Klein
2 Friendship Day	3	4	5 Board Meeting	6	7 Eileen Reichert	8 Region IV
9	10	11	12 Membership Meeting	13	14 Convention	15 Gladys Oakley
16	17	18 Hedwiga Weatherford	19	20	21	22
23	24	25	26 Women's Equality Day	27	28 Judi Adams	29
30	31			Birthstone: Peridot	Flower: Gladiolus	



Region IV Director's Newsletter

August

**A single sunbeam is enough to drive away many shadows."
- St. Francis of Assisi**



**Sharing a Golden Link
of Knowledge**

We are in the middle of summer and the middle of my year as Regional Director and celebrating this Golden Link of Knowledge.

By now each club should have had an orientation meeting to educate new members about the Club, Region IV and the Association of Desk and Derrick Clubs. This is a great organization that is governed by the members on all levels. As you move toward the nomination and election of new officers for next year, I encourage every member to seek out the qualifications outlined in your club bylaws and to give strong consideration to serving on the board of your club. Remember also, that members are needed in positions at the region level as well as the ADDC level. There is always something for members to be involved in, whether it is as a leader, doer, or supporter, you are important to this organization and your ideas are needed to keep us moving forward.

Here is an example of how you can be involved at the Region level. Attend the Region IV Town Hall Meeting at the East Texas Oil Museum located on the Kilgore College Campus on Saturday, August 8 starting at 9 AM. Immediately following the Town Hall meeting there will be a meeting of the Field Trip/ Seminar Committee for the purpose of electing a chairman and discussion of moving forward with this committee. *Getting involved, volunteering, and participating* in this committee will expand your knowledge of the region and allow you to increase your list of D & D friends. It is a fascinating networking exercise as members come together with ideas and formulas to make things happen for all Region IV members. Please plan to attend both sessions and seek ways to enhance your membership in D & D. Check out the Kilgore Chamber (<http://www.kilgorechamber.com/>) for entertainment opportunities while visiting the East Texas area.

Moving on through levels of opportunity in this organization, don't forget about the 58th ADDC Convention being held in Calgary, Alberta, Canada during the week of September 13th through the 19th. There is no better way to broaden your network of D & D friends than attending the ADDC Convention. This is the opportunity to learn and grow with members from across the seven regions of Desk and Derrick Clubs that are spread throughout the United States and Canada. Desk and Derrick members are not just acquaintances, they are members of the Desk and Derrick family and the ADDC Convention provides a wonderful platform for a "family reunion" while being educated about the industry that is the common link of D & D members. Get that passport and join your family in Calgary for wonderful time.

In closing, I encourage each member to read your club bylaws, I am sure that you qualify for a position on the club board of directors. Remember also that to be a Committee Representative for a region or ADDC committee only requires you to volunteer. Each time you add your name to a new list in the directory, you are opening your door to new opportunities.

Enjoy the remainder of summer - stay safe and cool.

Lois

**"Deep summer is when laziness finds respectability."
Sam Keen**

ASSOCIATION OF DESK AND DERRICK CLUBS
58th Annual Convention
September 13 - 19th, 2009
The Westin Hotel ~ Calgary, Alberta



Host: Alberta Foothills Desk and Derrick

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

Delegate Alternate 1st ADDC Convention

Diet Restrictions: _____ Other Requirements: _____

REGISTRATION DEADLINE: AUGUST 14, 2009

Registration Fee per person includes:

	Fee	# Attending	Total Cost
Business Sessions, Friday Industry Luncheon, Friday Evening Social, Saturday Member Recognition Luncheon & Saturday Banquet	\$225	_____	\$ _____
Pay by Cash, Check, Visa or Mastercard in U.S. Funds			
Registration Postmarked after August 15, 2009 (Cash/Check)	\$240	_____	\$ _____

MEMBERS MUST BE REGISTERED TO ATTEND ANY FUNCTION.

PLEASE LIST NAME(S) OF EACH NON-MEMBER ATTENDING THE FUNCTIONS BELOW:

01. Friday Industry Luncheon	Guest: _____	\$50	_____	\$ _____
	Company: _____		# of guests	
02. Friday Energy Symposium	Guest: _____	FREE	_____	\$ _____
	Company: _____		# of guests	
03. Friday Night Icebreaker - "Celebrating Western Spirit"	Guest: _____	\$50	_____	\$ _____
	Company: _____		# of guests	
04. Saturday Member Recognition Luncheon	Guest: _____	\$50	_____	\$ _____
	Company: _____		# of guests	
05. Saturday Banquet	Guest: _____	\$65	_____	\$ _____
	Company: _____		# of guests	

TOTAL REGISTRATION FEES IN U.S. FUNDS

Credit Card Charge: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/>		
Card Number: _____ Exp. Date: _____	Total - Page 1	\$ _____
Signature: _____ Date Paid: _____	Total - Page 2	\$ _____
Email Registration with Credit Card payment to: adotulsa@swbell.net	GRAND TOTAL	\$ _____

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

Contact: Marilyn Carter, GAC Co-Chair Lucy Mulgrew, GAC Co-Chair
 Email: marilyn.carter@cnrl.com lucy.mulgrew@cnrl.com
 Telephone: 403-386-5056 403-514-7587

REGISTRATION DEADLINES

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

REFUND POLICY

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

RETURN CHECK POLICY - \$35

FOR ADO USE ONLY Date Rec'd No: Emergency Form Rec'd

58th Annual Convention ~ Calgary, Alberta

FIELD TRIPS & TOURS

	Fees Member/Non-Member	# Attending Mem / Non	Total Cost
<i>SUNDAY, Sept. 13 - TUESDAY, Sept. 15</i>			
06. Experience the Energy (Sun 7:00 am - Tues 9:00 pm)	MBR \$360 / Non \$425	/	\$
<i>MONDAY, September 14</i>			
07. Mountain Building & Global Warming (7:00 am - 10:00 pm)	MBR \$165 / Non \$175	/	\$
08. Snubbing, Not Just a Coal(d) Shoulder (7:30 am - 6:00 pm)	MBR \$60 / Non \$70	/	\$
<i>TUESDAY, September 15</i>			
09. Looking Back - Moving Forward (7:00 am - 6:00 pm)	MBR \$70 / Non \$80	/	\$
10. One Heck of a Coilin, Fracin...Tour (7:30 am - 6:00 pm)	MBR \$60 / Non \$70	/	\$

CERTIFICATION PROGRAM

	Fees Member/Non-Member	# Attending Mem / Non	Total Cost
<i>WEDNESDAY, September 16</i>			
11. ADDC Certification Program (8:00 am - 5:00 pm) Land & Leasing	MBR \$75 / Non \$125	/	\$

SEMINARS

	Fees Member/Non-Member	# Attending Mem / Non	Total Cost
<i>WEDNESDAY, September 16</i>			
12. Spud to Rig Release (8:00 am - 10:00 am)	MBR \$25 / Non \$35	/	\$
13. Be Safe-Not Sorry (10:30 am - 12:30 pm)	MBR \$35 / Non \$45	/	\$
14. Coming Together With Rhythm (1:30 pm - 4:00 pm)	MBR \$40 / Non \$50	/	\$
<i>THURSDAY, September 17</i>			
15. Introduction to Drilling Fluids (8:00 am - 10:00 am)	MBR \$25 / Non \$35	/	\$
16. Wired That Way (8:00 am - 10:30 am)	MBR \$35 / Non \$45	/	\$
17. Wind Power 101 (10:30 am - Noon)	MBR \$25 / Non \$35	/	\$
18. The Oil Sands Story (1:00 pm - 2:30 pm)	MBR \$25 / Non \$35	/	\$
19. Why I Can't Be A Regional Director (7:00 pm - 8:30 pm)	No Charge	/	N/C

NON-INDUSTRY EVENTS

	Fees Member/Non-Member	# Attending Mem / Non	Total Cost
<i>WEDNESDAY September 16</i>			
20. Jubilations Dinner Theatre (5:00 pm - 10:00 pm) "Thank You Mr. Presley"	MBR-\$65 / Non-\$75	/	\$
TOTAL PAGE 2 = Field Trips/Tours + Certification + Seminars + Non-Industry Event			\$

EMERGENCY RELEASE INFORMATION

Last Name: _____ First Name: _____

IN CASE OF EMERGENCY, PLEASE NOTIFY:

Name: _____ Relationship: _____

Home Phone: _____ Work Phone: _____

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

Signature: _____ Date: _____

Guest(s) Last Name: _____ Guest(s) First Name: _____

This form is to be completed by each person attending ADDC Convention Activities.
Signed release forms must be received before departure on any Field Trip/Tour or Special Event.
 The information provided here will be treated as confidential.
 This form may be copied for additional reservations.

July Speaker Recap by Judi Adams

Faith Strunk with MD Anderson was our speaker in July and she brought a presentation that helped us navigate the road to cancer prevention and reducing cancer risks. We learned what cancer is, common types of cancer, how to reduce our risks, and the importance of screening and early detection.

Cancer is not a single disease, but it's a group of over 100 diseases that are characterized by uncontrolled growth of abnormal cells. When the cells build up to become an abnormal tissue mass, it's designated a tumor. Not all tumors are cancer; some are benign - they can usually be removed and do not spread. Malignant tumors are cancerous and may spread (or metastasize) to other parts of your body. Cancers are named based on the part of the body where it began. If breast cancer spreads to the lungs, it's still considered breast cancer, because the tumor in the lungs is made of breast cancer cells.

The most common cancers in men are prostate (25%), followed by lung (15%) and colorectal (10%). For women, breast (26%), lung (14%), and colorectal (10%) are most common types. But, the leading causes of death in men (31%) and women (26%) is lung cancer. Early detection and improved treatment are believed to be responsible for declining rates of new cancer cases and deaths in the US.

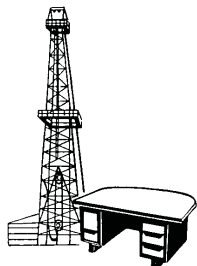
Risk factors are anything that raises or lowers a person's chance of developing a disease. Factors that can affect risk are lifestyle, age, and family or personal history of cancer. Leading a healthy lifestyle can reduce risk - good nutrition, exercise, not smoking. Some factors can not be avoided, such as age and family history. But many more cancer cases are attributed to lifestyle than history.

Up to 2/3 of cancer deaths can be prevented by avoiding tobacco, eating healthy, maintaining a healthy weight, exercising, and protecting yourself from the sun.

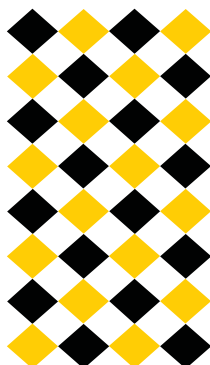
- Tobacco - tobacco use is associated with cancer of the cervix, mouth, pharynx, larynx, esophagus, pancreas, kidney, and bladder. Avoiding or stopping tobacco use - smoking, snuff, and second-hand smoke - can greatly reduce cancer risk.
- Healthy eating - eat more fruits and vegetables, which are loaded with vitamins, minerals, fiber, and antioxidants. They can greatly reduce risk of lung, mouth, esophagus, stomach and colon cancers.
- Maintain a healthy weight - obesity is linked to increased risk of breast, colon, endometrial, esophageal, and kidney cancers.
- Exercise - 30-45 minutes of moderate exercise 5 or more times per week can reduce breast cancer risk up to 40% and prostate cancer risk by 10-30%, up to 50% reduced risk of colon cancer, and 30-40% lower risk of lung cancer.
- Protect from sun - skin cancer is primarily caused by too much exposure to the sun. Using sunscreen, wearing protective clothing, and avoiding tanning beds can help decrease risk of malignant melanoma.

Screening examinations are important, as they can detect problems early and when more likely to be treatable. Women should have clinical breast exams, Pap tests, and skin exams on a regular basis. Men should have skin exams, PSA blood tests, and colonoscopy to screen for possible cancers.

Up to 66% of adults diagnosed today with cancer will be alive in five years and over 10.8 million cancer survivors are living in the United States now. There are many resources available to help reduce your cancer risks. Regularly check with your doctor and discuss your risk of cancer based on your lifestyle and family or personal history.



**ASSOCIATION OF
DESK AND DERRICK
CLUBS**



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Association of Desk and Derrick Clubs

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**The Desk and Derrick Club of Houston
Board of Directors and Committees**

President	Patricia Cook
Vice President	Judi Adams
Secretary	Judy Turner
Treasurer	Jackie Garcia
Director	Angela Hicks
Director	Kelley Sebesta
Imm. Past President	Marie Wilkinson

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Education	Judy Lile
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Nominating	Carolyn Campbell
Photography	Teresa Schmidt
Program	Judi Adams
Public Relations	Barbara Landrum
Publications	Judi Adams
Rules	Laura Davis
Social	Valanta Taveirne

Special Committees

2010 Convention	Pat Cook
2011 Region IV Meeting	Karol Durham/Judy Turner
Golf Tournament	Barbara Landrum/June Rogers
History	Barbara Landrum
Past Pres Luncheon	June Rogers/Laura Davis

Upcoming Meetings and Events

Doubletree Guest Suites – Galleria
 5353 Westheimer Road, Houston TX

August 12, 2009 6:00 p.m.
Enrique Salinas and Kurt Neubauer
 Planet Resource Recovery, Inc.
Enhanced Oil Recovery

September 9, 2009 6:00 p.m.
 TBD

NOTICE:

Our contract with the Double Tree Guest Suites guarantees our parking at \$1.00. Please note that this is NOT included in your dinner fee, and you will need to have this amount ready to give to the parking garage attendant when exiting the parking garage.