



From left to right, Wendy Sparks, Jamie Gilmore, Taylor Rose, Michelle Burgard, and Connie Price, with Marsha Gentry standing.

DERRICK LIGHTS



Demetrius Office of Makarios Developments in Enid receives his Certificate of Appreciation from President Michelle Burgard.

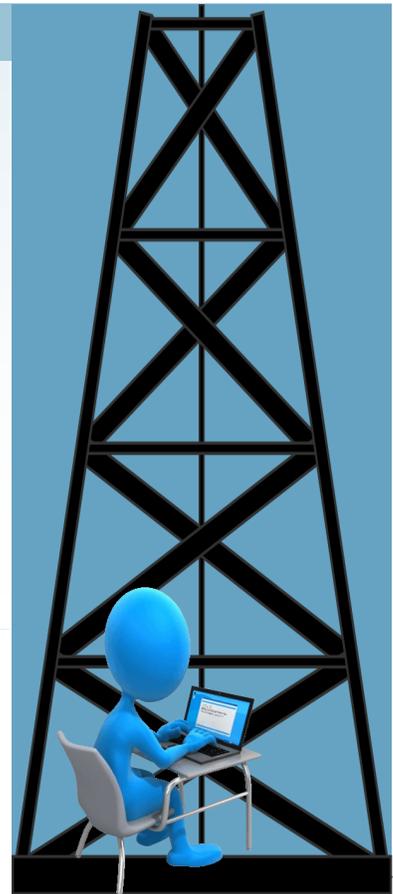
Revitalize Social Contact

By Wendy Sparks

Demetrius Office is a performance coach for Makarios Developments in Enid, Oklahoma. He partners with business leaders to rewrite social contracts and to craft tailored evaluation systems. This helps identify the core intellectual property and also boosts business market visibility.

Mr. Office began by telling us if we are having conflict in our lives at home, work, church, etc. that we needed to reframe our outlook in these areas. The process of reframing is through the VTA (Ventral Tegmental Area) in your brain which consists of two parts - the hippocampus, which is the center of emotion, memory and nervous system and the amygdala-involved with the experiencing of emotions.

You might wonder how you can “change your brain.” It can be done. A person needs to develop new ideas and new experiences. A prominent 18th century theorist tells us that a person’s moral and/or



CLUB MOTTO
“GREATER KNOWLEDGE -
GREATER SERVICE”

CLUB PURPOSE
The purpose of the Club 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.

ADDC MISSION STATEMENT
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.



Desk & Derrick Club of Oklahoma City

Club Information • www.deskandderrickokc.com
 Association Information • www.addc.org

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*From the Editor,
 Cara Maschmeier*

Merry Christmas, dear friends!

The world, it is a changing! This will be my last Bulletin as I am moving to being the Web Master for our Club and Ann Mefford will be our new Bulletin Editor. I think I've held the job for roughly eight years now, and it is time to move on and let someone else have a crack at it.

Oh, I won't be absent from the Bulletin, though, as I intend to submit LOTS of articles on various issues that impact our industry. This is what I really love—researching, writing, and just enjoying the whole non-pressure of submitting an article that may or may not end up in an issue.

But on to other things...

I do wish each of you the most wonderful, happiest and blessed Christmas (or whatever Holiday you celebrate) and a joyful New Year! I'm finishing up my shopping and checking my list to make sure I haven't forgotten anyone myself just now, and as much as I love Christmas, I am SO ready for it to be over by the time it arrives!

I do ask that each of us work well with Ann to help her get her issues out on time by submitting any articles, speaker reviews or other items to her by her deadline and not letting her swing in the wind trying to find out who volunteered! Let's give her our best! Again, Merry Christmas, and Happy New Year!

Cara

BULLETIN

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Tim Parrish 606-4552 tjparrish@eprod.com

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Devon Energy Corp

VICE PRESIDENT

Jamie Gilmore
Devon Energy Corp

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Enterprise Crude Oil LLC

TREASURER

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Retired

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Carl E. Gungoll Exploration LLC

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Enterprise Crude Oil LLC

Tim Parrish
Enterprise Crude Oil LLC

Vicki Williams
Panhandle Oil and Gas Inc

Kelsee Geringer
Enterprise Crude Oil LLC

Marcy Ebert
Asset Management Advisors,
LLC

PARLIAMENTARIAN

Marsha Gentry
D E Davis Inc



Hello members! Happy December! This year has flown by and I can't believe it's already December and that we've already had snow!

With this being such a busy month our monthly meeting is moved up to December 11th and James Timberlake with Santa Fe Life Center will be speaking. We will also install our new Officers and Directors for 2019 and then we will have our annual Christmas party afterwards with our Dirty Santa exchange (20.00 limit). I'm so excited I can't wait to see all of your festive sweaters!!!

Reminder:

Now that we have the 2019 Officers and board voted in please consider being a committee chairman and bring all of your great ideas to share with the committee's and club members! We need all of you!!

Coming up: The January meeting is hosted by the Program Committee. Pete Wilson with Berexco will be coming to speak to us about "Geology".

Our club will have a very busy beginning to 2019 with hosting the first Central Region Meeting April 11th - 14th. Keep all of your great ideas coming for the Region meeting!

Thank you all for another great year of Desk and Derrick Club of OKC! I can't wait to see what 2019 brings!

I hope all of you have a very Merry Christmas and Happy New Year!!!!

Michelle





Board of Directors

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FFAF Cargo

PRESIDENT ELECT

Terry Ligon
L Chem Tech Company Inc

VICE PRESIDENT

Keith Atkins
Murphy USA Inc.

SECRETARY

Evelyn Green
GBC Minerals, Ltd.

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REGION IV DIRECTOR

Sue Weaver
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Andrea McGarrah
EOG Y Resources Inc.

REGION VI DIRECTOR

Casi Nichols
Spur Services LLC

REGION VII DIRECTOR

Tracy Fillmore
Canadian Natural Resources Limited

Christina Forth
President

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780-887-0450

Christinaf4th@gmail.com

Seasons Greetings!

First off, thank you for the opportunity to serve as your 2018 ADDC President. It has been an honor and privilege to work with an outstanding team. The board has worked very hard this year to make necessary changes for the future of our association.

The 2018 financial review committee, Sam Thomas as chair. Brian Carter and Rick Morgan have been working on the review. After they are done, a report will be sent out to membership. They will also be working the 2019 year.

We are currently at 1271 for membership in 2018, we budgeted for 1200 members this year. This is the first time in years we are above this number.

The board has been working on outsourcing the ADO office, as Wayne will not be working for us in 2019. Evelyn will be keeping track of our accounting records, as she is our treasure for 2019. We have had very little response to the outsourcing that we have tried. As we move forward, we will keep membership updated. All our current mail is being sent to Evelyn Green.

The Insight will be combined for the month of November and December. This year Maggi reached out to each region asking for content to add. Nice to see what other areas we are doing this year, I enjoyed reading them.

As we are still working towards the realignment. the bylaws for each region are completed. The Tax IDs will be adjusted as needed. We are very close to seeing all the hard work that the 2018 board has done come into the works in 2019. All the planning and arranging of business will for sure be seen very soon. This makes me very excited with all the hard work that has been done.

The 2019 Budget has already been started as we set to head to B&P in January. Looking at these numbers as well, we are for sure heading in the right direction. We have plans to work on another strategic plan for 2019. If you have any suggestions, please let me know.

The upcoming 3 conventions have been reviewed, updated as needed. These are being watched very closely to ensure things run smoothly. 2020 will begin a new format as well.

Thank you to those of you who purchased the EABs this year, we just sold another 1000 in one order!

Things are still busy, we are working hard everyday to ensure we move forward! Thank you to the membership who have reached out to us, be heard.

Have a great month!

Christina Forth

Region VI Director's Newsletter



Casi Nichols
Region VI Director

region6rd@yahoo.com

Wendy Simon
Butler County

Tammy Watkins
Enid

Pam Hitz
Great Bend

Jamie Sabata
Liberal

Michelle Burgard
OKC

Susan Bullard
Red Earth

Dorothy Lenhart
Tulsa

Abby Bock
Wichita

December 2018

Hello Region VI! 2018 is quickly closing and I know that your clubs and members are very busy this time of year. Please take the time to train your new officers and set some goals for 2019, so that you may hit the ground running in January.

As we spend the next few weeks closing out not only the year, but a Chapter in our organization, I hope that you take the time to reflect on the accomplishments that your club and Region VI have made. May you also look excitedly to the future as we become a part of the new Central Region. I am very much looking forward to the realignment with Connie Bass at the helm. I know that she will serve our organization well and the members of this Region even better! I spotlighted Connie in a previous letter, so take the time to learn about her and reach out to her with any questions, concerns or just to get to know her!

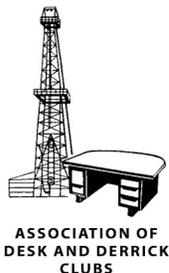
As this is my last letter as the Region VI Director, I want to take the opportunity to say that I have so much enjoyed my time serving you. I am beyond humbled that you have all trusted and supported me in what has been a very pivotal year in our organization. I am honored to join the ranks of the Past Region VI Directors next month. I will be among great company and will continue to serve the Association. I have so much pride in our members and I have even more faith in your continued trust and positivity that your elected leaders are doing their best to serve each of you. As the new changes take place in 2019, I encourage each of you to be patient, supportive and involved in the direction this Association is headed. That does not mean to stay silent, but to make sure you are asking questions that are encouraging and providing feedback that is helpful. I expect nothing less of our members and that makes me very proud and honored to be a part of Region VI.

I cherish this experience and I hope that I have served you well this year. I have always and will continue to do everything in the best interest of this Region and Association. My family and I wish each and every one of you a very Merry Christmas and a Happy New Year! May you be blessed with prosperity, family and love this holiday season.

God Bless,

Casi Nichols
2018 Region VI Director

Boom or Bust, In God We Trust!



Continued from Page 1

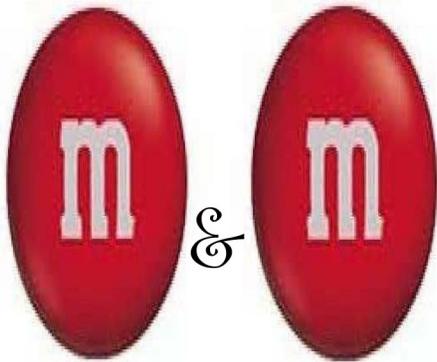
political obligation is dependent on a “contract” or agreement among him or herself to form the society in which he or she lives. This means changing how we carry ourselves and how we react to others when we agree or disagree. We need to be diverse in our thinking and realize that we can develop new ideas with new experiences.

If you have problems with friends, co-workers or family, take the time to react differently to each conflict or disagreement. A mutual agreement can always be reached even if it is to disagree!

SEVEN STEPS TO KEEPING YOUR NEW YEAR'S RESOLUTIONS

1. Be realistic. Don't confuse reasonable expectations with realistic expectations. Reasonable means “makes sense.” Realistic means “likely to happen.” It may be reasonable to stop smoking, start a new diet and begin exercising, but it may not be realistic to change all of them at once.
2. Set specific goals. Most people have a clearer idea of how they want to feel (as in happier, healthier, richer) than they have a clear picture of what things need to be done to get there. You know the saying, “Where there's a will, there's a way.” The reverse is often true, i.e. “Where there's a way, there's a will.” Have a step by-step plan for how to achieve your goals.
3. Write it down. You wouldn't build a house without a blueprint, would you? Write down what you need to stop doing and what you need to start doing to reach your goals. Writing down your goals and plans increases your commitment.
4. Tell other people. Telling other people you're going to do something increases your commitment. Select people that you respect and admire, and whose respect you would like to receive.
5. Use the buddy system. Partner with someone who is also trying to keep their New Year's resolutions to increase your dedication. Stopping negative habits and replacing them with positive behavior is easier when you have a buddy system with a good friend or co-worker. Doing New Year's Resolutions with another person reduces the pain of doing without that unhealthy habit you're trying to break.
6. Eliminate energy vampires. One reason you fall off diets and exercise programs is that you need a quick fix every time you deal with negative people or no-win situations. These can be so exhausting that you say “the heck with” your diet or exercise and grab a candy bar or bail on exercising. Find a way to reduce contact with these people and situations and you'll dramatically increase your energy and be able to stay on track.
7. Stick with it. Realize that it takes 30 days for a change in behavior to become a habit (this may explain why they give out 30 day chips for maintaining sobriety in Alcoholics Anonymous) and six months for a habit to become a natural part of your personality.

From ***PsychCentral***



Fun Page



HAPPY HOLIDAYS WORD SEARCH



P	O	J	A	H	S	E	N	A	C	Y	D	N	A	C	
R	S	S	H	O	P	P	I	N	G	M	F	K	A	S	
E	E	H	W	L	J	B	F	L	X	M	A	F	L	H	O
S	I	I	E	I	K	C	F	N	M	D	F	F	G	S	
E	V	R	R	D	L	P	O	I	M	A	P	O	S	N	
N	O	T	T	A	M	O	L	I	W	L	O	N	X	O	
T	M	U	Y	Y	N	Y	U	K	E	O	O	U	A	I	
S	O	L	U	S	B	L	W	H	T	I	L	N	T	T	
C	H	R	I	S	T	M	A	S	T	I	O	S	N	A	
M	P	J	O	W	V	K	A	A	T	U	J	A	A	R	
J	A	N	P	Q	L	Q	C	O	O	K	I	E	S	O	
B	G	G	Z	I	C	A	O	L	A	T	A	O	P	C	
S	X	N	M	S	V	Z	F	R	I	E	N	D	S	E	
L	U	D	J	D	Z	M	P	H	O	W	M	P	M	D	
F	M	S	K	Y	P	P	A	H	I	E	N	D	S	W	

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|--------------|----------------|-----------------|------------|
| 1. Happy | 5. Family | 9. Shopping | 13. Santa |
| 2. Holidays | 6. Friends | 10. Candy canes | 14. Songs |
| 3. Christmas | 7. Presents | 11. Cookies | 15. Movies |
| 4. Vacation | 8. Decorations | 12. Milk | 16. Fun |

DATES TO REMEMBER

-  Dec. 16 Chocolate Covered ANYTHING Day
-  Dec. 19 Underdog Day
-  Dec. 20 Sangria Day
- Dec. 22 Date Nut Bread Day
-  Dec. 24 Eggnog Day
-  Dec. 26 Thank You Note Day
-  Dec. 28 Card Playing Day
-  Dec. 31 Make Up Your Mind Day

POINTS TO PONDER . . .

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box? 

 What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage? 

Why is it that people say they 'slept like a baby' when babies wake up like every two hours?

 Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why, Why, Why do we press harder on a remote control when we know the batteries are getting dead?

 Why do banks charge a fee on 'insufficient funds' when they know there is not enough money?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet? 



Birthday girls Marcy Ebert and Wendy Sparks... and the winner is Marcy Ebert!



Hostess Gayle Junker presents lucky 50/50 winner Brandy Wilson!



DECEMBER BIRTHDAY CELEBRATIONS

12/1 Ann Nguyen

12/28 Margaret Downie

12/14 Jenny Adkins

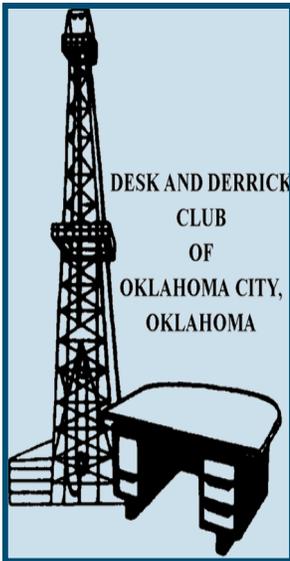
JANURY BIRTHDAY CELEBRATIONS

1/6 Taylor Rose

1/12 Sonya Blackwell

1/10 Tim Parrish





DECEMBER MEETING

Our December meeting is all about Christmas! Wear your ugly sweater, and plan on bringing a \$20 gift to join in the fun! We'll also be able to hear from James Timberlake, director of the Santa Fe Family Life Center and make donations that will go toward a scholarship that will benefit an individual or family who wouldn't otherwise be able to participate in these programs!

December Membership, December 11, 2018
River Oaks Golf Club, 10909 Clubhouse Road, Edmond, OK 73013

Cash Bar at 5:15 p.m., Dinner & Meeting at 5:45 p.m.

Cost \$24.35 Meeting Only: No Charge

Garden Salad w/Ranch or Cranberry Vinaigrette
Citrus Rosemary Chicken w/au jus
Rice Pilaf
Caramelized Carrots Rolls & Butter
Pumpkin Cheesecake for Dessert
Coffee & Iced Tea

Reservations must be received by noon on Friday, December 7, 2018.

Payment Must Be Made For Reservation

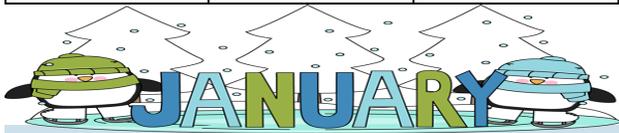
Send Reservations to: Ann Nguyen

E-mail: anguyen@eprod.com

Please note change of venue and times.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 1st Sunday of Advent	3	4 Board Meeting, 5:30	5	6	7 Pearl Harbor Commemoration day	8
9 2nd Sunday of Advent	10	11 Monthly Meeting @ 5:45 p.m., River Oaks	12	13 National Guard Birthday	14	15
16 3rd Sunday of Advent	17	18	19	20	21 Winter Solstice	22
23 4th Sunday of Advent	24 	25 Merry Christmas	26 Boxing Day	27	28	29
30 Nat'l Bacon Day	31 					



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2	3	4 Nat'l Trivia Day	5
6	7	8	9 Law Enforcement Appreciation Day	10	11	12
13	14	15	16	17	18	19 
20	21 MLK DAY <small>Illustration © 2018, iStock</small>	22	23	24	25	26
27	28	29	30	31		