

Desk and Derrick Club of Oklahoma City

DERRICK LIGHTS

OUR BRAINS IN THE TIME OF COVID (You Are Not Alone)

By: Marsha Gentry

Continuing our theme from last month when we had a round-table discussion about how COVID has affected each of us, Jenna Robertson spoke to our Club about the effects of the pandemic on our brains and actions.

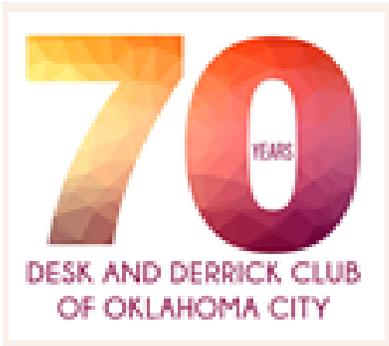
After years as a RN at Integris Hospital in their oncology unit, Jenna found the work she loves and is working in end-of-life or hospice care. She will soon graduate with a second degree from SWOSU and will then pursue a nurse practitioner degree in adult and gerontology care with a subspecialty of palliative care (providing patients relief from pain and other symptoms of a serious illness ... improving the quality of life for both the patients and their families).

Jenna listed some of the ways COVID has created change in our lives. These included working from home which takes away social interaction; barriers created by masks; the division among us on the need for the vaccine – each side feeling strongly about their beliefs; concerns about going out in public and large crowds; and, loss of work, reduction in pay and/or feeling over-worked and underappreciated. These changes may have caused a type of COVID Blues in our lives, i.e.... zoning out, inability to sustain attention, taking longer to complete tasks, and forgetfulness.

Jenna explained the 3 sections of our brain and how their different functions can cause trouble in concentrating. The Neocortex area is the rational brain, the Limbic area is our emotional brain, and the Reptilian area is our instinctual brain. Within our Limbic (emotional) area is the emotional center – how we react to emotions and the sorting station of memories. Since our emotions help create these COVID Blues, Jenna suggested some ways of coping – and quieting the Limbic brain. These included meditation, mindfulness, Yoga, video chats with others, listening to soothing music, low intensity exercise, hobbies and responsible social media practices. Relating to mindfulness, she suggested concentrating on one item, then try the 5-4-3-2-1 exercise: 5=see, 4=touch, 3=hear, 2=smell, and 1=taste.

Of course, depression affects people in different ways. If you feel like it's more than the COVID blues or if you, or someone you know, feel like life has become overwhelming, please seek, or suggest your friend seeks, the help of a professional.

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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

2021 OFFICERS

PRESIDENT

Wendy Sparks
 Carl E. Gungoll Exploration LLC

VICE PRESIDENT

Jamie Gilmore
 General Dynamics Information Technology Inc.

SECRETARY

Michelle Burgard
 Devon Energy Corp

TREASURER

Marsha Gentry
 Retired

IMMEDIATE PAST PRESIDENT

Taylor Rose
 Enterprise Crude Oil LLC

2021 DIRECTORS

DIRECTORS

Marcy Ebert
 Retired

Tim Parrish
 Enterprise Crude Oil LLC

Debi Sheline
 Retired

PARLIAMENTARIAN
 Marsha Gentry
 Retired



***From the Editor,
 Ann Mefford***

October

This has been a busy month and it is going by way too fast. I have already seen Christmas trees in the stores. I am sorry if its old fashion but, I like my holidays one at a time.

I am enjoying the cool mornings and the mums and fall decorations. I like the pumpkins and scarecrows and flowers of fall. All the pumpkin spice, coffee, cookies, snacks are also very tasty.

I also had a great time at the Oil and Gas Expo this month and saw all kinds of interesting things and met some great people. The lunch was also delicious. I added some pictures for those who couldn't attend.

See everyone at the meeting and will be fun seeing what everyone brings to the silent auction.

Ann

If you can bless someone do it, you will never know how much it means to them. Random acts of kindness are the best!

BULLETIN

Ann Mefford 405-570-9762 audrymefford@gmail.com

EDUCATION

FIELD TRIP

Evelyn Smith 405-756-7704 epearl.1277@gmail.com

FINANCE

Ann Nguyen 405-606-5474 anguyen@eprod.com

HOSPITALITY

Debi Sheline 405-922-6787 djsheline75@gmail.com

INDUSTRY ACTIVITIES

Tim Parrish 405-606-4552 tjparrish@eprod.com

MEMBERSHIP

Jamie Gilmore 405-219-9268 j_gilmore24@yahoo.com

RULES

TBD 405-000-0000 **UNKNOWN**

WEBMASTER

Tim Parrish 405-606-4552 tiparrish@eprod.com

**2020
 COMMITTEE
 CHAIRS**



2021

PRESIDENT

Wendy Sparks

Carl E. Gungoll Exploration LLC

VICE PRESIDENT

Jamie Gilmore

General Dynamics Information
Technology Inc.

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Marsha Gentry

Retired



Last quarter of 2021! Time flies when you are having fun!

On October 14th, we headed to the Oil & Gas Expo at the Bennet Event center at the fairgrounds. Several of us took shifts manning our booth. We met a lot of people that had never heard of Desk and Derrick and many people that wanted club information. Also, we talked to people about speaking at our future meetings. Such a productive event for our club this year!

Speaking of the Expo we met two gentlemen that have a daily newsletter that is free that gives information about all types of sources of energy (also lists the daily oil and gas prices). The website to sign up is www.okenergytoday.com. Check it out. They might be doing an article on D&D in the future you won't want to miss!

The field trip committee is working on a tour of the First American's Museum and maybe even a weekend trip to Texas for a field trip.

Our October meeting is closed to guests because of voting but we have an in-person speaker in November. Janet Peery is the President and CEO of the Oklahoma City Battered Women's Shelter. She will be talking about the work they do and how to spot and get help for someone that may be in an abusive relationship. Don't miss this meeting!

Dates to remember:

October 26th Monthly meeting and SILENT AUCTION

November 16th Membership meeting (a week early)

December 14th (a week early and evening)

Be thinking about committees that interest you! We need chairmen for Education, Field Trip, Hospitality, and Industry Activities. Contact me for more information.

"A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves" —Lao Tzu

*Best regards,
Wendy*



Evelyn Green
 2021 ADDC President
 P.O. Box 17289
 San Antonio, Texas 78217
 Cell: 210-863-7437
 Home: 210-695-8215
 evelyn@gbcminerals.com

Board of Directors

PRESIDENT
Evelyn Green
 GBC Minerals, Ltd

PRESIDENT ELECT
Philana Thompson
 Merrion Oil & Gas Corp

SECRETARY
Connie Bass
 New Tex Trucking

TREASURER
Barbara Pappas
 Cobra Oil & Gas Corp.

IMMEDIATE PAST PRESIDENT
Keith Atkins
 Murphy USA Inc.

PARLIAMENTARIAN
Sheryl Minear, RP
 Silver Oil & Gas Inc.

CENTRAL REGION DIRECTOR
Kay McKinley

NORTHEAST REGION DIRECTOR
Cindy Krebs

SOUTHEAST REGION DIRECTOR
Margie Steed

WEST REGION DIRECTOR
Heather Woods
 Souder, Miller & Assoc.

October 2021

How did it get to be October already! It is so hard to imagine that this year is almost over and before long Christmas will be arriving. Time does indeed fly!

September was a month that we really don't want to happen again. We were getting ready for our 2021 ADDC Convention in New Orleans, Louisiana. Members of the Southeast Region were working hard to ensure that we all had a great time – finally being able to get together for an "in-person" after nearly two years.

But alas, other plans were in store for us! First, Hurricane Ida and then Nicholas decided to head straight for New Orleans, just before convention was to begin. The Board had to make the decision to cancel the Convention. This was indeed a hard decision to come to, but it was the only decision that we could make – we had to put the safety of the Membership first and foremost.

The Crown Astor Hotel was wonderful to work with. They are working on refunding the deposit that the Association made and completely released us of all obligations under the contract. Since I had visited the Hotel, I can tell you that it is a beautiful hotel and the staff is wonderful. If you get to New Orleans, at least go by and see this amazing hotel.

With the Convention cancelled, business of the Association needed to still take place. On Saturday, September 25th a Virtual Convention Business Meeting was held. We had 30 clubs represented on the call. There were approximately 60 members logged into the call, with some clubs having several members together for the meeting.

The Election of Officers was held and it is my honor to introduce the 2022 ADDC Board of Directors:

Philana Thompson, President
 Barbara Pappas, President-Elect
 Wendy Sparks, Secretary
 Heather Woods, Treasurer
 Sam Thomas, Northeast Region Director
 Jamie Sabata, Central Region Director
 Kathy Martin, Southeast Region Director
 Ingrid Burton, West Region Director

And, I will serve as the Immediate Past President

Congratulations to each of you. You will continue to move our Association forward in 2022.

All of the proposed Amendments passed. Please read the Rules Committee Report from the Convention. There is one (1) item that was presented to the Clubs on the meeting. There will be a mail ballot taken on a proposal for a Student Membership item, regarding the cost of such Membership. Club Presidents are asked to bring this before their Membership and to be voted on as a Club.

Central Region Director's Newsletter



Kay McKinley
 Central Region Director
 Route 1, Box 12, Hooker, OK
 620.629.3878
 maeciesmaemie@gmail.com

Board of Directors

PRESIDENT

Evelyn Green
 GBC Minerals, Ltd

PRESIDENT ELECT

Philana Thompson
 Merrion Oil & Gas Corp

SECRETARY

Connie Bass
 New Tex Trucking

TREASURER

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Sheryl Minear, RP
 Silver Oil & Gas Inc.

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Kay McKinley

NORTHEAST REGION DIRECTOR

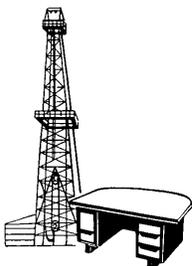
Cindy Krebs

SOUTHEAST REGION DIRECTOR

Margie Steed

WEST REGION DIRECTOR

Heather Woods
 Souder, Miller & Assoc.



ASSOCIATION OF
 DESK AND DERRICK
 CLUBS

October 1, 2021

Fall you all! One of my favorite seasons. You can just smell it in the air. It is 60 degrees in the Oklahoma panhandle this morning. No more 100-degree days in the forecast. Soup and sweater weather is here! Leaves are turning, football is in full swing, and can you believe it, Hobby Lobby, Wal-Mart and others are already stocked to the hilt with Christmas decor. I miss the days where we took time to celebrate each month and its events without rushing on to the next. Pretty soon, seems like we'll figure out we've rushed through life without truly enjoying each day and season. Take time to enjoy "trick or treat" and Thanksgiving as well.

I want to say "Congratulations" to Evelyn Green, Madame President, of the Desk and Derrick Association 2021 for a very successful 2021 ADDC Convention Virtual Conference on September 25th, 2021. And hats off to my fellow board members and the entire association as we pulled together "through it all" to make this happen. Yes, I know and feel the disappointment from not being able to meet in person and have a grand ole time in New Orleans. I am disappointed for Evelyn that she did not get to fulfill her dream that she had since 1979 of standing behind the podium and banging the gavel and leading us in person. We all wish that could have happened for her, because, this was "her year"! I am disappointed for the GAC Committee and clubs that spent endless hours preparing for our arrival with meals, seminars, field trips that had been planned, that are now cancelled, and put away in file folders, hopefully to be revived again in the future. I am disappointed, but I am thankful for our members and association. However, I am so proud of how we responded to the circumstances and with grace and patience met on September 25th, saw smiling faces from all over the US and Canada on our computer screens to conduct the business at hand! ADDC – I feel we certainly lived up to "make a difference – be the difference". Evie – you rocked!!!

The amendments, and the amendment to the amendment were passed, new board members elected, and a vote by mail ballot on the proposed amendment to allow student membership for \$15 was approved to be sent out to the clubs. Congratulations to our 2022 Board Members! Philana Thompson and her 2022 board will continue to lead through what I hope and pray is a year where we can get together in person. What a celebration that will be!

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The First Place Winners in the AIMEE Awards were announced on the call. Club Presidents were sent a list of all of the entries in each category and a list of the Winners! It wasn't the same as being able to present these well-deserved awards for the hard work that you, the Members, put into our Association. By sharing your knowledge with other members at meetings, seminars, having or possibly hosting a field trip, the name of the Association of Desk and Derrick continues to be acknowledged.

Now, we will look forward to being in Pittsburgh, Pennsylvania for our 2022 Annual Convention. I am anticipating a great time, returning to Pittsburgh for another convention.

With the new Board announced, Philana Thompson is looking for volunteers for Region Representatives for various Committees in 2022. Contact Philana and she will be able to tell you what committees, Standing and Special that might still need your help. This is a great way to get more involved within the Association and learn about each committee.

The 2021 Board of Directors continues to serve you for the next three (3) months. If there is something that You, need or want to have brought before the Board and/or the membership, please do not hesitate to contact me or any member of the Board. We are here to serve each of you. I want to thank you to each of you that were a part of our Virtual Convention Business Meeting. I appreciate you giving of your time on a Saturday to accomplish what we needed to handle. It was a "new" way of having a Convention and I hope we never have to do this again. That being said, we knew it could be done – just one step at a time. Seeing so many beautiful smiling faces made my job much easier. Thank you from the bottom of my heart.

Many hugs to all of you and thank you,

Evelyn

"The smallest act of kindness is worth more than the grandest intention." Oscar Wilde

Janet L. Peery Biography

President and CEO, YWCA Oklahoma City Our November Speaker

Janet L. Peery serves as the President and Chief Executive Officer for YWCA Oklahoma City, where she has provided leadership for over twenty years. She is a Certified Domestic and Sexual Violence Response Professional (CDSVRP). Known for her work to raise the awareness of violence against women in Oklahoma, Jan has worked to improve legislation and establish YWCA OKC as a leading provider in the state for domestic violence and sexual assault victim services.

During her tenure at YWCA OKC, "Jan" has established many victim-focused programs including YWCA OKC's Sexual Assault Nurse Examiner forensic program, paving the way for the Sexual Assault Response Team and Domestic Violence Nurse Examiner forensic program for Oklahoma County. She helped establish YWCA OKC's Dating Violence Prevention Education Program, Children's Services, and specialized training for Domestic Violence in the Workplace. She also spearheaded the multi-million dollar campaign to build the new 28,000 square foot Thelma Gaylord Emergency Shelter.

Jan is a founding member of the Oklahoma Women's Coalition, and currently serves on the OU Medical Center Operations Council, Leadership Oklahoma City Alumni Board, OCU Meinders School of Business, and advisory boards for Palomar Family Justice Center, OK Commission on the Status of Women and Greater Oklahoma City Chamber of Commerce. She has also served on the Board for the Homeless Alliance, Conference of Churches, and Mount Saint Mary High School, as well as, Co-Chair for Jim Thorpe Rehabilitation Hospital Patient Advisory Council, Legislative Co-Chair for the Oklahoma Coalition Against Domestic Violence and Sexual Assault, and various regional and national committees.



Continued from page 5

Finally for the events of Business meeting, the AIMEE awards were announced. I want to say "Yipee and congratulations" to the Central Region club. We cleaned up on AIMEE Awards! Shout out to Tulsa for 1st place in Best President's letter, Best Industry Program; Wichita Falls for winning 1st place in Best Industry Seminar, 2nd place in Best Industry Article, and third place in Best Large Bulletin. Enid took third in Best Small Bulletin. Results have been sent to the Club Presidents and I hope each club will share these and celebrate! The Best Desk and Derrick program was inadvertently left off the list of winners, and we will share that information when we get it, but we're certainly rooting for Natalie Bright, Jordan Capagna Jackson and Diana Walker for their Installation of New Officers entry from Wichita Falls!

In closing, I was shocked and saddened to see the passing of fellow member, Evelyn Smith this past week. She was so kind, friendly and outgoing and a dedicated member of Desk and Derrick. We grieve her passing with her family and the Oklahoma City Club who have lost one of their dedicated workers, but more importantly a dear friend. Evelyn certainly made a difference and was a difference in so many of our lives. As I stated in the beginning of my letter, time is so precious. Never waste an opportunity to make a difference in someone's life.

Kay McKinley
Central Region Director

October 26, 2021 Membership Meeting

Packard's New American Kitchen
201 NW 10th Street, Oklahoma City, OK 73103
Dinner & Meeting at 5:45 p.m.

Cost \$26.00 Meeting Only: No Charge

Cash Bar

Silent auction to follow meeting!

Reservations must be received by noon on Friday, October 22, 2021

Payment Must Be Made For Reservation

Send Reservations to: Ann Nguyen E-mail: anguyen@eprod.com

Evelyn Pearl Smith April 10, 1953—September 27, 2021

Evelyn was a woman of God. She believed that her unwavering faith in the Lord is where she got her strength. She loved the world that God created; nature and the outdoors, early morning sunrises and late night skies always called to her. Evelyn loved to travel, read and learn as much as she could. She was an avid philanthropist. Anywhere she could help, she did. She was proud to serve as the president of the Desk & Derrick Club of Oklahoma City, on the Constitution committee for the tribe, and volunteer at the First American Family Museum, in Bible study groups and as an educational field trip guide. Her friends and church family meant the world to her.

Our club will miss this lady and her smile. We will remember all the fun times we had in meetings, field trips and at conventions.



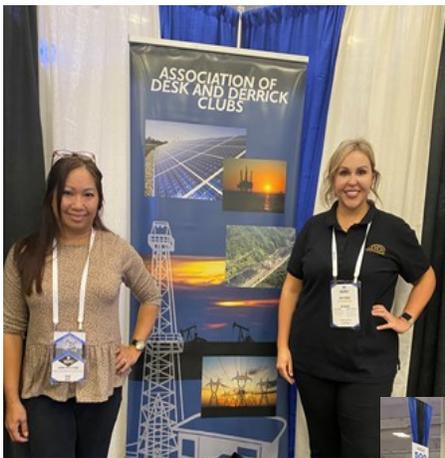
D&D OKC

Fall Silent Auction

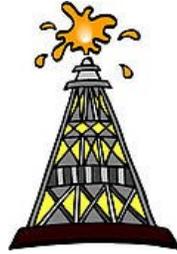
Please bring goods or services for the auction (if you are willing to make a meal or dessert for someone you can offer that as an item). Please bring only UNUSED items. Wine, Gift cards, Gift Baskets, ect. Auction will end after the business portion of our meeting.



2021 Oil & Gas Expo Oklahoma City, Oklahoma



Lucky



Strike!



Marsha Gentry our
September birthday girl!



Pumped to see who our next
Winners will be!



HAPPY BIRTHDAY



October

10/31 Casper Ghost

10/31 Frank N Stein

November

11/02 Marcy Ebert

11/02 Ginna Hawthorne

11/27 Wendy Sparks



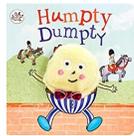
&
Fun
Page



DATES TO REMEMBER

- Oct. 22 Caps Lock Day
- Oct. 24 Bologna Day (fried or not) 
- Oct. 28 International Animation Day
- Oct. 30 Candy Corn Day 
- Nov. 4 Common Sense Day
- Nov. 6 Saxophone Day 
- Nov. 7 Bittersweet Chocolate with Almonds Day
- Nov. 9 Chaos Never Dies Day
- Nov. 10 Vanilla Cupcake Day
- Nov. 12 Happy Hour Day (yessss!) 
- Nov. 14 Pickle Day 
- Nov. 15 Clean Out Your Refrigerator Day (of pickles??)
- Nov. 20 National Absurdity Day

LET'S LAUGH (or groan)

- Q: What should you do if you're attacked by a group of clowns?
A: Go straight for the juggler. 
- Q: Why don't koalas count as bears?
A: They don't have the right koalafications. 
- Q: What rock group has four guys who can't sing or play instruments?
A: Mount Rushmore.
- Q: Why does Humpty Dumpty love autumn?
A: Because he always has a great fall. 
- Q: What is worse than raining cats and dogs?
A: Hailing taxis!
- Q: What's orange and sounds like a parrot?
A: A carrot. 

HALLOWEEN WORD SEARCH

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

- Bat
- Pumpkin
- Halloween
- Mummy
- Vampire
- Witch
- Spooky
- Trick or Treat
- Fun
- Ghost
- Costume
- Skeleton
- Candy
- Scary
- Monster
- Haunted House



October 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 WORLD SMILE DAY	2
3 NATIONAL TECHIES DAY	4	5	6	7 NATIONAL FRAPPE DAY	8	9
10	11	12	13 NATIONAL TAKE YOUR PARENTS TO LUNCH DAY	14 OIL & GAS EXPO	15 ARTICLES DUE FOR BULLETIN	16
17	18 INTERNATION LEGGING DAY	19	20	21 NATIONAL PUMPKIN CHEESECAKE DAY	22	23
24	25	26 MEMBERS MEETING	27	28	29 NATIONAL CAT DAY	30 
31 						

November 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 NATIONAL DEVILED EGG DAY	3	4	5 ARTICLES FOR BULLETIN DUE	6
	8	9	10	11 Veterans Day 	12	13 WORLD KINDNESS DAY
14	15	16 MEMBERS MEETING	17 NATIONAL TAKE A HIKE DAY	18 	19	20 NATIONAL ADOPTION DAY
21 NATIONAL RED MITTEN DAY	22 	23	24 Be Thankful 	25 HAPPY THANKSGIVING	26 	27 SHOP LOCAL SATURDAY
28 	29	30				