

BREAKTHROUGH T1D

By: Jamie Gilmore

Our speaker for the month of December was Trish Winters with Breakthrough T1D (formerly known as Juvenile Diabetes Research Foundation, or JDRF). Trish's two sons have been diagnosed with Type 1 diabetes (T1D). When her oldest son was first diagnosed, they were greeted in the ER by a volunteer with Breakthrough T1D. They were given a Bag of Hope containing a teddy bear, a packet of information and resources for T1D, and contact information for a mentor. This began years' long commitment to the foundation and its causes for Trish.

T1D is a chronic autoimmune disease. This means that it doesn't go away. Anyone can be diagnosed with type 1 diabetes at any age. In T1D, the body's immune system attacks the insulin-producing cells in the pancreas. Insulin is an essential hormone that helps the body turn food into energy. People living with type 1 diabetes must take insulin by injection or insulin pump to survive. The most common warning signs of type 1 diabetes are frequent urination, increased thirst and dry mouth, increased appetite, fatigue, and unexplained weight loss. The onset of symptoms can be sudden, especially in young children.

Breakthrough T1D was founded in 1970 by families whose loved ones had been diagnosed with T1D and is a tax-exempt nonprofit 501(c)3 organization. They are opening doors that were once closed by T1D diagnosis. They lead the way to more effective solutions by connecting the brightest minds to advance treatments, influence policy, and improve access to care. Breakthrough T1D advocacy is critical to advancing breakthroughs for the entire T1D community. With the support of our grassroots advocates, their work helps advance treatments, influence policy, and improve access to care for those all over the world who need it. Closing the gap between access to and adoption of T1D therapies is a mission priority for Breakthrough T1D. Their Medical Affairs unit focuses on:

- Developing educational materials for healthcare professionals (HCP) in the U.S. and around the world.
- Empowering people with T1D to participate in shared decision-making with their healthcare teams about emerging T1D therapies.
- Helping to establish and socialize clinical care guidelines tailored to regional needs.
- Expanding clinical trial participation through community activation and HCP education.

To learn more about T1D and the Breakthrough T1D Oklahoma Chapter, visit <https://www.breakthrought1d.org/oklahoma/>.



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January 2026

Happy, Happy New Year to each and every one – Welcome 2026!

I hope that each of you had a wonderful joyous Christmas Holiday with your family and friends.

And - Welcome to a celebration – 75 Years of Desk and Derrick!

“Seventy-five years of dedication, innovation, and unity – a legacy built by many hands and a future brightened by the same unwavering spirit.”

First, I want to thank Kathy Martin, 2025 President and the 2025 ADDC Board for their outstanding leadership, dedication and hard work. And most importantly to you, our dedicated and united members who continue to support the Association of Desk and Derrick Clubs. Our organization could not continue survive without each of you.

It is hard to believe that in July 1951, the Association of Desk and Derrick Clubs of North America was formed with Jackson, MS; Los Angeles, CA; Houston, TX and New Orleans, LA as the founding club. All because of one lady, Inez Awty Schaeffer who worked for Humble Oil and Refining Company in New Orleans, LA and her desire to form a club for women in the oil and gas industry, having the opportunity to learn more about the industry that each worked in. And here we are nearly 75 years later and we to look and move forward. Throughout the year, I look forward to celebrating our prized organization.

The first order of business for the Board will be our Budget and Planning Meeting that will be held virtually on January 17th. To each member, if there is anything that you have a concern about, please contact your Regional Director or any member of the Board. Remember that ADDC is YOUR organization and the Board is only the facilitators. Each member has a say and we as your Board want to hear from you.

The Member Renewal Forms have been sent to each club President. Remember that Membership renewals are due February 1st. If you have not received your renewal, please contact your club President or your Regional Director. There is the option

this year for your Club to pay dues on-line. If you need any assistance in handling this, again contact your Regional Director or any member of the Board.

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To each member that has volunteered to serve on a Committee as either a Chairman or a Region Rep – THANK YOU! If you haven't volunteered to serve – Have No Fear – there is still plenty of reps needed for these committees! Step right up – you are definitely needed and wanted. Don't hesitate to contact me or your RD.

As you know, the mail ballot after the Convention did pass and beginning in 2027, Desk and Derrick will be divided into three (3) regions: Central Region and West Region will remain the same, however Northeast and Southeast Regions will become one region – the **East** Region. Kathy Martin, Shelly Hildebrant (Northeast RD), Missy Carroll (Southeast RD) and I will meet soon to discuss the logistics of what will need to be accomplished by next year, including the election of the **EAST** Regional Director for 2027.

I want to thank each of you for allowing me the honor to serve as your President for 2026. There have been 74 outstanding individuals that have given their time, dedication and visions to make ADDC what it is today. Thank you to each of them and to you my friends and I will work hard to continue this legacy.

Hugs,
Evelyn

“2026 is the year we stop waiting for the perfect moment and start making every moment perfect”



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Board of Directors

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January 2026

Hello Central Region,

I would like to wish you all a Happy New Year! I hope you are all ready for a fresh start.

I'm excited about this year! I'm looking forward to working with you all and getting to learn more about you and your Clubs. I want you all to know I'm here to help, listen, and guide to achieve your goals in your Clubs. Please let me know how I can assist you. I want to see your Club and our organization grow this year.

I want to thank Nichole Harney, the 2025 Central Region Director, for everything she has done for our Region and the ADDC! She has done an amazing job as our Director! I know I have some big shoes to fill!

The ADDC Budget & Planning meeting will be on Saturday, January 17th, and will be held via Zoom. Please send me any questions, concerns or information you would like to have brought to the Board during this meeting. Please have your questions or comments to me by the end of the day January 14th, so I can present them at the meeting.

We still need a few more volunteers to serve as Regional Representatives. I want to thank the members who have already volunteered to serve. I will be reaching out very soon to fill the open positions in the near future. This is a perfect opportunity to learn more about this organization, learn about yourself, and grow as a person. If you know you are interested, please feel free to contact me at the phone number or email address above.

Congratulations are in order to the new 2026 Presidents and Officers! Presidents, please make sure the New Club Officer Form ADO-31 has been completed and submitted to ADO and me at your earliest convenience.

Program reports will need to be submitted one week after your monthly meeting to the Central Region Program Chair. I will provide his or her contact information once the position has been filled.

Mark your calendars! The 2026 Central Region Meeting will be hosted by the Wichita Club in Wichita, KS, **March 26th-28th**. This is one month earlier than usual due to scheduling conflicts. Registration Packets have already been sent out to Club Presidents. Please reach out to Cynthia Clugston, the General Arrangements Chair, at cynthia@kansasstrong.com or myself with any questions or to offer help to the planning committee.

Please don't hesitate to contact me anytime or for any reason. If I miss your call or message, I will get back to you as soon as possible.

Thank you again for your support and hard work this coming year.

Jamie Gilmore

Jamie Gilmore
2026 Central Region Director



2026

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January 2026

Happy New Year to all of you. I hope that all of you had enjoyable holidays and that you got to spend time with family and friends.

"The Board" met on January 19th to approve motions (i.e. 50/50 drawings, birthday gifts, delegates for Region and ADDC), review 2025 financials and approve an initial budget for 2026.

We also set dates for our meetings this year – the fourth Tuesday of the month except for Nov. 17 and Dec 15 (third Tuesday of the month). We will also take the months of July and August off.

We, the Club, will continue to have our monthly meeting at On The Border, OTB. They have served us well and they have served us **COLD**, so we will stick with them. Ha Ha!

Michelle and the Board did a great job of bringing in several speakers to our monthly meetings in 2025. Let's hope for a field trip or two this year. We will continue to bring in speakers to educate and enlighten us with the knowledge that they possess. Knowledge that propels the oil and gas industry to be the leading source of energy used throughout **THE WORLD**.

I want to thank each of you for two things today:

- Reading this far
- Being a member of The Desk and Derrick Club of OKC

Something that I need to do is review who may join our club by transferring their membership from Tulsa to OKC. I hope they would like to join us, even if it is from afar.

This is a small Club, like so many others throughout the country, but with your help, patience and participation we can make this another positive year for each one of us.

Take care and be safe,
Tim

p.s. Invite someone to our next meeting.