

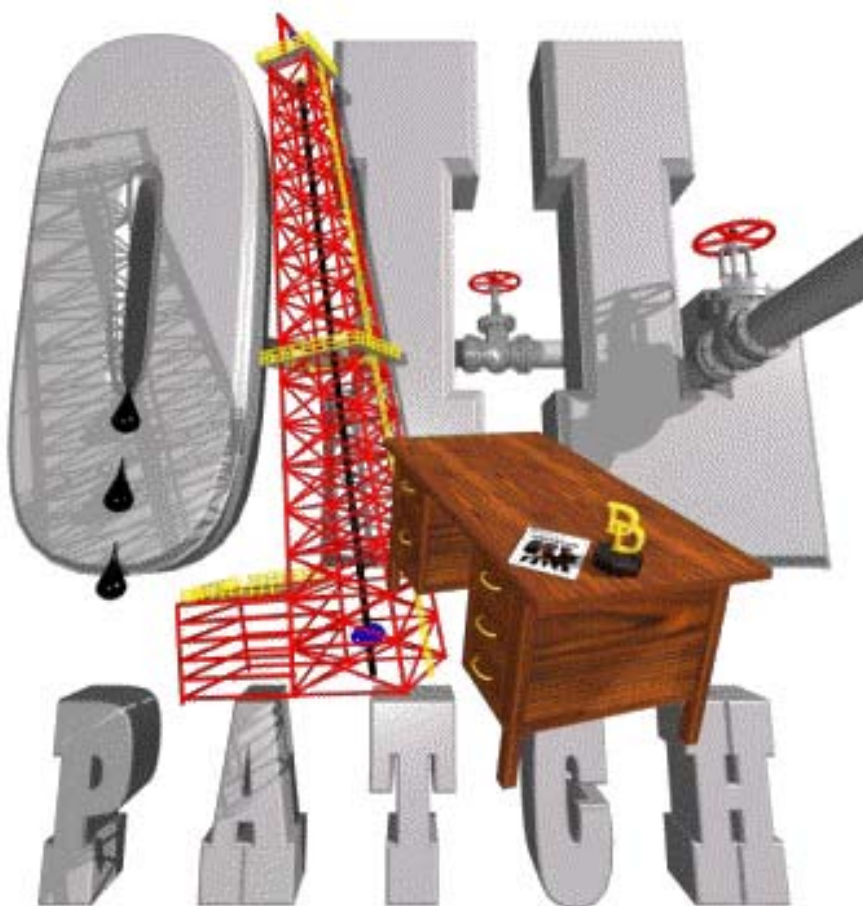
DESK & BERRICK CLUB of the WESTBANK

Volume 33

November 2009

Number 11

WESTBANK





ADDC President

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Westbank President

Cheryl LeBoeuf
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Motto

Greater Knowledge - Greater Service

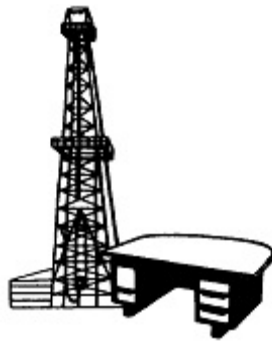
CLUB PURPOSE

The purpose of this club shall be to promote the education and professional development of individuals employed in or affiliated with the petroleum, energy, and allied industries.

MISSION STATEMENT

The mission of the club is 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.

**Monthly General Membership Meeting held
the fourth Wednesday of each month at
The Four Columns, 3711 Westbank Expressway, Harvey, Louisiana
Meetings begin at 6:00 p.m.**



**RSVP to Gaylen Guillory
(504) 301-8809 or gagui811@cox.net**

The Westbank Oil Patch is published monthly.
Submit articles or items of interest to
Theresa Adams, Editor – 300 Long Lake Drive, Covington LA 70435
theresabadams@bellsouth.net
Club web site: <http://www.westbankdandd.org>
Cover artwork by Superior Software Design

Guide to Knowledge

November 2009



Association Information

President's Newsletter	1
ADDC Officers and Board	2
ADDC Contest Chair Letter	4

Region III Information

Director's Newsletter	5
Region III Club Presidents	6

Westbank Club Information

President's Letter	7
Officers and Board	8
Committee Chairpersons	9
October Meeting Photos	10
IAN Information Flyer	11
Gretna Food Bank Information	12
Seatrax Fieldtrip	13
Nutritional Information	18
Car Keys By Your Bed	21
November Birthdays	22
Scholarship Contribution Form	23
Meeting Dates	24
November Calendar	25
December Calendar	26
New Member Application Instructions	27
Membership Application	28

Association Information



President's Newsletter



November 2009

Greetings Members,

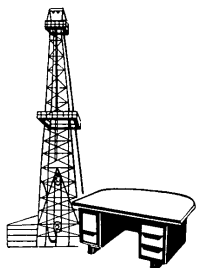
Reginia Garner
President

reginiagarner@mackenergycorp.com
reginia@pvtm.net

Fall is upon us now and the holiday season has officially begun. Whether you have already celebrated or are preparing to celebrate your country's Thanksgiving, I'm sure each member has taken the time to contemplate the many things for which you are thankful. Family, friends and freedom seem to be at or near the top of all our lists and both our countries have set aside November 11th to remember those who have fought and served to ensure we continue to have those freedoms we all treasure.

As the year is winding down, your clubs are actually gearing up for a new year. Elections of new officers bring the excitement associated with plans for rejuvenation and change. This is a time for our more experienced members to rededicate themselves to ADDC and take on the responsibility of mentoring those who are new to our organization and a time for the newer members to accept a new challenge whether that means chairing a committee, filling an office or just committing themselves to learning more about ADDC and the industries we serve.

Don't worry if you think that you can't do a job – none of us think we can do a job until we actually give it a try and find it is much easier than we thought. I, along with countless other members before me, have had the guidance of D&D mentors and friends who have helped along the way. Each and every step into the world of Desk and Derrick has been an incredible adventure – one which I believe will only expand in the future and which I encourage each of you to pursue further.



ASSOCIATION OF
DESK AND DERRICK
CLUBS

A handwritten signature in blue ink that reads "Reginia".

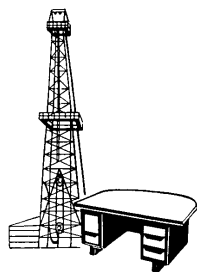
Association of Desk and Derrick Clubs
2009 Board of Directors

Name/Member Info	O/H	Office Info	Home Info	Phones
Reginia Garner President Artesia YrMemb: 1981 Bday: 02/27 Accountant/Bookkeeper	H	Silver Oak Drilling , LLC PO Box 1370 Artesia, NM 88211-1370 reginiagarner@mackenergycorp.com	803 W Centre Ave Artesia, NM 88210 reginia@pvtm.net	(505) 748-1288 O (505) 746-9539 F (505)748-3444 H
Donna Siburt President Elect Tuscarawas Valley YrMemb: 1992 Bday: 06/18 Business Performance Analyst	O	Dominion East Ohio 7015 Freedom Ave NW North Canton, OH 44720-7381 donna.l.siburt@dom.com	6380 Easton NE Louisville, OH 44641 dsiburt@neo.rr.com	(330) 266-2102 O (866) 368-2710 F (330) 875-3260 H
Angelia Duplessis Vice President Westbank YrMemb: 1978 Bday: 12/09 HR Support Spclst-Payroll	O	ConocoPhillips PO Box 176 Belle Chasse, LA 70037 angie.a.duplessis@conocophillips.com	1802 Farmington Pl Gretna, LA 70056	(504) 656-3221 O (504) 656-3000 F (504) 367-9202 H
Judi Adams Secretary Houston YrMemb: 1990 Bday: 08/28 Administrative Associate	O	Shell Exploration 150 N Dairy Ashford,WCK A 2034 Houston, TX 77002 judi.adams@shell.com	14708 D Perthshire Rd Houston, TX 77079 judi@netbox.com	(832) 337-1632 O (832) 337-0552 F (281) 597-8914 H
Ruby Redington Treasurer Bartlesville YrMemb: 1998 Bday: 06/19 Analyst	O	ConocoPhillips 1070 Plaza Office Bldg Bartlesville, OK 74004 ruby.e.redington@conocophillips.com	1632 S.W. Jennings Bartlesville, OK 74003	(918) 661-4122 O (918) 336-2511 H
Sheryl Minear Imm. Past President Abilene YrMemb: 1983 Bday: 10/11 Account Representative	O	WolfePak Software 2901 S 1st St Abilene, TX 79605 sheryl@wolfepak.com	1250 S Bowie Dr Abilene, TX 79605 sheryl_minear@sbcglobal.net	(325) 677-1543 O (325) 677-1599 F (325) 698-7831 H
Misty Hendricks Executive Assistant Artesia YrMemb: 1992 Bday: 03/01 Owner	O	Hendricks Consulting 1610 W Mann Artesia, NM 88210-2283 mmchendricks@pvtnetworks.net	1610 W Mann Artesia, NM 88210 mmchendricks@pvtnetworks.net	(505) 748-8888 O (505) 746-1675 F (505) 748-8888 H
Nell Lindenmeyer Parliamentarian Farmington YrMemb: 1976 Bday: 07/10 Engineering Tech	O	A Plus Well Service PO Box 1979 Farmington, NM 87499 nell@apluswell.com	6979 Alyssa Ct. Farmington, NM 87402 nlindenmeyer@yahoo.com	(505) 325-2627 O (505) 325-1211 F (505) 486-6958 H
Andre' Martin ADO Manager YrMemb: 2005 Bday: 02/17 ADO Manager	O	Assoc. Distribution Office 5153 E 51st St., Ste 107 Tulsa, OK 74135 adotulsa@swbell.net	6734 E. 60th St. Tulsa, OK 74145 drezorama@aol.com	(918) 622-1749 O (918) 622-1675 F (918) 406-4659 C

O/H - Preferred Mailing Address

Association of Desk and Derrick Clubs
2009 Regional Directors

Name/Member Info	O/H	Office Info	Home Info	Phones
Christine Wolfe Region I Buckeye YrMemb: 2001 Bday: 02/20 Administrative Assistant	O	Marathon Petroleum Co., LLC 539 S Main St Rm 6137 Findlay, OH 45840 cnwolfe@marathonoil.com	538 Winfield Ave. Findlay, OH 45840 cwolfe8@woh.rr.com	(419) 421-3591 O (419) 421-4516 F (419) 425-1853 H
Marsha Bundy Region II Little Egypt YrMemb: 1995 Bday: 10/16 Operations Technician I	H	Marathon Pipeline Co 8762 US Hwy 51 Vernon, IL 62892 mabundy@marathonpetroleum.com	1158 Fayette Rd Vernon, IL 62892 mbun@ruralcomm.net	(618) 432-7223 O (618) 432-5816 F (618) 267-4916 C
Elaine Lesnak Region III Westbank YrMemb: 1995 Bday: 11/01 Sr Accounting Clerk	O	M-I SWACO PO Box 317 Harvey, LA 70059 elesnak@miswaco.com	1128 Ave A Marrero, LA 70072	(504) 368-1414 O (504) 368-9271 F (504) 341-2322 H
N Lois Roberts Region IV Fort Worth YrMemb: 1993 Bday: 05/26 Branch Office Administrator	H	Edward Jones 1153 SE Pkwy Azle, TX 76020 lobobrob@flash.net	7705 Westwind Dr. Fort Worth, TX 76179 lois.roberts@edwardjones.com	(817) 238-0089 O (877) 631-6118 F (817) 236-3852 H
Linda Clark Region V Farmington YrMemb: 2004 Bday: 08/28 N/A	O	A Plus Well Service PO Box 1979 Farmington, NM 87499 linda@apluswell.com	No 46 RD 5151 Bloomfield, NM 87413	(505) 325-2627 O (505) 325-1211 F (505) 632-3576 H
Linda Gau Region VI Enid YrMemb: 1997 Bday: 01/27 Admin Asst./Engineering Tech	O	Continental Resources Inc PO Box 1032 Enid, OK 73702 gauls@contres.com	1626 Cansler Enid, OK 73703	(580) 548-5119 O (580) 548-5226 F (580) 233-7829 H
Brian Carter Region VII Alberta Foothills YrMemb: 2003 Bday: 12/31 Sr Security Advisor	H	Fortis Alberta 320 17th Ave SW Calgary, AB T2S 2V1 brian.carter@fortisalberta.com	42 Promenade Way SE Calgary, AB T2Z 3R4 marilyn.carter@shaw.ca	(403) 514-4328 O (403) 514-5328 F (403) 241-7267 H



**ASSOCIATION OF
DESK AND DERRICK
CLUBS**

Board of Directors

PRESIDENT
Reginia Garner
Silver Oak Drilling LLC

PRESIDENT ELECT
Donna Siburt
Dominion East Ohio

VICE PRESIDENT
Angie Duplessis
ConocoPhillips

SECRETARY
Judi Adams
Shell Exploration

TREASURER
Ruby Redington
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WolfePak Software

EXECUTIVE ASSISTANT
Misty Hendricks
Hendricks Consulting

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REGION II DIRECTOR
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REGION III DIRECTOR
Elaine Lesnak
M-I Swaco

REGION IV DIRECTOR
Lois Roberts
Edward Jones

REGION V DIRECTOR
Linda Clark
A Plus Well Service

REGION VI DIRECTOR
Linda Gau
Continental Resources Inc.

REGION VII DIRECTOR
Brian Carter
Fortis Alberta

**Sue Carscadden
Contest**

c/o Eagle Investments, Inc
PO Box 348
(231) 933-3233 O
(231) 946-1641 H
(231) 933-3253 F

scarscadden@eagleinvestments.us

October 28, 2009

Dear Members,

Entries for the 2010 Contest may be sent at any time. The deadline for submitting contest entries is on or before December 15, 2009. If any entry is disqualified, the 2010 Chairman will send a letter to the club president by mid-March detailing the reason for disqualification. Your 2010 Co-Chairs are Evelyn Smith and Maureen Nelson from Region VI. The contact names, address and emails are located on the 2010 Contest forms.

Each region's entries will be sent to one of the Region Representatives for judging – all materials are sent to a region other than your own. The winners of the first level of judging will be presented at each Region Meeting. The first place winners from all regions will be judged in the Spring/Summer of 2010, and the results of that judging will be presented during the Awards Luncheon at the 2010 ADDC Convention in Houston, Texas.

The instructions, guidelines, and entry forms for the coming year's entries (2010 Contest) are now posted on the ADDC Web site (ADDC Forms). These were approved by the Board in September 2009 and are being provided now so that every club has access to them throughout 2009. The 2010 contest period covers programs, bulletins, field trips, and seminars held from December 1, 2008 through November 30, 2009.

Please note these major changes in the 2009 Contest:

1) NONE

I wish the best of luck to every entrant. It takes a lot of time and effort to coordinate outstanding programs and field trips, to gather information needed to publish an informative bulletin, and to research information for (or to pour your heart out in) a letter, article, or program summary. Without your dedication, we would have no contest!

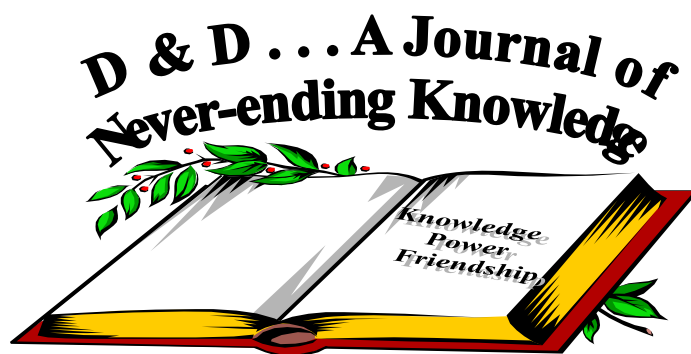
Sincerely,

Sue Carscadden

2009 Contest Committee Chair

Cc: Reginia Garner, 2009 ADDC President
Donna Siburt, 2010 ADDC President
Angie Duplessis, 2009-10 Contest Board Contact
Evelyn Smith, 2010 Contest Committee Co-Chair
Maureen Nelson, 2010 Contest Committee Co-Chair

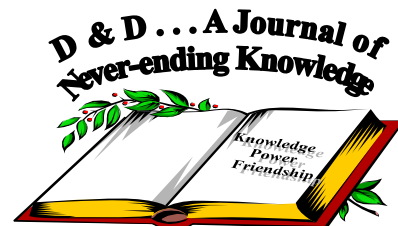
Region Information



Region III Director's Newsletter

Elaine Lesnak
Region III Director

elesnak@miswaco.com



November 2009

To: All Region III Members

Convention was very informative and exciting. We were busy voting for new officers and amendments. The 2012 Convention site was approved. It will be held in Tulsa, Oklahoma. All three amendments passed and your new officers for 2010 are:

President – Donna Siburt Region I

President Elect – our own Angie Duplessis Region III

Vice President – Judi Adams Region IV

Secretary – Marilyn Carter Region VII

Treasurer – Linda Clark Region V

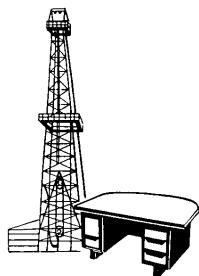
Out of the nine clubs we were represented by eight. Unfortunately no one from Laurel could make Convention. All total we had 47 Region III Members attending Convention.

Lucy Mulgrew and Marilyn Carter, GAC Co-chairmen and the Alberta Foothills Club worked very hard and did an outstanding job putting on this Convention.

Have a Happy Thanksgiving.

Best Regards

Elaine



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Association of Desk and Derrick Clubs

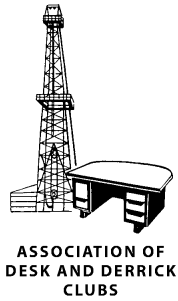
2009 Region III Club Presidents

Name/Member Info	O/H	Office Info	Home Info	Phones
Lois Folse Baton Rouge <i>YrMemb:</i> 1990 <i>Bday:</i> 08/31 Legislative Assistant	O	ConocoPhillips 450 Laurel St Ste 1410 Baton Rouge, LA 70801 lois.c.folse@conocophillips.com	16908 Highland Club Ave. Baton Rouge, LA 70817	(225) 344-3206 O (225) 344-4410 F (225) 752-9941 H
Jana Hazelwood El Dorado, Arkansas <i>YrMemb:</i> 2003 <i>Bday:</i> 10/30 Accounting Supervisor	O	Lion Oil Company 1000 McHenry El Dorado, AR 71730 jana.hazelwood@lionoil.com	813 Doe Meadow Ln El Dorado, AR 71730	(870) 864-1470 O (870) 864-1163 F (870) 863-5905 H
Anita Cunningham Houma <i>YrMemb:</i> 1998 <i>Bday:</i> 08/27 Coastal Pipe Rec. Dept. Admin.	H	Baker Atlas 2137 Bayou Blue Rd Houma, LA 70364 anita.cunningham@bakeratlas.com	208 Highland Dr Houma, LA 70364-2630 anita827@bellsouth.net	(985) 876-2811 O (985) 851-2015 F (985) 876-3463 H
Lori Landry Lafayette <i>YrMemb:</i> 1997 <i>Bday:</i> 04/24 Administrative Manager	O	Bean Resources Inc PO Box 52768 Lafayette, LA 70505 lmatthieu@beanresources.com	102 Brownlee Ave. Broussard, LA 70518 lorimatthieu@cox.net	(337) 234-2326 O (337) 234-2330 F (337) 839-9478 H
Rhonda Reynolds Laurel <i>YrMemb:</i> 2004 <i>Bday:</i> 02/25 Retired/Co-Owner	H	Retired/Double R Packers rhonda_reynolds@comcast.net	81 Southern Colonel rd Laurel, MS 39443	(601) 649-1436 H
Valina "Val" Blanchard Morgan City <i>YrMemb:</i> 1986 <i>Bday:</i> 09/03 Office Manager	O	Perry Flying Center Inc PO Box 85 Patterson, LA 70392-0085 v.mullen.pfc@glacoxmail.com	113 Lincoln Dr Patterson, LA 70392 scooter50@cox.net	(985) 395-4501 O (985) 395-5648 F (985) 395-2559 H
Deborah Baiamonte New Orleans <i>YrMemb:</i> 1972 <i>Bday:</i> 03/19 Secretary/Trea Office Mgr	H	Seal Energy Company 2712 Athania Pkwy Metairie, LA 70002 d_baiamonte@cox.net	840 Homestead Ave Metairie, LA 70005	(504) 453-1009 C (504) 834-5866 F (504) 832-1578 H
Dee Hilliard Red River <i>YrMemb:</i> 2005 <i>Bday:</i> 02/25	H	New Tech Engineering 330 Marshall St., #707 Shreveport, LA 71101 dhilliard@newtecheng.com	8700 Dogwood Tr Haughton, LA 71037	(318) 213-0370 O (318) 213-0373 F (318)949-1662 H
Cheryl LeBoeuf Westbank <i>YrMemb:</i> 1999 <i>Bday:</i> 08/02	H		110 Mu St Belle Chasse, LA 70037 cheryll@cmaaccess.com	(504)392-7094 H

Westbank Club Information



*The Long and Short
of Desk and Derrick*



President's Letter

Cheryl LeBoeuf
cheryll@cmaaccess.com



November 2009

WOW, can you believe it, this year is almost over! The holidays are right around the corner, but please don't forget that we still have several activities before the end of the year.

We will soon have a new president, officers and committee members for 2010. Plans are well under way for a smooth transition and the introduction of new ideas. Please support these individuals as they begin their term in office.

IAN is scheduled for November 18, 2009 and the deadline to purchase tickets is November 13, 2009. The cost is \$25 per person for the cocktail party/open bar. Please join us as we honor those individuals who have assisted and supported our club during this past year.

This year, we will be collecting food items for the Gretna Food Bank, as our community service project. Please bring your items to the December meeting and should you have any questions regarding this project, please call Vera Ledet or Bonnie Wall. Please be as generous as you can be because every little bit helps!

The most stressful time of the year is now upon us! Crowded stores, fighting over parking spots and finding something for the person who has everything! I'm one of those die-hard shoppers who's out at dawn on the day after Thanksgiving looking for a bargain! It's a challenge, but I love it!!

I hope to see everyone at IAN and have a Happy Thanksgiving!

Cheryl LeBoeuf

*When asked if my cup is half-full or half-empty
my only response is that I am thankful I have a cup."
Sam Lefkowitz*

2009 Officers and Board of Directors

President

Cheryl LeBoeuf
110 Mu Street
Belle Chasse, La. 70037
(504) 392-7094(h)
(504) 400-0454©

cheryll@cmaaccess.com

Vice President

Bonnie Wall
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Gretna, La. 70054
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(504) 367-7657(f)
(504) 439-1650©

seawall4@cox.net

Treasurer

Robbye St. Pierre
36 Grand Canyon Drive
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(504) 392-1045(h)
(504) 392-8823 Fax
robbye.stpierre@gmail.com

Recording Secretary

Angie Duplessis
1802 Farmington Place
Gretna, La. 70056
(504) 367-9202(h)
(504) 656-3221(o)
(504) 656-2013 Fax
angie.a.duplessis@conocophillips.com

Corresponding Secretary

Cora Bergeron
125 Gardenia Lane
Belle Chasse, La. 70037
(504) 394-7538(h)
(504) 615-6963©
cbqg@chervon.com

Immediate Past President

Gaylen Guillory
2204 Stall Drive
Harvey, La. 70058
(504) 367-2447(h)
gagui811@cox.net

Director

Dawn Ott
672 W. Niagara
Terrytown, LA 70056
297-5700(o) 606-2446(h)
gatasby@aol.com
dott@usagencies.com

Director

Elaine Lesnak
M-I Swaco
P. O. Box 317
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374-0049(o) 368-9271(f) 341-2322(h)
237-2322(c)
elesnak@miswaco.com

Parliamentarian

Gabriella Hunter
5491 Green Park Drive
Gonzalas, La. 70737
(504) 481-0190 ©
[hunter9873 @bellsouth.net](mailto:hunter9873@bellsouth.net)

COMMITTEE CHAIRMEN	CHAIRMEN	E-MAIL ADDRESS	MAILING ADDRESS
AIMEE Board Contact Self	Dawn Ott (504) 297-5700(o) (504) 606-2446(h)	gatasby@aol.com dott@usagencies.com	672 W. Niagara Terrytown, LA 70056
BULLETIN/WEB Board Contact Gaylen Guillory	Theresa Adams (985) 892-4015(h)	theresabadams@bellsouth.net	300 Long Lake Drive Covington, La. 70435
BYLAWS Board Contact Self	Dawn Ott (504) 297-5700(o) (504) 606-2446(h)	gatasby@aol.com dott@usagencies.com	672 W. Niagara Terrytown, LA 70056
ELECTION Board Contact Elaine Lesnak	JoAnn Brown (504) 3934-4888(o) (504) 392-3328(h)	msjo4888@bellsouth.net	19 Park Timbers Drive New Orleans, La. 70131
FIELD TRIP Board Contact Cora Bergeron	Linda Tillis (504) 520-8923 (o) (504) 362-4558 (h)	linda@spartan-industrail.com	P.O. Box 2345 Gretna, La. 70054
FINANCE Board Contact Angie Duplessis	Dottie Ancona (504) 835-6610(h)	dancona@cox.net	1448 Seminole Ave. Metairie, La. 70005
GOLF TOURNAMENT Board Contact Angie Duplessis	Angie Duplessis/Bonnie Wall (504) 656-3221 Angie (w) (504) 362-3671 Bonnie (h)	angie.a.duplessis@conocophillips.com seawall@cox.net (Bonnie)	#3 Fernwood Street Gretna, La. 70056 (Bonnie) 1802 Farmington Place Gretna, La. 70056(Angie)
GENERAL ARRANGEMENTS Board Contact Self	Gaylen Guillory (504) 367-2447(h) (504) 301-8809©	gaqui811@cox.net	2204 Stall Drive Harvey, La. 70058
IAN/SOCIAL Board Contact Cora Bergeron	Cora Bergeron/Gabrilla Hunter (504) 394-7538 Cora (h) (504) 615-6963© (504) 481-0190 Gabrilla ©	cbgg@chervon.com (Cora) hunter.9873@bellsouth.net	125 Gardenia Lane Belle Chasse, La. 70037 (Cora) 5491 Green Park Drive Gonzales, La. 70737 (Gab)
LEADERSHIP RESOURCE Board Contact Self	Angie Duplessis (504) 367-9202 (h) (504) 656-3221(o) (504) 656-2013 (f)	angie.a.duplessis@conocophillips.com	1802 Farmington Place Gretna, La. 70056
MEMBERSHIP/ ORIENTATION Board Contact Self	Elaine Lesnak (504) 374-0049(o)(504) 368-9271(f) (504) 341-2322(h) (504) 237-2322©	elesnak@miswaco.com	M-I Swaco P. O. Box 317 Harvey, LA 70059
MEMORY BOOK Board Contact Cora Bergeron	Cora Bergeron/Linda Tillis (504) 394-7538 Cora (h) (504) 520-8923 (o) (504) 362-4558 (h)Linda	cbgg@chervon.com (Cora) linda@spartan-industrail.com	125 Gardenia Lane Belle Chasse, La. 70037 (Cora) P.O. Box 2345 Gretna, La. 70054(Linda)
NOMINATING Board Contact Robbye St. Pierre	Judy Guillot (504) 347-0022 (h) (504) 897-2886 (o) (504) 897-3761 (f)	judy.s.guillot.hvze@statefarm.com	4005 Hillcrest Drive Marrero, La. 70072
PROGRAM/ MONTHLY DECORATING Board Contact Angie Duplessis	Angie Duplessis/Dottie Ancona (504) 367-9202 (h)Angie (504) 656-3221(o)Angie (504) 656-2013 (f) Angie (504) 835-6610(h) Dottie	angie.a.duplessis@conocophillips.com dancona@cox.net	1448 Seminole Ave. Metairie, La. 70005(Dottie) 1802 Farmington Place Gretna, La. 70056 (Angie)
PR/LIC/EMPLOYMENT Board Contact Angie Duplessis	Pam Lauckner (504) 656-3087(O) (281) 923-2986 ©	pamela.v.lauckner@conocophillips.com plauckner@yahoo.com	3251 Wall Blvd., Apt 3101 Gretna, La. 70056
SCHOLARSHIP Board Contact Self	Gaylen Guillory (504) 367-2447(h) (504) 301-8809©	gaqui811@cox.net	2204 Stall Drive Harvey, La. 70058

October General Membership Meeting Photos
Speaker: Elaine Lesnak



The Desk and Derrick Club of the Westbank

presents

INDUSTRY APPRECIATION NIGHT

**Please join us as we honor those persons
that have assisted and supported
our club during the year**

**The Four Columns
3711 Westbank Expressway
Harvey, Louisiana**

Wednesday, November 18, 2009

**Cocktail Party – Open Bar
6:00 p.m.**

Tickets....\$25.00 each

**For Tickets or more Information, please contact:
Cora Bergeron @ 504-391-6286 or 504-615-6963**

Email: cbgg@chevron.com

Gabriella Hunter @ 504-481-0190

DESK AND DERRICK OF THE WEST BANK

COMMUNITY RELATIONS PROJECT
PART TWO FOR 2009

“THE HOLIDAYS”

THE GRETNA FOOD BANK

VERA LEDET, CHAIRPERSON

Phone 347-1072

[Email-veraledet@hotmail.com](mailto:veraledet@hotmail.com)

PLEASE START BRINGING DONATIONS TO THE
OCTOBER MEETING

THE GRETNA FOOD BANK NOT ONLY SUPPLIES
MUCH NEEDED NUTRITIOUS ITEMS TO THE
COMMUNITY BUT ALSO HAVE AN AREA FOR
HOUSEHOLD ITEMS, TOYS, NEAT CLEAN
CLOTHING (ANGIE IS SUPPLYING HANGERS FOR
CLOTHING), ETC. REMEMBER THE SAYING “YOUR
TRASH IS SOMEONE ELSE’S TREASURE!”

“THANKS”

Seatrax Field Trip

On October 17, 2009, Seatrax hosted a field trip for the Desk & Derrick Club of the Westbank. Fourteen members and guests were in attendance. The group was greeted by Mark Truxillo, Service Manager, who explained the day-to-day operations of Seatrax.

Seatrax has four locations. The Corporate office is in Houston, Texas. The Service offices are in Belle Chasse and Lafayette Louisiana, and their Manufacturing plant is in the United Kingdom. Seatrax employees about 450 personal combined among all locations. Seatrax specializes in Cranes used to assist in the operations on platforms, drilling rigs, dock front facilities and marine applications. Their cranes are mostly installed on platforms in waters up to 350 feet in depth, and also found on drilling rigs in water up to 10,000 feet in depth. With manufacturing capability from the traditional two ton Popcorn crane to the Seaking 300 ton traditional crane, they can service just about every customer's needs.

The Westbank Desk & Derrick club was taken on a tour of the Belle Chasse service and remanufacturing facility. Mr. Truxillo encouraged questions throughout the tour. The facility in Belle Chasse is known for one of the top service companies in the crane industry. Along with our tour, we were able to visit the new crane rental division of Seatrax which is now servicing customers worldwide. We were able to view the competitor's cranes that were in for service as compared to those belonging to Seatrax. Many of the crane styles that we viewed on our tour are installed on well known platforms in the Gulf of Mexico such as Chevron, B.P. Thunder Horse, Exxon, and Shell. As well as the platforms, the same style cranes are installed on deep water drilling rigs, such as Diamond, Pride Offshore, Nabors and Blake Work Over and Drilling.

Mr. Truxillo made a surprise announcement stating that Seatrax in conjunction with their sister company Semco has just completed the newest and largest Class 280 Jack-Up Drilling Rig in their Lafitte, Louisiana location. We were able to take a road trip to visit and tour this facility and the largest Jack-Up Drilling Rig in the World. With a price tag of over Fifty Million Dollars and four hundred thousand man hours, this state of the art rig will be shipped out of the country within the next thirty days. Mr. Ron Bourgeois explained how each part of the vessel is fabricated and installed, while at the same time we were able to witness and view the pads for the next newest vessel, which will be larger than this one with a Class 320. These pads were 50' X 150' in diameter and weighed over forty tons. The new Class 320 vessel is the first time that this vessel is tempted to be manufactured with jack up legs of 9' 6" in diameters and 320 feet in length. This vessel will become the future World's largest Jack-Up Rig scheduled to be delivered in the later part of 2010.

Once both of our tours were completed, Mr. Truxillo invited The Desk & Derrick members to climb aboard the drilling rig, cranes, cabins, control rooms, engine rooms, and heliport to see how the daily operations are performed each and every day. One of our members was allowed to climb onto a crane and actually sit in the cabin. She was excited to see the actual process of how the crane operators performed their daily duties. This procedure was done with escorted safety and caution.

Finally, Seatrax was gracious enough to provide lunch for our club. Mr. Truxillo gave us some hand outs, and welcomed us with open arms. We had a great time and it was a fabulous learning experience for all.

SEATRAX FIELD TRIP PHOTOS
OCTOBER 17, 2009



SEATRAX FIELD TRIP PHOTOS
OCTOBER 17, 2009



SEATRAX FIELD TRIP PHOTOS
OCTOBER 17, 2009



Nutritional Information

DIETARY MINERALS - Part 2

by Theresa Adams

Recommended daily needs for minerals are indicated in the chart below, along with other pertinent information.

Mineral	Recommended Daily Amount	Mineral Type	Needed For	Dietary Sources
Potassium	4700 mg	Macro	A systemic electrolyte and essential to coregulating ATP with sodium	Legumes, potato skin, tomatoes and bananas
Chloride	2300 mg	Macro	Production of hydrochloric acid in the stomach and in cellular pump function	Table salt
Sodium	1500 mg	Macro	A systemic electrolyte and essential in coregulating ATP with potassium	Table salt, sea salt, spinach and milk
Calcium	1000 mg	Macro	Muscle, heart and digestive system health, builds bone, supports synthesis and function of blood cells.	Dairy products, canned fish w/bones - salmon, sardines, green leafy vegetables, nuts and seeds
Phosphorus	700 mg	Macro	A component of bones and energy processing and other functions	Milk, green leafy vegetables

Mineral	Recommended Daily Amount	Mineral Type	Needed For	Dietary Sources
Magnesium	420 mg	Macro	For processing ATP and for bones	Nuts, soy beans and cocoa
Zinc	11 mg	Trace	Pervasive and required for several enzymes such as liver alcohol	Meat, seafood, liver, eggs
Iron	8 mg	Trace	Required for many proteins and enzymes, especially hemoglobin	Red meat, leafy green vegetables, fish, eggs, dried fruits, beans, whole grains
Manganese	2.3 mg	Trace	A cofactor in enzyme functions	Beets, pineapple, whole grains
Copper	1-2 mg	Trace	Required component of many redox enzymes	Liver, nuts, cereals
Iodine	150 mcg	Trace	Required for the biosynthesis of thyroxine	Table salt
Selenium	55 mcg	Trace	A cofactor essential to activity of antioxidant enzymes	Organ meats, fish, nuts, garlic
Molybdenum	45 mcg	Trace	Necessary for metabolism of amino acids	Beans, legumes, milk, nuts

Many elements have been suggested as essential, but such claims have usually not been confirmed. Definitive evidence for efficacy comes from the characterization of a biomolecule containing the element with an identifiable and testable function. One problem with identifying efficacy is that some elements are innocuous at low concentrations and are pervasive, so proof of efficacy is lacking because deficiencies are difficult to reproduce.

Relatively large quantities of sulfur are required, but there is no RDA as the sulfur is obtained from and used for amino acids, and therefore should be adequate in any diet containing enough protein.

There have been occasional studies asserting the essentiality of nickel, but it currently has no known RDA.

Arsenic, boron, bromine, cadmium, silicon, tungsten and vanadium have establish, albeit specialized, biochemical roles as structural or functional cofactors in other organisms. However, these elements appear not to be utilized by humans.

[Excerpted from Wikipedia.](#)

Car Keys Beside Your Bed At Night
Submitted by: Bonnie Wall

- > Tell your spouse, your children, your neighbors, your parents, your
- > Dr's office, the check-out girl at the market, everyone you run
- > across. Put your car keys beside your bed at night.
- >
- > If you hear a noise outside your home or someone trying to get in
- > your house, just press the panic button for your car. The alarm will
- > be set off, and the horn will continue to sound until either you turn
- > it off or the car battery dies.
- >
- > This tip came from a neighborhood watch coordinator. Next time
- > you come home for the night and you start to put your keys away, think of
- > this:
- >
- > It's a security alarm system that you probably already have and
- > requires no installation. Test it. It will go off from most
- > everywhere inside your house and will keep honking until your battery
- > runs down or until you reset it with the button on the key fob chain.
- >
- > It works if you park in your driveway or garage. If your car
- > alarm goes off when someone is trying to break into your house, odds
- > are the burglar/rapist won't stick around.
- >
- > After a few seconds all the neighbors will be looking out their
- > windows to see who is out there and sure enough the criminal won't want that.
- >
- > And remember to carry your keys while walking to your car in a
- > parking lot. The alarm can work the same way there. This is something
- > that should really be shared with everyone. Maybe it could save a
- > life or a sexual abuse crime.
- >
- > ;P.S. I am sending this to everyone I know because I think it is
- > fantastic.
- >
- > Would also be useful for any emergency, such as a heart attack,
- > where you can't reach a phone. My Mom has suggested to my Dad that he
- > carry his car keys with him in case he falls outside and she doesn't
- > hear him. He can activate the car alarm and then she'll know there's a
- > problem.
- >
- > Please pass this on even IF you've read it before. It's a reminder.
- >
- >
- >
- >

*Happy
Birthday
Jo*

Our Members born in November

Elaine Lesnak – November 1

Lorraine Perrin – November 4

Garrell Adam – November 9

Maebelle Cheramie – November 10

Denise Bourg – November 16

Kori Allemand – November 24

DESK AND DERRICK CLUB OF THE WESTBANK
SCHOLARSHIP CONTRIBUTION/DONATION FORM

NAME OF CONTRIBUTOR: _____

ADDRESS OF CONTRIBUTOR: _____

TYPE OF CONTRIBUTION (please list individual's name under type of donation):

CONGRATULATIONS: _____

GUEST SPEAKER: _____

IN MEMORY OF: _____

OTHER: _____

NAME OF PERSON TO RECEIVE ACKNOWLEDGEMENT OF CONTRIBUTION:

NAME: _____

ADDRESS: _____

AMOUNT OF CONTRIBUTION: \$_____

DATE OF CONTRIBUTION: _____

PLEASE SEND COMPLETED FORM, ALONG WITH CONTRIBUTION, TO:

Desk and Derrick Club of the Westbank
Scholarship Fund
P.O. Box 2875
Gretna, LA 70054-2875
(504)301-8809 –Gaylen Guillory, Chairman

MAKE CHECKS PAYABLE TO: DESK AND DERRICK CLUB OF THE WESTBANK



**DESK & DERRICK CLUB OF THE WESTBANK
2009 MEETING DATES**

BOARD MEETINGS

JANUARY 21, 2009
FEBRUARY 18, 2009
MARCH 11, 2009*
APRIL 15, 2009
MAY 20, 2009
JUNE 17, 2009
JULY 15, 2009
AUGUST 19, 2009
SEPTEMBER 23, 2009**
OCTOBER 21, 2009
NOVEMBER 11, 2009***
DECEMBER 2, 2009****

MEMBERSHIP MEETINGS

JANUARY 28, 2009
FEBRUARY 26, 2009
MARCH 18, 2009*
APRIL 22, 2009
MAY 27, 2009
JUNE 24, 2009
JULY 22, 2009
AUGUST 26, 2009
SEPTEMBER 30, 2009**
OCTOBER 28, 2009
NOVEMBER 18, 2009***
DECEMBER 8, 2009****

*THE MARCH BOARD AND MEMBERSHIP MEETING MOVED UP DUE TO REGIONAL MEETING.

** THE SEPTEMBER BOARD AND MEMBERSHIP MOVED DUE TO ADDC CONVENTION.

***THE NOVEMBER BOARD AND MEMBERSHIP MEETINGS MOVED UP DUE TO THANKSGIVING.

****THE DECEMBER BOARD AND MEMBERSHIP MEETINGS MOVED UP DUE TO CHRISTMAS.

ALL BOARD MEETINGS WILL BE HELD AT 110 MU STREET BELLE CHASSE, LA UNLESS NOTIFIED OTHERWISE.

ALL MEMBERSHIP MEETINGS WILL BE HELD AT, THE FOUR COLUMNS 3711 WESTBANK EXPRESSWAY, HARVEY, LA. UNLESS NOTIFIED OTHERWISE.

ALL BOARD MEETINGS AND GENERAL MEMBERSHIP MEETINGS BEGIN AT 6:00 PM

REGION III MEETING:

March 25-28, 2009 in New Orleans, La – hosted by the New Orleans Club

ADDC CONVENTIONS

September 14-20, 2009 in Calgary Alberta, Canada-hosted by the Alberta Foothills Club

September 21-25 2010 in Houston, Texas-hosted by the Houston Club

September 21-25, 2011 in St Louis, Mo-hosted by Region II

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 BULLETIN DEADLINE	5	6	7
8	9	10	11 BOARD MEETING	12	13	14
15	16	17	18 IAN GENERAL MEETING	19	20	21
22	23	24	25	26 Happy Thanksgiving!	27	28
29	30	Give Thanks to the Lord for all of the provisions He has given you!				



December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOTE: GENERAL MEETING IS ON TUESDAY, 12-8-09		1 Bulletin Deadline	2 BOARD MEETING	3	4	5
		6	7	8 GENERAL MEETING	9	10
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Westbank Oil Patch
Page 26

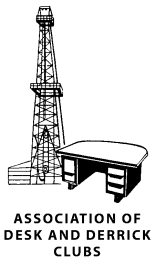
On the following page, you will find the **New Member Application for 2009**. THIS FORM NEEDS TO BE USED FOR **NEW MEMBERS ONLY**.

Because of the database system used at ADO these are the fields that are recognized. All potential members must fill in **ALL OF THE FIELDS**, including Area Codes!!! **Be sure to complete the section about receiving the D&D Journal online.** The only field that does not need to be filled in is the Member Number. This will be assigned by ADO.

Upon completion of this application, please enclose it along with your check for \$50.00 payable to the Desk and Derrick Club of the Westbank and send to:

Elaine Lesnak
Membership Chairman
P. O. Box 2875
Gretna, LA 70056

Renewal forms for previous members have been distributed by the Club Membership Committee Chairperson.



Association of Desk and Derrick Clubs

2009 Membership Application

The Association of Desk and Derrick Clubs is a non-profit educational organization whose purpose is to promote the educational and professional development of individuals employed in or affiliated with the petroleum, energy, and allied industries. Our motto is "Greater Knowledge – Greater Service."

Last Name: _____ Preferred Mailing Address: _____ O=Office H=Home

First Name: _____ MI: _____ Member No.: _____ Region: _____

M/F (Gender): _____ Bday (mm/dd): _____ Club: _____

Company Name: _____ Membership Type: **Member**

Job Title: _____

Company Address: _____ Home Address: _____

City: _____ State: _____ City: _____ State: _____

Country: _____ Postal/Zip: _____ Country: _____ Postal/Zip: _____

Office Phone: () _____ Home Phone: () _____

Office Fax: () _____ Home Fax: () _____

Primary E-mail: _____ Secondary E-mail: _____

How did you learn about us?

Would you prefer to receive The Desk and Derrick Journal online? ☐ Y=Yes N=No

Note: Membership Dues and Donations to the Association of Desk and Derrick Clubs are not tax deductible as CHARITABLE CONTRIBUTIONS but may qualify as BUSINESS DEDUCTIONS on Federal and State Tax Returns. DUES WILL NOT BE USED FOR LOBBYING PURPOSES.

Release Name: For purposes of membership recruiting, I authorize the Association of Desk and Derrick Clubs to release my name as part of a list of ADDC members.

Release Name: ☐ Y=Yes N=No

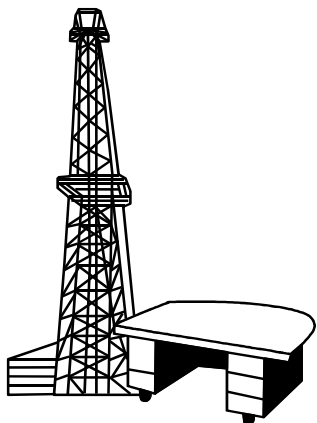
Corporate Contribution: Amount \$ _____ Local ☐ Regional ☐ Association ☐

Signature: _____

Date: _____

Dues: _____

Send to: _____



Cheryl LeBoeuf, President
Desk and Derrick Club of the Westbank
P.O. Box 2875
Gretna, LA 70054-2875