

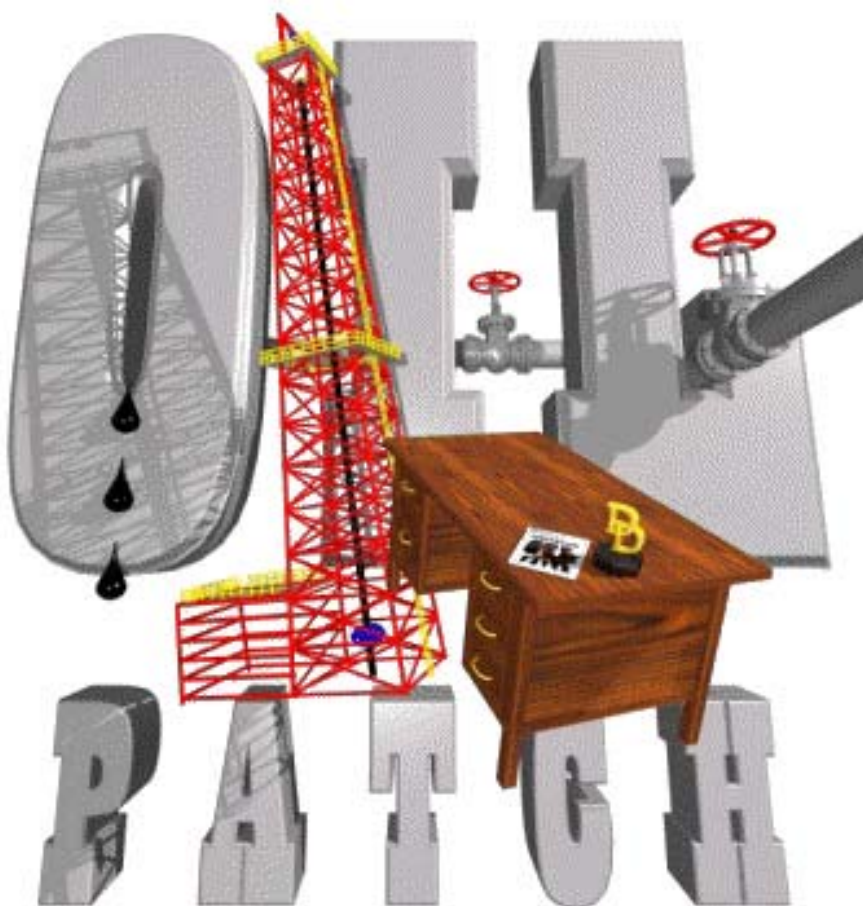
DESK & ERRICK CLUB of the WESTBANK

Volume 33

September 2009

Number 9

WESTBANK





ADDC President

Reginia Garner
 803 W Centre Ave
 Artesia, NM 88210
 (505) 748-1266 O
 (505) 748-9539 F
 (505) 748-3444 H
reginia@pvt.net

reginiagarner@mackenergycorp.com

Region III Director

Elaine Lesnak
 M-I SWACO
 P. O. Box 317
 Harvey, LA 70059
 (504) 374-0049 O
 (504) 368-9271 F
 (504) 341-2322 H & HF
 (504) 237-2322 C
elesnak@miswaco.com

Westbank President

Cheryl LeBoeuf
 110 Mu Street
 Belle Chasse, LA 70037
 (504) 392-7094 H
 (504) 400-0454 C
cheryl@cmaccess.com

Motto

Greater Knowledge - Greater Service

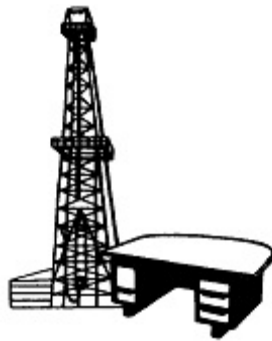
CLUB PURPOSE

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

September 2009



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Association Information



President's Newsletter



September 2009

Greetings Members,

Reginia Garner
President

reginiagarner@mackenergycorp.com
reginia@pvt.net

Can you believe that it is September already?! I truly can't. This year is flying by so quickly and we are now leaving Summer behind, prepping for (or possibly just returning from) Convention and gearing up to head full force into the next year. The Alberta Foothills Club has been working diligently in anticipation of your arrival ... I know that no one will be disappointed. We will have lots of updates for you in the October letters!

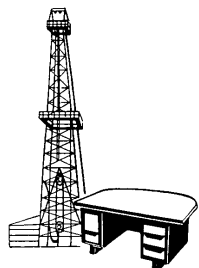
It is now my pleasure to announce that we (the ADDC Board and ADO) have cooked up a fabulous deal for all our clubs. September is the time for schools to be back in session and all those wonderful young minds are longing for knowledge. In an effort to help fill those minds, and to help our economically challenged clubs, we've decided to have a "Back to School" special pricing event for our Energy Activity Books! We've got them, the schools need them, and our Clubs love to help the kids ... what could be better? So, from mid August through October 1, 2009 (orders must be received on or before October 1 in order to be eligible) this limited time only special pricing will be available only to Desk and Derrick Clubs, not outside purchasers. The sale prices are \$1.50 for the Spanish and \$2.00 for the English (US) and Metric (Canadian) versions – in addition, for this limited time, we will also offer **free shipping!** Team this up with the soon to be released EAB Teaching Guide and it's a fabulous opportunity.

It's not too late for each of you to consider what your role will be in the future of ADDC. Are you currently serving on your local club board or at least serving on a committee? Have you tried volunteering for an ADDC committee? If you have already served as a club president have you considered running for the position of Regional Director? Already gone that route, too? Then maybe running for an Association Office is in your future. Or if you feel you've served in all the offices you care to assume, how about taking on the equally challenging role of mentor to new members. Most of us would not be where we are today without the guidance and assistance from those willing to share their knowledge and experience. We have plenty of opportunities available on all levels for members willing to step up and accept the challenge.

Now ... for those reading this letter before making the trek to Calgary, let me tantalize you once more before you leave. Look forward to beautiful country, educational field trips and fabulous seminars, in addition to previewing the new teaching guide and hearing what some of your ADDC committees have been working on this year, an exciting election, wonderful speakers and spending time with some of the greatest people in the world – D&D members!

Have an amazing September!

A handwritten signature in cursive script that reads 'Reginia'.



ASSOCIATION OF
DESK AND DERRICK
CLUBS

Great ability develops and reveals itself increasingly with every new assignment.
Baltasar Gracian

Association of Desk and Derrick Clubs
2009 Board of Directors

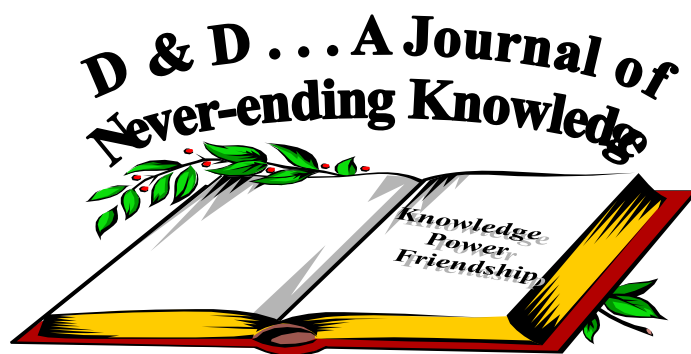
Name/Member Info	O/H	Office Info	Home Info	Phones
Reginia Garner President Artesia YrMemb: 1981 Bday: 02/27 Accountant/Bookkeeper	H	Silver Oak Drilling , LLC PO Box 1370 Artesia, NM 88211-1370 reginiagarner@mackenergycorp.com	803 W Centre Ave Artesia, NM 88210 reginia@pvt.net	(505) 748-1288 O (505) 746-9539 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

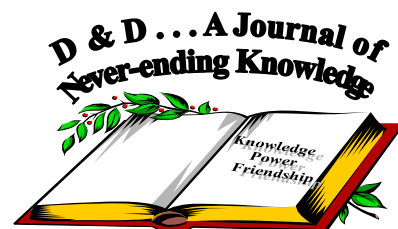
Region Information



Region III Director's Newsletter

Elaine Lesnak
Region III Director

elesnak@miswaco.com



September 2009

To: All Region III Members

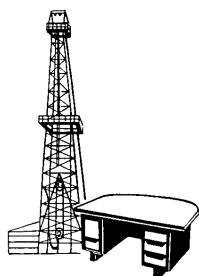
By the time you read this we will have just gotten back from the 58th Annual Convention. There were busy times afoot with amendments, quite a few officers to vote for, great seminars and fieldtrips to learn from and enjoy and cavorting with Members from our Region and other Regions. I will update you next month.

Donna Seibert, 2010 President Elect, is looking for Region III Reps to help keep her, Keith, 2010 Region III Elect and our Region informed next year. Check with your President for a list of available openings. This is a great opportunity to learn more about our organization and to prepare you for your growth in our organization.

We have two clubs celebrating their birthdays this month, the Lafayette Club; they will celebrate their 58th birthday on September 11th and the Laurel Club who will celebrate their 27th birthday on the 27th. Congratulations to you, may you have many entries in your Desk and Derrick Journal in the years to come.

Best Regards

Elaine



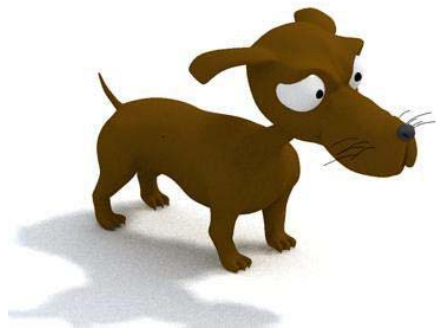
ASSOCIATION OF
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CLUBS

Association of Desk and Derrick Clubs

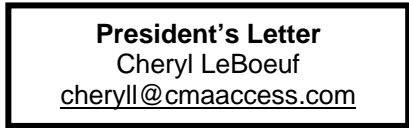
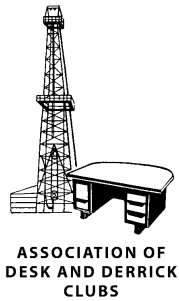
2009 Region III Club Presidents

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 cheryl@cmaccess.com	(504)392-7094 H

Westbank Club Information



*The Long and Short
of Desk and Derrick*



September 2009

Well I can't believe that September is already here! Canada here we come! It may never be the same once we visit. I've never been to Canada so I'm very excited and will be flying out with Gaylen and Jeff Guillory on September 11, 2009. I know we'll have great time and it is my honor to represent the Westbank Club at Convention.

Congratulations to Gaylen Guillory and the Scholarship Committee on the very successful Bonko. They raised \$2605.00 dollars, which equals two \$1000.00 scholarships. I would like to thank everyone who volunteered their time or donated desserts, drinks and gifts. Special thanks to Alice Gros and Deltide for the food. I'm sorry I miss this event, because everyone had a great time!

This year we will sponsor "Mack's Shop for a Cause" What a Difference a day makes! on Saturday, October 17, 2009. We will be required to sell 100 tickets and you'll get either 20% or 10% off all day or 25% on any one item. Dottie Ancona has tickets for sale and our club will make money, so please either purchase or sell tickets.

The WESTBANKS CLUB NEEDS YOU!! Nominations for 2010 Offices and Board of Directors are open so please consider running for an office. If interested call Judy Guillot before September 28, 2009 deadline.

In September, we have our own Charles Miller as guest speaker. His topic will be Crimestoppers. Please make time to join us at the meeting when Charles gives his time to share his knowledge about this very important topic.

Hope to see you there.

Cheryl LeBoeuf

Children are the world's most valuable resource and its best hope for the future. - John F. Kennedy

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
#3 Fernwood Street
Gretna, La. 70054
(504) 362-3671(h)
(504) 367-7657(f)
(504) 439-1650©

seawall4@cox.net

Treasurer

Robbye St. Pierre
36 Grand Canyon Drive
New Orleans, La 70131
(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
Harvey, LA 70059
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
COMMITTEE			
AIMEE	Dawn Ott	gatasby@aol.com	672 W. Niagara
Board Contact	(504) 297-5700(o) (504) 606-2446(h)	dott@usagencies.com	Terrytown, LA 70056
Self			
BULLETIN/WEB	Theresa Adams	theresabadams@bellsouth.net	300 Long Lake Drive
Board Contact	(985) 892-4015(h)		Covington, La. 70435
Gaylen Guillory			
BYLAWS	Dawn Ott	gatasby@aol.com	672 W. Niagara
Board Contact	(504) 297-5700(o) (504) 606-2446(h)	dott@usagencies.com	Terrytown, LA 70056
Self			
ELECTION	JoAnn Brown	msjo4888@bellsouth.net	19 Park Timbers Drive
Board Contact	(504) 3934-4888(o) (504) 392-3328(h)		New Orleans, La. 70131
Elaine Lesnak			
FIELD TRIP	Linda Tillis	linda@spartan-industrail.com	P.O. Box 2345
Board Contact	(504) 520-8923 (o) (504) 362-4558 (h)		Gretna, La. 70054
Cora Bergeron			
FINANCE	Dottie Ancona	dancona@cox.net	1448 Seminole Ave.
Board Contact	(504) 835-6610(h)		Metairie, La. 70005
Angie Duplessis			
GOLF	Angie Duplessis/Bonnie Wall	angie.a.duplessis@conocophillips	#3 Fernwood Street
TOURNAMENT	(504) 656-3221 Angie (w)	seawall@cox.net (Bonnie)	Gretna, La. 70056 (Bonnie)
Board Contact	(504) 362-3671 Bonnie (h)		1802 Farmington Place
Angie Duplessis			Gretna, La. 70056(Angie)
GENERAL	Gaylen Guillory	gagui811@cox.net	2204 Stall Drive
ARRANGEMENTS	(504) 367-2447(h)		Harvey, La. 70058
Board Contact	(504) 301-8809©		
Self			
IAN/SOCIAL	Cora Bergeron/Gabrilla Hunter	cbgg@chervon.com (Cora)	125 Gardenia Lane
Board Contact	(504) 394-7538 Cora (h)	hunter.9873@bellsouth.net	Belle Chasse, La. 70037 (Cora)
Cora Bergeron	(504) 615-6963©		5491 Green Park Drive
	(504) 481-0190 Gabrilla ©		Gonzales, La. 70737 (Gab)
LEADERSHIP	Angie Duplessis	angie.a.duplessis@conocophillips	1802 Farmington Place
RESOURCE	(504) 367-9202 (h)		Gretna, La. 70056
Board Contact	(504) 656-3221(o)		
Self	(504) 656-2013 (f)		
MEMBERSHIP/	Elaine Lesnak	elesnak@miswaco.com	M-I Swaco
ORIENTATION	(504) 374-0049(o)(504) 368-9271(f)		P. O. Box 317
Board Contact	(504) 341-2322(h) (504) 237-2322©		Harvey, LA 70059
Self			
MEMORY BOOK	Cora Bergeron/Linda Tillis	cbgg@chervon.com (Cora)	125 Gardenia Lane
Board Contact	(504) 394-7538 Cora (h)	linda@spartan-industrail.com	Belle Chasse, La. 70037 (Cora)
Cora Bergeron	(504) 520-8923 (o) (504) 362-4558 (h)Linda		P.O. Box 2345
			Gretna, La. 70054(Linda)
NOMINATING	Judy Guillot	judy.s.guillot.hvze@statefarm.com	4005 Hillcrest Drive
Board Contact	(504) 347-0022 (h) (504) 897-2886 (o)		Marrero, La. 70072
Robbye St. Pierre	(504) 897-3761 (f)		
PROGRAM/	Angie Duplessis/Dottie Ancona	angie.a.duplessis@conocophillips	1448 Seminole Ave.
MONTHLY DECORATING	(504) 367-9202 (h)Angie	dancona@cox.net	Metairie, La. 70005(Dottie)
Board Contact	(504) 656-3221(o)Angie		1802 Farmington Place
Angie Duplessis	(504) 656-2013 (f) Angie		Gretna, La. 70056 (Angie)
	(504) 835-6610(h) Dottie		
PR/LIC/EMPLOYMENT	Pam Lauckner	pamela.v.lauckner@conocophillip	3251 Wall Blvd.,Apt 3101
Board Contact	(504) 656-3087(O) (281) 923-2986 ©	plauckner@yahoo.com	Gretna, La. 70056
Angie Duplessis			
SCHOLARSHIP	Gaylen Guillory	gagui811@cox.net	2204 Stall Drive
Board Contact	(504) 367-2447(h)		Harvey, La. 70058
Self	(504) 301-8809©		

Join us at the September Meeting of the
Desk and Derrick Club of the Westbank

Wednesday, September 30, 2009

The Four Columns
3711 Westbank Expressway
Harvey, Louisiana
6:00 p.m.

Speaker
Charles Miller, III

Topic
Crimestoppers

Dinner - Buffet \$20

If you make a dinner reservation and cannot attend the Membership Meeting, please contact Gaylen Guillory gagui811@cox.net or call (504)301-8809 no later than 12:00 noon on Monday, prior to the meeting to cancel or you will be billed.

Offshore Lease Sale in Gulf Generates \$115 Million (8/19/2009)

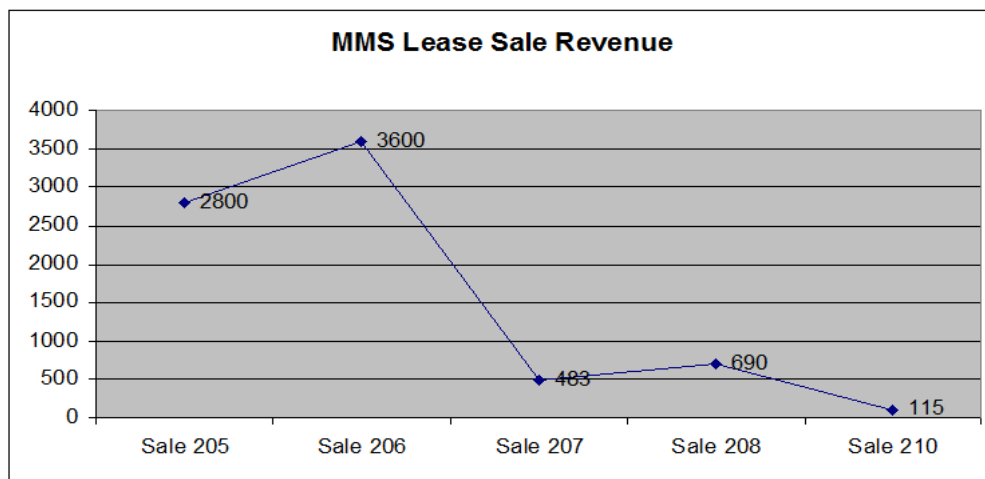
NEW ORLEANS — A sale of federal oil and natural gas leases for the Western Gulf of Mexico attracted \$115,466,321 in high bids today, following yesterday's \$1.1 million sale of onshore energy leases in Utah, Secretary of the Interior Ken Salazar announced. To date this year, the department has offered 55 million acres of U.S. public land – onshore and offshore – for oil and gas development, generating more than \$875 million in revenues.

“The responsible development of oil and gas resources on U.S. public lands is an integral part of President Obama’s comprehensive energy strategy for the nation,” Secretary Salazar said. “A domestic energy plan that balances the development of conventional and renewable energy resources – both onshore and offshore – is essential to reducing our country’s dependence on foreign oil, building a clean-energy economy, and addressing the challenges of climate change.”

Western Gulf of Mexico Oil and Gas Lease Sale 210, held in New Orleans by Interior’s Minerals Management Service, received 189 bids on 162 federal Outer Continental Shelf tracts from 27 companies. The sum of all bids received totaled \$145,186,365.00. The highest bid received on a tract was \$28,133,843 for Keathley Canyon, Block 96 submitted by BP Exploration & Production Inc. The high bid for each block will go through a strict evaluation process to ensure the public receives fair market value before a lease is awarded.

Although \$115 million is not a small amount of money, the last March sale earlier this year generated \$690 million. This is significantly less revenue from many of the recent sales and hopefully not a trend of things to come for our industry.

Sale 210 – 8/19/2009 - \$115 million
Sale 208 - 3/18/2009 - \$690 million
Sale 207 – 8/20/2008 – 483 million
Sale 206 – 3/19/2008 – \$3.6 billion
Sale 205 – 10/3/2007 - \$2.8 billion



AMERICA'S FORGOTTEN WELLS

Easy question: The majority of our oil and gas supplies come from where? If you said major international companies you would be **wrong**. A large amount of oil and gas is produced from small independent companies, family-owned mom and pop operators, right here in the USA who operate stripper wells. These wells only produce 2 to 3 barrels of oil per day. Individually, stripper wells do not make an impact, but collectively they produce 30% of all the oil and 10% of the gas in the United States. There are over 400,000 stripper wells across the nation. To be classified as a stripper well, a well must produce less than 10 barrels of oil a day or less than 60,000 cubic feet of gas. These wells are called stripper wells because they squeeze, peel, or strip oil out of wells that have been abandoned or sold by the larger companies. These independents coax a declining well back to life. Many states with producing wells get 99% of their oil from stripper wells – states such as New York, Pennsylvania, Ohio, Indiana and more.

Only 1/3 of the oil is extracted from a well by the large companies. As a well gets older, the pressure is decreased, and the oil becomes harder to get out. Major companies do not want to be bothered with spending additional time and money to get less product, so they abandon the well or sell it off. As long as it is not plugged, it can be resuscitated and opened up again. Once plugged, however, the well is dead. It is just too expensive to open again. There are 2,000 to 2,500 plugged wells in the US today.

The oldest producing oil well, the McClintock #1 in Rouseville, Pennsylvania, is a stripper well. It has been in production since August of 1861. (Not a typo) It came in at 620 feet. It does not produce a large quantity, but it has had a small and continues to have, a steady production for over 100 years!

Aside from Alaska, 90% of the wells drilled in America are drilled by independent producers, people who are not affiliated with the major corporations. Your oil baron is not J.R. Ewing or anyone else with a recognizable name. It could well be your neighbor driving around in his pickup truck. Stripper well operators are a group of hard-working people with a shoestring budget, who work day in and day out to make sure the energy is flowing through the pipeline to the tanks and to the refinery. Independents provide an energy source to the nation, a very critical resource. It is important that this continue and that it continues at a higher technical level as time goes on.

Because stripper wells are small, they are much less noticeable than their larger counterparts. Most are in rural communities and they tend to blend right in with the environment and not be noticed. It is a fact that some communities could not exist were it not for the producing wells. It is symbiotic relationship. The farmers get royalties which help with their farming and some may even work part time at the well. In starting up a stripper in a rural location, the first thing is to build a road to the site. The independent will work with the land owner to see where the road needs to be laid out so that both parties benefit. Independents are as conscious of the environment as the larger companies. They have to abide by specific procedures and they undergo inspections by government officials just like the majors do.

There are still high reserves in the US, but it will take more technical advancements to extract these mature hydrocarbons. The independent can not get this oil out of the ground using 1920 and 1940 technology. There has to be something different for today's world. Thought and trials have been made using high pressure steam, injection of carbon dioxide or other exotic gases, and even water and soap. Fifty years ago reservoirs were easy to get to, but today reservoirs are harder to drill and need new technology. With the right technology, strippers can operate for years as the McClintock #1 is doing.

Independent operators are part of the solution. Stripper wells are the backbone of the industry. They can be equated to the SPR. Stripper operators produce 50% of the 12 Million barrels that the US needs.

America is dependent on oil and therefore we are vulnerable to a supply disruption. With most imports coming in through just a few ports, it would be easy for a supplier to cut us off for whatever the reason. However, with independents being scattered all over the US, they would be much more difficult to shut down.

We are spending dollars to import crude from people that do not support our communities, do not support our manufacturing, and do not pay taxes. In some cases, they may not even like us!

Independents are not going to run out and put their money in South America, Africa, Asia, or China. Their money goes into their own back yard, back to the community in which they work either directly with service companies or construction companies or indirectly with support to the local economy. Independents keep their wells producing and keep the local job market going. American companies, American wells, American labor.

Over the long term, achieving a truly substantinable energy system will require a broad range of every source known (nuclear, hydrogen gas, and wind) as well as more efficient technology. Still, the need for fossil fuels will continue into the foreseeable future making America's independent oil producer an important part of our energy solution. Oil is critical. It is essential. It is in everything we use.

Compiled by Dottie Ancona
From a DVD by the Stripper Well Consortium
National Energy Technology Laboratory
New York State Energy Research and Development Authority

**WESTBANK DESK & DERRICK CLUB
RESUME' FOR 2010 OFFICE**

Name: _____

Candidate for: _____

Company: _____

Position: _____

Years as D&D Member: _____

Offices held: _____

Club Experience: _____

Association Experience: _____

Regionals Attended: _____ **Conventions Attended:** _____

Business Experience: _____

Educational Background: _____

Personal Data: _____

Company Support: _____

Deadline: September 28, 2009

Mail your resume to:

Judy Guillot

4005 Hillcrest Drive

Marrero, LA 70072

504-347-0022

Judy.s.guillot.hvze@statefarm.com

Westbank Bylaws – Proposed Changes

Article XIII and Standing Rule 16 will be voted on at the September 30th General Membership Meeting. (See following pages for proposed changes.)

General Responsibilities changes - required only Board approval.

Angie Duplessis
Alliance Refinery
504-656-3221
504-656-3000 (fax)

WESTBANK CLUB BYLAWS

The form below is to be used in submitting proposed amendments changes to the Westbank Club Bylaws, Standing Rules, Officers and Committee Responsibilities.

For **2009**

If any Member would like to submit a change(s) to the above, the following procedure has to be followed:

1. Fill out the form below.
2. Return the completed form to Dawn Ott, Bylaws Chairman.
3. The proposed change(s) will be given to the Bylaws Committee for review and then if the change(s) are appropriate, will be submitted to the Board of Directors at a Board Meeting for review/approval and then the change will be brought to the Membership for your vote at a General Membership Meeting, and then the handbook will be updated.

WESTBANK CLUB BYLAWS AND STANDING RULES OFFICERS AND COMMITTEES RESPONSIBILITIES

ARTICLE No.

XIII

Section No.

Section 3(c) (if any)

As it now reads:

EXPENSES incurred for attending the
Regional Meeting shall be paid by the Club for
the President, OR in her/his absence the
Vice President, OR duly-elected ALTERNATE, if
funds are available.

Changed to read:

EXPENSES incurred for attending the Regional
Meeting shall be paid by the Club for the
President and Vice President OR duly-elected
delegate, if funds are available

from the board

Reason for change:

The Vice President rep the Club

Submitted by (optional)

By law review comm.

Revised 01/01/09

WESTBANK CLUB BYLAWS

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.....

WESTBANK CLUB BYLAWS AND STANDING RULES OFFICERS AND COMMITTEES RESPONSIBILITIES

ARTICLE No. Standing Rules
Section No. 16 (if any)

As it now reads:

Each year's President shall be presented a
President's Pin at the December Meeting.

Changed to read:

Each year's President shall be presented a President's
Pin and Plaque at the December Meeting. If the current
President has a . a President who already has received
a pin may be presented with an alternate gift.

Reason for change:

To change President does not need two Pins

Submitted by (optional)

Bylaw Review.

Revised 01/01/09

WESTBANK CLUB BYLAWS

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WESTBANK CLUB BYLAWS AND STANDING RULES OFFICERS AND COMMITTEES RESPONSIBILITIES

ARTICLE No.

Section No.

Finance - (Detailed Responsibilities and
Committee Chairmen
(if any)

As it now reads:

Conduct a 50/50 raffle at the general membership meeting.
If head table flowers and gifts are available, a raffle
for them may also be conducted.

Changed to read:

Conduct a raffle at the general membership meeting
for 50/50 and/or table decorations and gifts.

Reason for change:

Clean up.

Submitted by (optional)

Bylaws Committee

Revised 01/01/09

WESTBANK CLUB BYLAWS

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For **2009**

If any Member would like to submit a change(s) to the above, the following procedure has to be followed:

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.....

WESTBANK CLUB BYLAWS AND STANDING RULES OFFICERS AND COMMITTEES RESPONSIBILITIES

ARTICLE No.

Section No.

Res Detailed Responsibilities of Committee Chairing
FINANCE (if any)

As it now reads:

Adding new

Changed to read:

*Adding # 4. ONCE Funds ARE Returned From Sale
Items That Amount Will be applied back towards
The ORIGINAL Budget*

Reason for change:

*To clarify the way Finance budget is
applied*

Submitted by (optional) _____

Revised 01/01/09

General Meeting

August 26, 2009

Presentation by: Jim Hunter

Capital Investments

Topic: International Oil Ventures



Speaker Jim Hunter and President Cheryl

Nutritional Information

by Theresa Adams
(Information gathered from Hubpages Website)

What are Fat Soluble Vitamins?

Fat soluble vitamins are essential to your health, and each one has its one very important function in the body. Vitamins A, D, E and K are all classified as fat soluble vitamins - since they are soluble in fat and are absorbed by the body from the intestinal tract. They follow the same path of absorption as fat and any condition interfering with the absorption of fats would result in poor absorption of these vitamins as well.

This class of vitamin can be stored in the body to some extent, mostly in the liver, and because of this, short term deficiencies are less likely to manifest themselves.

Vitamin A or Retinol and Carotene can be obtained from either animal or vegetable sources. The animal form is divided between retinol and dehydroretinol whereas the vegetable carotene can be split into four very potent groups - alpha-carotene, beta-carotene, gamma-carotene and crypto-carotene. With enough beta-carotene available in the body, the body can manufacture its own vitamin A.

Vitamin A is required for night vision, and for a healthy skin. It assists the immune system, and because of its antioxidant properties is great to protect against pollution and cancer formation and other diseases. It also assists your sense of taste as well as helping the digestive and urinary tract and many believe that it helps slow aging.

Vitamin D or Calciferol can rightly be called the sunshine vitamin, since the body, in a sunny climate can manufacture this nutrient from sunshine on your skin using cholesterol from your body to do so. Please remember that this can be achieved in about 30 minutes by fair skinned people, while dark skinned people, because of the pigmentation need about 3 hours to reach the same level of manufacture. The sunlight needed for this process is pure unfiltered sunlight.

Vitamin D helps with increasing the absorption of calcium, assists in bone growth and the integrity of bone and promotes strong teeth. It also helps regulate the amount of phosphorus in the body as well as assisting in a healthy heart and nervous system. In some recent studies it has also shown great promise in assisting psoriasis, the immune system, thyroid function as well as normal blood clotting.

Vitamin E or Tocopherol has earned itself a reputation - from spicing up your sex life to banning wrinkles and old age. One of the most important functions of this vitamin is its antioxidant properties. Vitamin E is an essential fat-soluble vitamin that includes eight naturally occurring compounds in two classes designated as tocopherols and tocotrienols. Vitamin E is an effective chain-breaking, lipid-soluble antioxidant in biological membranes, and aids in membrane stability.

Vitamin E is a powerful antioxidant, protects your cells from oxidation, and neutralizes unstable free radicals, which can cause damage. This is done by the vitamin E giving up one of its electrons to the electron deficient free radical, making it more stable. While Vitamin E performs its antioxidant functions, it also protects the other antioxidants from being oxidized.

This antioxidant capability is then also great in helping to prevent degenerative diseases - including heart disease, strokes, arthritis, senility, diabetes and cancer. It also assists in fighting heart disease and cancers and is essential for red blood cells, helps with cellular respiration and protects the body from pollution - especially the lungs. Vitamin E is also useful in preventing blood clots from forming and promotes fertility, reduces and/or prevents hot flushes in menopause. An increase in stamina and endurance is also attributed to Vitamin E.

Vitamin E is also used topically to great effect for skin treatments - in helping the skin look younger, promoting healing and cutting down the risk of scar tissue forming. Used on the skin it is also reported to help with eczema, skin ulcers cold sores and shingles.

Vitamin K or Phylloquinone and Menaquinone can be produced in the intestines and this function is improved with the presence of cultured milk, like yogurt, in the diet.

Vitamin K is found in nature in two forms - K1, also called phylloquinone, is found in plants and vitamin K2, also called menaquinone, which can be synthesized by many bacteria. Vitamin K3, menadione, is a synthetic form of this vitamin which is manmade.

Vitamin K is used in the body to control blood clotting and is essential for synthesizing the liver protein that controls the clotting. It is involved in creating the important prothrombin, which is the precursor to thrombin - a very important factor in blood clotting. It is also involved in bone formation and repair. In the intestines it also assists in converting glucose to glycogen, this can then be stored in the liver. There are some indications that Vitamin K may decrease the incidence or severity of osteoporosis and slow bone loss.

Why do the Vitamin names skip from E to K?

The reason the set of vitamins seems to skip directly from E to K is that the vitamins corresponding to "letters" F-J were either reclassified over time, discarded as false leads, or renamed because of their relationship to "vitamin B", which became a "complex" of vitamins. The German-speaking scientists who isolated and described vitamin K (in addition to naming it as such) did so because the vitamin is intimately involved in the *Koagulation* of blood following wounding. At the time, most (but not all) of the letters from F through to J were already designated, so the use of the letter K was considered quite reasonable.

The following table lists chemicals that had previously been classified as vitamins, as well as the earlier names of vitamins that later became part of the B-complex:

Previous name	<u>Chemical name</u>	<u>Reason for name change</u>
Vitamin B₄	Adenine	DNA metabolite
Vitamin B₈	Adenylic acid	DNA metabolite
Vitamin F	Essential fatty acids	Needed in large quantities (does not fit the definition of a vitamin).
Vitamin G	Riboflavin	Reclassified as Vitamin B₂
Vitamin H	Biotin	Reclassified as Vitamin B₇
Vitamin J	Catechol, Flavin	Protein metabolite
Vitamin L ₁	Anthranilic acid	Protein metabolite
Vitamin L ₂	Adenylthiomethylpentose	RNA metabolite
Vitamin M	Folic acid	Reclassified as Vitamin B₉
Vitamin O	Carnitine	Protein metabolite
Vitamin P	Flavonoids	No longer classified as a vitamin
Vitamin PP	Niacin	Reclassified as Vitamin B₃
Vitamin U	S-Methylmethionine	Protein metabolite



*Happy
Birthday*

To

Our Members born in August

Lois Jones – September 8

Theresa Adams – September 15

Judy Guillot – September 15

Terri Goodwin – September 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 9, 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 16, 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

September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 BULLETIN DEADLINE	2	3	4	5
6	7 LABOR DAY	8	9	10	11	12
13	14	15 ADDC CONVENTION CALGARY, ALBERTA, CANADA SEPTEMBER 13 - SEPTEMBER 19	16	17	18	19
20	21	22	23 BOARD MEETING	24	25	26
27	28	29	30 GENERAL MEETING			

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Happy Halloween</p>				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
			BULLETIN DEADLINE			
18	19	20	21	22	23	24
			BOARD MEETING			
25	26	27	28	29	30	31
			GENERAL MEETING			

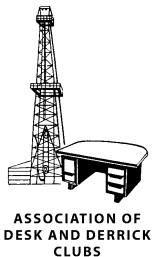
On the following page, you will find the **New Member Application for 2009**. THIS FORM NEEDS TO BE USED FOR **NEW MEMBERS ONLY**.

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: **III**

M/F (Gender): _____ Bday (mm/dd): _____ Club: **Desk and Derrick Club of the Westbank**

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

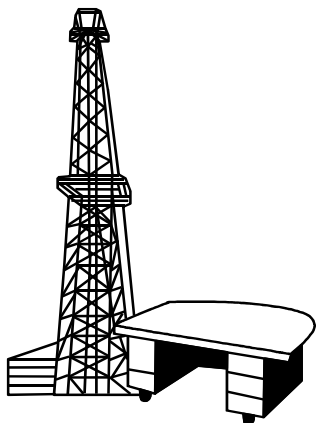
Corporate Contribution: Amount \$ _____ Local ☐ Regional ☐ Association ☐

Signature: _____

Date: _____

Dues: **\$50.00**

Send to: Desk and Derrick Club of the Westbank
Elaine Lesnak – Membership Chairman
P.O. Box 2875
Gretna, LA 70054-2875



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