

Desk and Derrick Club of Oklahoma City

DERRICK LIGHTS

The five ways to well being

By: Michelle Burgard

There have been bad, crazy and unbelievable things that have happened the last couple of years, such as the worldwide pandemic, being stuck at home away from everybody and shootings. These are just a few things that have really changed how we all cope and try to handle this new way of living. I think it has really taken a toll on how everybody lives and handles stresses today.

I watched this video, not really sure what this would teach me, but it was very informative and gave wonderful ideas on how to improve your mental health and wellbeing. It was a great way to look at how to help yourself or even help notice if a family member or friend might be exhibiting symptoms or in need of help. Listed below are the five ways to well-being and some examples of how to achieve that.

1. **Connect** - with colleagues, neighbors, friends and family. Talk to someone new, arrange a catch-up with family and old friends. Really listen and engage.
2. **Be active** - Go for a walk or run, stretch, cycle, play a game, dance, do some gardening or physical activity.
3. **Take notice** - Be present in the here and now, be curious, notice the change of season, savor the moment and pay attention to the world around you.
4. **Keep learning** - Learning new skills and information, try something new, take a class, rediscover an old interest, try a new recipe.
5. **Give** - Small acts of kindness like volunteering, smile, donate, thank someone, make someone a cup of tea, ask a friend how their day was and really listen.

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CLUB MOTTO

"GREATER KNOWLEDGE - GREATER SERVICE"

CLUB PURPOSE

The purpose of the Club shall be to promote the education and professional development of individuals employed in or affiliated with the petroleum, energy, and allied industries and to educate the general public about these industries.

ADDC MISSION STATEMENT

To enhance and foster a positive image to the global community by promoting the contribution of the petroleum, energy and allied industries through education, by using all resources available.



Desk & Derrick Club of Oklahoma City
 Club Information • www.deskandderrickokc.com
 Association Information • www.addc.org

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 Retired

VICE PRESIDENT

Tim Parrish
 Enterprise Crude Oil LLC

SECRETARY

Michelle Burgard
 Paycom

TREASURER

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 Enterprise Crude Oil LLC

Jamie Gilmore
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Debi Sheline
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PARLIAMENTARIAN

Wendy Sparks
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***From the Editor,
 Ann Mefford***



Green Grass and Hot Winds

Summer is here as far as I am concerned, hot and sunny and sweat dripping off me just from walking to the mail box. My grass and flowers are growing and I have enjoyed some sweet cherry tomatoes already.

Things are harder for people to deal with as Michelle wrote in our meeting review for May. I know we all have our share of challenges. Thankfully with time things get better and we get through them.

On my way to work this morning I saw a man on the corner of the street pointing to a sign he was holding. I thought okay he is asking for a handout. To my surprise and please his sign said “ Smile, it’s free!” and had a happy face painted on it. He had a mission to bring joy to the people going by him to make their morning a good one. Just like the sign said he was passing out free smiles and people were smiling back. We can all learn a little from him. Being happy doesn’t cost anything it’s just a matter of deciding to smile no matter what.

Stay cool my friends and smile.

Ann

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Marsha Gentry

2022 President

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Hi, Members –

And, we've made it to summer. Remember all that rain we had a couple of weeks ago? We should have taken pictures of the puddles and soggy yards. But, aren't the flowers bright and pretty!

This month we will have our membership meeting at Johnnie's on Britton Road, and it will be on the 4th Tuesday of June (June 28), and I have purchased an HDMI cable for our use if there isn't one on site. Surely this month will run smoothly. Please join us and find out!!

The Membership Committee will present our June program. Do you have ideas about how we can promote our Club and attract more members? Let's discuss them at our June meeting.

See you June 28 at Johnnie's!

Marsha

"The happiest person is the one who thinks the happiest thoughts"

Norman Vincent Peale



Philana Thompson

2022 ADDC President
610 Reilly Ave, Farmington, NM 87401
505-486-1171
pthompson@merrion.bz

Board of Directors

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June 2022

Happy June!

Over the last couple of years, it seems our organization has been hit with some pretty hefty fines when it comes to copyright infringement of photo's.

In copyright law, there are a lot of different types of works, including paintings, photographs, illustrations, musical compositions, sound recordings, computer programs, books, poems, blog posts, movies, architectural works, plays, and so much more!

An example of the issue at hand is folks are copying pictures found on the internet and using them in newsletters, social media, etc. Unless you have purchased the copyright license or received direct approval from the owner this is copyright infringement and can be subject to hefty fines.

Is it possible to use a copyright-protected work without infringing?

Yes, in some circumstances, it is possible to use a copyright-protected work without infringing the owner's copyright. For more about this, you may wish to learn about fair use. It is important to note that your content can be removed in response to a claim of copyright infringement, even if you have...

- Given credit to the copyright owner
- Refrained from monetizing the infringing content
- Charged for a copy of the content in question
- Noticed similar content that appear elsewhere on the internet
- Purchased the content including a hard or digital copy
- Recorded the content yourself from TV, a movie theater, or the radio
- Copied the content yourself from a textbook, a movie poster or photograph
- Stated that "no copyright infringement is intended"

<https://support.google.com/legal/answer/3463239?hl=en>

The best rule of thumb is to only use photos you have received direct permission to use or have purchased the license to use it. It is in your clubs' best interest to go back through your social media platforms, newsletters and anything that has been posted on a public platform and verify the content won't get you in trouble with copyright infringement laws.

Prayers and Blessings!

Philana Thompson

pthompson@merrion.bz

Central Region Director's Newsletter



Jamie Sabata
 Central Region Director
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 67901 620-655-6503
 jamie.sabata@gmail.com

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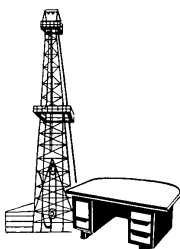
Samuel Thomas

SOUTHEAST REGION DIRECTOR

Kathy Martin
 Acadian Ambulance Service, Inc

WEST REGION DIRECTOR

Ingrid Burton



ASSOCIATION OF
 DESK AND DERRICK
 CLUBS

June 2022

Hello Central Region members,

Summer has arrived! Yay!! Some of us are planning fun activities as in field trips, golf tournaments, cookouts and family vacations! If your club has any field trips or any activities planned, please email the info to all the Central Region Club Presidents and post to the Central Region Facebook page. That way everyone is aware of the events and could possibly attend. ☺

Important info and dates to remember:

- Copyright Infringement – please read Philana’s June President letter....it has all the important info that must be followed on any social media to prevent any hefty fines. This is a must read before posting pictures, etc on your club’s and Central Region Facebook pages, or sharing club newsletters and bulletins on a public platform.
- Proposed Central Region Bylaws Vote – Club votes due by July 1.
- 2023 ADDC Association Officers Nominations – due June 17. Submit to: Terry Ligon (terryligon@hotmail.com)
- Distinguished Member or Special Achievement Award nominations – due by July 1 @ 6PM MST. Submit forms to: Helen Trujillo (htrujillo@rlbayless.com)
- 2022 ADDC Convention – September 21-25, 2022
- TAXE1 and 990 Forms were due by May 15. If you haven’t already, please send your confirmation and filing to Shelly Hildebrant (shellyhildebrant@hotmail.com) and copy me as well.

Have a safe, blessed and fun June!

Love, Light & Blessings,
Jamie Sabata

Continued from page 1

One big item I learned from watching this is how important it is to listen and really pay attention to your family, friends, neighbors and colleagues.

The greatest gift you give someone is to smile and listen to what they have to say. These are the five ways to well-being and just a few examples of each. Just remember you never really know what is going on with someone and maybe you can use one of these ways to help change or brighten someone's day who really needs it. I encourage everybody to really take the time and help make small positive changes where you can, or if you need a friend, call or reach out to someone. Mental health is important and all of you can be the positive change!

If you have time check out the well-being series on youtube. Including this one the five ways to well-being. <https://www.youtube.com/watch?v=gJ5V525SCk>



Jamie Gilmore and Ann Mefford celebrating May birthdays.

Tim Parrish, Debi Sheline and Taylor Rose enjoying our meeting.

Lucky**Strike!**

HAPPY BIRTHDAY

June—None



July

7/10 Connie Price

7/23 Martha Hunter West

7/29 Debby Bond



Jamie Gilmore was the birthday winner and
Wendy Sparks won our 50/50.

June 28, 2022 Membership Meeting

Johnnie's Charcoal Broiler

2652 West Britton Road, Oklahoma City, OK 73120

Dinner & Meeting at 5:45 p.m.

Cost \$20 Meeting Only: No Charge

Order when you arrive and tell the cashier that you're with the Desk & Derricks Club.

(Club will pay the tab)

Membership committee will be providing our program this month.

Reservations must be received by noon on Friday, June 24, 2022

Payment Must Be Made For Reservation

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



June 2022

DATES TO REMEMBER



June 26

National Chocolate Pudding Day

June 28

INTERNATIONAL CAPS LOCK DAY

June 29

National Handshake Day



July 2

I Forgot Day



July 4

National BBQ Day

July 9

National Sugar Cookie Day

July 11

Cheer Up the Lonely Day



July 14

Pandemonium Day



July 17

World Emoji Day

LET'S LAUGH (or groan)



Q: What do you get when you combine an elephant with a fish?

A: Swimming trunks!



Q: Why did the dolphin cross the beach?

A: To get to the other tide!

Q: What kind of candy do you get at the airport?

A: Plane chocolate!



Q: What's gray, has four legs and a trunk?

A: A mouse on vacation!

Q: How can you tell that the ocean is friendly?

A: It waves!



Q: What do you call a pig on a leash?

A: Pulled pork!

Tee It Up Word Search

DIRECTIONS: Find and circle the golf vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

BIRDIE	G	Y	B	Q	R	W	J	L	D	N	E	E	T	E	F	G	W	I	Y
BOGEY	U	Y	M	B	C	B	E	F	R	O	Z	H	K	O	D	H	K	Q	S
BUNKER	D	K	A	E	A	G	L	E	X	R	F	O	A	B	U	N	K	E	R
CADDIE	T	O	R	G	R	K	Y	R	P	I	R	A	J	Z	F	M	R	Z	F
CART	L	H	O	E	O	E	U	E	F	T	Y	D	I	W	A	T	O	H	S
CHIP	E	Z	E	W	M	A	N	O	S	W	I	N	G	R	L	R	B	A	D
CLUBS	C	N	O	P	Z	E	S	O	E	B	E	P	Z	T	W	A	D	Q	E
COURSE	I	Z	W	B	L	Z	B	I	N	I	U	E	K	J	T	A	U	V	S
DRIVER	L	H	Q	I	P	O	V	Z	G	I	D	L	H	A	L	T	Y	D	R
EAGLE	S	R	G	D	J	M	Q	A	D	E	E	R	C	X	C	R	I	R	U
FAIRWAY	U	E	B	U	Y	E	N	E	T	T	P	L	I	N	X	A	E	V	O
FORE	P	T	E	C	O	D	I	V	O	T	C	X	O	B	M	C	A	P	C
GREEN	A	T	T	F	X	R	S	P	L	D	O	A	S	H	E	V	M	T	S
GRIP	C	U	D	R	I	V	E	R	H	S	D	X	A	F	U	G	R	I	P
HANDICAP	I	P	R	B	V	H	E	U	S	M	V	P	Z	P	M	E	D	M	H
HAZARD	D	U	P	H	H	R	C	A	D	D	I	E	O	O	G	X	M	E	Y
HOLE IN ONE	N	G	B	S	O	J	E	H	E	R	H	X	J	B	O	G	E	Y	W
HOOK	A	V	X	F	O	J	Z	R	B	A	W	N	Z	V	V	O	N	G	V
IRON	H	E	I	M	K	S	F	G	I	P	I	C	H	I	P	X	D	N	O
PAR																			










PUTTER SWING
ROUGH TEE
SHOT WEDGE
SLICE WOOD
STROKE


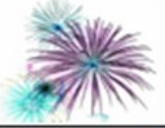




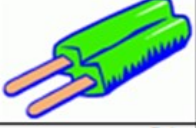

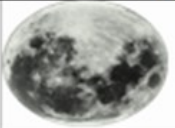


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JUNE FUN FACTS

- 30 DAYS IN THE MONTH
- World Milk Day
- National Donut Day
- Longest Day of The Year
- National Yo-Yo Day
- Rose
- Most Popular Wedding Month
- Flag Day
- Father's Day
- Goodbye Spring
- Hello Summer
- Astrology Signs: Gemini, Cancer
- Pearl Birthstone
- 6th Month of The Year

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JUNE 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			National Barefoot day		National Donut Day	
5	6	7	8	9	10	11
		National Oklahoma Dayt			Bulletin Articles Due	
12	13	14	15	16	17	18
			Nature Photography Day			National Go Fishing Day
19	20	21	22	23	24	25
				National Pink Day	Take Your Dog To Work Day	
26	27	28	29	30		
		Members Meeting				

JULY 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
					NATIONAL GINGERSAP DAY	
3	4	5	6	7	8	9
			NATIONAL FRIED CHICKEN DAY		NATIONAL FREEZER POP DAY	
10	11	12	13	14	15	16
NATIONAL KITTEN DAY		BOARD MEETING			BULLETIN ARICTILES DUE	
17	18	19	20	21	22	23
			NATIONAL MOON DAY			GORGEOUS GRAMDMA DAY
24	25	26	27	28	29	30
		MEMBERS MEETING			NATIONAL LIP STICK DAY	