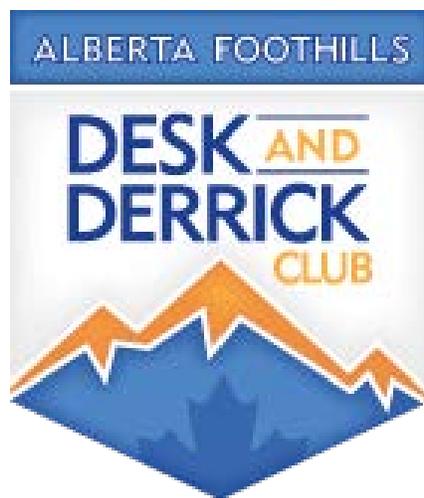


Alberta Foothills Desk and Derrick Club

# MOUNTAIN MESSAGES



October 2016

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Sincere thanks to all contributors. The Editor reserves the right to edit articles for clarity and space.

---

## 2016 Committee Chairs

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### Reservations

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### Fundraising:

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### Association of Desk and Derrick Clubs

**Motto:** Greater Knowledge – Greater Service

**Purpose:** The purpose of the Desk and Derrick Club is 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.

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

Web site: [addc.org](http://addc.org)

### 2016 Region VII Director

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## Mountain Messages

Submission deadline for November issue:

October 28

Send submissions to:

Connie MacRae: [cmacrae@suncor.com](mailto:cmacrae@suncor.com)

## The Desk and Derrick Journal (DDJ)

Send submissions to:

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## ADDC Insight

[addc.org](http://addc.org) > Members > ADDC Insight

Send submissions to:

Helen Trujillo: [htrujillo@rlbayless.com](mailto:htrujillo@rlbayless.com)

## Membership information

All member contact information is for our members only and not to be shared outside of Desk and Derrick.

All membership changes must be submitted to the Membership Chair on the ADDC Change of Address form, as the completed form needs to be provided to the ADDC office. The blank form is available at the end of this newsletter.

Send membership changes to:

Naomi Reid: [naomic.reid@gmail.com](mailto:naomic.reid@gmail.com)

## ADDC Membership Application Form:

[addc.org](http://addc.org) > Members > ADDC Forms >

Membership Application – ADDC12

## INSPIRATION

*Presented by Laura Schmidt at the September dinner meeting*

### Thoughts of Favorite People

Life can be so busy that the days just seem to fly

And time with those we care about can sometimes pass us by

But in the midst of busy hours, it's always nice to find That thoughts of favorite people very often come to mind

Happy thoughts that make us smile and brighten up the day

Warmed by special memories that are in our hearts to stay

And even though our schedules may keep us on the go We want to take the time to let these special people know

We're glad for everything we've shared, and want to keep in touch

For people in our hearts and thoughts will always mean so much

Author Unknown



# Minutes of the 150th Membership Meeting of the Alberta Foothills Desk and Derrick Club

September 14, 2016 at the International Hotel, Calgary

The meeting was brought to order at 6:05 p.m. by president Tracy. There were nine members and no guests in attendance.

## Club Business

- Joanne Riggall provided a sample of a pin scarf, and offered to sew 45 scarves, in navy and black, as a fundraiser for the Club. Joanne and Lorna will sell them at Convention in Denver for \$10.00 each. The use of the proceeds raised will be designated at a later date. The Club will reimburse Joanne for the fabric and materials.
- Tracy read a letter from ADDC President Connie Harrison, which challenged each member to bring a guest to the next meeting or field trip.
- ADDC Convention update: Gerry Rasmussen and Elise Lorenz of the Denver club will approach other Region VII members to help out if and when needed, with registration, hospitality, etc., throughout Convention.

## Committee Reports

- Programs / Field Trips: Allison Rosland provided information about the October 15 field trip to Medalta Pottery in Medicine Hat.

- Communications: Connie MacRae – the submission deadline for the October newsletter is September 29

## Program

Tracy Fillmore, Connie MacRae and Joanne Riggall presented photographs and highlights of the ADDC 2016 Fire & Ice Energy Excursion to Iceland. Allison then presented our 3 speakers with Starbucks gift cards as a thank you.

Winner of the 50/50 draw was Connie MacRae (\$22.50).

The meeting was adjourned at 8:36 p.m.

Closing thought from President Tracy:  
Sometimes when things are falling apart they may actually be falling into place.

– *Anonymous*

Tracy Fillmore

Tracy Fillmore, President



September 14, 2016 Membership Meeting Photos



## September 14 Speaker Report

### Iceland Fire & Ice Energy Excursion – August 2016

Photographs presented by Tracy Fillmore and Connie MacRae

Report submitted by Joanne Riggall

The Iceland trip organized by the Alberta Foothills Desk and Derrick Club and Dave Heron of Pace Setter Travel was spectacularly scenic, and provided educational opportunities with respect to geothermal heat and electric power generation and research.

**Saturday, August 13:** After a 6-hour flight from Edmonton, Dave met us at Keflavik airport and then we were treated to a welcome breakfast at the nearby Viking Museum. The museum had many artifacts on display, including a replica of a Viking ship suspended from the ceiling. This ship was actually sailed to New York in commemoration of the Vikings' landing in Iceland in 874.

Iceland's population is 320,000, and almost 3 out of 4 residents live in the capital region of Reykjavik. The main industries are tourism and fishing. In addition, there are 5 aluminum smelters around the island and there is some dairy and sheep farming, which produces the renowned Icelandic wool.



The next stop was the famed Blue Lagoon Geothermal Spa. The area around the Lagoon is a historic lava flow covered in green moss. We all appreciated this soothing dip into the mineral-rich, geyser-fed pool, and some enjoyed a facial mud mask.



After a few hours of free time we attended a welcome dinner at the [Fjörkráin Viking Village](#). The meal started with the traditional pairing of 80-proof Brennivin ("Black Death") made of green native plants, and [Hákarl](#) (fermented shark – this is definitely an acquired taste, which almost no-one in our group appreciated). A couple dressed in Viking garb entertained us in the old authentic hotel.

**Sunday:** an optional Icelandic Pony ride. These small horses are very gentle and easy to ride. They follow nose to tail and sometimes compete for position. The ponies do not gallop; they have a fifth gait that enables them to move very quickly but still be smooth to ride. Iceland does not allow interbreeding, and no other horses are allowed on the island, as they want to keep the strain very pure.

Next was a boat ride to Puffins Island in Smokey Bay, which got its name from the first Vikings who saw plumes of steam from the geysers surrounding the area where Reykjavik now stands. Unfortunately it was raining and the Puffins were difficult to see, although some of them flew near the boat. Smokey Bay got its name from the first Vikings who saw the plumes of steam from the geysers which surrounded the area where Reykjavik now stands.

In the harbor area we went to [Volcano House](#) to see a film about Icelandic volcanic activity over the centuries. The most recent eruption was the Eyjafjallajökull volcano in 2010 which crippled the airways across Europe. Hekla is Iceland's most famous volcano, since it erupts approximately every 15 years. All of Iceland is volcanic and it straddles the North American and Eurasian tectonic plates. There are currently more than 20 active volcanoes on the island.

**Monday:** we toured Reykjavik with our local guide Holm, and Eddy, our driver for the next week. Holm passionately spoke about the history, environment, way of life, folklore and architecture on the island. After 1922 all homes in the city were built with cement to prevent fires caused by volcanic ash. Even today there are no buildings higher than 10 stories. Until 2006 fishing was the main industry, now tourism is number one and growing fast. Last year alone there were 1.2 million visitors to the Island. The residents are scrambling to create the required infrastructure.

Our first energy presentation was at the Hellisheidi Geothermal Power Station which sits in the Hellishedavirkjun crater. The steam geysers could be seen throughout the area as we approached the plant. The engineer explained the process of drilling volcanic formations to reach the super hot water which is piped into the station to produce electricity. There is minimal emission damage to the environment using this process. The 98-degree water is then transported 50 kilometers through pipes to local homes, hospitals, greenhouses and businesses. Pipes have been installed under the pavement and sidewalks to melt



snow and ice during the winter months. The water is also used to heat the many public and private swimming pools which are open 365 days a year. The cost of living is high due to the importation of food and construction material, but electricity is the most affordable in the world and they are looking to export it through undersea cables to Scotland, where electricity costs are very high. It would be cheaper for Scotland to import electricity from Iceland than it would be to produce it locally.

The next wonder was [Geysir Geothermal Field](#). The hot water erupted every few minutes to heights of 15 to 20 feet. We were treated to more “Black Death”, and rye bread baked for 24 hours in the geysir pool.

Our first major waterfall was at [Gullfoss](#), where we were able to get very close to the tons of glacial water that pour through this canyon on the way to the sea.



Our next stop was at [Pingvellir National Park](#) where the two continental tectonic plates are visible above ground. We walked through the narrow rock walls where the plates are moving apart at a rate of 2 centimeters per year. This is also where Alþingi, the first Icelandic parliament was held in 930 AD. Pingvellir has been designated a UNESCO World Heritage Site.

The road which circles the Island was completed in 1973. Many deep fiords around the island created the need to build tunnels like the 6.6 kilometer one at Hvalfjorour, which saved us a 110-kilometer drive to our overnight stop at Borgarnes.

**Tuesday:** During our bus ride north through a high plateau, Holm recounted family sagas dating back hundreds of years. The hard, cruel life of the pioneers in the region is well documented in books. Holm recommended [Burial Rites](#) by Hanna Kent.



We visited the historic sod houses, long houses, church and cemetery at Minjahus. Many tools and household items still remain in these 1900-era houses.

Later we went whale watching in the deep fiord at [Hauganes](#). Our captain and his assistant were experts at spotting whales in the area, and we were fortunate to see a number of different species.

Our overnight stop was at the pretty town of Akureyri, where we visited the botanical gardens. A fiord bordered with a pathway and crossed by a bridge near the town makes this area very picturesque. Many trees, flowers and plant beds featuring specimens of almost all native Icelandic plants was the work of a few women of the community.



**Wednesday:** [Goðafoss waterfall](#), known as the Waterfall of the Gods was beautiful in full sunlight. Many tourists lined the banks to view this fast flowing water. After an excellent lunch and some shopping at a roadside service station we were on our way again.

[Lake Myvatn](#) is very clear and deep. It is surrounded with massive, rugged lava flows. The moss grows everywhere to contrast with the higher mountains in the distance. The [Hverfjill volcano](#) area was surrounded by camping hikers who braved trekking the rim.

[Krafla Power Station](#) sat in a field of vents. The same power generating system provided this remote area with their electrical and water needs. One generator was getting its yearly total overhaul. We viewed a short film about the plant.

Leaving this area we crossed the hydrogen sulfide spewing area of [Namafjell](#). This massive moonscape is totally barren of plants. A bit eerie, but many tourists were walking amid the sour vents.



Our next stop was more enjoyable as we walked a half kilometer to the [Dettifoss waterfall](#), the most powerful in Europe. The area was strewn with large rocks and a deep sheer cliff to the water below. Backtracking to the main island highway we crossed a high area of old lava rock, and again the vegetation was nil.



We arrived at our stopover in Hallormsstaour to a wonderful buffet. The area is forested by trees planted by the Vikings hundreds of years ago. The trees barely measure 30 feet high, due to the very short growing season and the poor quality soil.

**Thursday:** had us traveling the eastern side of the Island. In Seyoisfjorour the Norrona Ferry connects Iceland with the Foore Islands and the European continent. We saw convoys of Italian motor homes in Egilsstadir. There were “Santa huts” in the high plains which are used by stranded motorists. In previous years these huts saved the lives of horsemen traveling the old roads.

In Reydarfjordur there is a large smelting plant, which is the third largest industry in Iceland. This area also supplies 2/3 of the world demand for eiderdown. The eider is picked from thousands of nests each year. In this part of the island there are many fish farms as well.

We stopped at [Petra’s Stone Collection](#) in Stoovarfjorour. Petra started collecting rocks as a girl and amassed a large assortment of precious stones, rocks, and minerals. The display includes a large flower garden with wooden walkways over water stems.

The coastline in this area is treacherous as the mountainside reaches straight into the sea. It is very picturesque with the clouds shrouding the tops. At Djupivogur we stopped for lunch and a visit with an old islander who makes jewelry out of reindeer horns. We toured the town and visited the [Eggs of Merry Bay](#), a unique sculpture which consists of 34 large scale eggs representing the bird species found in the area. Our overnight stay was in Hofn.



**Friday:** began with a drive along the south east coastline rimmed with mountains and waterfalls. The source of the water is the largest glacier in Europe, [Vatnajokull](#), which covers 8 percent of the island. Icebergs from Vatnajokull calve into a lagoon of [Lake Jokulsarion](#), a filming location for James Bond's *Die Another Day* and *A View to a Kill*, as well as *Lara Croft Tomb Raider* and *Batman Begins*. We enjoyed a boat trip among the icebergs and a taste of glacial ice. Over time these now stranded icebergs are marked with layers of black ash from volcanic eruptions. This was a special treat as many of our group had never seen icebergs.

Driving along this stretch of highway was the most picturesque of the trip. The glacial water rushing to sea is a challenge for the Highway Department, as bridges and roads are regularly washed away. Coming around the south end of the massive glacier we could see that it covered over more than one mountain range and we could view it for a stretch of over 20 kilometers.



We hiked to the base of Skaftafell Glacier, which is part of the Vatnajokull ice field. Vatnajokull National Park covers 13.5 percent of Iceland. The blueberries were everywhere and late flowers were still blooming. We actually found some orchids near the pathways.



Leaving the park we saw two reindeer along the beach. Tourists were approaching so they were on the move.

Nearer to Vik and the most southern point of the island we stopped to see Puffins no more than 5 feet from us. They were performing for us, landing and taking off like clumsy clowns. Most of us got really beautiful and close up pictures of these remarkable birds.

**Saturday:** We left Vik and drove by Iceland’s tallest waterfall, [Skogafoss](#). This spectacular waterfall is very wide and creates a beautiful rainbow as the mist travels across the valley. These falls originate from the [Katla](#) or Myrdalsjokull glacier. Katla is an active volcano which is being closely monitored as there have been some recent rumblings there.



We were now getting closer to the famous [Eyjafjallajokull](#) volcano which last erupted in 2010. This small eruption actually happened under a glacier, and caused the skies over Europe to cloud over for weeks. What will happen when a big one blows?

Our last stop was at a great little bakery with a big significance as this little mall was built over the fault line, really a little fissure that was separating by 2 centimeters per year. So they decided to build anyway but put a glass plate on the floor so people could actually see both sides of the North American and Eurasian tectonic plates. They also have a siren and designated escape routes from the mall. Icelanders are really friendly, hardworking and extremely loyal to their country.

Then it was back to Reykjavik, and a special farewell dinner to celebrate our very successful trip.

**Sunday:** On our last day we attended a presentation at the Iceland School of Energy. We first met with Randal Greene, a professor who explained the curriculum and supporters in the energy industry involved in mentoring their students. Four students presented their area of study and research.

- Cori Covell: Hydraulic well stimulation in low temperature geothermal areas of direct use
- Nicholas Randall: Phasor Measurement Unit (PMU) based model for advanced diagnosis for generator power systems
- Yuxi Li: Complexity analysis of lumped parameter models: development of complexity reduction algorithm
- Keith Smithson: A Stochastic approach to geothermal well target determination using geophysical reliability data



I am convinced that many of us were very happy to learn of the new, improved and innovative approach to better utilize the earth's resources while still keeping the environmental impacts a priority.

Our last event before heading to the airport and home was a lunch with "Women in Energy Iceland". Harpa Petursdottir and Aurdur Nanna Baldvinsdottir gave a presentation on how the group was formed, their purpose, and the goals they want to achieve for Women in the "Energy World" of Iceland.



Alberta Foothills Desk and Derrick Club  
President's Letter  
Tracy Fillmore

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403-837-8720



Dear Members:

October 2016

As we move into the swing of Fall and the leaves change from green to yellow, orange and red we are forced to think of the coming colder weather and enjoy any of the coming days that are still warm and sunny.

The 2016 Convention in Denver, hosted by Region VII clubs, was a huge success. The free seminars on *How to Win an A.I.M.E.E.* and *How to be a Regional Rep* were very well attended. There was a wide variety of field trips and seminars to choose from, including interactive trips like a gold or silver mine tour, to history of the area from the beginning. Kudos to Region VII for a job well done!

Convention was a great time to reconnect with friends, make new friends and be inspired by all that Convention had to offer with the theme of *Plant Knowledge through Education*.

I was lucky enough to attend Convention on behalf of the Alberta Foothills Desk and Derrick Club and vote for the next ADDC board members. Most of the education options were attended by the club members so that we all can broaden our Horizons through attendance or reading the articles in the next issue of *Mountain Messages*. The association business was conducted successfully Friday and Saturday. Saturday's luncheon speaker was Past President Lori Landry. The Saturday night banquet speaker was from Whiting Petroleum Corporation, Mark R. Williams, Senior Vice President of Exploration and Development, and the topic was *Outrunning Commodity Price Cycles with Leading Edge Technical Innovation*.

Keep our quest for **Greater Knowledge – Greater Service** alive by inviting friends or colleagues to the next meeting, we are still having the "Dinner guest and member dinner program" covered for first time attendees with completion of a survey/questionnaire.

Regards, Tracy

2016 ABFDDC President





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October 2016

Thank you Awesome Members

We had a wonderful educational convention in Denver and it is so hard to believe that it has come and gone so quickly. Thank you, Denver Club and Region VII, for all your hard work and dedication. I would like to share with all of you my report which I presented at the convention. Many of you were unable to attend and I did want to share these things with all of you.

This has been a very trying couple of years due to the downturn in our industry and subsequently our association.

We have an opportunity, an obligation and a challenge to lead this association into the future. I believe, and many of you do as well, that the next three or four years are going to be defining years and will set the stage for what the association will look like for the foreseeable future, for decades, not years, and perhaps it will shape it for the entirety of the 21st century.

Decisions should be made, by each of your clubs, so that the success of the three percent doesn't come at the cost of the 97 percent. Conversely, we need to make sure that the success of the 97 percent doesn't come at the expense of the three percent. We need to figure out how all 100 percent can thrive in these next few years. That's not an easy task. The legacy we leave is part of the ongoing foundations of the life of this association. Those who came before left us the association we have. Those who will come after will have only what we leave them. We are the stewards of this association, and we have an obligation to leave it better than we found it, even if it seems like such a small part.

We started off this year with 2076 members and 54 clubs and today we are 1,670 members strong and 51 clubs. We have indeed experienced our own downturn but we must not give up but work harder to recruit, renew and rejuvenate our membership.

We have been working with and continue to work with various colleges and universities to bring Desk and Derrick to their campuses which will enable us to continue to educate the public. We have enhanced our website to include more learning opportunities for anyone who visits our website, be it members



or non-members. We have reduced our expenditures while still maintaining the highest quality of education for our members, our employers and our communities. We continue to give out scholarships, both on the association level and club level, to help our future leaders gain more knowledge to lead this nation and this association. This is a legacy we must continue to leave for the future.

We are standing on the edge of the mountain we are climbing and we must not look back but only look upward and know that together we will make it to the top. Failure will never overtake us if our determination to succeed is strong enough. As I look out at you all here and see that determination in your smiling faces, it is apparent we are a strong organization and have navigated these troubled waters before and emerged with an even stronger organization.

We must all have a passion for this organization and if you aren't committed to your passion then you are slowly wasting away. Purpose without passion is a smoldering failure just waiting to happen. Determine your passion and the rest will follow. Energy is contagious so let's all get infected with energy for this association. The importance of a common goal among members is what made this association stay so strong and viable throughout these 65 years. We must portray that by becoming ONE in purpose, and by doing so we are showing the world that we are serious and that we truly believe in our motto, GREATER KNOWLEDGE, GREATER SERVICE. It takes time and physical activity to be involved with Desk and Derrick Clubs. Your efforts can have an impact on your local and national Association of Desk and Derrick Clubs but that is our passion and this transfers into our service. Every person on this earth has a gift. Use your gift in your clubs to make a difference. Help perpetuate the dream of Inez Awty Shaffer. People do not choose dreams, the dreams choose them. Do we have the courage to grab the dream that picked us and grips us? If Inez were here she would tell you that she did grasp the dream that picked her.

Most of you know I work in the Aviation Department for Valero Energy, let me tell you something I learned about planes. Some people think planes are dangerous to fly but planes are more dangerous staying on the ground. Why? If they stay on the ground the plane starts to rust, malfunction and wear much faster than when they are in the air. Planes were built to fly just as each of you were built to live out the dream you have inside as Inez Awty Shaffer did. The saddest loss is to live a life on the ground without taking off. What ignites that spark in you for this association? The corporate climate continually changes bringing with it the challenges of motivation. We must present ourselves in a positive manner as this is key to our association's future. I know that we are all up to that challenge and I forecast an even stronger association for the future. We must keep going because struggle and criticism are prerequisites for greatness, that is the law of this universe and no one escapes it. Sometimes we have to earn our wings on our way down. And those earned wings will help us soar to greatness. Let's soar and take this association to new heights and not let it rust and malfunction by staying dormant. We need to recruit, renew and rejuvenate and stay viable and purposeful. We are trending upward and we will reach the summit united in our purpose.

Connie Harrison  
2016 ADDC President



# Events

## Alberta Foothills

October Membership Meeting  
October 19  
Registration / networking 5:30 p.m.  
Dinner / meeting 6:00 p.m.  
International Hotel  
220 – 4 Avenue SW

October Board Meeting  
October 26, 5:30 p.m.  
CNRL offices  
Banker's Hall – West tower

November Membership Meeting  
(Annual General Meeting – members only)  
November 9  
Registration / networking 5:30 p.m.  
Dinner / meeting 6:00 p.m.  
International Hotel  
220 – 4 Avenue SW

November Board Meeting  
November 30, 5:30 p.m.  
CNRL offices  
Banker's Hall – West tower

## ADDC (Association of Desk and Derrick Clubs)

2017 Convention  
September 19 – 24  
Hosted by San Antonio Club (Region IV)  
San Antonio, Texas

[2018 Convention](#)  
September 18 – 23  
Hosted by Tri State Desk and Derrick Club (Region II)  
Evansville, Indiana

2019 Convention  
Kansas City, Missouri

# HAPPY BIRTHDAY !

## October

Roseline Cyr  
Kathi DesChene  
Sandra Fitzpatrick  
Joanne Riggall

## November

Jo Laird  
Heather Shanks



CHANGE OF ADDRESS FORM

Mail to: Association Distribution Office
5321 S. Sheridan Rd., Ste. 24, Tulsa, OK 74145
Email: ado@addc.org

Date: \_\_\_\_\_

PRINT ALL INFORMATION

Name: \_\_\_\_\_ Member No.: \_\_\_\_\_

Club: \_\_\_\_\_ Region: \_\_\_\_\_

Please update my membership information to reflect the following changes. If you are a Club President, ADDC Committee Chairman or Representative, fill out this section.

President of: \_\_\_\_\_

ADDC Committee Chairman of: \_\_\_\_\_

ADDC Committee Rep of: \_\_\_\_\_

Check ALL that apply:

- 1. Name Change (Previous Last Name: \_\_\_\_\_)
2. E-Mail Change
3. Mail information to HOME instead of Office.
4. Mail information to OFFICE instead of Home.
5. Home Address Change
6. Company Address/Name Change
7. Employment Change: \_\_\_\_\_ (Job Title)

NEW OFFICE ADDRESS

NEW HOME ADDRESS

Company Name

Company Address

City State Zip

\_\_\_\_\_

\_\_\_\_\_

City State Zip

New Office Phone:(\_\_\_\_\_)\_\_\_\_\_

New Home Phone:(\_\_\_\_\_)\_\_\_\_\_

New Office Fax :(\_\_\_\_\_)\_\_\_\_\_

New Mobile Phone: (\_\_\_\_\_)\_\_\_\_\_

New Primary E-mail: \_\_\_\_\_

New Secondary E-mail: \_\_\_\_\_

IF APPLICABLE:

- 1. I Transferred from Desk & Derrick Club of \_\_\_\_\_ in Region \_\_\_\_\_ to Desk & Derrick Club of \_\_\_\_\_ in Region \_\_\_\_\_.
2. \_\_\_\_\_ I desire to withdraw my Membership.

