



Mentors, Mavens & Magi

Panel Discussion Biographies

SUSAN L. RIDDELL ROSE
President & Chief Executive Officer
Paramount Energy Trust



Ms. Riddell Rose is President and Chief Executive Officer of Paramount Energy Operating Corp. and has overall management responsibility for the Trust. Ms. Riddell Rose graduated from Queen's University, Kingston, Ontario with a Bachelor of Science in Geological Engineering (1986) and has over 15 years of experience in the Canadian oil and natural gas industries.

She began her career as a petroleum engineer with Shell Canada and from 1990, and until 2002 she was employed by Paramount Resources Ltd. in various capacities culminating in the position of Corporate Operating Officer. She has been a director of Paramount Resources Ltd. since 2000. She is a member of the Association of Professional Engineers, Geologists and Geophysicists of Alberta, the Canadian Society of Petroleum Geologists and the American Association of Petroleum Geologists.

LORRAINE MITCHELMORE
Vice President, Exploration Americas North
Shell Canada Energy



Lorraine is from Newfoundland where she graduated with a BSc in Geophysics in 1985. She holds two other degrees, completed part-time while working with BHP Petroleum: a Master of Science degree in Geophysics from the University of Melbourne in Australia and an MBA from Kingston Business School in London, England.

Lorraine's spent her early geophysics career with Chevron in Calgary, working Alberta and East coast basins, before embarking on an International career in 1990 with BHP Petroleum in Melbourne, Australia. After four years of working on various interpretation projects around Australia, Lorraine took on a role as Exploration strategy Advisor. In 1997, she moved to London, England as the Exploration Team leader for deepwater Angola, where she led a joint team including staff seconded from Shell, BP, Sonagol and Exxon. After 3 years, she joined the New Business Development group as the Commercial Manager for Africa and the Middle East.

After being away from home for 12 years, Lorraine returned to Canada in 2002, where she joined Shell Canada as the Southern Foothills E&D Manager. In 2005 she became General Manager of the newly created Business Unit, Unconventional Gas. After Royal Dutch Shell gained full control of Shell Canada in June, 2007 Lorraine became Development Manager North America Onshore and in July 2008, was promoted to her current position, Vice President, Exploration Americas North.

Lorraine and her husband, Kevin, have 2 young daughters. They lead a very active lifestyle with lots of travel and outdoor activity. Needless to say, work life balance is a challenge but one in which both parents strive to maintain!!

SHONA WELSH
Author & Management Consultant
Momentum Learning Inc.



Shona Welsh brings a diverse background in learning and communications leadership in the corporate and government sectors. Notably, she was responsible for numerous learning initiatives as a senior executive in an international corporation, creating mentoring programs to effect positive transformation in ten companies around the world.

An award-winning speaker and writer, Shona is the author of *Mentoring the Future: A Guide to Building Mentor Programs that Work*. The president of Momentum Learning Inc., Shona specializes in consulting and training on mentoring issues as well as management development programs. She holds a master's degree in workplace learning, is a Certified Corporate Coach Facilitator, and a Certified Human Resources Professional (CHRP)

Shona has published numerous articles in HR journals, and is the co-author of best-selling books *Awakening the Workplace* and *Expert Women Speak Out*. She has recently published the acclaimed e-book, *Tips from the Training Trenches*.

Participants in her workshops describe her as inspiring and personable with practical examples that bring the topics to life. Shona cannot be left alone in the house with chocolate.

STEVE LAUT
President & Chief Operating Officer
Canadian Natural Resources Limited



Mr. Laut joined Canadian Natural Resources Limited in 1991 as Senior Exploitation Engineer and was appointed Vice-President, Operations, in 1996. In 1997, he was appointed Senior Vice-President and, in 2001, Executive Vice-President. In 2003, he was named Chief Operating Officer of Canadian Natural and is responsible for all aspects of exploration, exploitation, and production in the Company. In addition to his role as Chief Operating Officer in May of 2005, Mr. Laut also assumed the responsibilities of President of Canadian Natural. He was appointed to the Board of Directors in August of 2006.

Prior to joining the Company, Mr. Laut held various positions as Reservoir Engineer and Production Engineer with POCO Petroleum, Adams Pearson, Petro-Canada, Dome Petroleum, and Unocal.

Mr. Laut holds a Bachelor of Science degree in Mechanical Engineering from the University of Calgary.

PATTY BOURGEOIS
Manager, Leadership Development Program
Long View Systems



Patty began her professional career in 1991 after graduating from the Southern Alberta Institute of Technology with a diploma in Print Management Technology. After a couple of years in the Graphics Industry, she moved into the IT industry in 1995, starting out at SysGold Ltd. as the Office Administrator. One year later she began to diversify her career by running the Procurement department. In early 1998 she then became the Facilities Manager where her role included business planning, site selection, contract negotiations, and construction.

In 1999, she became the first employee to work in conjunction with the Chief Executive Officer to get Long View Systems Corporation off the ground. Her responsibilities have included business planning, policies and procedures, site selection and construction, marketing, project management, procurement, administration, human resources, corporate development, and developing Long View's unique company culture. Patty has played a huge role within Long View making the company one of the fastest growing technology companies in Canada.

After being away on maternity leave for the past year, Patty has returned to Long View as the Manager of the Leadership Development Program. This role is a new addition to Long View's desire to retain and educate the upcoming leaders within the organization.

KEITH A. J. MACPHAIL
Chairman, President & CEO
Bonavista Energy Trust



Mr. MacPhail has more than 24 years experience in the oil and gas industry and is currently Chairman, President and CEO of Bonavista Energy Trust. Prior to joining Bonavista Petroleum Ltd., in 1997, Mr. MacPhail held progressively more responsible positions with Canadian Natural Resources Limited with his final position being Executive Vice President and COO.

Prior to joining Canadian Natural, he held the position of Production Manager with POCO Petroleum Ltd. Mr. MacPhail holds a Bachelor of Science (Honours) degree in Petroleum Engineering from the Montana College of Mineral Science and is a member of the Association of Professional Engineers, Geologists & Geophysicists of Alberta.

Mr. MacPhail is also a member of several boards of directors, including Canadian Natural Resources Limited and NuVista Energy Ltd. He is a past Board of Governors with CAPP (Canadian Association of Petroleum Producers) and is the co-chair of the SAIT TTC Capital Fundraising Committee. He is also a partner & owner of the Calgary Stampeders Football Club. In 2008, Mr. MacPhail co-sponsored the new Forzani/MacPhail Colon Cancer Screening Centre in Calgary.