

I LOVE MY JOB!



Work/life balance expert Jim Bird says we hear all the time how important it is to have jobs we love. Yet most people he knows don't love their work. They either accept it or

tolerate it. And that's okay, Bird said. He points out that while it's not necessary to be passionate about your job, you should be passionate about how well you do the job. Why is that? Because that's what you do for *yourself*.

Lacking passion for your job doesn't necessarily mean you're living your life less well than the individual who is passionate about work. Your passion may surface in regard to other areas of your life. Bird offers these suggestions for generating more zeal for living:

- *Write the essay that's been in the back of your mind.
- *Take a class in a subject that engrosses you.
- *Teach a class in a subject that engrosses you.
- *Cook dinners that will make your friends swoon.
- *Go to your favorite sporting events.
- *Let the people you're closest to know how much you adore them.

The key is to set aside time for doing whatever it is you love to do. The first step is deciding you're going to do it. The important second step, Bird says, is to go for it.

High school kids are asked to focus on their future and what it is they want to do for a living when they graduate. Some take a personality test in an attempt to see what jobs are best suited for them. Some look at professions that pay the most money, while others go through many jobs in their lifetime trying to figure out what makes them happy.

Start by looking at yourself. Find out what you are good at, and then try to make a living doing that. Your job is yet another way to live your life with passion, whatever it is you are doing!

Boudreaux's Wisdom



Mrs. Boudreaux went to the local newspaper and said she wanted to put in the obituary column that

Boudreaux had died. They told her it would be \$1.00 per word. She said, "Here's \$2.00 - put in dere dat BOUDREAUX DIED." They said, "Mrs. Boudreaux, surely you want more dan dat." She said, "Mais, no, just Boudreaux died." The editor said, "Well, you're a little upset. Bring yourself back tomorrow and you will probably tink of somethin else." She came back the next day, handed the editor five dollars and said, "Yeh, I taught of somethin else. Put in dere dat BOUDREAUX DIED - BOAT FOR SALE."



If you make your way down south, be sure to visit Diamond Jim's. It's located on La. Hwy. 1 just south of Labadieville. The facility offers a full-service café, convenience store, fuel stop, as well as a casino. For your convenience, Diamond Jim's is open 365 days a year.

THE RELIABLE REPORT

For comments or suggestions, please contact Chris David (Safety Director) @ 225-937-6579 or Sharon Hebert (Systems Adm.) @ 225-637-4835



RELIABLE PRODUCTION SERVICE, INC.

9095 U.S. Hwy. 190 - P.O. Box 176
Livonia, La. 70755
Phone (225) 637-4835
Fax (225) 637-4842

E-mail (cdavid@reliableproduction.com)
Website (www.reliableproduction.com)

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RELIABLE

PRODUCTION SERVICE, INC.

Reliable Rig #21

Pictured from left to right are Keith Burnitt, Glen "Sharkey" Parker, Jimmy Truett, Joshua Hughes and Brenton Bell.

Jimmy is the Rig Supervisor. He'll be with Reliable twenty-three years this July. Keith is the driller. He'll log in three years with the company in August. Joshua started working for Reliable in January 2008. He works the floor with Sharkey who moved down from the derrick. Sharkey will celebrate twenty-nine years this month. Brenton is the newest hand. He began working in the derrick December 2008.

For the past five-plus years, Rig #21 has performed the majority of work for Hilcorp Energy Company. They've performed workovers, completions and P&A's in Johnson Bayou, Cocodrie, Scott, Elton and Maurice to name a few. In the past year, they've also worked for Hunt Oil Company, Harvest Natural Resources, Inc., Avanti Exploration, LLC., and Exodus Energy, Inc.

Thanks guys for doing your part in making Reliable the great service company it has become.



June Anniversaries

Ramona Hebert 32 yrs. 6/1 LRI
Glen Parker 29 yrs. 6/1 RPS
Louise Guidroz 27 yrs. 6/1 RPS
Robert Patin 13 yrs. 6/1 RAC
Lloyd Miller 30 yrs. 6/4 RPS
Veta Stokes 4 yrs. 6/6 LRI
Gregory Hollins 2 yrs. 6/7 RPS
Ricky Carriere 6 yrs. 6/9 RPS
Jamie Boudreaux 6 yrs. 6/16 RPS
Brian Meche 6 yrs. 6/16 RPS
Samuel Meche 6 yrs. 6/16 RPS
Oreste Theriot 6 yrs. 6/16 RPS
Clarence Thomas 6 yrs. 6/16 RPS
Carl King 6 yrs. 6/30 RAC
Donald Aymond 32 yrs. 6/30 RPS



Reliable Production Service

Reliable Amusement Company



Liberty Resources, Inc.

*The greatest mistake you can make in life is to
be continually fearing you will make one.*
Elbert Hubbard ~ US author (1856-1915)

June Birthdays

Doug Martin 6/5 RPS
Belinda Cardenas 6/12 RPS
Carla Hebert 6/20 RAC
Stanley Hargrave 6/21 LRI
Madelene Hill 6/23 LRI
Van Mires 6/26 RPS
Kathryn Bergeron 6/28 RAC
Ramona Hebert 6/29 LRI

RPS – Reliable Production Service

RAC – Reliable Amusement Company

LRI – Liberty Resources, Inc.

"SAFETY FIRST"



HOW THE BODY HANDLES HEAT

The human body, being warm blooded, maintains a fairly constant internal temperature, even though it is being exposed to varying environmental temperatures. To keep internal body temperatures within safe limits, the body must get rid of its excess heat. To accomplish this, blood is pumped through capillaries which allow the blood to circulate closer to the surface of the skin where the excess heat is then lost to the cooler environment.

SAFETY PROBLEMS

Certain safety problems are common to hot environments. Heat tends to promote accidents due to the slipperiness of sweaty palms, dizziness, or the fogging of safety glasses.

Aside from these obvious dangers, the frequency of accidents, in general appears to be higher in hot environments than in more moderate environmental conditions. One reason is that working in a hot environment lowers the mental alertness and physical performance of an individual. Increased body temperature and physical discomfort sometimes cause workers to overlook safety procedures or to divert attention from hazardous tasks.

PREPARING FOR THE HEAT

One of the best ways to reduce heat stress on workers is to minimize heat in the workplace. However, there are some work environments where heat production is difficult to control, such as when the workplace itself is outdoors.

Humans are, to a large extent, capable of adjusting to the heat. This adjustment to heat, under normal circumstances, usually takes about 5 to 7 days, during which time the body will undergo a series of changes that will make continued exposure to heat more endurable.

Gradual exposure to heat gives the body time to become accustomed to higher environmental temperatures. Hot weather conditions of the summer are likely to affect the worker who is not acclimatized to heat. Likewise, workers who return to work after a leisurely vacation or extended illness may be affected by the heat in the work environment.

Always check with your doctor, nurse, or pharmacy and ask if any medicines you are taking affect you when working in hot environments.

I See Right Through You!

Do you own one of those watches that you can see all the guts? You know, the one that fully exposes all the little mechanisms allowing you to see all the inner workings. If you don't own a transparent watch, you have to try and envision the internal workings.

I know people who hide nothing from you. I appreciate their directness and their honesty. They leave very little for the imagination. They're like the see through watch, revealing everything. I'll refer to them as exoteric in nature, exposing everything to everyone at all times. You can see right through them, primarily because they want you to. When they take a position, especially if it's to defend a strongly held personal point of view, they'll see to it that you get total disclosure of information.

The opposite of exoteric is esoteric, and much like watches that conceal the inner workings, the nature of esoteric people is to keep things under wrap. You can't see right through them, primarily because they won't let you. They prefer to keep things to themselves, not revealing much. They may disclose information when necessary, but only to their inner circle of confidants. They contribute right along side others, only, they prefer less exposure. My esoteric friends are the ones I trust to keep a secret.

In and of themselves, people of exoteric and esoteric nature work well as a group, but interaction between the two groups presents many challenges. The core problem is rooted in one group's belief that not enough is being said, while the other believes that too much has been made public. When you lock your lips and throw away the key, others don't recognize this as honoring confidentiality. On the contrary, they perceive it as being arrogant, controlling, and even deceitful, and sadly enough, perception becomes reality.

In short, we are left with the equivalent of the Freedom of Information Act verses the HIPAA Law. Both are equally important in their own rights. One keeps the general public informed and the other protects our right to privacy. In the end, we need this balance, but we can do without the resulting clash of personalities.