

Holiday - Work Stress

Compared to the holiday-hurried average worker, Santa Claus has it easy. Jolly St. Nick might have to work around-the-clock to meet those holiday production demands, but at least he has a staff of well-trained professional elves to help him along, not to mention a pretty cushy schedule. Who wouldn't love to work just one day each year?

Everyone is familiar with the tension that the holidays can cause at home, but the workplace can be similarly frantic and filled with anxiety during the season. The added pressure of holiday-shortened deadlines, end-of-year schedule demands, and zealous customers, to name a few, take a steep toll on already frayed nerves.

The extra emotional baggage many people carry with them throughout the season, which can range from mild stress to debilitating depression, makes work difficult enough. According to experts, more people become depressed or anxious during the holidays than any other time of the year. Many workers suffer the holiday blues due to overwhelming responsibilities, unrealistic expectations, as well as worrying about money. Many also eat less than healthy foods as part of festivities, compounding their emotional malaise.

In the workplace, the doldrums manifest themselves in various forms, including a disengaged work force. A study found that, according to 44% of surveyed executives, productivity drops off the week before the holiday. Some of that drop off in productivity, of course, is caused by relaxed and carefree employees getting into the spirit of the season. A good portion of it, however, undoubtedly results from holiday burnout.

Take a breather: Make sometime for yourself. Spending just fifteen minutes alone, without distractions, may refresh you enough to handle everything you need to do. Steal away to a quiet place, even if it's to the bathroom for a few moments of solitude. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Boudreaux's Wisdom



Little Boudreaux sneaked in late for church Sunday morning. The new priest was busy, but he saw little Boudreaux and confronted him after the service.

“You are late this morning young man.” The new priest said, “Why is that?”

Little Boudreaux hung his head and answered, “I was goin fishin-but my paw wouldn't let me.”

The new priest smiled and said, “You are very lucky to have such a fine father young man. Did he also explain why you shouldn't go fishin this morning?”

“Yes sir,” Little Boudreaux answered. “He said dat dere weren't nuff bait for da both of us-so I hadda go to church.”

This Christmas, don't be like the Boudreaux's, make every excuse to attend a local House of Worship!

THE RELIABLE REPORT- Designed to inform Reliable Employees. For comments or suggestions, please contact Chris David (Safety Director) @ 937-6579 or Sharon Hebert (Systems Adm.) @ 343-3900



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THE RELIABLE REPORT

DECEMBER 1, 2008 VOLUME 5, ISSUE 10



Rig #15

Pictured from left to right are Gary Rivet, Jerry Dugas, Glen “Smurf” Marlow, Mitchell Stelly and Ricky Carriere.

Gary is the Rig Supervisor. He began his career at Reliable just over twenty-nine years ago. Ricky is the driller. He's been with the company for a little over five years. Smurf is the derrickman. He will have thirteen years working the rigs on January 13, 2009. Mitchell and Jerry work the rig floor. Mitchell will log five months on December 1st while Jerry will have three months on the 22nd.

Rig #15 has been working in Louisiana and Mississippi for Tellus Operating for three years this past August. They have performed workovers, new well completions and P&A's in Montegut, Antioch, Shreveport, Lottie and Vicksburg.



December Anniversaries

Wallace Breaux 5 yrs. 12/1 LRI
Stanley Hargrave 5 yrs. 12/1 LRI
Robert Meche 5 yrs. 12/1 LRI
Gerald Dupre 33 yrs. 12/1 RPS
Louis James 5 yrs. 12/1 LRI
Allen Turner 33 yrs. 12/1 RAC
James Goode 6 yrs. 12/9 RPS
Chas Nall 2 yrs. 12/19 RPS



Reliable Production Service

Reliable Amusement Company



Liberty Resources, Inc.

NOTICE!

Please help us update our company files. All employees will receive an update form with your December check. Please provide us with your current address and phone numbers, and then return the form to your supervisor who will turn it in with your weekly time sheet. Thanks!

December Employee Birthdays

Paula Miller 12/2 LRI
Craig Perrault 12/17 LRI
Craig Tullis 12/19 RAC
Gerald Dupre 12/29 RPS
Lee Chauffepied 12/30 RPS

RPS – Reliable Production Service

RAC – Reliable Amusement Company

LRI – Liberty Resources, Inc.

SAFETY FIRST



Winter driving presents a number of challenges to both you and your car. Cold weather tests the limits of your car's mechanical abilities. Treacherous driving conditions test your abilities as a driver.

The consequences can be very dire. You could end up sliding towards a guardrail wondering if your affairs are in order, or, as Dave Berry would say, stuck on a deserted road and then passing through the digestive system of wolves. It pays to be prepared. What can you do to get ready for the snow and sleet-covered roads and dipstick-freezing temperatures? Plenty!

If your car needs regular service, get it done now!

Nothing's a big deal in the summer. You breakdown? So what? It's a nice night out. Look at all those stars! But breakdown when it's minus jaw-freezing outside, and that's a different story. Since bad hoses, belts, water pumps and spark plug wires can leave you stranded in the winter, it's better to bite the bullet and fix them. It's better than spending the same amount of money after you've been sitting in your stalled car for three hours waiting for help

Winter driving emergencies are among the best reasons to carry a cellular phone. Make sure you fully charge the battery before you begin driving in cold weather.

Abraham Lincoln's Thanksgiving Proclamation

Washington, D.C.
October 3, 1863



I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens; and I recommend to them that while offering up the ascriptions justly due to Him for such singular deliverances and blessings, they do also, with humble penitence for our national perverseness and disobedience, commend to His tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife in which we are unavoidably engaged, and fervently implore the interposition of the Almighty Hand to heal the wounds of the nation and to restore it as soon as may be consistent with the Divine purposes to the full enjoyment of peace, harmony, tranquility and union.

In testimony whereof, I have hereunto set my hand and caused the Seal of the United States to be affixed.

Done at the City of Washington, this third day of October, in the year of our Lord one thousand eight hundred and sixty-three, and of the Independence of the United States.

By the President: Abraham Lincoln



Before they would celebrate their first Thanksgiving with the Native Americans, the first Pilgrims lost 49 of the original 102 members that landed on Plymouth Rock in 1620. Even so, they gave thanks to God for the many blessings they had.

Follow the lead of President Lincoln by keeping those who are in harm's way, and those who are at a disadvantage in our Thanksgiving prayers.