

HAPPY NEW YEAR!!!

POPULAR NEW YEAR'S RESOLUTIONS

Lose Weight

Just because its wintertime doesn't mean you can't exercise! Exercise will help improve your health.

*Experts recommend at least three 20 minute sessions of exercise per week. If you are trying to lose a significant amount of weight, 5 times a week may be what you need.

Managing Debt

Having trouble paying your bills? Are you getting late notices from creditors?

*Develop a budget. The first step toward taking control of your financial situation is to do a realistic assessment of how much money you take in and how much money you spend. The goal is to make sure you can make ends meet on the basics: housing, food, healthcare, insurance and education.

Quit Smoking

Lower your risk for cancer, heart attacks, strokes, early death, cataracts, and skin wrinkling.

*Today's the day you start your smoke-free life! Ask your family and friends to support you during the first few days and weeks. They can help you through the rough spots.

Reduce Stress

Long-term stress can increase the risk of diseases like depression, heart disease and a variety of other problems.

*The best way to deal with stress is to take care of the underlying problem. Counseling can help you find ways to relax and calm down. Medicines may also help.

Volunteer To Help Others

When you volunteer you are giving something back to your community by lending a helping hand to people and organizations.

* Volunteering is about donating your time, energy, and skills generously. As a volunteer you have made a decision to help freely.

Boudreaux's Wisdom

One day Boudreaux was driving the car with Clotile in the passenger seat.

A policeman pulled Boudreaux's car over to the side of the road and the policeman came to the window of the car next to Boudreaux.

The policeman told Boudreaux that he was speeding and that he would have to give Boudreaux a speeding ticket.

Boudreaux tells the policeman that he was not speeding. Boudreaux then turns to Clotile and says, "Mais, Clotile you was watchin me. Tell de officer if dats true dat I was speedin!"

Clotile turns to the officer and says, "Mais officer, I can't tell you whether my husband was speedin because I don't pay attention to him when he's drunk!"



**Don't drink and drive!
Don't let friends drink and drive!**

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



RELIABLE PRODUCTION SERVICE, INC.

1090 Cinclare Drive
Port Allen, Louisiana 70767
Phone (225) 343-3900
Fax (225) 343-3200

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

THE RELIABLE REPORT

JANUARY 1, 2009 VOLUME 5, ISSUE 11



Installation & Maintenance

Pictured from left to right are Darrel Milson Marvin Jackson, Wilton Alexander, Wallace Breaux and Stanley Hargrave.

Mr. Wallace is the Supervisor of the crew. He has 46 years experience in the oil field, having worked at Brown & Root for 16 years and Great Southern for just over 25 years before coming to Reliable in December 2003. Stanley is another old hand in the oil field. He too came over from Great Southern, having been there for five years with Mr. Wallace. Darrel has a little over three and a half years. He came on board with Reliable in May 2005. Marvin was hired on August 20th 2007. Wilton is the newest member of the crew. He was hired on October 1, 2008. These guys install equipment on all newly drilled wells, as well as maintaining equipment on all existing wells. The crew keeps the wells producing day in and day out.



January Anniversaries

Frances "Buck" Chustz 34 yrs. 1/1 RPS
Leroy Langlois 26 yrs. 1/1 RPS
Lena Joseph 39 yrs. 1/3 RPS
Michael Dorsey 11 yrs. 1/6 RPS
Frederick Hutchins 2 yrs. 1/8 RPS
Leroy Duncan 2 yrs. 1/9 RPS
Glen Marlow 12 yrs. 1/13 RPS
Elizabeth Bradford 2 yrs. 1/16 RPS
Paula Miller 3 yrs. 1/17 LRI
Andre Dixon 3 yrs. 1/17 RPS
Leslie Dixon 3 yrs. 1/17 RPS
Jack Jordan 8 yrs. 1/24 RAC
Corey LeBlanc 4 yrs. 1/24 RAC
Debbie Collins 2 yrs. 1/25 RPS
Rickie Hebert, Sr. 22 yrs. 1/28 RPS
Evelyn Hebert 17 yrs. 1/28 RPS



Reliable Production Service

Reliable Amusement Company



Liberty Resources, Inc.

January Employee Birthdays

Robert Soileau 1/1 RPS
Jack Jordan 1/1 RAC
Louis Powell 1/3 RPS
Elizabeth Bradford 1/3 RPS
Rob Roark 1/9 LRI
Jackie Douglas 1/17 RAC
Brent Pitre 1/17 RAC
Keith Burnitt 1/23 RPS
Tim Zeno 1/24 RPS
DeEtte Staid 1/25 RAC
Lloyd Miller 1/27 RPS
Jane Stelly 1/28 RPS

RPS – Reliable Production Service

RAC – Reliable Amusement Company

LRI – Liberty Resources, Inc.

SAFETY FIRST



EXTENSION CORD SAFETY



We use extension cords almost every day both at work and at home. These are very useful devices, but they can present a fire or shock hazard when either worn out or used improperly.

Types of extension cords

Extension cords come in either two or three-wire types. Two-wire extension cords should only be used to operate one or two small appliances. Three-wire cords are used for outdoor appliances and electric power tools. The third wire on this cord is a ground and this type of cord should never be plugged into any ungrounded electrical outlet. Only grounded extension cords are to be used with power tools unless the tool is double insulated.

Care and inspection of extension cords

Extension cords must be treated with care and checked regularly for damage or deterioration. The cord itself should *never* be pulled to disconnect it from an electrical source; remove it by the plug. They should not be placed under rugs or furniture and should never be strung through doorways, windows, walls, ceilings, or floors. Damaged cords present a potential fire or shock hazard and should be destroyed and replaced immediately.

An extension cord should never be used as a substitute for permanent wiring. They should not be fastened to a building or structure, even though staples are sold for this purpose at many hardware stores. Avoid plugging two cords together to make a longer one. It's best to use one cord in a continuous length from the receptacle to the appliance or tool. Extension cords which are either connected together or are too long will reduce operating voltage and operating efficiency of tools or appliances and may cause motor damage.

Use good housekeeping practices at home and at work, to keep extension cords from being a tripping hazards or becoming damaged. Inspect them regularly for wear and replace defective units.

GUMBO TIME!

This time of year is special for a lot of people who hunt, enjoy seeing their extended family, and cooking their famous holiday meals for all to share. However, as joyful as the season can be, some find it difficult due to the death of certain people that were dear to them, myself included. Our best and worst memories of our deceased loved ones are often resurrected during the holiday season. During this time, their unique and individual contribution to the celebration come pouring back, leaving in their wake a real void of the person's presence. The first round of holiday's are always the worst, but with time, and by keeping traditions alive, we can keep this time of the year special.

The gumbo we all love has many different ingredients. Combined, they create a great meal, but by themselves, they don't have much appeal. We love hearing others brag on the taste of our favorite dish, and if asked, we gladly pass on the recipe because we know the flavor is too good to be kept secret. Were willing to share our favorite gumbo concoction, but when it comes to even the mention of a dear one that is no longer with us, we find it difficult to bear, especially if their death was tragic and sudden. Why is that? After all, in their lifetime, they were part of the ingredients that gave flavor to our life.

Talking about the people who aren't with us will stir up good and bad memories, but just like the ingredients of our favorite dish, together they add the right spices to make the recipe what it is...Um! Um! Good! Any good chef will tell you that having the right ingredients and adding them to the recipe at the right time is essential to ensuring peak flavor. Likewise, you will know when to add your love one to the holiday conversation. For me, I found that the sooner I did so, the sooner I was able to carry on the traditions that my mom and dad started while they were still with us.

Reading from his book of sacred prayers during the funeral rite, the minister says, "For the departed life has changed, not ended." I'm always tempted to say, "For the living life has changed, but also not ended."