

# Hot Head



## How do you stay cool when someone turns up the heat?

You're good at your job, but even so, eventually someone is going to be critical of something you've done and even attack you for it. The best way to handle this is to be calm – insulting comebacks escalate the situation without necessarily resolving it. Stand up for yourself without getting in your attacker's face.

- ♥ **Assess the situation:** Unexpected criticism can make you blurt out a response. Instead, ask yourself, "Is this the right time and place to deal with this?" If your critic is angry, consider saying something like, "Why don't we meet later today to go over this so I can investigate what you're saying?" You'll both be better off.
- ♥ **Agree with the accurate parts:** Criticisms are often at least partly true. Bridge the gap to your accuser by acknowledging what's accurate, and then begin explaining.
- ♥ **Get the full picture:** Criticisms often have useful information. Find it by asking "Exactly what do you mean when you say . . . ?" or "Help me understand." Being objective and open calms and focuses you and your critic.
- ♥ **Disagree clearly and calmly:** Show respect and earn it too. Example – "I respect your concerns, but I disagree with you, for a couple of reasons. Prefacing your arguments with a clear statement of your position is courteous and also gives you a chance to direct the discussion in a civil manner.

Dag Hammarskjold, former Secretary General of the United Nations, believed that we should "Praise those of your critics for whom nothing is up to standard." He believed that critics offer us an opportunity to look within ourselves. Critics can be teachers, that is, if we keep our cool.

## VADA GROUP, LP



### Effort to stop drilling near interstates dies

An attempt to stop new oil and gas well drilling in close proximity to Louisiana's interstate highways died in a Senate committee. Senator Rob Marionneaux, D-Grosse Tete, said a distance requirement needs to be put in place to stop interstate highway closures like the one prompted by a natural gas well blow out and fire along Interstate 10 near Ramah last year. Oil and gas interests opposed the move, saying establishment of safety standards are the answer, not limits on drilling. The Senate Natural Resources Committee killed Senate Bill 442, which would have stopped new drilling permits within 500' of an interstate highway. Conservation Commissioner Jim Welsh said his agency, with the help of an ad hoc committee of experts, is drafting regulations to address safety concerns.

VADA GROUP LP



By: Louis James

LIBERTY RESOURCES, INC.



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@reliable-pa.com](mailto:cdavid@reliable-pa.com))  
Website ([www.reliableproduction.com](http://www.reliableproduction.com))

## THE RELIABLE REPORT

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Don't forget to visit our website  
[www.reliableproduction.com](http://www.reliableproduction.com)

### THE LADIES OF RELIABLE AMUSEMENT PORT ALLEN OFFICE

Pictured from left to right seated are DeEtte Staid and Kathy Bergeron. Standing from left to right are Connie Gosserand and Risa Weaver.

Connie works in Accounting. She began working at Amusement in 1993, but will have a total of twenty-four years in September, having worked at Reliable Production since 1984. Kathy handles all Regulatory Compliance issues. She just celebrated six years with the company on April 1<sup>st</sup>. DeEtte is our Revenue Clerk. She'll observe the passing of three years with Amusement on May 23<sup>rd</sup>. Last but not least, Risa is the Accounting Manager. She came on board April 3<sup>rd</sup> 2006.



# May Anniversaries

Frank Kearney 30 yrs. 5/1 **RPS**  
 Hunter Gosserand 7 yrs. 5/1 **RAC**  
 Jackie Douglas 11 yrs. 5/12 **RAC**  
 Sharon Hebert 30 yrs. 5/15 **RPS**  
 Darrell Harris 28 yrs. 5/15 **RPS**  
 Darrel Milson 3 yrs. 5/19 **LRI**  
 Shane Miller 10 yrs. 5/20 **RPS**  
 Gregory Fontenot 2 yrs. 5/22 **RPS**  
 DeEtte Staid 3 yrs. 5/23 **RAC**  
 Shannon Vidrine 7 yrs. 5/24 **RPS**  
 Terry "Gab" Seal 1 yr. 5/29 **RPS**

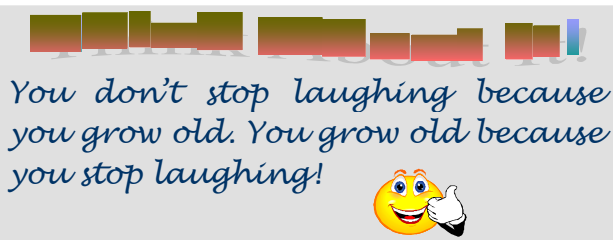


Reliable Production Service

Reliable Amusement Company



Liberty Resources, Inc.



# May Birthdays

Jason Jack 5/3 **RPS**  
 Hunter Gosserand 5/10 **RAC**  
 Gerald Guidroz 5/14 **RPS**  
 Gregory "Bones" Hollins 5/20 **RPS**  
 Donald Aymond 5/21 **RPS**  
 Billy Parks 5/25 **LRI**  
 Vanessa Albert 5/26 **RAC**

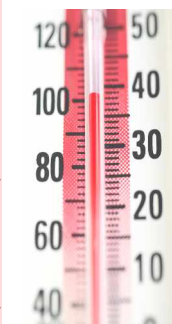
**RPS** – Reliable Production Service  
**RAC** – Reliable Amusement Company  
**LRI** – Liberty Resources, Inc.

# "SAFETY FIRST"

## The Heat Equation

High Temperature + High Humidity + Physical Work  
 = HEAT ILLNESS

When the body is unable to cool itself through sweating, serious heat illnesses may occur. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If actions are not taken to treat heat exhaustion, the illness could progress to heat stroke and possible death. Never hesitate to call 911 if you or a co-worker suffers heat stress.



## What Can You Do To Prevent Heat Illness?

- ☀ Slowly build up your tolerance to the heat and work activity.
- ☀ Use the buddy system.
- ☀ Drink plenty of water and wear light, loose-fitting, breathable (like cotton) clothing.
- ☀ Take frequent short breaks in cool shaded areas to allow your body to cool down.
- ☀ Avoid eating large meals before working in hot environments.
- ☀ Avoid caffeine and alcoholic beverages. These drinks make the body lose water.

## SIGNS OF HEAT EXHAUSTION

Headaches, dizziness, weakness, mood changes (irritable or confused/can't think straight), feeling sick to your stomach, vomiting, decreased and dark colored urine, fainting and pale clammy skin.

## SIGNS OF HEAT STROKE

Dry pale skin (no sweating), red hot skin (looks like a sunburn), mood changes (irritable, confused/not making any sense), seizures, collapse/passed out.



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

# A Bull Named Fumanchu

I've witnessed so many people that have battled cancer and loss, as well as those who have won, and those just beginning to fight.



In her book, *On Death and Dying*, Elizabeth Kubler-Ross, a doctor in Switzerland, chronicled her life experience with dying people. From both comforting them and studying them, she documented a pattern of emotional states that she refers to as the 'Grief Cycle.' She identified five stages. When informed of their terminal prognosis, the dying patient experiences Denial-Anger-Bargaining-Depression-Acceptance. In the ensuing years, it was noticed that this emotional cycle was not exclusive just to the terminally ill, but also other people who were affected by bad news, those who were not necessarily dying, but who were experiencing a negative change in their otherwise normal life.

Whether being faced with terminal illness or a life changing event, grief is as individual as those who feel it, and as varied as the circumstances of each person involved. Most people do fit the pattern described by Dr. Kubler-Ross, but for some there is no script for grief. They don't express their emotions in a particular set pattern.

For those living with cancer, living takes on new meaning when you're faced with the reality of being host to a very unwelcome guest. Some people develop a passion for life. They adopt the lyrics from Tim McGraw's hit song, *Live Like You Were Dying*, as their personal credo. They begin to live deeper – speak sweeter – give forgiveness they'd been denying – be the spouse they should be – become the friend a friend would like to have, and for some, they begin to check off the things they wish they would have done but just didn't have the courage to do before now.

Whether riding a bull named Fumanchu for 2.7 seconds or taking a two-hour ride through the mountains on a horse named "Clinger," don't let a momentary stop-on-a-dime keep you from living. Read the good book; unwrap each day as the gift it is, and check your pulse, until it stops, neither should you. Getty up ya'll!