

Chasing Happiness



There was an old alley cat watching a young kitten chasing its tail, round and round. The old alley cat strolled up to the kitten and asked,

“Tell me, what are you doing?”

The kitten replied, “I just finished Cat Philosophy School. In my studies I discovered that in the world there are two things important for a cat. First, that happiness is the most important thing for a cat. Second, that happiness is located in one’s tail. So I’ve figured out that if I chase it until I’ve finally got hold on it, and get it in my mouth, and then I’ll have eternal happiness.”

The old alley cat reflected on what the kitten said and then he replied, “You know I’m just an alley cat. I haven’t had the opportunity to go to that prestigious Cat Philosophy School like you. I’ve just wandered around alleys, here and there, all my life. But you know it’s amazing that I’ve kind of learned the same things you have. I’ve learned that the most important thing for a cat is happiness and, indeed, happiness is located in my tail. The only difference between you and me is that I’ve discovered that if you go about your business and do the things that are important to you, happiness will follow wherever you go.”

Many people spend their whole life chasing things like money, jobs, relationships, retirement, and so on, that they believe will ultimately make them happy. The old wise alley cat knew from experience that true happiness comes when we are true to ourselves. Happiness is not ahead of you in the things you have yet to accomplish, anymore than it is behind you in the things you have completed. True happiness can be found in the present when we are content with who we are, and what we are doing in life. You can suffer burnout trying to find happiness like the kitten did, or you can slow down and let happiness catch up with you.

VADA GROUP, LP



Survey: Gas prices fall nearly 53 cents in two weeks

A national survey shows gas prices continue to decline, tumbling nearly 53 cents a gallon in the last two weeks.

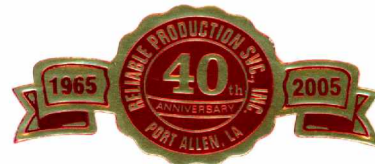
The average price for a gallon of regular gasoline at self-serve stations was \$2.78 Friday. Mid-grade was at \$2.93 and premium was at \$3.05.

That's according to the Lundberg Survey of 5,000 gas stations nationwide released Sunday.

Gas was cheapest in Wichita, Kansas at \$2.26 for a gallon of regular. It was most expensive in Anchorage, Alaska, at \$3.50.

By: Louis James

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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Reliable Rig #8

On the front row, pictured from left to right are Joseph “Fatty” Mallet, Rickie Hebert and Tim Zeno. On the back row, from left to right are Bobby Pitre, Lloyd Miller and Kenneth Clardy. Pictured with the crew is “Buddy” the Reliable #8 rig dog. Rickie Hebert is the Rig Supervisor, having been with Reliable twenty-two plus years. Bobby Pitre is the driller. Bobby will celebrate twenty-two years with Reliable on November 9th. Lloyd Miller works in the derrick. He has been with the company longer than any other crew member, with twenty-nine years under his belt this past June. Joseph Mallet, or Fatty as he is called, has also spent many years working the floor. All total, he will log twenty-nine years this month. Kenneth Clardy is the other floorhand. He has been with Reliable just over six years. Tim Zeno is the extra man on the rig. Tim is closing in on eighteen years with Reliable.

Together, they bring 127 years experience to the jobsite, much of that experience working together as the crew of Rig #8.

The rig has been working for BP America since August 2003.



November Anniversaries

Leon Dixon 4 yrs. 11/2 RPS
Chris Matt 9 yrs. 11/4 RPS
Jerry Zeno 29 yrs. 11/5 RPS
Chris David 29 yrs. 11/5 RPS
Ricky Simon 1 yr. 11/6 RPS
Bobby Pitre 22 yrs. 11/9 RPS
Joe Sampere 14 yrs. 11/9 RAC
Van Mires 4 yrs. 11/16 RPS
Doug Martin 25 yrs. 11/26 RPS



Reliable Production Service

Reliable Amusement Company



Liberty Resources, Inc.

November Employee Birthdays

Shane Miller 11/4 RPS
Warren "Biscuit" Storm 11/4 RPS
Bobby Pitre 11/9 RPS
Wilber "Ray" Briley 11/10 RPS
Shannon Vidrine 11/18 RPS
Carl King 11/24 RAC
Huey Boudreaux 11/25 RPS
Ricky Simon 11/25 RPS
Bob Meredith 11/26 LRI
Clarence "CT" Thomas 11/27 RPS
Chas Nall 11/22 RPS

RPS – Reliable Production Service

RAC – Reliable Amusement Company

LRI – Liberty Resources, Inc.

SAFETY FIRST



Winter weather is just around the corner, but did you know cold stress, or "hypothermia," can occur anytime of the year? In fact, most cases of cold stress develop in air temperatures between 30 and 50 degrees Fahrenheit.

***Dress warmly, in layers** - Preserving an air space between the body and the outer layer of clothing will help retain body heat. Choose fabrics such as cotton or wool which insulate, but also allow sweat to evaporate. It is especially important to protect the feet, hands, head, and face. These parts of the body are farthest from the heart and are the hardest to keep warm. Almost half your body heat can be lost through the head, so cover it up as well.

***Keep dry** - Wetness greatly increases the chance of cold stress. Always have extra clothing available if there's a chance you could get wet.

***Take a break** - After all, working makes you break a sweat and you feel warmer. But if you become fatigued during physical activity, your body loses its ability to properly retain heat. This causes rapid cooling which can quickly lead to cold stress

***Eat right** - A proper diet provides your body with the nutrients it needs to withstand cold stress. A restrictive diet may deprive your body the ability to work well in cold temperatures.

***Learn what to look out for** - The first symptoms of hypothermia are uncontrollable shivering and the sensation of cold. The heartbeat slows and may become irregular, and the pulse weakens. As the condition worsens, severe shaking or rigid muscles may be evident. The victim may also have slurred speech, memory lapses, and drowsiness. Cool skin, slow, irregular breathing, and exhaustion occur as the body temperature drops even lower. This is a serious condition requiring immediate medical attention.

If you work in lower-temperature environments, always be alert for the possibility of cold stress. Remember, it doesn't have to be freezing for cold stress to occur.

Consider It Done!

Have you ever said, "You can count on him/her for anything? Better yet, when was the last time you said, "You can count on me!" How many people in your circle of family and friends hold the distinction of being called the go to guy/gal?

Recently, my own experience has given me a taste of what it's like to work with those who are good for their word, and those who tell you what they think you need to hear. While overseeing a building project, I was given this disheartening advice from the Project Engineer... "Chris, you need to get two jars, one is for the empty promises that people will make and the other will hold the excuses they will give when they didn't fulfill the promise they made." "Oh, and by the way, get ready to fill and empty them several times before the project is over." I wish I could tell you he was wrong, but I guess I had more faith in humanity, or as the engineer would say, "You have little experience with contractors." Be that as it may, he hit the nail on the head.

I try my best to fulfill all that comes my way, but sometimes I find it impossible to do it all. In those times, I find that honesty is the best policy. If I can't get it done, I'll let you know that upfront, and when the shoe is on the other foot, I appreciate being told the truth, not what you think I need to hear. Edward R. Murrow said it best, "To be persuasive we must be believable; to be believable we must be credible; to be credible we must be truthful." If I'm true to myself, I can say that I'm a man of integrity, and so will others, but if I'm perceived as dishonest, in the words of William Shakespeare... "I lose myself."

If not for my faith in God, I would remain frustrated at those who say one thing, yet do another. I'm a firm believer in giving people the benefit of the doubt, and giving them a second chance to redeem themselves, but I also live by the saying, "Fool me once, shame on you, but fool me twice, shame on me." When you give your word, you'd better be able to back it up, otherwise, as the old timers say, "Your mouth is writing checks that your butt can't cash." In other words, your word will determine your value as a person. At the end of the day, do your deeds and your words balance out? Are your words a credit to your reputation, or do they leave you bankrupt in the eyes of others? When all is said and done, are you a person who others count on, or will they count you out?