



AM-PM SERVICES

# Temporary Times

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Fax 985-785-6462 • Office Hours: Monday-Friday 8:00 am – 4:30 pm

Second Quarter 2010

## THE WHO'S WHO AT AM-PM

In this issue you will find:

- An article re-introducing AM-PM's staff.
- A special article on Personal Growth. Everyone should read it.
- An article dedicated to GOING GREEN and SAVING MONEY!!
- Announcements about our staff, from who retired to who had a baby.

"It's not how much we have, but how much we enjoy, that makes happiness."  
Charles Spurgeon.



### Mark Your Calendar

May

5th– Cinco de Mayo  
9th– Mother's Day  
31st– Memorial Day

June

1st– Hurricane Season Begins  
20th– Father's Day  
21st– First Day of Summer

July

4th– Independence Day

Do you know the staff at AM-PM?

When you call our office, do you know who you are speaking with? Let me re-introduce our staff to you. Pictured here is Diane Smith, Chesley Cashio, Becky Dantin, Cheryl Montreuil, Fay Donnaud, Gregory Mollere, Kristi Bernard, Shirley Madere, and Stasi Boatwright pictured below.

Stasi Boatwright has been with AM-PM for the past 3

years. She is the most awesome front desk coordinator, overseeing and keeping track of the whereabouts of everyone on staff to assist the office in running smoothly and efficiently as well as meeting and greeting everyone who walks through the front door. She wears many hats including receptionist, interviewer, computer skills leveler, data entry, advertising assistant. She has blended very well into our work family unit and we are pleased to have her on staff. Stasi is married to Mark with three children, Jordan, Cera, and Evan.



Diane Smith, Sales Representative, has worked for AM-PM for the past 13 years. Diane assists with the various negotiations of our client contracts as well as visiting existing and new clients and employees on a daily basis. She is on the WBE Board and assists with membership for Women Owned Businesses. She also assists with safety meetings, various functions and fundraisers throughout the year and has been as asset for many years. She's married to Mark and has two sons., Troy and Jason Diane is soon to be a first time grandmother.



Congratulations Diane!! Diane enjoys traveling and camping.

Chesley Cashio, Sales Manager, has worked for AM-PM for 18 years. Chesley also assist with various negotiations with clients and workers as well as daily visits, safety meetings, attendance and motivated work counselor, etc. She's an active member in The Chamber of Commerce and served as President in 2007. Chesley is married with three beautiful daughters and 5 grandchildren. Chesley enjoys spending her time with her grandchildren and gardening.

Becky Dantin, Operations Manager, has worked for AM-PM for 30 years. Becky has served as Service Coord., Payroll Manager, Account Specialist, HR Director, Workers' Comp. Manager. Her title now is Operations Manager. She's married to Thad and has the cutest little puppy named Savannah.

Cheryl "Cee Cee" Montreuil, Payroll Manager, has worked for AM-PM 10 years. She is in charge of all facets of the operations and management of check processing and billing. Cheryl

has one daughter, Michelle. She enjoys watching LSU and Saints Football and traveling.

Fay Donnaud, Accounting Manager, has worked for AM-PM 15 years. She is responsible for Accounts Payables and Bookkeeping. She has two great children, Darla and Kolby. She enjoys dancing and spending time with her son and daughter.

Gregory Mollere, President, has worked for AM-PM 32 years. Greg is the best boss in the whole world! God called and said he has

a special place in Heaven since he works with 8 women everyday. He enjoys hunting when he isn't at AM-PM. Gregory is a very dynamic business man. He serves on the United Way Executive Board and Finance Board. He is involved in Hosts with St. Charles Parish School as well as donates to many charitable organizations.

Kristi Bernard, Service Coordinator, has worked for AM-PM for 6 years. Everyone relies on Kristi for her computer expertise and is in charge of the website, newsletter, and job placement. She's married to Brandon and has two daughters, Maddie and Karlee. When she's not at work she enjoys spending time with her family.

Shirley Madere, Service Coordinator and Assistant Manager, has worked for AM-PM 25 years. She is the greatest assistant, efficient, and highly motivated. Shirley is everyone's go to person, always helpful and service with a smile. She 's married to James and has two sons, Roch and Ryne, who she enjoys spending her time with, golfing and traveling.



AM-PM is now on Facebook! We will be posting valuable information and updates on it regularly. Since we are a business, you have to click the "like" button to follow us. On our website, [www.ampmstaffing.com](http://www.ampmstaffing.com), we have a new button which will bring you directly to our Facebook. We hope our

Facebook will help us better connect with our customers and employees in a new and fun way.

WWW.AMPMSTAFFING.COM

# Self Growth



Self growth can be achieved by portraying honesty and integrity.

You can read this article from Life Coach Expert.

Personal development or self-growth is all about fostering the positive qualities within yourself to enable you to lead a fuller, more enriched life and to rid yourself of negative qualities, feelings and emotions which have been holding you back.

If we're honest in all that we do and say, it means we are genuine, real and true where as dishonesty symbolizes all that is fake, fictitious and unreal. Living your life honestly and with integrity means that you've decided to live openly and to show

your true self to others and that you can be relied upon to be genuine. On the other hand, dishonesty is all about shade and concealment and living your life in 'dark corners'. When you're dishonest, it means that you remain living in the dark and cannot grow spiritually. Honesty and integrity produce trust – trust in ourselves and in all those around us. Trust in turn produces confidence which we all need to conquer life's problems and which also encourages us to take risks in order to fulfill our goals.

You have no doubt heard expressions such as "what goes around, comes around" and "you get back, what you give out in life" and that's very true. If we don't live our lives honestly, we become shrouded in

mystery. People are very adept at sensing dishonesty in others even if they think they're the best liars on earth and if you hide behind a dark mask of suspicion, you can be assured that the people you'll attract will turn out to be very similar to you and it's therefore inevitable that one day you'll be on the receiving end of someone's dishonest actions or words. However, in taking the decision that you are going to live your life honestly and openly, you will find that your life becomes enriched as a result as you reveal your true self which in turn will be reciprocated in the respect and honesty you'll receive from others.

## GO GREEN, Save Green!

Everyone has heard the phrase, "Go Green". It is more than a phrase, it will soon be a way of life, and for some people it already is. There are so many resources on the internet that are devoted to going green and showing you how. Going Green not only helps our planet but is a great way to save some green, money that is.



Here are just a few things you can do to help our planet and save your cash!

### SAVE ENERGY

\*Update your light bulbs to fluorescent ones. It can save hundreds of dollars a year on your electricity bill.

\* Set your thermostat a few degrees lower in the winter and a few degrees higher in the summer to save on heating and cooling costs.

\* Wash clothes in cold water whenever possible. As much as 85 percent of the energy used to machine-wash clothes goes to heating the water.



### SAVE WATER

\* Take shorter showers to reduce water use. This will lower your water and heating bills too.

\*Install a low-flow showerhead. They don't cost much, and the water and energy savings can quickly pay back your investment.

\*Make sure you have a faucet aerator on each faucet. These inexpensive appliances conserve heat and water, while keeping water pressure high.

Many parishes have some type of recycling program. Check you local government's website for current recycling information.

## WE NEED YOUR HELP!

We are asking all employees and our clients to send us work related pictures and ideas for upcoming newsletters! You can submit pictures and ideas to [Kristi@ampmstaffing.com](mailto:Kristi@ampmstaffing.com). There is no guarantee we will use your picture or idea, but we will randomly choose pictures and ideas each month to include into our newsletter. If your idea or picture is used in our newsletter, we will give you a Wal-Mart gift card!

## Announcements From Our Staff



**RETIREMENT:** Our very own, Mrs. Janella Brady, recently retired. She worked on staff as an Accounting Specialist. Mrs. Janella loyally served as a valuable asset for 31 years with AM-PM. So many of us have learned so much from her. Mrs. Janella is an excellent cook and known for her "eagle eye" when it comes to checking payroll, invoices, etc. We miss her so much! Congratulations on your retirement Mrs. J!



**BIRTH ANNOUNCEMENT:** Kristi Bernard, one of our Service Coordinators, and her husband Brandon welcomed a baby girl on February 23, 2010 named Karlee Michelle Bernard. Karlee was 6 lbs 12 ozs and was welcomed with open arms by her big sister Maddie. Congratulations on your new addition Kristi!

