



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



November 2022

Remember to cast your vote on November 8th!

FIELD EMPLOYEES

IMPORTANT TIMECARD NOTICE

Our offices will be closed on Friday, 11/11 in observance of Veterans' Day, and 11/24 - 11/25 for Thanksgiving.

Please remember to submit your time card no later than Friday afternoon. If you are working a weekend shift, please submit **no later than** 8am Monday morning.

If you have upcoming plans that require time off from work:

Please be sure to notify us as soon as possible! The sooner we know, the better we (and our Clients) will be able to prepare for your absence.



VETERANS DAY

HONORING ALL WHO SERVED
THANK YOU FOR YOUR BRAVERY
AND SERVICE

Folklore for the Season

- If there's ice in November that will bear a duck, there'll be nothing after but sludge and muck.
- November take flail; let ships no more sail.
- If trees show buds in



Augusta Area

Human Resources Spec. - Fairfield
Maintenance Tech. - Wilton
Dental Assistant - Waterville
Pension Associate - Augusta
Medical Front Desk - Augusta
Payroll Specialist - Auburn
Inventory Control Coord. - Augusta
Part-time Janitor - Augusta
Dispatcher - Bath & Rockland
Asbestos & Mold Removal Assoc. -
Augusta

Bangor Area

Property Maintenance - Bangor
Carpenters - Bangor
Front Desk - Bangor & Holden
A/R Billing - Bangor & Holden
Estimator/Proj Mgr - Hampden
Manufacturing Laborer - Old Town
Production Associate - Bangor
QA Inspector - Bangor
FT Evening Janitorial - Bangor
Dietary Aide - Ellsworth
HR Specialist - Belfast
Intake Representative - Belfast
Home Repair Coordinator - Belfast



Aroostook Potato And Broccoli Soup

from the Almanac.com

Ingredients:

4 cups peeled and diced all-purpose potatoes
(about 4 medium)
2 cups chicken stock or 2 chicken bouillon
cubes and 2 cups water
1 large head broccoli, stalks removed,
roughly chopped
1 cup milk

November, the winter will last
until May.

- There is no better month in the
year to cut wood than
November.
- Ice in November brings mud
in December.

Did you know?

According to one study from
Columbia University, birth month may
indicate disease risk over a lifetime.

Based on that research, it appears
that babies born in November may be
less likely than babies born in other
months to develop heart problems or
lung cancer.

November in the Northern
Hemisphere is similar to May in the
Southern Hemisphere.

Catch a Total Lunar Eclipse ("Blood Moon")

In the early morning hours of
November 8, a total lunar eclipse will
be visible from much of North
America. The full eclipse begins at
5:16 A.M. EST, reaching totality at
5:59 A.M. EST.



CONGRATULATIONS!

Please join us in Congratulating
the following Field Employees,
who were hired on with our
Clients in October!

~ Arielle Jones

~ Amanda Runnells

1 cup light cream
1 cup grated cheddar cheese or 6 slices
American cheese
Salt and pepper to taste
1 tablespoon butter (optional)

Instructions:

In a medium saucepan, cook potatoes in lightly salted water, until tender. In a large saucepan, combine the chicken stock (or dissolve bouillon cubes in water over medium heat) and broccoli. Cook, covered, about 10 minutes, until broccoli is very tender. Remove from heat. Using a large spoon, chop the broccoli into fairly small pieces against the side of the pot. Drain the potatoes. Place about 1 cup potatoes on a saucer and mash well with a fork. (These will thicken the soup.) Add the mashed potatoes and remaining chopped cooked potatoes to the broccoli mixture, along with the milk and cream. Heat gently until hot but not boiling. Add the cheese and stir gently until melted and well blended. Season the soup with salt and pepper to taste; add the butter, if necessary.



WE ARE THANKFUL!

Thank you to our Field Employees, past and present, for your dedication and hard work. We appreciate the time and effort you have put in to help the company succeed. Your hard work has helped the organization grow and we appreciate YOU!

Cathy, Dawn, Nettie & Chris

**Capital Area Staffing Solutions
Bangor Area Staffing Solutions**

~The People You Trust~
~The Jobs You Want ~

