



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS



## JANUARY 2025

### FIELD EMPLOYEES

#### IMPORTANT TIMECARD NOTICE

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.

\*\*\*\*\*

CASS & BASS offices are closing at **2:00 pm** on **Tuesday, 12/31/24** and are closed on 01/01/25.

#### 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



### Dates and Fun Facts for January

- Jan. 1 is New Year's Day. Did you know in Denmark, they would throw dishes and glasses against each door to banish bad spirits!
- Jan. 6 is Epiphany. According to the New Testament's Gospels, on this date the

to prepare for your absence.



### Augusta Area

Loan Officer - *Augusta*  
Telemarketer B2B - *Augusta*  
Beneficiary Services Clerk - *Augusta*  
Fiscal Compliance Acct. - *Augusta*  
IT Application Spec. - *Augusta*  
HR Generalist - *Benton*  
Optician - *Farmingdale*

### Bangor Area

Painter/Property Maintenance - *Bangor*  
FT & PT Admin Asst - *Bangor*  
Construction Project Manager -  
*Hampden*  
Overnight Forklift - *Old Town*  
Manufacturing Associates - *Old Town*  
Senior Accountant - *Old Town*  
PT & FT Evening Cleaning - *Various*  
*Locations*



### **WINTER WEATHER LINGO**

Do you watch the weather report on the news yet never quite understand what all the warnings and advisories mean this time of year? Here's some info to help you out!

Magi – the three wise men or kings – venerated and brought gifts to the infant Jesus.

- Jan. 8 is Elvis Presley's birthday.
- Jan. 14 is National Dress Up Your Pet Day
- Jan. 20 is Martin Luther King Jr. Day (observed), a civil rights leader celebrated for his dedication to nonviolence
- Jan. 20 is Inauguration Day
- Jan. 17 is Benjamin Franklin's birthday.
- Jan. 29 is National Puzzle Day.

January's Moon is called the Wolf Moon. The Saxon word for the month was Wulf-monath or "wolf month."

This year, the full Moon reaches peak illumination on Monday, January 13, at 5:27 P.M. EST. It can be seen rising from the horizon around sunset that evening.

January's birthstone is the Garnet and flowers are Carnation and Snowdrop.

### Weather Folklore for January

- Fog in January brings a wet spring.
- A favorable January brings us a good year.
- If grass grows in January, it will grow badly the whole year.
- A summerish January, a winterish spring.

Source: [Almanac.com](http://Almanac.com)



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

**Winter Storm Warning:** Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

**Winter Storm Watch:** Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

**Winter Storm Outlook:** Issued prior to a Winter Storm Watch. The Outlook is given when forecasters believe winter storm conditions are possible and are usually issued 3 to 7 days in advance of a winter storm.

**Blizzard Warning:** Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below ¼ mile; these conditions should persist for at least three hours.

**Wind Chill Warning:** Issued when wind chill temperatures are expected to be hazardous to life within several minutes of exposure.

**Winter Weather Advisories:** Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life threatening situations.

Source: National Weather Service



### January in Maine!

You can enjoy winter activities like skiing, snowboarding, snowshoeing, snowmobiling, visiting charming coastal towns, checking out local breweries, and attending winter festivals, all while taking in the beautiful snowy scenery.

- Acadia National Park: Hike or snowshoe on the carriage roads, explore the rocky coastline, and admire views from Cadillac Mountain (especially stunning at sunrise).
- Skiing and Snowboarding: Head to one

~ Christopher Saucier

~ Kimberly Friedrich

~ Jessica Shelley



### Helen's Original Fish Chowder

Rich and thick with Maine potatoes and fresh haddock, this haddock fish chowder recipe from Helen's Restaurant in Machias, Maine, is a Down East classic.

### Ingredients

- 4 tablespoons unsalted butter
- 1 medium-size onion, cut into 1/4-inch cubes
- 4 cups water
- 2 medium-size russet potatoes, peeled and cut into 1/4-inch cubes
- 2 1/2 - 3 pounds skinned fresh haddock, cut into 1 1/2-inch chunks
- 2 cups heavy cream
- 2 teaspoons kosher salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon dried dill

### Instructions

In a 5- to 7-quart pot over medium-low heat, melt the butter. Add the onion and cook, stirring often, until translucent, 6 to 8 minutes. Set aside.

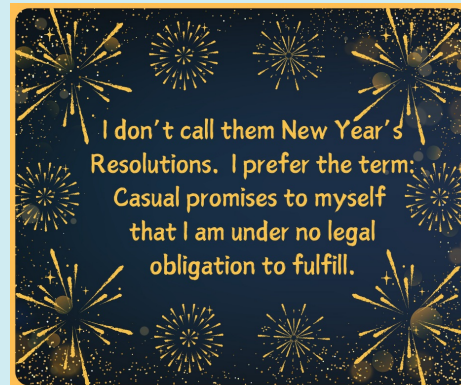
Pour the water into a 3- to 4-quart pot and add the potatoes. Bring the water to a boil, then reduce to a simmer and cook until just tender, about 10 minutes. Remove the potatoes with a slotted spoon and set aside.

Add the fish to the potato liquid and simmer until the fish begins to flake, about 10 minutes. Remove the fish with a slotted spoon and add it and the potatoes to the cooked onions in the larger pot. Stir.

of Maine's ski resorts like Sugarloaf Mountain, Sunday River, or Shawnee Peak.

- Snowshoeing: Explore the wooded trails throughout the state, including in Acadia National Park.
- Snowmobiling: Ride designated trails through the Maine wilderness.
- Ice Fishing: Try your luck at ice fishing on one of Maine's many lakes.
- Winter Festivals: Check for local winter festivals with live music, food vendors, and holiday activities.
- Brewery Tours: Visit Maine's renowned breweries for tastings and tours.
- Museum Visits: Explore Maine's rich history at museums like the Maine Maritime Museum in Bath or the Portland Museum of Art.
- Ice Skating: Find an outdoor ice skating rink in a local town.
- Cozy Cabins: Spend a relaxing weekend in a cabin with a fireplace, enjoying the snow-covered scenery.

Slowly add the potato/fish broth and the heavy cream to the onion/fish/potato mixture. Stir well. Add the salt and white pepper; then add the dill. Simmer gently over low heat for at least 15 minutes, stirring occasionally. Serve hot.



## Capital Area Staffing Solutions Bangor Area Staffing Solutions

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



Capital & Bangor Area Staffing Solutions | 2386 No. Belfast Avenue | Augusta, ME 04330 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!