



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



March 2024

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.

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.

Dates and Fun Facts for March

- Mar. 8 is International Women's Day, celebrating the achievements of women and the progress of women's rights.
- Mar. 10 is the start of Daylight Savings Time. Don't forget to "Spring Ahead!"
- Mar. 10 also marks the start of Ramadan, a holy month in Islam.
- Mar. 11 is International Fanny Pack Day.
- Mar. 13 is National Ear Muff Day. Did you know the inventor of the ear muff, Chester Greenwood, was from Maine?
- Mar. 17 is St. Patrick's Day.



Please visit our website [here](#) for a list of all current openings. Tell a friend!

Augusta Area

Full-time Teller - *Augusta*

Homeless Support Spec. - *Augusta*

Administrative Coordinator - *Augusta*

Commercial Tire Tech - *Waterville*

Patient Services Rep. - *Farmingdale*

Accounting Asst. - *Nobleboro*

Receptionist - *Augusta*

Multi-Family Loan Officer - *Augusta*

Office Administrator - *Hallowell*

Medical Receptionist - *Augusta*

Housing Navigator - *Augusta*

Bangor Area

Painter/Property Maintenance - *Bangor*

PT Temporary Office Assistant -
Ellsworth

PT Receptionist - *Holden*

A/R Billing - *Bangor & Holden*

Chiropractic Assistant - *Bangor*

Standup Forklift Operator - *Old Town*

Manufacturing/Machine Operator - *Old
Town*

Production Line Supervisor - *Old Town*

Marine Carpenter - *Trenton*

Fiberglass Technician - *Trenton*

Dental Hygienist - *Bucksport*

- Don't forget to wear green!
- Mar. 19 is the First Day of Spring. Warmer days are ahead!
- Mar. 31 is Easter Sunday.

The Full Moon in March 2024 will occur on Monday, March 25. It's known as the "Full Worm Moon" due to the fact that earthworms, beetle larvae, and grubs typically emerge from the Winter dormancy around this time.

Folklore for March

- **March** is named for Mars, the Roman god of war. This was the time of year to resume military campaigns that had been interrupted by Winter.
- Did you know "March comes in like a lion and goes out like a lamb" actually has two meanings? The first is that the month typically begins with more stormy weather and ends with more mild weather. However the other is that the constellation Leo, the lion, rises in the east at the beginning of March while Aries, the ram, sets in the west at the end of the month.
- "So many mists in March you see, so many frosts in May will be."
- "Thunder in Spring, cold will bring."

Source: Almanac.com



Please join us in Congratulating



St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. St. Patrick's Day 2024 will take place on Sunday, March 17. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

[Source: History.com](https://www.history.com)



"Through all the frozen winter
My nose has grown most lonely
For lovely, lovely, colored smells
That come in springtime only.

The purple smell of lilacs,
The yellow smell that blows
Across the air of meadows
Where bright forsythia grows.

The tall pink smell of peach trees,
The low white smell of clover,

the following Field Employees,
who were hired on with our
Clients in February!

- ~ Nicole Safford
- ~ Brandon McCutcheon
- ~ Douglas Harp
- ~ Brooke Thomas
- ~ Rhiannon Swift



Irish Beef Stew

Celebrate St. Patrick's Day with a hearty bowl of Irish Beef Stew. This comforting stew embodies the spirit of the Emerald Isle and is perfect for festive gatherings!

Ingredients

- 2 pounds lean beef stew or chuck, in 2-inch chunks
- 1 teaspoon salt
- 1/2 teaspoon pepper
- flour for dredging
- 2 tablespoons bacon drippings or vegetable oil
- 2 large yellow onions, chopped
- 1 garlic clove, finely minced (optional)
- 6 to 8 medium carrots, scraped and sliced
- 2 to 3 large potatoes, peeled and cut into cubes
- 2 to 3 turnips, peeled and cut into cubes (optional)
- 1 cup Guinness stout
- 1 cup beef broth

Directions

1. Season beef with salt and pepper, then toss beef chunks in flour until well coated.
2. In a Dutch oven over medium-high heat, warm

And everywhere the great green smell
Of grass the whole world over."

- Kathryn Worth, *Smells*



- drippings, then brown beef in two batches. When all pieces are browned, remove the beef from the pan and set aside.
3. Add onions and garlic to the Dutch oven and turn the heat down to medium. Cook until onions are translucent.
 4. Return the beef to the Dutch oven and add carrots, potatoes, turnips, stout, and broth. Bring to a boil, then reduce heat to a simmer. Cover and cook for 2 hours or until beef is tender.

Capital Area Staffing Solutions
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~The Jobs You Want ~



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

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