



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



October 2023

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.



Please join us in congratulating the following Field Employees, who were hired by our Clients in September!

~ Rachel Fournier-Aguilar
~ Rachel Martitz
~ Kristina Gilliland



Fun things to do in October!

Oct. 1 -8 Fryeburg Fair

Oct. 6 - 8 Freeport Fall Festival

Oct. 7 - 8 Boothbay Harbor Fall



SO MANY CAREER OPPORTUNITIES!

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

Augusta Area:

Patient Services Rep - *Farmingdale*
Optometric Assistant - *Farmingdale*
Tax Department Supv. - *Auburn*
Dispatcher - *Belfast*
Packer/Inspector - *Wilton*
Pension Associate - *Augusta*
Disability Specialist - *Augusta*
Administrative Asst. - *Augusta*

Bangor Area:

Property Maintenance - *Bangor*
Receptionists - *Bangor/ Holden/Ellsworth*
Customer Service/Accounting Clerk - *Hampden*
Customer Service Agent - *Trenton*
Evening Janitorial - *Bangor*
Dish Room Attendant - *Bangor*
Accounts Payable - *Old Town*
Forklift-Warehouse - *Old Town*
Manufacturing/Machine Operator - *Old Town*
Senior Accountant - *Old Town*
Production Line Supervisor - *Old Town*
Paralegal - *Hampden*
Electronic Test Technician - *Bangor*
Certified Medical Assistant - *Hampden*
Marine Carpenter - *Trenton*
Fiberglass Technician - *Trenton*
Carpenter - *Bangor*
Dietary Aide - *Ellsworth*
Cook - *Ellsworth*
Dental Hygienist - *Bucksport*

Foliage Festival

Oct. 7 - [North American Wife Carrying Championship @ Sunday River](#)

Oct. 7 - [Ocktoberfest @ Saddleback Mountain](#)

Oct. 7 - [Swine & Stein Brewfest](#)

Oct. 8 - [New England Cornhole Championship @ Sunday River](#)

Sept. 30 to Oct. 9 - [Damariscotta Pumpkinfest & Regatta](#)



October's Party *by George Cooper*

October gave a party;
The leaves by hundreds came
The Chestnuts, Oaks, and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

Start your Winter Prep now!

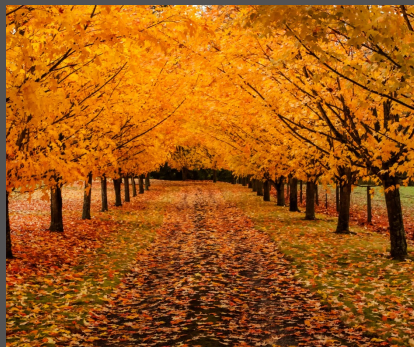
Service Home Heating Systems -
Schedule annual service early for the home heating system and have the fuel tank filled ahead of the cold weather; depending on the area, especially rural homes, the snowy or icy road conditions can delay a fuel delivery because the fuel service companies cannot make the trek out or need to install heavy chains on the tires to deliver oil or propane.

General tips for your heating systems each fall -



October Dates & Fun Facts

- ~ Every year, October ends on the same day as February.
- ~ The traditional flower of October is the calendula — it symbolises comfort, healing, protection, and grace.
- ~ October 9 is Leif Eriksson Day, Canadian Thanksgiving, Columbus Day & Indigenous People's Day
- ~ October 24 is United Nations Day
- ~ October 31 is Halloween
- ~ October's full Moon, known as the Hunter's Moon, arrives on Saturday, October 28.
- ~ October's birthstone is the Opal.



Folklore for the Season

- When deer are in a gray coat in October, expect a hard winter.
- Much rain in October, much wind in December.
- A warm October means a

Service and clean chimney
Service and clean furnace
Fill oil and propane tanks
Cover and protect the outdoor HVAC air conditioner or heat pump
Test fire alarms and CO2 detectors

It's Never too Early for Holiday Decor -

Hang your holiday string lights right after Halloween; you may not turn them on until after Thanksgiving, but it is much more comfortable to hang outdoor lights in 50-degree weather than 15-degree weather!

Equipment -

Equipment used in the winter needs to be checked so it's ready to use, and equipment used in summer needs to be put away correctly so it will run the following spring. Make sure anything that won't be used all winter is stored in a safe place where it is out of the way and preferably under cover. Similarly, make sure things that see heavy winter use are in easily accessible spots. Fuel is stabilized, machinery is inspected, and tires checked. Now is a great time to schedule service for equipment.

Caramel Apple Dip *BY REE DRUMMOND*

Ingredients

6 tbsp. salted butter
3/4 c. packed light brown sugar
3 tbsp. heavy cream
8 oz. cream cheese, room temp
1/4 c. chopped roasted, salted peanuts
3 apples, assorted, sliced

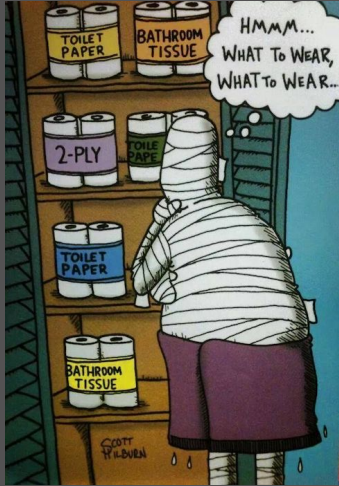
Directions

Make the caramel: Melt the butter in a small saucepan over medium heat. Add the brown sugar and heavy cream and bring to a simmer, stirring. Reduce the heat to medium low and simmer gently until the sugar is dissolved and the caramel is bubbly, about 4 minutes. Remove from the heat and set aside to cool slightly, 15 to 20 minutes.

When the caramel is warm (not hot), beat the cream cheese in a large bowl with a mixer on medium speed until smooth and fluffy, about 2 minutes. Beat in three-

cold February.

- In October dung your field, and your land its wealth shall yield.



HAPPY HALLOWEEN!



quarters of the caramel until incorporated. Spoon into a serving bowl.

Microwave the remaining caramel until pourable, about 20 seconds, then pour over the dip. Sprinkle with the peanuts. Serve immediately with the sliced apples or refrigerate for up to 4 hours; let sit at room temperature 30 minutes before serving.



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

[Unsubscribe nettie@bangorareastaffing.com](mailto:nettie@bangorareastaffing.com)

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

Sent by nettie@bangorareastaffing.com powered by



Try email marketing for free today!