



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
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## Field Employees

### IMPORTANT TIMECARD NOTICE

As always, please remember to submit your time card no later than Friday afternoon, unless you are working a weekend shift. In that case, please e-mail/fax no later than 8am Monday morning.

**If you have vacation/travel plans that require time off from work**, please be sure to notify us once you have requested from the Client, as soon as possible. The earlier we know, the better we (and our Clients) will be able to prepare for your absence.



## 4 New Year Resolutions That Will Help You Win at Work

### CONGRATULATIONS!

The following Field Employees have been hired permanently at our Client Companies!

- ~Matt Emerson
- ~Susan Davis
- ~Xach Kelley
- ~Leah Schonhoeft



*I'm January bringing you  
A year of days—all brand, brand  
new;  
I step upon the frosty ground.  
When chimes and sleighbells ring  
around;  
You welcome me and children  
sing,  
And joy comes into everything.  
I bring you love and lots of cheer,  
And work and friends for all the  
year.*

—Annette Wynne

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### 1. Practice professional courage by stepping out of your comfort zone.

You know when you are in your comfort zone. An issue occurs. You hear yourself making up excuses in your mind about why you don't need to speak, or why taking a stand on an issue will get you in trouble. Just once, when you find yourself in this situation, state what you are actually thinking.

### 2. Strive to learn something new every single day.

It is easy to get bogged down in the same old, same old. Read an article; discuss a new approach with a colleague; research what other organizations are doing on the web. The opportunities for learning are multiplying every day in this information age.

### 3. Listen more than you talk.

Maybe you spend too much of your time in problem-solving activities and efforts for others. Plan this year, to listen to all that your coworkers are saying; they may want a sounding board, not advice or problem solving. You may find you don't have to take the monkeys on your back. Your listening may empower them to solve their problems. When they feel completely heard out and listened to, they are more likely to move from stuck to action.

### 4. Make professional contacts and

## January Dates & Fun Facts

January 1 - New Year's Day  
January 13 - National Rubber Duckie Day  
January 18 Martin Luther King Day  
January 20 - Inauguration Day  
January 27 - Chocolate Cake Day  
January 29 - Fun at Work Day

January is National Blood Donor Month

-January's full moon is known as the **Wolf Moon**. It's thought that January's full Moon came to be known as the Wolf Moon because wolves were more often heard howling at this time.

-January's birthstone, the **garnet**, is thought to keep the wearer safe during travel.

-January's birth flowers are the carnation and snowdrop.

-January was named after the Roman god Janus, who ruled over beginning and transitions.

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## Potato and Kale Soup



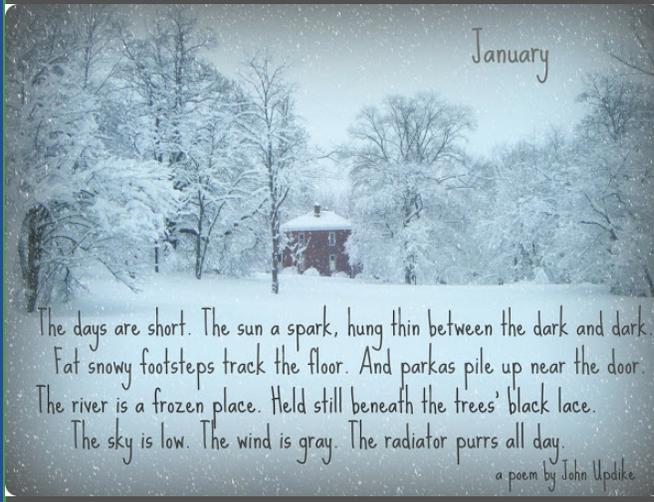
### INGREDIENTS:

4 strips bacon

## network.

Look up colleagues with whom you have lost touch. Make sure that you attend at least one professional meeting each month. You will benefit from the friendships and relationships you develop from active participation in networking. It is not enough to join-you need to show up and join in.

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



4 medium potatoes, peeled and diced  
1 large onion, chopped  
5 cloves garlic, chopped  
6 cups low-sodium chicken stock  
2 cups firmly packed chopped kale leaves  
1/4 teaspoon salt  
1/8 teaspoon black pepper

Cook bacon until crisp in a large soup pot. Remove bacon strips with a slotted spoon and set aside. Lightly saute potatoes, onion, and garlic in bacon drippings. Add stock, kale, salt, and pepper and simmer for an hour or until potatoes are soft. Mix soup in batches in blender until it is smooth. Return to pot and thin with stock or milk if necessary. Crumble bacon and sprinkle over soup as garnish.

Yield: 6 Servings

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~Your Staffing Partners~

