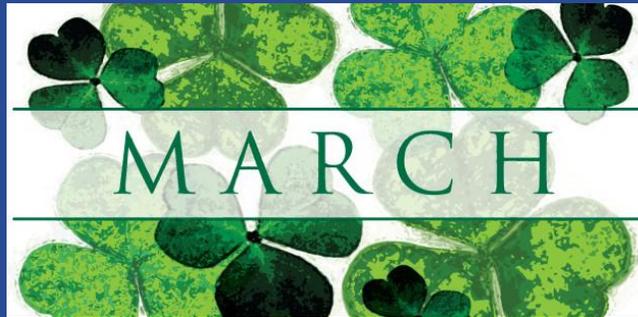




CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS



# March 2021

## Field Employees

### Daylight Savings Time

March 14 is the start of Daylight Savings time. Don't forget to set your clocks ahead one hour that day!

### 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 as soon as possible once you have requested the time off from the Client. The earlier we know, the better we (and our Clients) will be able to prepare for your absence.



## CONGRATULATIONS!

The following Field Employee has been hired permanently at one of our Client Companies!

- ~Alec Shannon
- ~Chad Little
- ~Rusty Daigle
- ~Jim Cosgrove

## March Dates & Fun Facts

- March 8 - International Women's Day
- March 9 - International Fanny Pack Day
- March 14 - Daylight Savings Begins
- March 17 - St. Patrick's Day
- March 20 - First Day of Spring
- March 23 - National Puppy Day
- March 26 - Epilepsy Awareness Day

March is Women's History Month, Multiple Sclerosis

"March is windy, March is wild,  
Hurries like an eager child;  
Puffing mouth and ruddy face,  
Rushing in a windy race;  
A breath or two he stops, and then  
He's puffing madly off again.  
March is windy, March is wild,  
A rushing, blowing, puffing child.  
And why does March go rushing so?  
He's trying to catch spring, you know."

- Annette Wynne



## 5 Ways to Deal with a Difficult Co-Worker

We've all been there; the co-worker who takes credit for your ideas, the colleague who criticizes you, a co-worker that makes work unpleasant. Whether it be stress-related or an everyday occurrence with some people, knowing how to manage both your temper and the situation is essential in the workplace. Losing your cool on a co-worker that frustrates you or responding to their negativity won't solve the problem. Here are a few tips that can help:

### 1) Identify the issue

Is the issue with the co-worker a combination of you and them, or is the issue solely their responsibility? If the co-worker is 'toxic' in any way, learn to recognize who they are, what situations set off their unwanted behavior and in what ways you can avoid taking the problem further.

### 2) Be the bigger person

Rising above a problematic situation is hard to do, but imperative at work. As

Awareness Month, and National Craft Month!

-March's full moon is known as the **Worm Moon**, which is thought to refer to the earthworms that appear as the soil warms in spring. This invites robins and other birds to feed—a true sign of spring!

-March's birthstone is the **aquamarine**.

-March's birth flowers are the **daffodil** and **jonquil**. The daffodil signifies regard or unrequited love. The jonquil means "I desire a return of affection."

-"March" is named for the Roman god of war, Mars. This was the time of year to resume military campaigns that had been interrupted by winter.



## Four Ways to Celebrate St. Patrick's Day in the Office

Saint Patrick's Day is one of our favorites because it's free-spirited and you can get really creative with the theme! I did a little research to find ideas that would work with our

frustrating as a situation and co-worker may be, keep your emotions and actions in check. You don't want to be the person at work that is known for freaking out or getting upset, so try and rise above issues with co-workers and be the bigger person.

### 3) Be prepared

Do problems always arise when you work on projects? When you're in meetings with the co-worker? Recognize the situations in which problems arise and be mentally prepared for the issues.

Preparing yourself for these situations can prevent you from an outburst or acting on your emotions. You can't control the co-worker, but you can control yourself and your ability to handle the situation.

### 4) Address the situation

Although it may be uncomfortable, if issues persist long enough that the quality or productivity of your work is affected, you have to address the problem.

Approaching them outside of the conflict or problem when there isn't emotion involved will most likely get the best result. Speak calmly and express how you feel and how their behavior at work is interfering with yours.

### 5) Involve a third party

If 1-4 have continuously failed and problems with your co-worker still exist, speak to your manager about it. Perhaps you can be transferred to another team, a different area of the building or your manager can help address the issue. Learning to handle difficult workplace situations such as a troublesome co-worker can teach you a lot about yourself and what environments you work best in. If a co-worker is interfering with your ability to work well, follow these steps to help resolve the issues.

Source: Celarity.com

## Irish Beef Stew

culture, and found so many that I thought it would be selfish not to pass them on. Listed below are four main ways to bring some Saint Patty's Day fun to your team or workplace.

### Decor

- Take a trip to your local dollar store and get streamers, hats, signs, and anything else you can find in the seasonal section. Let the team pick a few items they want to use to decorate their desks and offices.
- Buy green props, such as glasses or necklaces, for everyone to wear; someone is sure to forget to wear something green!
- Decorate your main lobby area and break room; it's a great way to show visitors that your team enjoys working there. You can take a more subtle approach by replacing your regular decor items with green or Irish-themed items.

### Music

- Find a radio station that streams traditional Irish folk music and play it in the office.
- Alternatively, create a cool playlist from your The Pogues, The Cranberries, The Drop Kick Murphys, or U2 albums.
- Is there a team member who can play the flute or the fiddle and knows Irish tunes? A musical performance before a townhall meeting would be a great way to showcase hidden talents!

### Food

- Any foodies on your team? A potluck (or should we say a pot o' luck?) for a team lunch is bound to be a success. A few ways to incorporate the theme would be to have typical Irish cuisine like a stew or corned beef, prepare any food with green dye or decorated with clovers, or make cute Saint Patrick's Day treats.
- You can also have the main dish catered in, and invite the team to bring treats or drinks.
- Make a green minty lime punch, mint-vanilla milkshakes. If appropriate, have traditional Irish beers, such as Guinness or



### 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

Season beef with salt and pepper, then toss beef chunks in flour until well coated.

In a Dutch oven over medium-high heat, warm drippings then brown beef in two batches. When all pieces are browned, remove beef from pan and set aside.

Add onions and garlic to the Dutch oven and turn heat down to medium. Cook until onions are translucent.

Return beef to 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.



Harp to end the day.

### Games & Contests

- Invite everyone to wear green, and award the team member wearing the most green, or the best leprechaun costume.
- Have someone teach an Irish line dance (or just play a video from Youtube), then have a jig dance off!
- Have everyone change their profile picture to a St. Patrick's Day theme and award the best or funniest picture.
- Play an Irish history trivia game, a game of Charades or Pictionary with Irish words, or a good ol' scavenger hunt for the pot o' gold!
- Reward your winners with a pot o' gold with chocolate coins. Better yet, create a leprechaun Badge to award your contest and game winners!

We hope that these ideas have at least inspired some ideas of your own. Don't let the luck o' the Irish pass you by without a good bash to engage your team and build lasting friendships!

Source: kudos.com

**Capital Area Staffing Solutions**  
**Bangor Area Staffing Solutions**  
~Your Staffing Partners~

---

