



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



January 2026



We're proud to share an exciting milestone here at **Capital Area & Bangor Area Staffing Solutions, Inc.!**

Following an ownership transition, Cathy DeMerchant is now the sole owner, making CASS/BASS 100% woman-owned.

Hobbskham University

CONGRATULATIONS

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

- Nancy S.**
- Ashley T.**
- Merilee S.**
- Stephanie P.**
- Karen C.**
- Mark M.**

We're grateful for the contributions of our former partners and look ahead with confidence as we continue to grow, innovate, and serve our clients.

CASS & BASS Field Employees

IMPORTANT TIMECARD NOTICE

As always, please remember to submit your timecard 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 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.



SO MANY CAREER OPPORTUNITIES!

Please visit our website at
CapitalAreaStaffing.com
for a list of all current openings!

Augusta

Payroll CSR - *Auburn*

Legal Asst. - *Augusta*

Outbound Appt. Setter - *Augusta*

Payroll Assoc. I - *Augusta*

Accounting Administrator - *Auburn*

Bangor

Physical Therapist - **DIRECT HIRE**



January: New Year, New Opportunities

(Same Alarm Clock!)

Happy New Year! January is here, which means fresh starts, new goals, and alarms going off a little earlier than we'd like. It's the time of year when many people think about what's next—and in staffing, that often means new opportunities just around the corner.

Whether you're currently on assignment, between roles, or one of our former field employees, we want you to know how much we appreciate you. Your skills, reliability, and hard work are what make everything we do possible (and what keep our clients coming back).

January is also when new assignments open up, schedules shift, and chances to try something new appear. If you're looking for your next role—or just curious what's out there—this is a great time to connect with us.

Thank you for being part of our community. We're looking forward to another year of matching great people with great opportunities—and hopefully helping everyone keep at least one New Year's resolution (even if it's just "show up on time").

Payroll Specialist/HR Asst
PT Receptionist
Restoration Cleaners/Laborers
Evening Janitorial
Auto Mechanic - **DIRECT HIRE**
Janitorial



~ Waquoit Bay Fish Company

Ingredients

- Fish - 1.5 lbs preferably a whitefish like cod, haddock, hake, tautog, monkfish, or halibut
- Potatoes - 2 large Russet potatoes, chopped
- Onion - 1/2 of a large yellow or white onion, chopped
- Butter - 4 tablespoons (I use salted, but any will do)
- Cream/milk - 1 quart (I use half and half)
- Spice - Salt, pepper, parsley, oregano

Directions

1. Bring 2 quarts of water to boil.
2. Once the water has reached a boil, add the onions and boil for approximately 5 minutes.
3. Add the potatoes to the pot, and continue to boil for another 10 minutes or until the potatoes are just turning soft (but not mushy).
4. Add the fish, boil for another 5 minutes, and then remove from heat.
5. Using a colander to collect the potatoes, onion and fish, drain the pot while saving approximately 1 cup of broth in the bottom of the cook pot.
6. Add the cooked potatoes, onion, and fish back to the cook pot.
7. Add the butter and cream to the pot.

Here's to a strong start and a successful year ahead!

Special Days in January!

1st:

New Year's Day

Global Family Day - A global day of peace and sharing, recognizing that humanity can only survive if we come together as one family

2nd:

World Introvert Day - A time to bring awareness to introversion and to show that being a "quiet" person is a fantastic thing, not something to be ashamed of.

4th:

Spaghetti Day - A celebration of spaghetti, a pasta that's been a worldwide favorite for ages and loved by millions.

World Braille Day - A day to spread awareness about braille and other accessible forms of communication - it's celebrated on Louis Braille's birthday, the inventor of braille.

8th:

National Clean Your Desk Day - Now that people are back to work after the holidays, it's time to clean your desk and neatly organise everything so you can get your year off to a great start at work.

9th:

National Law Enforcement

Appreciation Day

10th:

Houseplant Appreciation Day

14th:

National Dress Up Your Pet Day

15th:

Martin Luther King Jr. Day

17th:

Ditch New Year's Resolutions Day -

Also known as Quitters Day, the 2nd Friday in January is the most likely day people give up their New Year's Resolutions.

21st:

National Hugging Day

24th:

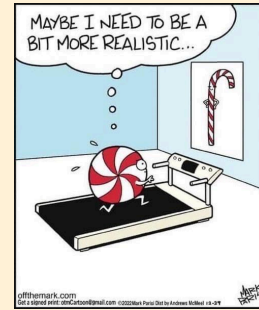
National Compliment Day - It celebrates the gift of praise and its power to change people

26th:

8. Bring the pot to a low simmer, stirring occasionally to mix in the melting butter. Continue to simmer for 15 minutes while seasoning with salt, pepper, parsley and/or oregano to taste.
9. If possible, allow the chowder to sit several hours before serving - chowder flavor enhances over time.

National Fun at Work Day - A day dedicated to boosting employee happiness and promoting better work/life balance.

31st:
National Hot Chocolate Day.



Capital Area Staffing Solutions, Inc.
Bangor Area Staffing Solutions
~Your Partners in Staffing~



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