

# The MaineLinks

### What to know...

As the [leaves turn bright color and fall from the trees](#) and the nights get cooler in October, everyone no matter [how stubborn](#), has to face the [facts of heating](#) their dwelling. [Heating and energy costs](#) have skyrocketed making [conservation of resources](#) more crucial to limiting the [overall burden on your wallet](#). There are some ways [to conserve heat and save around the house](#) that may seem minimal but can add up over the winter.

- [Insulation](#)- keeping the heat in whether attic, walls or floors
- Use the [Sun](#)-Open the curtains on sunny days and close them at night to maximize efficiency.
- Buy an energy efficient [space heater](#) for larger rooms
- Reverse your [ceiling fans](#)
- [Seal](#) up your doors and windows
- Replace [the filters](#) on your heating units
- Use your [oven](#) to cook more
- [Shut the doors](#) to rooms not in use

There are many more [tools and tips](#), [incentives](#), [rebates](#), and [resources available to conserve energy](#) during the winter months.

### October is:

- [National Cyber Security Month](#) - “See Yourself in Cyber” — demonstrates that while cybersecurity may seem like a complex subject, ultimately, it’s really all about people .
- [Domestic Violence awareness Month - National Domestic Violence Hotline](#) at 1-800-799-7233 or TTY 1-800-787-3224.

### Veterans Corner:

The [8th Annual Maine Hire-A-Vet Campaign](#) for 2022 is underway. To help support this endeavor this section has been added to the newsletter. [Events during the campaign](#) are **OPEN TO THE PUBLIC!**

- Educational Programming – [The Uniformed Services Employment and Reemployment Rights Act of 1994 \(USERRA\)](#) – 10/4
- Educational Programming – [Veteran Interviewing Skills](#) – 10/11
- [Virtual Hiring Event](#) – 10/13
- Educational Programming – [Supporting Military and Veteran Caregivers](#) – 10/18

The [Maine Bureau of Veterans’ Services](#) and [U.S. Department of Veterans’ Affairs](#) will be co-hosting the third [annual Mobile Homeless Veterans’ Stand Down in October](#). The events help with clothing, [benefits](#), [food](#), haircuts, and [employment opportunities](#).

- 10/ 5 – [Reny’s parking lot](#); 175 High St., Ellsworth
- 10/12 – [Togus Medical Center](#); 1 VA Center, Augusta
- 10/19 – [Hannaford](#); 295 Forest Ave, Portland
- 10/26 – [Sanford Vet Center](#); 628 Main St, Springvale

### Notable Quote:

“Be Passionate [and Move Forward With Gusto Every Single Hour](#) of Every Single [Day Until You Reach Your Goal](#)” – [Ava Duverny](#)

Heating Type	Fuel Price per Unit	Unit
Cordwood	\$300	Cord
Wood Pellets	\$312	Ton
Natural Gas	\$1.383 to \$2.397	Therm
Electricity - Heat Pump Water Heater	\$0.210 to \$0.224	kWh
Electricity - Air Source Heat Pump	\$0.210 to \$0.224	kWh
Heating Oil	\$4.68	Gallon
Propane	\$3.26	Gallon
Kerosene	\$5.31	Gallon
Electricity - Baseboard	\$0.210 to \$0.224	kWh

### Training Talk!

[USDOL announced \\$80 million funding opportunity through its Nursing Expansion Grant Program](#) to support [nursing training programs](#) designed to expand the pipeline of nursing professionals. Administered by the department’s [Employment and Training Administration](#), these [H-1B Skills Training Grants](#) emphasize training in underserved communities and improve healthcare workforce diversity by [improving job quality](#), [skills training](#), and [employment support services](#). [These grants](#) align with the department’s [Good Jobs Initiative](#).

**Hiring Events:** (Click on the “Hiring Events” link for full list)

- 10/12- [Greater Portland Caring for ME](#)
- 10/13- [Virtual Hiring Event: Maine Hire-A-Vet Campaign](#)
- 10/13- [Bangor Fall Career Fair](#)
- 10/18- [Hinkley KVCC Career and Transfer Event](#)
- 10/19- [Lewiston CareerCenter Fall Event](#)

**Workshops:** (click on the “Workshops” link for more)

- Pre-register online for these virtual opportunities:
- 10/11 -Got your 6 – [Understanding Local DOL Resources](#) – For Vets
- 10/13-[Searching for Work: 55+ With or Without Health & Physical Restrictions](#)
- 10/14 -[Laid Off? Learn about Programs to get you back to work!](#)
- 10/19- [USDA Forest Service-Tips for Job Seekers](#)
- 10/20 – Federal Workshop - [Navigating USAJOBS Webinar](#)

### and MORE!

[Ventures Maine New interactive classes and workshops](#) are available online. Individual appointments are available [by video conference](#) or phone. To reach a local staff person search the [locations](#) page. Daytime and evening [online workshops and classes](#) continue to be added to the schedule. [The NVME FALL Class Schedule](#) includes one-hour sessions and multi-week classes, all provided free of charge to participants, such as: [Job Search Strategies](#), [Tax Readiness for the Self-Employed](#), and [Budgeting Basics](#).

Did you miss the [last newsletter](#)? Ensure you subscribe for more updates from the [Maine Department of Labor](#).