



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



June 2023

Field Employees

Our offices will be closed on Monday, June 19th in observance of Juneteenth.

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.

The SUMMER months are here! If you have vacation plans that require time off from work, please be sure to notify us as soon as



Congratulations

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

- ~ Abigail Knowles
- ~ Jennifer Hersom
- ~ Cindy Meservey
- ~ Gigi Del Mundo

June Dates & Fun Facts

- June 5th is World

possible! The sooner we know, the better we (and our Clients) will be able to prepare for your absence.



"Dad: A son's first hero, a daughter's first love."
~ Anonymous



SO MANY CAREER OPPORTUNITIES!

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

Augusta
Concession Attendant
Staff Accountant
Tellers
Technical Support Administrator
Machinist
Pension Associate
Administrative Asst.
Custodian
PT Bookkeeper
Medical Reception
Payroll Clerk
Mold Removal Assoc.

Environment Day – a day meant to raise environmental awareness across the globe.

- June 14th is Flag Day (U.S.). Be sure to raise the flag! Learn about the U.S. Flag Code, which provides guidelines for displaying the American flag properly.
- June 18th is Father's Day this year. Find a fun activity and spend the day with your Father!
- June 19th is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating enslaved people in the state, which had thus far been beyond control of the Union Army.
- June 21st is the summer solstice, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.
- June 21st is National Indigenous Peoples Day (Canada). This holiday is meant to remind Canadians of the contributions of the many First Nations, Métis, and Inuit peoples.
- June 24th brings Midsummer Day, traditionally the midpoint of the growing season, halfway

Dispatcher

Bangor

Property Maintenance Manager
HR Specialist
Front Desk Receipt/Admin Asst
A/R Billing
Assistant Controller
Market Area Controller
Retail General Manager
Manufacturing Associate
Certified Dental Assistant
Dental Hygienist
Production Line Supervisor
Sr. Accountant
Forklift Operator/Warehouse
Paralegal/Legal Asst
Evening Janitorial
Hardscape/Landscape
Carpenter



Stay Safe on the Water!

Are you thinking about getting out on the lake or exploring the bay by boat soon? If so, we hope you have fun but also stay safe. Before you pull away from the dock, learn your state's boating safety requirements and take a moment to review the quick tips below.

- **STAY DILIGENT** When you bring your boat out of storage, check for any damage that should be repaired. Have

between planting and harvesting. It is celebrated in many cultures on the night of June 23rd, as Midsummer Eve.

- June 28th is the anniversary of the 1969 Stonewall Riots – a watershed moment for LGBT rights in the United States. To honor this event, June is designated as Pride Month.

June's birthstone is the Pearl and the birth flowers are the Rose and Honeysuckle.

A rose in general indicates love or desire. Specific roses may relay other messages. For example, a white rose may mean "silence" or "new beginnings," while a yellow rose signifies "friendship" or "joy."



Grilled Chicken Ranch Burgers

Ingredients:

- 3/4 cup ranch salad dressing
- 3/4 cup panko bread crumbs
- 3/4 cup grated Parmesan cheese
- 3 tablespoons Worcestershire sauce
- 3 garlic cloves, minced
- 3 teaspoons pepper
- 4 pounds ground chicken

a qualified marine mechanic check the engine, lights, and other equipment before using the boat.

- **STAY INFORMED** Take a boater safety course, especially if you are new to boating. Always check the weather before your excursion and heed small craft advisories.
- **STAY CONNECTED** Let friends and family know where you will be and have a fully charged cell phone or marine radio available.
- **STAY AWARE** Weather can change quickly. If you notice a sudden drop in temperature, change in wind, or darkening clouds, err on the side of getting to shore and off open water.
- **STAY AFLOAT** Make sure everyone is wearing a Coast Guard approved life jacket that fits properly. Check that your boat has all of the necessary safety equipment before you head out, including fire extinguishers, flares, and first aid kits.
- **STAY ALERT** Never operate a boat under the influence of alcohol or drugs. When waterskiing or tubing, two or more people are required to be in the boat at all times.



- 3 tablespoons olive oil
- 16 hamburger buns, split
- Optional toppings: Tomato slices, lettuce leaves, sliced red onion, sliced cucumber, sliced avocado and ranch dip

Directions:

1. In a large bowl, mix the first 6 ingredients. Add chicken; mix lightly but thoroughly. Shape mixture into sixteen 1/2-in.-thick patties. Brush both sides with oil; refrigerate, covered, 15 minutes to allow patties to firm up.
2. Grill burgers, covered, over medium heat or broil 3-4 inches from heat 5-6 minutes on each side or until a thermometer reads 165°. Serve on buns with toppings as desired.



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



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