



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
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July 2021

Field Employees

IMPORTANT TIMECARD NOTICE

**CASS & BASS offices will be closed
Monday July 5th.**

Please remember to submit your time card no later than Friday afternoon, unless you are working a weekend shift. 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.



"The dandelions and buttercups gild all the lawn: the drowsy bee



If you know of other great people like yourself who are seeking new positions, please refer them to us.

Augusta Area:

- Medical Records QA – Waterville
- Warehouse Supervisor – Pittsfield
- Transcriptionist – Remote
- Forklift Operator – Wiscasset
- Reception/Office Asst. - Winthrop
- Manufacturing Master Scheduler - Pittsfield
- Bookkeeper/Office Mgr. – Augusta
- Accounts Payable Clerk – Waterville
- Receptionist - Augusta
- Custodians – Readfield
- Medical Front Desk - Augusta

stumbles among the clover tops, and summer sweetens all to me."
- James Russell Lowell

Enjoy beautiful Maine!

According to VisitMaine.com, Maine has idyllic Main Streets, endless outdoor activities, handcrafted goods, unmistakable flavors and a plethora of unique places to lay your head at the end of a long summer day. It's like summer camp crossed with an all-you-can-eat buffet of awesome.

Biking

No matter how, or where, you like to ride, Maine has the perfect two-wheeled adventure for everyone. From the coastline, to the woodlands and every town in between. Whether you're looking to explore off-road, or on, there are plenty of routes and trails to choose from throughout the state.

Fishing

Cast a line and hope for the best. And Maine has some of the best fishing spots in the country. From saltwater to freshwater - lakes, rivers and The Atlantic. **Our Cathy DeMerchant is partial to the Allagash area.**

Lighthouses

It doesn't get any more iconic than lighthouses in Maine. These beacons have beckoned visitors for years. So, set your sights on some of Maine's most unique sightseeing destinations this summer. Some of our favorite Lighthouses to see:

[Pemaquid Point Lighthouse](#)

[Seguin Island Lighthouse](#)

[Burnt Island Lighthouse](#)

[Owls Head Lighthouse](#)

[Rockland Breakwater Lighthouse](#)

[Marshall Point Lighthouse](#)

Dysart's Maine Blueberry Muffins
Recipe by Mary Dysart Hartt

2 cups all purpose flour
1/2 cup white sugar
1/2 teaspoon salt

- Payroll Clerk - Auburn
- Janitor – Augusta
- Accounting Clerk - Auburn
- Payroll Tax Supv. - Auburn
- Legal Office Administrator – Augusta
- Custodians - Waldoboro
- Survey Tech - Augusta
- Media Production Tech - Winslow
- Admin. Assistant - Waterville
- Office/Acct. Asst. - Augusta
- Inspector/Packer - Wilton
- Civil Surveyor – Augusta
- Front Desk Admin. - Auburn

Bangor Area:

- Embroiderer - Pittsfield
- Warehouse/Forklift - Brewer
- Retail Manager - Bangor
- Landscape/Property Maintenance - Holden
- Reception/Admin Asst. positions - Bangor and Ellsworth
- Estimator/Proj. Mgr. - Hampden
- Accountant - Old Town
- Carpenters - Hampden
- Cleaning positions - Bangor
- Office Assistant- Southwest Harbor
- A/R Billing Specialists - Bangor
- PHP/MySQL Programmer - Bangor
- HR Manager-Bangor

All job postings can always be found on
CapitalAreaStaffing.com or
BangorAreaStaffing.com



July Dates & Fun Facts

Maine people love July 11th's special day! Check it out!

- July 4 is Independence Day (U.S.). On the fourth of July, we celebrate the adoption of the

1 Tablespoon Baking Powder
1 egg
1/4 cup oil
1 teaspoon vanilla
1 cup milk
2 cup blueberries fresh or frozen

Mix flour, sugar, salt and baking powder together in a bowl. Lightly beat the eggs, and then add eggs, oil, milk and vanilla to dry ingredients, Mix together until moistened. Be very gentle adding the berries. Stir only until berries are mixed so you don't crush the berries.

Using an ice cream scoop will help to ensure all the tins are filled the same. Dysart's uses paper muffin cups.

Internal temperature of muffins should be 200 degrees when fully cooked. Bake for around 350 degrees for 30 minutes. You should take the muffins out of the tins immediately after they are done. This will prevent them from steaming and getting soggy. ENJOY!



Declaration of Independence in 1776. Don't forget to raise the flag! ([See American Flag Rules.](#)) See our full [Independence Day page](#) and enjoy trivia—plus, refresh your memory on the real meaning of this day.

- [July 11th National Blueberry Muffin Day](#)
- July 14 is [Bastille Day](#), which commemorates the storming of the Bastille and the start of the French Revolution.
- July 25: National Day of the Cowboy

July's full Moon, occurs on Friday, July 23rd. The full moon in July is called the Buck Moon because the antlers of male deer (bucks) are in full-growth mode at this time.



**Happy
Independence Day**

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

