



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS



## August 2023

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



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

~ Paul Miller  
~ Anna Welch  
~ Megan Corff

### August Dates & Fun Facts

August 1 - traditionally known as Lammas Day, was an old festival to mark the annual wheat and corn harvest. It was a sort of Thanksgiving



## SO MANY CAREER OPPORTUNITIES!

Please visit our website [here](#) for a list of all current openings!

### Augusta Area

PT Staff Accountant  
PT Teller  
Machinist  
Pension Associate  
Evening Custodian  
Payroll Clerk  
Mold Removal Assoc.  
Dispatcher  
Inspector/Packer  
Director of Events & Programs  
PT Janitor  
Patient Services Rep.  
Photographer/Videographer

### Bangor Area

Front Desk Receipt/ Admin Asst  
Medical Assistant  
Accounting Clerk  
Electronic Test Technician  
Staff Accountant  
Assistant Controller  
Dish Room Attendant  
Manufacturing/ Machine Operators  
Accounts Payable  
Production Line Supervisor  
Sr. Accountant  
Property Maintenance  
Carpenter  
Dietary Aide  
Cook

(harvest time) in Britain. Lammas also marked the mid-point between the Summer Solstice and Autumn Equinox.

August 11 - the end of the Dog Days of Summer, which began on July 3.

August 17 - when the Cat Nights begin, harking back to a rather obscure Irish legend concerning witches; this bit of folklore also led to the idea that a cat has nine lives.

August 19 - National Aviation Day, chosen for the birthday of Orville Wright, who piloted the first recorded flight of a powered heavier-than-air machine in 1903.

August 26 - Women's Equality Day, which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

### Full Sturgeon Moon

August's first full moon, the full Sturgeon Moon, reaches peak illumination on the night of Tuesday, August 1. For the best view of the full Moon, look skyward that night! Read more about August's Full Moon. It's also one of the four supermoons of 2023!

### Blue Moon

You'll be able to see another full moon this month as well – and it's going to be a doozy! On Wednesday, August 30, there will be a Blue Moon, which will also be the BIGGEST supermoon of the year. Be sure to get out there and check it out!

August's birth flowers are the Gladiolus and Poppy.

The August birthstone is the Peridot, which is said to symbolize strength and healing power, protecting its wearer from nightmares and evil, ensuring harmony and happiness.

*Farmers Almanac*

“August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms.”

— Victoria Erickson



## Get Outside in August!

August is the last full month of Summer, which means it's the perfect time to get out and enjoy. There are many things to do, so go have a ball!

Visit

<https://www.alltrails.com/us/maine> for the **Best Hiking Trails in Maine**. Like Ocean Path Trail in Acadia National Park; rated easy.

## State and Agricultural Fairs

August also means fair season is in full swing in Maine. A favorite is the Skowhegan State Fair; fair dates August 10 - 19 with a great midway, rides, animals, harness horse racing and of course cotton candy!!

<https://www.mainefairs.net/>

## And Don't Forget the Beaches!!

Reid State Park, Sand Beach, Old Orchard Beach to name a few and all the beautiful lakes in Maine to discover. Get started by visiting: <https://www.visitmaine.net/main-e-beaches/>

**HAVE FUN!!!**



## SAMOA COOKIE S'MORES

Recipe by Chris Cockren

### Ingredients

- Graham crackers
- Caramel sauce
- Marshmallows
- Toasted coconut

Place roasted marshmallow between 2 graham crackers lined with caramel sauce and toasted coconut.



# Capital Area Staffing Solutions, Inc. Bangor Area Staffing Solutions

~Your Partners in Staffing~



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