

THE SRC CAA Inc

NEWSLETTER



Summer Event Edition

Family Resource & Career Fun Fair

On Saturday, June 25, 2022 the Salisbury-Rowan Community Action Agency, Inc. in partnership with Rowan County NCWorks Career Center sponsored the Family Resource & Career Fun Fair for the Rowan County Community. This event provided education opportunities, financial literacy, self-care and wellness workshops, career resources, free food and activities for the entire family.

Several local employers including the Salisbury Police department and branches of our armed forces were in attendance. Also in attendance were our local education providers to include: Rowan-Salisbury School System, Livingstone



College, Devry University and Rowan Cabarrus Community College.

SRCAA, Inc. would like to send a special thanks to the event organizers: Sherry Tillmon (Director of Family Services), Charleena Zepeda (Family Development Specialist), and Joseph Dismuke (Manager of Rowan Co. NCWorks Career Center). We would also like to thank the many volunteers to include members of our Board of Directors: Mayor Barbara Mallett, Diane Rollins and Caren Lightfoot for all their hard work and for helping to make this event possible.

SRCAA, Inc. would also like to congratulate our grand prize Raffle winner, who won six (6) box seat tickets to the Charlotte Nights baseball game.

This event was sponsored in part by: Sharp Technologies, Cheerwine, Ballantyne Insurance Group, and Seven Oaks.





“The resilience of the Salisbury-Rowan Community Action Agency, Inc. is a direct result of you, our valued employees. Your dedication, commitment and service to this agency is most appreciated, and we would like to take this time to recognize and celebrate you. I would also like to take this moment to welcome aboard our newly hired employees!”

-Dione Adkins-Tate
Executive Director

EMPLOYEE RECOGNITION

Samantha McCallum 20 Years
Karolyn Dacy 1 Year

NEW EMPLOYEES

Lorie Tavera Early Learning Services Coordinator
Nate Coykendall Custodian
Pat Hill Dietary Technician

PROMOTIONS

Charleen Jones Center Manager

“The only thing worse than being blind is having sight but no vision!”
-Helen Keller

SERVICE OF COMMUNITY TOP PRIORITY

In the aftermath of the unprecedented health crisis faced by our community and our entire nation due to COVID-19, the Salisbury-Rowan Community Action Agency, Inc. continues making the service of the community top priority, from providing early childhood education through our Head Start/Early Head Start Program or tuition assistance for employment skills training through our Self-Sufficiency Program, we are dedicated to helping people, help themselves

HEAD START/EARLY HEAD START PROGRAM: The comprehensive child development program is designed to meet children and family needs, providing a solid foundation for the child and parent to grow together. The primary goals of the Head

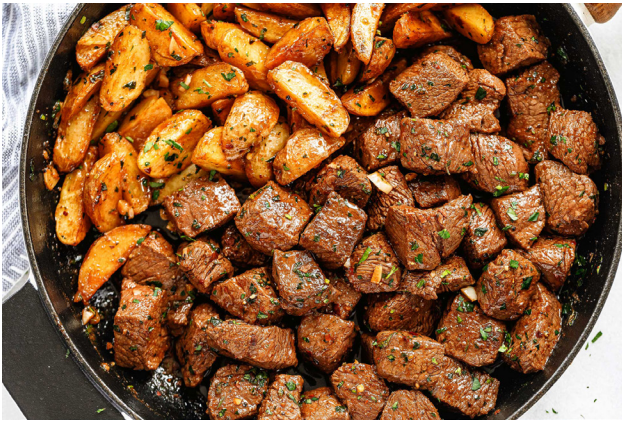
Start/Early Head Start programs are to provide the best child development practices for children birth to five years of age. Head Start provides a comprehensive child development program that addresses the physical, cognitive, mental, social, and emotional development of prenatal, infants, toddlers, and preschool participants. The program services Rowan and Davidson counties.

FAMILY SERVICES: This Self-Sufficiency program assists those who choose to make a change in their life. For families and individuals enrolled in this program, the agency provides comprehensive supportive services to secure employment or increase their income, obtain education and /or vocational training, make better use of their income, obtain and maintain standard housing, and build a strong work ethic. The program services Rowan and Cabarrus counties

Scrumptious Summer Steak

Super flavorful and nourishing, these garlic butter steak bites and potatoes are a one-pan wonder that you'll return to again and again! Juicy steak bites and crisp-golden potatoes are pan-seared to perfection with a delicious garlic, herbs and butter sauce.

Garlic Steak Bites & Potatoes



Keep the same skillet over medium heat and add the remaining 2 tablespoons butter, garlic, red chili pepper flakes, and fresh herbs. Lay the steak bites in one layer in the skillet, keeping the drained steak marinade for later. Cook the steak bites on each side for 1 minute each, until nicely browned – adjust timing depending on how you like your steak.

Right before the garlic butter steak is done, you can stir in the reserved marinade, and cook for one minute. Add the potatoes wedges back to the skillet with the steak bites and heat through. Adjust seasoning with salt and pepper if necessary.

Remove from heat and serve immediately your garlic butter steak bites and potatoes, garnished with more crushed chili pepper, fresh herbs, and a sprinkle of parmesan cheese over the potatoes if you like.

*You can precook the potatoes wedges in boiling salted water for 8 minutes before browning them. This will accelerate the potatoes cooking time in the skillet and ensure a nice golden crust on the potatoes. To make the perfect steak recipe to accompany your potatoes, you can choose a good piece of meat that is more tender than flank steaks, such as ribeye steak, tenderloin, strip loin or strip steak.

Ingredients

- 1 1/2 lb (650g) flank steak, cut into 1-inch cubes (or ribeye steak, tenderloin, strip loin, strip steak...)
- 1 1/2 lb (650g) baby yellow potatoes, quartered
- 1 tablespoon olive oil
- 3 tablespoons butter, divided (or ghee)
- 5 garlic cloves, minced
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh parsley, chopped
- Salt and fresh cracked pepper
- *Crushed red chili pepper flakes, optional

Marinade

- 1/3 cup soy sauce (or coconut amino for paleo and gluten-free)
- 1 tablespoon olive oil
- 1 tablespoon onion powder (or less)
- 1 tablespoon hot sauce
- Fresh cracked black pepper

Directions

Prepare the garlic butter steak bites recipe with potatoes: In a large bowl soy sauce, olive oil, onion powder, pepper, and hot sauce. Keep 1/3 of the marinade aside for later on. Combine the steak bites with the remaining of the marinade. Set aside and allow steak bites to marinate while you cook potatoes.

In a large skillet over medium-high heat, mix 1 tablespoon olive oil and 1 tablespoon butter. When butter is melted, add potatoes wedges. Cook for about 5 minutes, stir and cook an additional 10-15 minutes until potatoes wedges are golden and fork-tender, stirring from time to time. Transfer the sauteed potatoes to a plate and set aside. If the pan is too dirty, scrub off or clean before re-using.

Hidden Valley Ranch & Cheddar Flavor for Burgers



Ingredients

Hidden Valley Original Ranch Dressing

1 lb Lean Ground Beef

1 cup Shredded Mild Cheddar Cheese

Hamburger Buns

*add 1 ounce of ranch dressing for every pound of beef.

Combine seasoning/salad dressing mix with beef and cheese.

Shape into patties; cook thoroughly, until meat is no longer pink in the center. These are perfect for outdoor grilling, but can be cooked on stovetop. (toast buns before serving, if desired.)

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