

DEPC Leader Presented Award for Service: Order of the Long Leaf Pine

Down East Partnership for Children's Executive Director, Henrietta Zalkind, received the Order of the Long Leaf Pine award at the partnership's recent Open House.

The Order of the Long Leaf Pine is North Carolina's highest civilian honor given to recognize lifetime achievements of community service. Established in 1961, it has been given by the Governor to those who have significantly impacted our State. The award was presented to Zalkind by Karen Ponder, past president of the North Carolina Partnership for Children, on behalf of Gov. Roy Cooper.

"Down East is a leader in the early childhood education community," said Ponder. "We are constantly bringing early childhood partners here to learn about the model and your great work. I believe the success of DEPC is in the relationships and partnerships you have built in this community and your unyielding commitment to young children."

Under Zalkind's leadership over the past 30 years, the partnership has improved the quality of child care and education, made care and learning more affordable and accessible for families, and transformed the old YWCA building in downtown Rocky Mount, into a thriving Family Resource Center. Classes, playgroups, and support groups for families with children are offered, including programming for children with special needs. Down East Partnership's mission is to launch every child as a healthy, lifelong learner by the end of the third grade.

"I am deeply honored by this recognition," Zalkind said. "Receiving the Order of the Long Leaf Pine is greatly appreciated from those who have been my mentors and partners for the past 30 years. We have worked diligently to support families and children in Nash and Edgecombe counties and seen many positive changes over the past 30 years. It has taken all of us to make this happen. All our partners - board, staff, faith community, business community, school systems, health and child care partners, have helped us realize



Ginny Mohrbutter, Executive Director United Way Tar River Region, Karen Ponder, former president of NC Partnership for Children and Dr. Trent Mohrbutter, DEPC Board Chair present Henrietta Zalkind with the Order of the Long Leaf Pine.

that change happens when we work together. I can't wait to see what happens over the next 30 years."

Comments made by community members in support for Zalkind's nomination:

DEPC Board Chair Dr. Trent Mohrbutter and United Way Executive Director Ginny Mohrbutter wrote:

"Henrietta's dedication to early childhood development and education extends beyond the four walls of a classroom or DEPC. Her innovative approaches have led to unique outdoor play spaces, healthy eating initiatives and gardens, and countless children, family, and community programs,

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FAMILY SERVICES



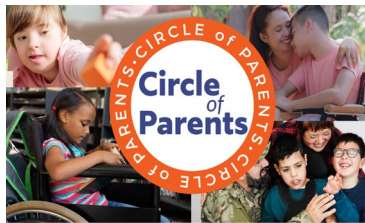
Use this Code to Register!

You may use this QR code to register for Family Services programs.



Family First counselors are available to offer families information on over 150 community resources including choosing quality childcare referrals for Nash and Edgecombe counties. If you need childcare options, parenting information or resources, please call Family First at 252.985.4300 ext. 220. Counselors are available Monday through Thursday, 9 am to 5 pm and Fridays 9-12 Noon.

Circle of Parents



A support group for parents of children, ages birth to 18, with special needs. Parents can spend time connecting with each other, offering encouragement and support in caring for their special needs child. Circle meets on Monday nights from 6:00 – 8:00 pm in a hybrid format. All children in the family are invited to participate in children's activities.

REGISTRATION REQUIRED. Contact Sonja Person at sperson@depc.org

Kaleidoscope® Play & Learn Groups (16-week series)

Caregivers and their children, under the age of 5, are invited to join us at Down East Partnership for Children in Rocky Mount, Spaulding Family Resource Center in Spring Hope, or at Edgecombe County Memorial Library in Tarboro.

***Groups begin the week of February 10**

Spend time playing and discovering ways to help our children continue learning at home.

Please contact Abbi Mullens at amullens@depc.org or 252-985-4300 ext. 270 to register.



Triple P Discussion Groups:
For caregivers with children ages birth to 5.

Dealing with Disobedience
February 18, 5:30-7:30 p.m.

Fighting and Aggression
March 18, 5:30-7:30 p.m.

Triple P Briefs:
Schedule one-on-one coaching for topics of your choice



NC Pre-K

NC Pre-K Applications are available in English and Spanish. Program locations are in private sites, public schools, and Head Start. Contact Family Services if you need help selecting a service provider. See the DEPC website for eligibility requirements and financial guidelines. There are no fees to families using this program.

HOW TO APPLY:

Applications may be accessed from the DEPC web page (<https://depc.org/child-care/pre-k-information-page/>) or picked up from 215 Lexington Street in Rocky Mount.

DEPC Scholarship Program

Offers families opportunities for assistance with child care if they are working a minimum of 30 hours per week or in school full time. This program serves children birth to age 5 and family income must fall below 85% of the state median income. Families are required to pay monthly parent fees on average of 10% of their gross income.

HOW TO APPLY:

Applications may be printed from the DEPC web page or picked up from 215 Lexington Street in Rocky Mount. For more information, call 252-985-4300, ext. 220.



For more information on Triple P or to register for upcoming events, please contact Abbi Mullens at amullens@depc.org or visit the Triple P website at <http://www.triplep-parenting.com/ncLearn>

We are offering one-on-one parenting support. Call DEPC's Family First line at 252-985-4300, ext. 220 for more information.

Recipe Roasted Chicken and Vegetables



Ingredients:

- 1 red onion, peeled and diced
- 3 carrots, scrubbed, cut into chunks
- 1 large sweet potato, scrubbed or peeled and cut into chunks
- 1 turnip, scrubbed or peeled and cut into chunks or 12 Brussels sprouts, quartered
- 1 tablespoon olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1 3 to 4-pound whole chicken
- 1 lemon, cut in quarters

Instructions:

1. Turn the oven on, set to 450 degrees.
2. Put the vegetables, oil, 1/2 teaspoon kosher salt, and 1/4 teaspoon black pepper in the bowl and mix well.
3. Dump the vegetables onto the baking sheet, making sure to spread them in a single layer. Push some out from the middle to make a spot for the chicken.
4. Take the chicken out of its package. Remove the giblets and neck from the chicken cavity.
5. Put the chicken breast-side up on the baking sheet and rub it with the remaining 1 teaspoon salt and 1/4 teaspoon pepper. Put the lemon quarters in the cavities, which are the openings in the front and back of the chicken. Be sure to wash your hands with soap and water after handling raw chicken!
6. Once the oven temperature has reached 450 degrees, put the chicken and vegetables in the oven for 1 hour.
7. Carefully take the baking sheet out of the oven to test the chicken for doneness. When the chicken is done, the vegetables should be tender and browned; some of them may be quite dark at the edges, and that's fine too.
8. Move the chicken to the cutting board and let it rest for 10 minutes.

Check it out these recipes!

Three Sisters Soup

Recipe from MyPlate.gov

A true comfort recipe to warm you up year-round. Make it your own by using any vegetables or beans that you have on hand.



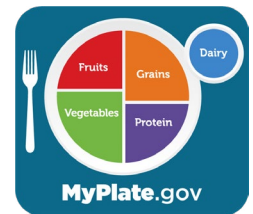
Ingredients

- 1 1/2 tablespoons vegetable oil (or cooking oil of your choice)
- 3/4 cup carrot (diced)
- 1 cup onion (chopped)
- 4 cloves garlic (minced or 1 teaspoon garlic powder)
- 2 cups summer or winter squash (diced - fresh or frozen)
- 1 1/2 cups corn (fresh or frozen or a 15-oz can (drained and rinsed))
- 1 1/2 cups cooked beans (any type or a 15-oz can (low-sodium, drained and rinsed))
- 1 can low-sodium diced tomatoes (14.5 ounces or 2 cups diced fresh)
- 3 cups any flavor broth (low-sodium)
- 1 teaspoon cumin
- 1/4 teaspoon black pepper

Directions

1. Wash hands with soap and water.
2. Heat oil in a large pan on medium heat. Add carrot and onion and sauté until onions have begun to turn slightly brown, about 8 to 10 minutes.
3. Add garlic, squash, and corn and continue to stir for another 3 to 4 minutes.
4. Add beans, tomatoes, broth, cumin, and pepper.
5. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used).

Try This: Change the vegetables and beans based on what you have on hand. Instead of cumin, try 2 to 3 teaspoons of Italian seasoning or 1 tablespoon of curry powder.



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groups, and support services. She is actively involved in community initiatives, working closely with parents, educators, and local organizations to create supportive environments where children can thrive. She is instrumental in advocating for policies and practices prioritizing the needs of young learners, ensuring their needs are heard at every level of decision-making."



Dr. Haywood Parker Senior Pastor of Truth Tabernacle, said, "As a former board chair of DEPC, I have seen Henrietta's leadership firsthand as she worked with building collaborative efforts between her staff, the community, and the population served. Her intentionality around cradle to career and inclusivity of all players, demonstrated excellence in leadership, and her ability to bring all players to the table in a way that valued their input and eliminated barriers of marginalization was the caveat that highlights her leadership."



Down East Partnership for Children

215 Lexington Street | Rocky Mount, NC 27801
(252) 985-4300 | depc.org

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Down East Partnership for Children is a nonprofit organization founded in 1993. It provides a model of services focused on prevention and intervention targeting young children ages 0-8. It leverages investments from local, state and national partners to launch every child as a healthy, lifelong learner by the end of the 3rd grade. For more information about DEPC, visit www.depc.org.



NC SNAP-ED

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Down East Partnership for Children
215 Lexington Street, Rocky Mount, NC 27801
985-4300 | depc.org

Family Fun Day Carnival

Thank you for making Family Fun Day a great day for families!

Thank you to our sponsors!

Thomas Braddy Adrienne Covington Freda Davis Discount School Supply Steve Felton	Shirley Freeman Creighton Hayworth Lakeshore Learning Linda Knight Charles Lane	Debra Lanham Leggett Chapel Baptist Church Pat Mauldin Jeanne Moore Durrell Pettway	Ripple Effects Group Patricia Spruill St. Paul Baptist Church Tim & Wendy Wilson Orlando & Ericka Zito			

Exhibitors / Vendors

- | | | | | |
|---------------------------|---|---|------------------------------------|---------------------------------------|
| A Mother's Touch Bakery | Carolina Complete Health | League of Women Voters | Pilot Club of Rocky Mount, Tarboro | STEP |
| Batts Family Food Truck | Carolina Family Health Centers, Inc. | Mojoe's BBQ & Grill | Ripe for Revival | Sweet P's Galaxy Lemonade |
| Big Boys Bakery | D'licious Icy's | Mom's Rising | Ripple Effects Group | UNC Health (Nash Women's Center) |
| Blue Cross/Healthy Blue | Edgecombe County Health Dept. | Monarch | Rocky Mount Fire Dept. | United Healthcare |
| Boice Willis | Healthy Start Baby Love Plus | NC Wesleyan Admissions | Rocky Mount Police Dept. | Victory Readers at Victoria En Cristo |
| Book Harvest | Exceptional Children's Assistance Center (ECAC) | NC Wesleyan Department of Public Health | Rocky Mount Transit | UNC Health Nash |
| Braswell Memorial Library | First Baptist Church Middlesex | More in My Basket | Routte | Uplift/Power of U |
| Bookmobile | Harrison Family Y | One Community NC | Trillium | |

Mark Your Calendar

Training Calendar: Visit depc.org for the latest Training Calendar for Child Care Professionals

Circle of Parents: Monday nights - 6 to 8 p.m.

Kaleidoscope® Play & Learn Groups: *Groups begin the week of Feb. 10 For children ages 0-5 at DEPC, Spring Hope and Tarboro!

FORE EVERY CHILD
GOLF CLASSIC
to benefit
Down East Partnership for Children

Join us! 8th Annual Golf Classic
Friday, April 25, 2025
The Links at Cotton Valley
Visit depc.org for more info.

WATER IS MY SUPERPOWER

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