

## 2011 YRP Trip ~ As Good As It Gets!

If you weren't on this year's YRP trip, you missed a whole lot of fun! BJ and I agreed it was the best one yet. We played games in the woods, we all ate together in a big cafeteria, we had campfires and made s'mores, we played basketball in an old upstairs gym, we made crafts to bring home to our moms, we saw a rattlesnake and a ground hog up close, we climbed ropes and a



rock wall, we shot arrows at targets, and we swam, swam, swam. It was a wonderful time.

We went on the trip from July 8 – 10. Everyone boarded their buses on Friday morning and we reached the Blue Ridge Assembly in Black Mountain, NC, in time for lunch. It's hard to believe we fit so much fun into only TWO DAYS! We all slept in one big house – separate rooms for boys and girls, of course. And the entire grounds were on one big mountain, so there was a lot of walking up and down and up and down, from the cafeteria to our house to the different activities.



On the second night a storyteller came to our campfire and told a funny story about a giant. Afterwards BJ and I gave out a few awards. Mary Bryant was the first site manager to get all of her trip paperwork to us, so we gave her a fun packet full of CAHEC goodies. Kayla Sumter from Celia Saxon II in Columbia, SC, and Khadidiatou Kane-Diallo from The Griffin Apartments in Asheville, NC, both received awards for Community Service. The Most A's went to Aaliyah Bagley



of East Broad Crossing in Statesville, NC, and Katrina Gobencong of Heatherton Park in Jacksonville, NC. We gave all four of them a \$25 gift card for iTunes. We also had some funny prizes – Castlewood's entire group won for being the most afraid of a bug. They got to share a bag of gummy worms for that!

Sunday morning we had breakfast and one more group activity. Then there were a few more

minutes of free time before lunch and our return trips home.



These are only a few of the pictures taken by our PROFESSIONAL photographer this year. We hope you enjoy them!

If you want to participate in the 2011-2012 school year, check out our website at [www.cahec.com/programs/yrp](http://www.cahec.com/programs/yrp). If you have any questions or want to request a deadline extension, email BJ at [baungst@cahec.com](mailto:baungst@cahec.com).

We look forward to next year's trip being even better!

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## Low Cost Dinner Ideas - Eating Well on Little Money

Experts say that breakfast is the most important meal of the day. But what about dinner? Isn't dinner the time that you sit down with your entire family and enjoy each other? Isn't dinner the largest meal of your day? It is typically the most expensive meal of people's day. However it doesn't have to be. Here are some great low cost dinner ideas that will definitely lower your grocery bill.



1. **Vegetable quesadillas** are a favorite around my house. Everyone loves it and I get to clean out the leftover veggies in my produce drawer. The ingredients you need are simple. Tortillas, cheese, a pat of butter and whatever vegetables you like. Place a tortilla on a plate, sprinkle a little bit of grated cheese (whatever you have on hand) and add chopped vegetables. Sprinkle with a little more cheese and top with another tortilla. Melt the butter on a griddle and heat the quesadilla - turning once, until the cheese is melted. You could saute items like squash, zucchini or onions first, since they won't really be cooked while heating the quesadilla.



2. **Breakfast for dinner** is another hit here. We had homemade pancakes tonight with a side of cantaloupe. Fast, easy and best of all cheap! This is great for those nights when you are walking in the door at



dinnertime. Anytime you have breakfast for dinner it should be cheaper than an average dinner. So whatever you like for breakfast, have it for dinner. I always have sides of fruit or vegetables to round out the meal. Scrambled eggs and toast is another nutritious, filling and inexpensive meal.

3. Buy a large **whole chicken or roast** and eat for the week. Yes, the initial price of this piece of meat will seem like a lot for a cheap meal; however you can stretch these meats to last 3 or even 4 meals. This will bring the cost per meal down considerably and make these meats much more affordable.

4. Make a **pot of soup**. There is nothing like a steaming bowl of homemade soup with homemade bread for dinner on a cold winter night. Soup is very easy to make and there are thousands of recipes online. Whatever ingredients you have on hand - you could turn it into a soup. This is a great one to help clean out the produce drawer. Very healthy, filling and inexpensive. It typically makes a lot as well and you should have leftovers for a second dinner or at least some lunches.

5. **Baked potatoes!** You can do so much with a baked potato. Whatever toppings you like will go well on a potato. Leftover diced ham or chili? A little bit of meat goes a long way on a potato.

Veggies and cheese are always good too. Whenever we have baked potatoes I make corn muffins to go along. These are also cheap and filling. The entire meal usually costs under \$2 for the 6 of us to eat. You really can't beat it.

6. **Pasta** is a great filler. A box of pasta and some homemade sauce make for a delicious and filling dinner. Having trouble getting veggies into your kids? Steam and then puree some and add it to the spaghetti sauce. The kids will never know they are getting so many nutrients! Homemade macaroni and cheese is an inexpensive and kid friendly meal. A box of pasta, an 8 oz block of cheese, 2 eggs, 1 teaspoon of sugar and 1.5 cups of milk makes a great mac n cheese. Total cost is around \$2.

7. **Vegetarian meals** are usually less expensive than ones with meat. Beans and rice go a long way and there are many different ways to prepare this.

So if you are looking to reduce your grocery bill - this week or for good, trying some of these ideas is a great way to save. Try several for a week when you are in a budget crunch or try one or two a week - it is up to you. But if you want to lower your grocery bill - trying some of these ideas should definitely help.

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ASP  
deadline =  
two weeks  
after the  
school's  
drop/add  
date!

## Katherine's Notes

Not too many updates this quarter...

Throughout the fall, we have writing workshops scheduled in conjunction with the North Carolina Writers Network. Four are scheduled in September at Cane Creek Village, Seven Oaks, Cedar Trace Landing, and Mayworth School; two in November at La Grange Villas and Wallace Senior Village; and two in December at Perfection Park and Globe Tobacco Lofts. If you're interested in participating in 2012, please let BJ know.

REMINDER: the deadline for ASP applications is two weeks after the school's drop/add date. Please make sure your residents understand this! A late application is a denied application.

CGPs are pouring in! We've funded 40 different sites so far in 2011. Remember to get ideas from your residents before putting together your surveys.

We will no longer offer the HOP after the end of this

year. In order to participate, a resident's closing date must be on or before December 31, 2011. Our plan is to replace the program with something related to financial literacy, but we haven't worked out the details yet.

There's nothing new to report on the RWC or TLC.

The SRP is in full swing and we have over 30 sites and 500 residents registered to participate this year. It's no wonder BJ wants to hire a third person for our division.

2011-2012 YRP applications are currently coming in. If you read the first page article, you already know how much fun we had on last year's trip. This year we're hoping to go to a similar facility somewhere on the beach. We don't know about our chaperone to student ratio yet until we finalize our destination. We hope to announce both by the end of September.

As a reminder, we ARE allowing mid-year enrollments for the SRP and YRP. This only applies to new residents

who must still complete all of the requirements by the end of the program year. The cut-off dates are October 31 and December 31, respectively.

BJ and I are both busy with onsite orientations. Between us we plan to meet with over 60 sites by year end. The first week in October we're doing a blitz in Kentucky and West Virginia. We'll meet with site managers from Glasgow Graded School, Liberty School, Arlington Greene, Paint Landing and Paint Lick Station, Charter House, Edwards Crossing I & II, Canterbury Place, Sue Terrace, Oakmont Greene, Joseph's Crossing, Muirwood Greene, Virginia Way, and Catawba Club. If you want to schedule an orientation and don't think you're on our master list, give BJ a call at 919-788-1805.

We hope everyone got through the heat wave, tornadoes, earthquake, and hurricanes of 2011 without much damage. Enjoy the cooler weather coming your way.



## We've launched a facebook page!

Check us out! The best way to find our page is to search for "CAHEC" on facebook. We're trying to get our own address, but it's a work in process.

If you "like" us, you can see our posts and add your own.

You can also see all the photos we've uploaded, including several from this year's YRP trip and a lovely shot of the entire CAHEC staff at our conference this summer. You can even share your own photos.

We hope it turns into a great way for us to communicate with all of our partners, but it won't work without you.

So like us right away and start sharing all things CAHEC!

## CAHEC

7700 Falls of Neuse Road  
Suite 200  
Raleigh, NC 27615

Phone: 919-420-0063

Fax: 919-420-0019

[www.cahec.com](http://www.cahec.com)



CAHEC's mission is to raise and invest equity capital in qualified low-income housing tax credit projects and other tax credit products and to provide capital through a series of Community Investments that (i) empower residents, (ii) promote the development of affordable rental and ownership housing, and (iii) foster sustainability within the communities we serve.

## CAHEC's 2011 Conference Another Big Success!

We held our annual Partners Conference this summer on June 8 and 9. Thank you to everyone who came out and joined us!

With over 400 people total, we had more attendees than ever before. We also enjoyed our most elaborate meals ever—with a deli lunch buffet, dinner for everyone at the Angus Barn, and a tropical-themed award luncheon.

Our game show this year was the Affordable Housing \$100,000 Pyramid. BJ was an applause girl—outstanding, of course.

And as usual, we had a wonderful group of award recipients:

- Outstanding Regional Property Manager—Patricia Shelton of Partnership Property Management
- Sustainable Development of

the Year—The Glen Rock from Mountain Housing Opportunities



Richard & Margaret Perry

- Community Programs Participants of the Year—Richard and Margaret Perry from The LaSalle at Lincoln Heights
- CAHEC Values Award for Customer Service—Amanda Rule of Landmark Asset Services
- Excellence in Redevelop-

ment—Arbor Pointe Apartments Phase II from The Housing Authority of Columbus and Columbia Residential

- Community Programs Partner of the Year—Debbie McGinnis of Castlewood Apartments and Boyd Management.

It was a great conference and we hope we'll see all of you in 2012! We'll announce the dates as soon as they are finalized.



Debbie McGinnis, with youth residents from Castlewood