



# Food4Thought

People Helping People's Monthly Newsletter

July 2022

## New Sheriff In Town

You may wonder what would be the thinking behind a very busy business man (he owns two businesses!) wanting to become a board member of a non profit organization and then not soon after, take over the role of president of that board.

As of July 1, Burton Melaugh was unanimously approved by fellow board members of People Helping People to be its president.

It was easy for him to accept the role because of his strong support of PHP's mission - to alleviate hunger in Hernando County.

Burton and his wife Nita run a catering business. They feel there should be no reason for anyone in the US to go hungry. The tragedy of people not having enough to eat was simply unacceptable to him without his doing something to help. With that, Burton became one a PHP board member, feeling both empowered and expecting "to hop in the trenches and do the work".

Burton goes on, "Our board is not for those who'd like to simply attend once a month and make decisions. Along with being very diligent, the PHP Board



harbors no personal agendas. It's always about the cause and is the reason we work so well together.

There's never any 'me' or 'I' at People Helping

People, therefore, no effort is wasted as we direct our services toward those less fortunate."

Burton has stated his goal as PHP president is to empower its executive director and board members to flourish all their inclinations and abilities as PHP continues to grow.

"We've an ambitious plan to court more funding and expand our program offerings, and it's my job to ensure that our plans and growth are well organized.

As we know, great ideas remain dreams without subsequent and comprehensive planning,

implementation, and execution."

Originally from Manhattan, Burton moved to Winter Park, FL, in '78, entered in the Marines, and fought in Desert Storm. After later graduating from FSU, he started working in the restaurant and catering business and then moved to Dade City to take care of his grandmother. There he opened a small takeout and catering place. Burton says joining the Chamber of Commerce was one of the best decisions he made as it lead to his marrying its director Nita. They ultimately settled in Hernando County where together they own Betty Marie's Catering and Blue Mountain Web Designs.

You'll often find Burton helping others every chance he gets because for him "it's life's greatest joy."

It makes a lot of sense then that he has found his way to People Helping People, and we can't wait to see where he leads us!

*Next month, we'll introduce you to two new board members, Tresa Watson and Sandra Marrero*

Weekend Blessings is supported by grants from the following:



PEOPLE  
HELPING  
PEOPLE  
in Hernando County

[www.phphernando.org](http://www.phphernando.org)  
352-686-4466

***"A person's most beautiful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen, and a hand willing to help others."***

There are so many ways you can make a difference at People Helping People in Hernando County.

- In kind donations are items such as food, toiletries, tents and other camping needs. Individuals, groups, social clubs, or businesses may hold a food drive.
- Cash donations enable us to buy food items that we do not receive as an in kind. If you prefer, you may designate which program you would like to see your donation go toward.
- We have an ongoing need for Sunday Blessings meal sponsors - individuals, organizations, or restaurants who wish to provide a "hot meal" for those experiencing hunger and food insecurity.
- Our volunteers are what keep us going! We have a variety of opportunities for those who want to help those in need (while feeling good about yourself, too).

***Thank you to those listed  
below who contributed  
financially during June!***

Anonymous (you know who you are!)  
Anthony & April Artemisio  
Ryan & Lee Brainard  
Kelly Brown  
Catherine Buonemani  
Alycia D. Daniel  
Donation jar at the HELP Center  
Alesys Fedrick  
Frontstream/TRUiST  
Syed Waqar Hasan, MD  
Alison Kalvelage  
Robert W. Kwarren  
Network for Good  
Kathleen Olynik  
James M & Debra J Peary  
Verna Pedersen-Runyan  
Richard Banville, LLC,  
dba USA Benefits Corp  
Carla Rossiter-Smith  
Caroline J. Sachs  
Richard Sweade

***Please mail your check donations  
to:***

**People Helping People  
PO Box 6182  
Spring Hill, FL 34611**

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**Sunday Blessings  
July  
Meal Sponsors  
THANK YOU!**  
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**LongHorn Steakhouse**



**Knights of Columbus**

***Thank you to all who  
provided in-kind donations  
during June!***

Anonymous (you know who you are!)  
Jeff Baker  
Elks Brooksville  
Nancy Evers  
Girl Scouts of West Central FL  
The Lawsons  
Lavortia  
The Marine Corps  
Joyce Morra  
Nativity Lutheran Church  
Parrothead Club  
Springstead HS  
USPS letter carriers\*\*  
Anita Wells  
Robert West  
YMCA members

***In-kind donations may be dropped  
off M-F 9am - 2pm at:***

**People Helping People  
1396 Kass Circle  
Spring Hill FL 34606**



**PEOPLE  
HELPING  
PEOPLE**  
in Hernando County

***www.phphernando.org  
352-686-4466***



***Some Folks We Couldn't Do It Without***

**That would be YOU!**

**Join us for a Giddy-Up Good Time at  
HOEDOWN for the HUNGRY!**

**Tickets are \$75/person.**

People Helping People in Hernando County, Inc.  
**presents**

# **HOEDOWN**

For the

# **HUNGRY**

**SAVE  
THE DATE**

**Saturday  
October 29, 2022**

Silverthorn Golf & Country Club  
4550 Golf Club Lane Brooksville, FL 34609

Saloon opens at 6PM • Dinner at 7PM • Western Attire Suggested  
Line Dance Lessons • Door Prizes • Cash & Gifts Drawings

**Call (352) 686-4466  
for tickets & information**





Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope.

AA Meetings at the HELP Center,  
1396 Kass Circle

- **Mondays 8pm** (The Step In The Right Direction)
- **Thursdays 8pm** (Aripeka Big Book)
- Additional meetings are being added beginning in August. Call 352-686-4466 for new days and times.



## Mobile Food Distribution

**Wednesday, July 27, Aug 31**

**We need Volunteers to help pack and distribute the bags of food!**

**To volunteer, call 352-686-4466**

For those in need of food, please line up in your car at 10:30 am  
Location: HELP Center  
1396 Kass Circle, Spring Hill

*(Please be aware that we never know what or how much we'll get on the truck.)*

## **HELP Center Calendar**

### **July**

Nature Coast Art League  
10am Mondays

AA Meeting  
8pm Mondays/Thursdays

Showers available  
10am - 1:30pm Tuesdays/Fridays

Free Health Clinic  
10am Tuesdays

Lunch offered  
11:30am - 12:30pm Tuesdays/Fridays

Sunday Blessings  
3:30 pm Sundays  
A hot meal dining experience  
for those in need

Want to know what's going on at  
People Helping People?  
Our Calendar is online - view it here:  
<https://phphernando.org/calendar>

## **Easy Recipes**

### **From Food Pantry Items**

Here's a recipe that can be made using simple pantry items -  
Pasta Tuna Salad.

1 box (12 oz) pasta  
1 can (10 oz) tuna  
1 can (15 oz) green beans  
1 ½ cups mayonnaise

1. Cook and drain pasta of your choice 2. Drain and rinse the green beans (cut to desired size if necessary) 3. Drain, rinse, and separate tuna chunks 4. Add the green beans, tuna, and mayonnaise to the pasta, using only enough mayonnaise to make the salad creamy 5. Add desired amount of salt and pepper 6. Stir well 7. Chill for an hour before serving

Do you have a recipe to share that uses food pantry items? Send it to [admin@phphernando.org](mailto:admin@phphernando.org) and we'll share it with our readers.

## **Don't Turn Away**

When you see a homeless person  
- do you turn away?

When you hear about a family struggling to buy food - do you turn away?

When you learn about a senior trying to survive on a minimal social security payment - do you turn away?

When you know a child receives breakfast and lunch at school but goes home for the weekend to empty food cabinets - do you turn away?

At People Helping People, we turn toward those in need. But, we need you to help us to do so. Whether you donate money, food, or your time, thank you for joining us in helping others. The need is great and we need you.

Please call 352-686-4466 to help.

*Find more information & photos on our Facebook and Instagram pages*



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