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## *We Are Blessed With An Awesome New Facility*

By Sydne Wirrick-Knox, Coordinator of Volunteers & Operations



We are well into our 4<sup>th</sup> week at the NEW Kitchen and it is just fabulous. The staff and guests all seem to be settling in and love every minute. We have all ready had two foot clinics, one cooking class, three Neighborhood Food Programs, hair cuts, many guests using our showers and laundry facilities, two volunteer training events and nearly a month's worth of delicious, nutritious meals. The kitchen space and equipment is wonderful, the dining room is very welcoming to all who enter, each staff member has her OWN beautiful office, and storage for everyone and everything. **We are truly blessed.**

I would like to thank all of the volunteer team captains and team members that were able to attend one of our Volunteer Appreciation Events in April. Most of our time was spent touring the new facility and training on our new equipment. For any team captain that has not had the opportunity to train or if you feel a need for more information, please contact me at 477-4116 or email to [sydnemtko@windstream.net](mailto:sydnemtko@windstream.net).

Speaking of Volunteer Appreciation, I really need to thank each of our faithful volunteers for another year of service. This has been a difficult year and one that seemed to be filled with a large amount of uncertainty. You all persevered through the destruction of the area around the "old" Kitchen, the ever changing route to the Kitchen, the mud, the snow and the ice. Many of you even had to prepare and serve meals with some of our kitchen equipment missing as we started our move. **You did all of this without missing a meal. Thank you so much from the staff and guests of Matt Talbot Kitchen & Outreach.**

**The following is some volunteer information from MTKO, Lincoln & Lancaster County for 2009.**

### The Share our MTKO Volunteers Added to this Total Amount

- Total Number of Nutritious Meals Served in 2009 – 107,272
- Total Instances of Volunteer Service in 2009 - 10,002
- Total Number of Hours of Volunteer Service in 2009 – 30,006
- Value of the 30,006 hours of Volunteer Service in 2009 - \$492,998.58
- The total In-Kind Donations for Meals Served in 2009 at MTKO - \$204,984.54
- That is a grand total of \$697,973.12 of time and food donated by Lincoln's greatest **ARMY OF VOLUNTEERS.**

**THANK YOU SO MUCH FOR ALL YOU DO TO ASSISTS LINCOLN'S WORKING POOR AND HOMELESS!**

### In Lincoln/Lancaster County:

- In Lincoln each year, Volunteer Partners, the community volunteer center, conducts a survey of the 250+ agencies with which it works to connect volunteers. This survey is conducted in connection with National Volunteer Week, (this year it was April 18<sup>th</sup> to the 24<sup>th</sup>). This year's results:
- Of the 250+ agencies, 180 agencies responded.
- They reported 133,146 volunteers...47% of Lincoln/Lancaster County population!
- The volunteers put in 2,657,499 hours, an average of 20 hours each.
- That many hours is equivalent to 1278 full-time employees or 7 full-time staff for each of the 180 agencies which responded.
- According to the Independent Sector.org the average hourly value for volunteering in Nebraska is \$16.43.
- THE REPORTED VALUE OF VOLUNTEERING IN LINCOLN/LANCASTER COUNTY WAS \$43,662,713!!!**

The following article was written by Sondra Jonson. Sondra is the Youth Leader of the St. John's Pro-Life Youth Group at St. John the Baptist Church in Cambridge Nebraska. She had contacted MTKO wanting to do a mission trip to Lincoln and include MTKO in the students' day. Sondra graciously allowed me to reprint her article telling of their MTKO experience.

**THIS IS A MUST READ. ENJOY!**

## *"How Many Loaves Do You Have?"* *Our Experience at Matt Talbot*

Our high school pro-life youth group at St. John the Baptist in Cambridge, has been wanting for a year to help serve at Matt Talbot. Our challenge has been to find a day in the students' jam-packed schedules to make the trip. On the day of state wrestling, we finally managed to coordinate a few of our kids, with several kind volunteers from the Cathedral Knights of Columbus in Lincoln, and drove a sunny 200 miles to help with lunch Feb. 12.

The first thing I noticed walking into Matt Talbot was just inside the door-- a table piled high with loaves of bread. I was later told that anyone who wants to bring their extra bread, and when the patrons leave, they are welcome to take a loaf with them. Bread. I remembered the Gospel story and Jesus's words, "How many loaves do you have?....He said the blessing, broke the loaves and gave them...to set before the people." (Mark 6: 38-41)

As we walked in and took off our coats, we found the place teeming with volunteers. Our faithful Knights were already there, aprons on, helping in the kitchen. The kitchen itself was overflowing with workers, chatting, laughing and cooking, and I felt rather sheepish for having so worried about providing enough help for the day. I also realized how blessed we are that so many come with joy to serve at Matt Talbot, day after day. *This* is what the billboard sign means as we enter Nebraska: "Welcome to the Good Life." Its message is not about good *things*, but good *hearts!*

As the patrons flowed in, our youth group manned the coffee pot and drink table. The patrons filtered through-- quietly, peacefully, and gently. The menu was warm tuna casserole, hot vegetables, Valentines Day cupcakes and plenty of fresh rolls and bread—all lovingly made by volunteers from Millard. We knew what a privilege we had to serve some of Lincoln's most precious citizens—those to whom the word "extra" does not exist. They don't have extra clothes, extra food, extra friends or extra money; the only things they have too much of are need and want, hurt and loneliness.

One patron came through the line with a beaming smile and said, "I just came from the courthouse where the judge threw out my case. They handed me \$430.00, and I told them, 'Out of my way—I'm a millionaire today!'" And for that day, maybe for many days, that man truly was a millionaire, perhaps more than even Warren Buffet. Because for this brief spell, he would be free from all worries about money.

During lunch, one man got sick, and his entire meal ended up covering his clothes and hands and chair. The Talbot volunteers were instant in coming to his aid. One volunteer in particular, aptly named "Matt," was by his side for the next hour, cleaning with damp rags, mopping the floor, helping the gentleman change into fresh clothes. Matt kept saying to him, "We're here for you, Buddy. Don't worry, we're here for you." Priceless kindness to someone suffering both sickness and humiliation. This poor soul had all he owned in a gym bag at his side. Above him on the wall was a painting of Bl. Mother Teresa of Calcutta. She also carried all she owned in one small bag. She knew she could best reach the poor by remaining poor. "The poor must help each other, because the rich can't always see the need." The Matt Talbot staff laundered the man's clothing, got him fresh garments and a new jacket from the Thrift Shop next door (soon to be closed), and arranged for a volunteer to give him a ride to "wherever he wanted to go."

My youth group and I would be returning that night to Cambridge, to our warm, safe homes. Many of those to whom we had handed coffee and cupcakes would be spending the dark hours in the corners and crevices of public buildings, wrapped in their abandonment, resigned to their poverty. But now we hope something else lingers with them---the prayers of those who served them, and the promise of a warm haven and hot meal the next day at Matt Talbot.

"The poor you will always have among you," Jesus said (Mark 14:7), but did He also wonder if *we* would go *among* the poor? There seems so little we can do to address their problems, but there's always something we can give, even something small like a smile, a cup of coffee, a damp rag for soiled hands, a loaf of bread.

If you've ever asked yourself the question our desperate ancestor posed to God: "Am I my brother's keeper?"---just spend a few hours at Matt Talbot. You'll never wonder again. You'll just know.

## **Smoothies—An Idea for Breakfast—or Anytime**

By Janet Buck, RD/MTKO Nutrition Coordinator



Many of my clients do not eat breakfast. You have all heard the old saying about breakfast being the most important meal of the day. It is indeed a very important meal. Besides getting our metabolisms going and thus helping with weight control, breakfast should supply approximately one third of our calorie and other nutrient needs for the day. So I am always reminding folks about the importance of eating breakfast. The other day I was meeting with someone who does not routinely eat breakfast. She asked about some easy ideas for breakfast. Smoothies were on the list. Not only are they easy to prepare and convenient to transport, if needed, and easy to drink, but they can pack a lot of nutrition into a relatively small volume. The quest to find smoothie recipes showed that a large variety of such recipes exist, from ones with dairy products like milk, ice cream and yogurt to others based on soy products. There are fruity smoothies, dessert-like smoothies and even smoothies made with veggies! Since smoothies can pack in a lot of nutrition into a small quantity, be sure to watch the size of the smoothie you are drinking. It is easy to “super size” it and end up with far more calories than you intended. Also, there is evidence to show that calories taken in a liquid form may not be as satisfying as solid foods. Consider that when deciding whether you will choose a smoothie for a meal. Below are a “standard” recipe and some that are a bit more unusual. Drink up and enjoy the great flavor and good nutrition!

### **Strawberry Banana Smoothie (4 servings)**

2 cups orange juice  
1 cup strawberries  
2 medium bananas  
½ cup light vanilla ice cream  
Place all ingredients into blender and blend until smooth.

### **Banana Sour Cherry Smoothie (4 servings)**

1 cup sour cherries  
2 medium bananas  
8 oz. plain yogurt  
1 Tbsp. honey  
1 tsp. Splenda (or to taste)  
Rinse cherries and drain on paper towel. Remove seeds and spread on a baking pan. Peel bananas, slice thickly and add to baking pan. Freeze until solid. Place the cherries and banana slices in a blender. Add remaining ingredients. Blend until smooth.

### **Carrot, Apple and Ginger Refresher (2 servings)**

½ cup 100% carrot juice, chilled  
½ cup unsweetened applesauce  
½ cup vanilla fat-free yogurt  
1 tsp. fresh lemon juice  
½ tsp. grated peeled fresh ginger  
1 frozen sliced ripe banana  
5 ice cubes (about 2 oz.)  
Place all ingredients into blender and blend until smooth, about 2 minutes.

### **Cucumber, Apple and Mint Cooler (2 servings)**

1 cup chopped, seeded peeled cucumber (about ½ pound)  
1/3 cup unsweetened frozen 100% apple juice concentrate, undiluted  
¼ cup cold water  
¼ cup chopped fresh mint  
10 ice cubes (about 4 oz.)

Place all ingredients into blender and blend until smooth, about 2 minutes.

The first two recipes are from the Produce for Better Health Foundation. The second two are from the May 2010 Cooking Light magazine.

# Happy Mother's Day

### **Great volunteer opportunities are available for teams at MTKO**

- Provide, prepare and serve the 1<sup>st</sup> Wednesday lunch of the even months starting on June 2, 2010.
- Provide and prepare the 2<sup>nd</sup> Tuesday lunch of each month (we have a team that serves) starting May 11, 2010.
- Provide, prepare and serve the 2<sup>nd</sup> Friday lunch of each month starting June 11, 2010.
- Provide, prepare and serve the 5<sup>th</sup> Friday lunch starting July 30, 2010.

Please contact Sydne Wirrick-Knox at [sydnemtko@windstream.net](mailto:sydnemtko@windstream.net) or 477-4116 for information.

**Thank you for your service to Lincoln's working poor and homeless!**

**Please note that there are a few changes to the following procedures.**

### **CLEANING PROCEDURES FOR THE KITCHEN & DINING ROOM**

1. Clear off tables.
2. Clean tables and seats of each chair with Sani-Tab solutions (one tablet in a bucket of warm water).
3. Stack each chair upside down on the tables.
4. Dust mop the dining room floor with the large dust mops.
5. Wet mop any spills from the dining room floor with clear water. PLEASE be sure to empty the mop bucket into the mop sink.
6. Clean all countertops in food prep, drink and serving areas using a Sani-Tab solution. This includes the sinks in the kitchen.
7. Empty all trash cans from the kitchen, dish washing room and dining room into the dumpster. Please be sure to re-line all garbage cans. Thank You!
8. Sweep the kitchen floor.
9. Wet mop the kitchen floor (& dishwashing floor) with a solution of AccuMix. PLEASE be sure to rinse the mops with clean water and empty the mop bucket into the mop sink.
10. Place all used towels into the hamper.
11. Check to make sure ALL APPLIANCES ARE OFF:
  - Dishwasher
  - Exhaust hood in dishwashing room
  - Fan in dishwashing room
  - Holding oven
  - Hot table (also be sure you drain the water)
  - Cold table
  - Coffee maker
  - Braising Pan
  - All burners on the gas range
  - The oven in the gas range
  - Both convection ovens
  - Both Pasta cookers
  - **EXHAUST HOOD OVER THE COOKING AREA**
  - For evening and weekend teams, check to be sure the exterior doors are locked.
  - Shut off the lights.

**Congratulate yourself on a job well done!**

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|--|---|---|--|---|---|---|
| <p><b>30 Lunch</b><br/>Knights of Columbus<br/>Ken Polacek<br/><b>Supper</b><br/>St Patrick's Manley<br/>JoAnne Richardson &amp; Sherry Kunz</p> | <p><b>31 Lunch</b><br/>Lincoln Medical Alliance<br/>Jenny Ackerman<br/><b>Supper</b><br/>St Michael's Cheney<br/>Chloe Burianek</p>   |   |  |   |   | <p><b>1 Lunch</b><br/>College View<br/>Something Else<br/>Class - Vicki Biloff<br/><br/><b>Supper</b><br/>Family &amp; Friends<br/>Joyce Champoux</p>   |
| <p><b>2 Lunch</b><br/>Madonna<br/>Tracy Bell<br/><br/><b>Supper</b><br/>Sunday Servers<br/>Linda Pleskac</p>                                     | <p><b>3 Lunch</b><br/>LLC Health Dept<br/>Kings &amp; Queens<br/>Gary Walsh<br/>Serve Only<br/><b>Supper</b><br/>Super Supper Servers<br/>Sue Connolly</p>  | <p><b>4 Lunch</b><br/>Family &amp; Friends<br/>Mary Jo Bousek<br/><br/><b>Supper</b><br/>Pooh Bears<br/>Teresa Harms &amp; Jan Mientz</p>                         | <p><b>5 Lunch</b><br/>St. Joe's &amp; Evangelical Free<br/>Geneva, NE<br/>Nancy Malone<br/><b>Supper</b><br/>St Pat's #1<br/>Jacque Shotkoski</p>                  | <p><b>6 Lunch</b><br/>Angel Helpers<br/>Mary Jo Bousek<br/><br/><b>Supper</b><br/>St. Joseph's #3<br/>Pat &amp; Bill Lundak<br/>White Hall/Clean</p>                            | <p><b>7 Lunch</b><br/>IANL<br/>Dr. Ram Bishu<br/><br/><b>Supper</b><br/>SOS St Mark's<br/>United Methodist<br/>Ann Heydt</p>  | <p><b>8 Lunch</b><br/>First United<br/>Methodist Church<br/>Suzie Miller-Schoen<br/><b>Supper</b><br/>1<sup>st</sup> Plymouth<br/>Julie &amp; Mitch</p> |
| <p><b>9 Lunch</b><br/>St Mary's Elmwood<br/>Les &amp; Ruth Ann Hlavac<br/><br/><b>Supper</b><br/><b>NEED SUB TEAM</b></p>                        | <p><b>10 Lunch</b><br/>Sacred Heart Alt.<br/>Soc. Beaver Crossing<br/>Jerry Pariset<br/><b>Supper</b><br/>Aldersgate United Methodist<br/>Donna Lanum</p>   | <p><b>11 Lunch</b><br/>Swanson Russell<br/>Serve Only<br/><br/><b>Supper</b><br/>St Joseph's #1<br/>Mary Love</p>   | <p><b>12 Lunch</b><br/>Christ United Methodist<br/>Mary Lange<br/><b>Supper</b><br/>New Covenant ACTS<br/>Craig Zachariasen</p>                                    | <p><b>13 Lunch</b><br/>Country Neighbors<br/>Beaver Crossing<br/>Brenda Stutzman<br/><b>Supper</b><br/>Blessed Sacrament<br/>#2 Mary Jo Bousek</p>                              | <p><b>14 Lunch</b><br/><b>Sub Team</b><br/><b>Troy Mercer &amp; Friends</b><br/><br/><b>Supper</b><br/>Faith Bible Church<br/>David Smith</p>                                   | <p><b>15 Lunch</b><br/>Crestwood<br/>Christian<br/>Sharon Hile<br/><br/><b>Supper</b><br/>Holy Savior<br/>Lutheran II</p>                               |
| <p><b>16 Lunch</b><br/>St. Peter's<br/>Joni Richter<br/><br/><b>Supper</b><br/>Talent Plus<br/>Rachel Ryder</p>                                  | <p><b>17 Lunch</b><br/>Raymond United Methodist Church<br/>Provide &amp; Prepare<br/><b>Lincoln Federal Savings Bank</b><br/>Lending Hands<br/>Serve Only<br/><b>Supper</b><br/>St. David's Episcopal<br/>Sharon Beachell</p> | <p><b>18 Lunch</b><br/>First Lutheran Church<br/>Steve &amp; Karen Lenzen<br/><br/><b>Supper</b><br/><b>SUB TEAM</b><br/><b>Susan Hughes-Toy &amp; Family</b></p> | <p><b>19 Lunch</b><br/>Blessed Sacrament Jr. High<br/>Holly Kruger<br/><br/><b>Supper</b><br/>St Teresa's #1<br/>Rosie Polak</p>                                   | <p><b>20 Lunch</b><br/>Christ Lutheran Church Middle School Ministries<br/>Rebecca Fisher<br/><br/><b>Supper</b><br/>Bryan/LGH College of Health Sciences<br/>Deb Schmailzl</p> | <p><b>21 Lunch</b><br/>Second Baptist<br/>Alice Eastman &amp; Marilyn Waldron<br/><br/><b>Supper</b><br/>St Mary's<br/>NA Martyrs Mix<br/>Carol Ruskamp &amp; Dorothy Benes</p> | <p><b>22 Lunch</b><br/>Blessed Sacrament #5<br/>Mary Woltemath<br/><br/><b>Supper</b><br/>CALL<br/>Cheryl Ferree</p>                                    |
| <p><b>23 Lunch</b><br/>Calix<br/>Larry Kunc &amp; Chris Jacobsen<br/><br/><b>Supper</b><br/>St Joe's<br/>Godparents<br/>Mary Bill</p>            | <p><b>24 Lunch</b><br/>St Peter's/St Teresa's Circle<br/>Provide<br/>Cedars Foundation<br/>Staff Serve Only<br/>Ruth McKinstry<br/><b>Supper</b><br/>SouthPointe<br/>Christian Church<br/>Bret Gengenbach</p>                 | <p><b>25 Lunch</b><br/>Welcome Wagon #2<br/>Beth Griffing<br/><br/><b>Supper</b><br/>Southwood Lutheran<br/>Leigh Porter</p>                                      | <p><b>26 Lunch</b><br/>Residential Treatment<br/>Community NSP<br/>Elisa &amp; Chara<br/><br/><b>Supper</b><br/>St Teresa's<br/>Coffee Group<br/>Norene Lackey</p> | <p><b>27 Lunch</b><br/>Friends of Matt Talbot<br/>Kathy Grubbe<br/><br/><b>Supper</b><br/>St Francis &amp; St Claire<br/>Cal Wells &amp; Janet Harrison</p>                     | <p><b>28 Lunch</b><br/>Sister Chicks<br/>Ursula McLaughlin &amp; Natalie Schreiter<br/><b>Supper</b><br/>Sheridan Lutheran<br/>Sara Gran &amp; Sue Alby</p>                     | <p><b>29 Lunch</b><br/>McKinstry Family<br/>Ruth McKinstry<br/><br/><b>Supper</b><br/>Cathedral<br/>Godteens<br/>Michelle Heofener</p>                  |