

Sydne Wirrick-Knox

COORDINATOR OF VOLUNTEERS & OPERATIONS

PHONE (402) 477-4116 FAX (402) 477-4118

2121 NORTH 27th STREET - P.O. BOX 80935 LINCOLN, NE 68501

www.mtkserves.org

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sydnemtko@windstream.net

"Feeding the Soul of the City" Dinner Honors Mary Costello & First Plymouth Congregational Church

By Sydne Wirrick-Knox, Coordinator of Volunteers & Operations



"Feeding the Soul of the City" is becoming the place to be in mid-March for many of our community wanting to support MTKO's commitment to providing food, shelter and hope to Lincoln's working poor and homeless. Our fifth annual event was held on March 11th and we are pleased to announce that we had a full house and raised more than \$50,000 for the Kitchen's general operating funds.

John Baylor, member of the MTKO Board, was the Master of Ceremonies for the evening. Jan Frayser, Matt Talbot Board President, gave a few words of encouragement and hope. She also introduced the Staff Team and Board of Directors. At this point the attendees enjoyed a little touch of Husker Fever. Our MC John Baylor, who is also the Husker volleyball voice, introduced the keynote speaker, John Cook, UNL head volleyball coach. Coach Cook gave a very inspirational, emotional and motivating address. His presentation included a great video featuring the NU volleyball team who gave a "shout out" for our very own MTKO.

Susanne Blue, MTKO Executive Director, presented the "Compassion in Action Awards" to the 2010 recipients. The "Compassion in Action – Collaboration Award" this year honored First Plymouth Congregational Church. Matt Talbot Kitchen and the Board of Women's Ministry from First Plymouth actually shared space and a similar mission at one point in time. The Women's Ministry formed DayWatch which provided day programming and shower facilities in the same building where MTKO provided meals at 1911 R Street. For the past decade, First Plymouth has also sponsored a hunger relief team serving on the 2nd Saturday evening of each month. Also, in 2006, First Plymouth began a fund to help with homeless prevention. This fund is used by MTKO to help provide basic and emergency needs.

Susanne went on to announce the "Compassion in Action – Individual Award" which was presented to Mary Costello, visionary and founder of Matt Talbot Kitchen. Mary is described as "a woman of faith, compassion and distinction". Mary was also one of the founders of the Lincoln Calix, a Catholic organization for alcoholics and their families. Through Mary's work with Calix she saw a need to help the homeless and soon the vision became a reality with Matt Talbot Kitchen. In September of 1992 Mary along with friends and family served the first meals at Matt Talbot Kitchen. And, as they say, the rest is history. When I think of all the lives of guests, volunteers and staff that Matt Talbot Kitchen has touched, I have to applaud this "woman of faith, compassion and distinction".

Thank you Mary!



Mary Costello



Nancy Erickson, Associate Minister & Rev. Dr. Jim Keck, Senior Minister

Thank you from the staff of MTKO to those involved in making this night so grand, to our award recipients, to the Board of Directors and all who supported our fifth annual "Feeding the Soul of the City" with their prayers, pocketbooks and presence. What a blessing you are to Lincoln's working poor and homeless.

**Volunteer Appreciation
Tour & Training
At the NEW Matt Talbot Kitchen & Outreach
2121 North 27th Street
Saturday April 17th – 9:00 to 11:00 AM
OR
Thursday, April 20th - 7:00 to 8:30 PM**

**Enjoy refreshments & fellowship in appreciation of the
Matt Talbot Kitchen & Outreach Volunteers.**

- Tour the new facility**
- Learn to use the new equipment**
- A special gift for all our dedicated volunteers**

Please make sure you invite all your team members to the event.

**It is really important for at least one member of each team to attend
since we will be learning about the new equipment and any procedural changes.**

We would appreciate an RSVP by Monday, April 12th.

Please call

Sydne Wirrick-Knox @ 477-4116 or email to sydnemtko@windstream.net.

**“A pessimist, they say, sees a glass of water as being half empty:
An optimist sees the same glass as half full.
But a giving person sees a glass of water
and starts looking for someone who might be thirsty.”
---G. Donald Gale**

Great volunteer opportunities are available for teams at MTKO

- Provide, prepare and serve the 1st Wednesday lunch of the even months starting on April 7, 2010.
- Provide and prepare the 2nd Tuesday lunch of each month (we have a team that serves) starting April 13, 2010.
- Provide, prepare and serve the 2nd Friday lunch of each month starting May 14, 2010.
- Provide, prepare and serve the 3rd Tuesday evening meal of every month starting July 20, 2010.
- Provide, prepare and serve the 5th Friday lunch starting April 30, 2010.

Please contact Sydne Wirrick-Knox at sydnemtko@windstream.net or 477-4116 for information.

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

Salad Time Again!

By Janet Buck, RD/MTKO Nutrition Coordinator



It's spring—or at least I hope it will be by the time you read this! And spring makes me think of adding more greens to my diet, since this is the time of year they are plentiful and so tender and delicious. Greens provide Vitamin A, potassium, folic acid (a B vitamin) and small amounts of calcium in the diet. In general, the darker a green is, the more Vitamin A and other nutrients it contains. As a comparison, iceberg lettuce contains only 91 IU of Vitamin A, romaine has 364 and spinach contains 1007 in half a cup. The same is true for potassium—iceberg and romaine contain about 40-45 mg but spinach has 84 mg in ½ cup. Iceberg lettuce contains about 15 mcg of folic acid, romaine 19 and spinach 29 mcg per half a cup.

Some hints for using lettuce and other greens in salads follow.

- Select greens that are crisp and free of discoloration. Head lettuce and cabbage should be firm and solid.
- To crisp greens, wash them thoroughly in cool water, pat them dry to remove excess water. Store them in a covered container or plastic bag with a piece of paper towel in the bottom to absorb excess moisture. Refrigerate at least one hour to crisp them. Don't allow them to sit at room temperature for more than 15 minutes before serving them.
- To remove the core from a head of iceberg lettuce, grasp the head firmly and hit the core area firmly on a countertop; lift out the core.
- To prevent greens from turning brown, tear, rather than cut, them into bite-size pieces.
- Dress the greens immediately before serving or pass the dressing along with the salad at the table. Too much dressing will make a salad soggy.

Salads do not have to contain only vegetables. Adding other ingredients to salads can add nutrients and make them a light meal in themselves. The [Cooking Light](#) website contains a section on salads that includes such recipes as spinach salad with grilled pork tenderloin and nectarines, chicken BLT salad with creamy avocado and horned melon dressing, and grilled salmon and grapefruit salad with blood orange vinaigrette. The recipe for the spinach salad follows.

Spinach Salad with Grilled Pork Tenderloin and Nectarines

1 (1-pound) peppercorn-flavored pork tenderloin, trimmed
3 nectarines, halved
Cooking spray
2 (6-ounce) packages fresh baby spinach

¼ cup light balsamic vinaigrette
¼ cup (1 ounce) crumbled feta cheese
Freshly ground black pepper, optional

Directions

1. Prepare grill.
2. Cut pork horizontally through the center of meat, cutting to, but not through, other side using a sharp knife; open flat as you would a book. Place pork and nectarine halves, cut sides down, on a grill rack coated with cooking spray. Grill pork 5 minutes on each side or until a thermometer registers 160 degrees. Grill nectarine halves 4-5 minutes on each side or until thoroughly heated. Remove pork and nectarine halves from grill. Let pork rest 10 minutes.
3. Cut nectarine halves into slices. Thinly slice pork. Combine spinach and vinaigrette in a large bowl; toss gently to coat.
4. Divide spinach mixture evenly on each of 6 plates. Top each serving evenly with nectarine slices and pork slices. Sprinkle with cheese. Sprinkle evenly with pepper, if desired.



Feeding the Soul of the City - March 11, 2010



Welcome Wagon – 4th Tuesday Lunch Hunger Relief Team



Mike and Jane Knopp



Friends from the Union College Foot Clinic



Brester Construction



Leslie Childs, Jim Love & Dave Meiergerd



Pat Lundak & Friends



Jan & Steve Frayser

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak White Hall/Serve & Clean	2 Lunch IANL Dr. Ram Bishu Supper Westminster Presbyterian Church Judy Roper	3 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
4 Lunch No Meal Supper Final Meal at the Original MTKO Prepared & Served by the MTKO Staff	5 Lunch Prairie Hill Learning Center Jason Nord Supper Super Supper Servers Sue Connolly	6 Lunch Family & Friends Mary Jo Bousek Supper Pooh Bears Teresa Harms & Jan Mientz	7 Lunch Mid-Town Center Serve Only Supper Cathedral Potpourri Mike/Jane Knopp	8 Lunch Country Neighbors Beaver Crossing Brenda Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Waverly High School National Honors Society Serve Only Supper Blessed Sacrament #1 MaryAnn Burda & Deb Cabela	10 Lunch First United Methodist Suzie Miller-Schoen Supper Sub Team Sprague Community Church
11 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper Sub Team CCD from Auburn - John & Debbie Cotty	12 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper Aldersgate United Methodist Donna Lanum	13 Lunch Swanson Russell Serve Only Supper Bryan/LGH College of Health Sciences Deb Schmailzl	14 Lunch Christ United Methodist Mary Lange Supper St Peter's Godteens Sarah Hodge	15 Lunch Christ Lutheran Church Middle School Ministries Rebecca Fisher Supper St E's Mission Integration Committee Kurt Clyne	16 Lunch Second Baptist Alice Eastman & Marilyn Waldron Supper St Mary's NA Martyrs Mix Carol Ruskamp & Dorothy Benes	17 Lunch St Katherine's Lunch Bunch Eileen Zuerlein Supper Holy Savior Lutheran I Sherri Mogensen
18 Lunch St. Peter's Mary French Supper Sub Team Soup Club	19 Lunch Raymond United Methodist Church Provide & Prepare Lincoln Federal Savings Bank Lending Hands Serve Only Supper St. David's Episcopal Kathy Wilson	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper NEED SUB TEAM	21 Lunch Blessed Sacrament Jr High Holly Krueger Supper St Teresa's #1 Rosie Polak Girl Scouts serve Cookies	22 Lunch Friends of Matt Talbot Kathy Grubbe Supper St Francis & St Claire Cal Wells & Janet Harrison	23 Lunch Sister Chicks Ursula McLaughlin & Natalie Schreiter Supper Sheridan Lutheran Sara Gran & Sue Alby	24 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
25 Lunch Nebraska Heart Hospital Tom Fitzpatrick Supper St Joe's Godparents Mary Bill	26 Lunch St Peter's/St Teresa's Circle Provide Cedars Foundation Staff Serve Only Ruth McKinstry Supper Lincoln Poultry Chelsey Neesen	27 Lunch Welcome Wagon #2 Beth Griffing Supper Southwood Lutheran Leigh Porter	28 Lunch Residential Treatment Community NSP Elisa & Chara Supper St Teresa's Coffee Group Norene Lackey	29 Lunch St Paulinus Wanda Christians Supper St James' Cortland Bob & Linda Rahorst	30 Lunch <u>NEED NEW</u> <u>TEAM</u> Supper Southwood Lutheran Leigh Porter	