

**Sydne Wirrick-Knox**

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**July, 2010**

**VOLUME 90**

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## **MTKO Garden Party Benefit - 2010**

By Sydne Wirrick-Knox, Coordinator of Volunteers & Operations

Our 8<sup>th</sup> annual "Garden Party Benefit" was held this year on June 13th. We mixed it up a little this year by having our party on a Sunday afternoon, not a Saturday night. The rains held off that afternoon while we enjoyed being entertained by jazz vocalist and co-worker Annette Murrell. And yes, the food was fabulous, the conversation lively, and Mike and Jane Knopp's gardens were beautiful and refreshing. This event celebrates the mission of Matt Talbot Kitchen & Outreach. For myself, I mostly enjoyed the fellowship of my team members and the many MTKO's friends who attended. It was an amazing afternoon and a great help to Matt Talbot Kitchen & Outreach.



The MTKO Team would like to send a thank you to all who attended and supported this event. We would also like to thank Annette for providing our entertainment; you're amazing. And, a **special thank you** to Mike and Jane Knopp for their continued hospitality and support of Matt Talbot Kitchen & Outreach and the working poor and homeless in our community. We are so grateful for your generosity.

Finds photos from our "Garden Party Benefit" on page 4.

## **Summer Needs at MTKO**

**Summer is here! That means the temperature is on the rise & the insects are big and getting bigger. Once again Matt Talbot Kitchen & Outreach is kicking off our Summer-Long Bottle Water, Insect Repellent & Sunscreen Drive.**

**Our homeless guests are in the high-risk category for heat related illnesses. We are asking for your support by donating bottled water, sunscreen and insect repellent throughout the hot summer months.**

**If we hand out one bottle of water to each guest at each meal, that would be over 1,500 bottles each week.**

**All donations will be greatly appreciated!!**

**Happy 4<sup>th</sup> of July!**



## **Kids' Gardening and Cooking Club at MTKO**

By Janet Buck, RD/MTKO Nutrition Coordinator



This summer we have begun new collaborations with two of Lincoln's Community Learning Centers here at Matt Talbot. The CLCs at Clinton and Hartley schools have activities for children during the summer. One of the choices children can make is to participate in "Gardening Club". Matt Talbot is the site of the Gardening Club. We meet with the children weekly for two hours and work with them on gardening and cooking activities. Our activities include teaching them about edible plant parts (did you know an onion is actually part of the leaves of a plant?), how plants grow, herbs, various types of seeds, MyPyramid, and beneficial and harmful insects.

For the herb class we have made Lemon Balm Sugar Cookies, herb butters and mint tea. Herbs are an excellent choice for flavoring foods. They can be used when people need to limit their salt or fat intake. The children enjoyed this activity, especially making the cookies! The cookie recipe is below.

### **Lemon Balm Cookies**

2 ½ cups flour

1 tsp. cream of tartar

½ tsp. salt

1 cup soft butter

2 cups sugar, divided

2 eggs

2 Tbsp. lemon juice

3 Tbsp. dried lemon balm, crushed; or 5 Tbsp. fresh lemon balm, chopped

Sift together flour, cream of tartar, and salt. Cream butter with 1 cup sugar; add eggs and lemon juice and mix well. Work in flour mixture until well blended; stir in lemon balm. Chill overnight to let flavor mellow. Roll into walnut-sized balls. Roll in additional sugar. Bake on greased cookie sheet at 350 degrees for 10-15 minutes. Makes 4 dozen cookies.

P.S. Many gardeners, especially those who grow herbs, have lemon balm in their gardens.



Janet working with one of the students



Clinton and Hartley students participating in the "Gardening Club"

## **A Reminder for the Evening and Weekend Teams**

Remember that we **do not** have paid staff to help with dishes or clean up in the evenings and on weekends. With our more spacious dish washing area, you may want to recruit a couple of more people to help with the dishwashing. Also, remember that after each meal, the cleaning procedures include placing the chairs on the chair carts, cleaning the table tops, dust mopping the dining room floor, and sweeping and mopping the kitchen and dish room floors. If you need additional volunteers to help with these closing chores, please contact me. I frequently have people wishing to join teams and this would be a great opportunity.



### **Introducing MTKO's Newest Team Members**

**Randy Olaveson** takes care of the MTKO grounds and helps with daily maintenance and cleaning in the dining room and bathrooms.

**Kirk Gemmell** is our daytime dishwasher on Tuesdays and Thursdays. Kirk also works hard to help keep the kitchen clean and shining.

**Troy Mercer** does general maintenance working mostly with cleaning the dining room, the outreach areas, and all 9 bathrooms each day.

All three do their assigned duties plus so much more. Many of the hours they work are done on a volunteer basis.

Thanks Randy, Kirk and Troy. You really make a difference at MTKO!

#### **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 August 4<sup>th</sup>.
- Provide and prepare the 2<sup>nd</sup> Tuesday lunch of each month (we have a team that serves) starting July 13<sup>th</sup>.
- Provide, prepare and serve the 2<sup>nd</sup> Friday lunch of each month starting August 13<sup>th</sup>.

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

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



**Jane Knopp & Ruth McKinstry**



**Mary Jo & John Bousek**

***The sights and sounds of the  
MTKO Garden Party, 2010***



**Jim Fuller & Marylyde Kornfeld  
and Jim Blue**



**The Fabulous Annette Murrell**



**MTKO Staff. Front row l to r, Ann, Susie W.,  
Annette, Susie B. and Lynda. Back row l to r,  
Shannon, Sara, Sydne, Janet and Dana.**

# July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1 Lunch</b> Angel Helpers Mary Jo Bousek  <b>Supper</b> St. Joseph's #3 Pat & Bill Lundak White Hall/Clean	<b>2 Lunch</b> IANL Dr. Ram Bishu  <b>Supper</b> SOS St Mark's United Methodist Ann Heydt	<b>3 Lunch</b> College View Something Else Class Vicki Biloff  <b>Supper</b> Family & Friends Joyce Champoux
<b>4 Lunch</b> Madonna Tracy Bell  <b>Supper</b> Sunday Servers Linda Pleskac	<b>5 Lunch</b> LLC Health Dept Kings & Queens Gary Walsh  <b>Supper</b> Super Supper Servers Sue Connolly	<b>6 Lunch</b> Family & Friends Mary Jo Bousek  <b>Supper</b> Pooh Bears Teresa Harms & Jan Mientz	<b>7 Lunch</b> St. Joe's & Evangelical Free Geneva, NE Nancy Malone  <b>Supper</b> St Pat's #1 Jacque Shotkoski	<b>8 Lunch</b> Country Neighbors Beaver Crossing Brenda Stutzman  <b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek	<b>9 Lunch</b> <b>MRKO Provide Baker Family Serve Only</b>  <b>Supper</b> Faith Bible Church David Smith	<b>10 Lunch</b> First United Methodist Suzie Miller-Schoen  <b>Supper</b> 1 <sup>st</sup> Plymouth Julie & Mitch
<b>11 Lunch</b> St Mary's Elmwood Les & Ruth Ann Hlavac  <b>Supper</b> P.K.'s & Friends Jessica Kennedy & Alexia Scott	<b>12 Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset  <b>Supper</b> Aldersgate United Methodist Donna Lanum	<b>13 Lunch</b> Swanson Russell Serve Only  <b>Supper</b> St Joseph's #1 Mary Love	<b>14 Lunch</b> Christ United Methodist Mary Lange  <b>Supper</b> New Covenant ACTS Craig Zachariasen	<b>15 Lunch</b> Christ Lutheran Church Middle School Ministries Rebecca Fisher  <b>Supper</b> Bryan/LGH College of Health Sciences Deb Schmailzl	<b>16 Lunch</b> Second Baptist Alice Eastman & Marilyn Waldron  <b>Supper</b> St Mary's - NA Martyrs Mix Carol Ruskamp & Dorothy Benes	<b>17 Lunch</b> Crestwood Christian Sharon Hile  <b>Supper</b> Holy Savior Lutheran I <b>Sherri Mogensen</b>
<b>18 Lunch</b> St. Peter's Cheri Hellem  <b>Supper</b> SAMS Joan Campbell	<b>19 Lunch</b> Raymond United Methodist Church Provide & Prepare <b>Lincoln Federal Savings Bank</b> Lending Hands Serve Only  <b>Supper</b> St. David's Episcopal Sharon Beachell	<b>20 Lunch</b> First Lutheran Church Steve & Karen Lenzen  <b>Supper</b> <b>St. Thomas Aquinas</b>	<b>21 Lunch</b> Ann Nutter  <b>Supper</b> St Teresa's #1 Rosie Polak	<b>22 Lunch</b> Friends of Matt Talbot Kathy Grubbe  <b>Supper</b> St Francis & St Claire Cal Wells & Janet Harrison	<b>23 Lunch</b> Sister Chicks Ursula McLaughlin & Natalie Schreiter  <b>Supper</b> Sheridan Lutheran Sue Alby, Brenda Wilcher & Jennie Malone	<b>24 Lunch</b> Blessed Sacrament #5 Mary Woltemath  <b>Supper</b> CALL Cheryl Ferree
<b>25 Lunch</b> Nebraska Heart Hospital Tom Fitzpatrick  <b>Supper</b> St Joe's Godparents Mary Bill	<b>26 Lunch</b> St Peter's/St Teresa's Circle Provide Cedars Foundation Staff Serve Only Ruth McKinstry  <b>Supper</b> SouthPointe Christian Church Bret Gengenbach	<b>27 Lunch</b> Welcome Wagon #2 Beth Griffing  <b>Supper</b> Southwood Lutheran Leigh Porter	<b>28 Lunch</b> Residential Treatment Community NSP Elisa & Chara  <b>Supper</b> St Teresa's Coffee Group Norene Lackey	<b>29 Lunch</b> St Paulinus Wanda Christians  <b>Supper</b> <b>Sub Team Julie Smith &amp; Friends</b>	<b>30 Lunch</b> St. Mark's United Methodist Staff  <b>Supper</b> Southwood Lutheran Leigh Porter	<b>31 Lunch</b> McKinstry Family Ruth McKinstry  <b>Supper</b> Cathedral Godteens Michelle Heofener

Mission Statement: The mission of Matt Talbot Kitchen & Outreach is to serve the physical, emotional and spiritual needs of Lincoln's working poor and homeless through outreach, advocacy, education and the provision of food and shelter.

# **USDA INVENTORY AS OF JUNE 30, 2010**

## Canned Fruits

8 cases (24/#300 cans) Applesauce  
15.33 cases (24/#300 cans) Mixed Fruit  
14.33 cases (24/#300 cans) Peaches  
5 cases (24/#300 cans) Apricots

## Canned Vegetables

4.75 cases (24/#300 cans) Corn  
5 cases (24/#300 cans) Green Beans  
4 cases (24/#300 cans) Mixed Vegetables  
6 cases (24/#300 cans) Sliced Potatoes

## Frozen & Canned Meats

5 cases (40/1# packages) Frozen Hamburger  
1 cases (four 6# to 10# rolls) Frozen Turkey Beast Deli Rolls  
3 cases (33# each) Frozen Chicken Leg Quarters  
1 case (48/12.5 oz cans) Canned Chicken  
4.63 cases (24/12 oz cans) Tuna

## Miscellaneous

1 case (12/2# packages) Spaghetti Noodles  
9.2 cases (21/#300 cans) Spaghetti Sauce  
2.5 cases (12/46 oz cans) Orange Juice  
10 cases (8/64 oz cans) Cherry/Apple Juice  
10 cases (8/64 oz cans) Apple Juice  
3.9 cases (30/2# packages) White Rice