

**Sydne Wirrick-Knox**  
COORDINATOR OF VOLUNTEERS & OPERATIONS  
PHONE (402) 477-4116 FAX (402) 477-4118  
1911 R STREET P.O. BOX 80935 LINCOLN, NE 68501  
**Weekend On-Call Staff Pager # 473-0447**

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[sydnemtko@windstream.net](mailto:sydnemtko@windstream.net)  
[www.mtkserves.org](http://www.mtkserves.org)

## ***"THE MOVE"----Keep HOPE Alive***

By Sydne Wirrick-Knox, Coordinator of Volunteers & Operations



We are getting so close to our move, I'm dreaming about it almost nightly. The boxes are going into storage and the plans are being made to move the "big" items. We are also busy lining up volunteers to help with the move. Here is our moving calendar along with information about how each step will affect our volunteers and the wonderful meals you all provide----

- March 15<sup>th</sup> --- The serving line will be removed so it can be retro fitted with the hot and cold tables. **The serving line will be replaced with banquet tables. We will need to rearrange the storage since the serving line with the storage space will be gone.**
- March 22<sup>nd</sup> --- The water to the dishwasher and booster heater will be disconnected. Also, the electricity to the dishwasher, booster heater, hood for the dishwasher, and ovens will be disconnected. **This is the point where we will need to start serving sack meals or switch to disposable plates, cups and table service. We will have the 3 compartment sink to wash pots and pans, etc. This is also when the only way to heat food will be the stove top or roasters.**
- March 24<sup>th</sup> --- The dishwasher, booster heater and dishwasher hood will be moved.
- March 25<sup>th</sup> --- The two convection ovens and the freezer will be moved. We will begin moving the pantry areas and some kitchen supplies. **We will leave enough of the kitchen supplies so meals will be able to be prepared and served.**
- March 27<sup>th</sup> --- Begin moving office areas.
- March 29<sup>th</sup> through April 2<sup>nd</sup> --- The Kitchen will be open for meals only for this entire week. We will unlock the doors from 11:30 to 12:30 and 5:30 to 6:30. **Each weekday team will need to be contacted to see when they need access to the Kitchen since the front doors will be locked.**
- April 4<sup>th</sup> --- The MTKO staff will be serving the last supper at the "Old" Kitchen. This is Easter Sunday and we will not be open for lunch due to the DaVinci's meal served each Easter Sunday.
- April 5<sup>th</sup> --- **We will be opening the doors of the New Matt Talbot Kitchen & Outreach at 8:30 AM.** We will also move the refrigerator and any left over kitchen supplies on the 5<sup>th</sup>.
- April 17<sup>th</sup> --- Volunteer Appreciation, Tour and Training. We will start at 9 AM and run through 11 AM.
- April 20<sup>th</sup> --- Volunteer Appreciation, Tour and Training. We will start at 7 PM and run through 9 PM. **It is important that each team send a representative to one of the sessions.**

**If changes to this calendar occur, I will contact the team captains that will be affected. Thank you so much for all your patience through this next transition. We are nearing the end!**



**Check out the fireplace at the new facility!**

# Mark Your Calendars!

## FEEDING THE SOUL OF THE CITY 2010

**Annual Dinner and Fundraising Event benefiting  
Matt Talbot Kitchen & Outreach**

**Thursday, March 11, 2010, 6:00 p.m., Embassy Suites**

**Call Dana or Susie W. @ 477-4116 for event details and to make reservations**

**This year we will honor founder and visionary Mary Costello with the  
"Compassion in Action Award"**

**and First Plymouth Congregational Church with the "Collaboration Award".**

**Cost of dinner & program \$60.00**

**John Cook – University of Nebraska Volleyball Coach, Keynote Address**

### **Colcannon for St. Patrick's Day**

By Janet Buck, RD/MTKO Nutrition Coordinator



March 17<sup>th</sup> is St. Patrick's Day, which brings thoughts of four-leaf clovers, leprechauns, rainbows and pots of gold. It also brings thoughts of Irish foods like corned beef and cabbage, pork roast and potatoes, lamb stew and Irish soda bread.

Another very typical Irish dish is called colcannon. I think of it as a mixture of cabbage and potatoes with onions, but in researching it, I find that you can put in other vegetables such as kale, leeks, and even carrots, as well. Some recipes use meat like bacon or leftover corned beef in them. Some use garlic for seasoning and I found a recipe that uses leeks, scallions and chives. One reference I found told about the Irish custom of hiding symbolic charms in the dish. The charms hidden were gold rings, sixpence, thimbles and buttons. If you found a ring in your serving it meant that you would get married; a coin that you would come into wealth; however, if you found a thimble or the button it meant that you would remain a spinster or a bachelor.

Colcannon is a very tasty, attractive and nutritious dish. Potatoes are a good source of potassium, phosphorus, magnesium, folic acid, a fair source of fiber and even contain a bit of vitamin C. Cabbage is a good source of potassium and vitamin A and contains smaller amounts of calcium, vitamin C and folic acid. Cabbage is also a good source of phytochemicals called glucosinolates which have cancer-fighting properties. Onions contain a variety of phytochemicals which may decrease blood lipid levels and blood pressure and prevent clot formation. Below is a very traditional colcannon recipe from AllRecipes.com. So, eat up and enjoy!

### **Diane's Colcannon**

- 2 1/2 pounds potatoes, peeled and cubed
- 4 slices bacon
- 1/2 small head cabbage, chopped
- 1 large onion, chopped
- 1/2 cup milk
- salt and pepper to taste
- 1/4 cup butter, melted



### **Directions**

1. Place potatoes in a saucepan with enough water to cover. Bring to a boil, and cook for 15 to 20 minutes, until tender.
2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving drippings, crumble and set aside. In the reserved drippings, sauté the cabbage and onion until soft and translucent. Putting a lid on the pan helps the vegetables cook faster.
3. Drain the cooked potatoes, mash with milk and season with salt and pepper. Fold in the bacon, cabbage, and onions, then transfer the mixture to a large serving bowl. Make a well in the center, and pour in the melted butter. Serve immediately.

## **Goodbye to one of MTKO's closest friends.**

We are saddened to say goodbye to Jolene Woodhead. Jolene was a team captain for one of the St. David's Episcopal hunger relief teams which started serving at Matt Talbot in 1993.

Jolene was also MTKO's liaison with the Food Bank of Lincoln. But most of all, Jolene was a good and trusted friend of MTKO, our guests, and staff. Our prayers are with Jolene's loving husband, Woody, her children, her grandchildren, and the never ending number of Jolene's friends.

We love and miss you Jo!

The sunshine you brought into our lives will remain warm and bright forever.

## **Hey, buddy, can you spare \$400,000?**

Reprint of the Lincoln Journal Star Editorial from February 15, 2010

Matt Talbot Kitchen & Outreach has been in a race against time since mid-2008, when its leaders learned they would be displaced from their rented space for the new Assurity building in Antelope Valley.

As the March 31 deadline nears for Matt Talbot to occupy its new quarters, its leaders are still \$400,000 short of the funds needed to pay the construction bills coming due.

We urge the community to come together to raise the needed funds.

Matt Talbot will be moving into and adding onto the historic Carnegie Library building on North 27<sup>th</sup> Street as a cost of about \$2million for renovations. Matt Talbot has raised \$1.2million so far, and the city approved \$400,000 in tax-increment financing.

Why is Matt Talbot going through a capital campaign now during hard economic times?

The simple answer is that it didn't have a choice. St. Vincent de Paul Society owned its building and sold it for the new Assurity headquarters.

Matt Talbot leaders did a feasibility study on how much money they could likely raise for a new facility, and the figure was about \$1million.

Unfortunately, finding a suitable location wasn't easy. As well as needing a place with adequate space for its programs, Talbot needed a location with good access for homeless and low-income people that is on a bus route and close to other health and human services.

The city finally guided Matt Talbot leaders to the site on North 27<sup>th</sup> Street, which needed extensive work before it could house all of Matt Talbot's programs. Matt Talbot is known as a place to feed the hungry, but it provides many other programs to help people get on their feet.

The project cost came in a \$2 million, more money than the feasibility study indicated could be raised. But lacking other options, Matt Talbot leaders were forced to forge ahead.

Delaying the start of the project until funds could be raised wasn't an option because Matt Talbot needed to move by the end of March to accommodate Assurity's construction.

There are many worthy causes commanding donor's attention at this time. Talbot leaders report that they have tapped on all of the usual doors and that their fundraising effort has turned largely stagnant.

"We are running out of steam and options, and still we come up short," Matt Talbot Executive Director Susanne Blue said. "To take on additional debt would put Matt Talbot in a more vulnerable state than it currently is."

It comes down to \$400,000 needed in a little more than a month.

Surely the residents of Lincoln can scrape together the remaining funds for a facility that does so much for so many in our community.

MTKO Volunteers,

I want to use this space to send out a big and heartfelt **THANK YOU** to all of you for your patience and dedication to the mission of Matt Talbot Kitchen & Outreach during the past several months. It hasn't been easy, I know. I've lived through it as well. The changing and limited access, the difficult parking and the construction mess, well, let's just say it's been tough.



And what's it they say, "When the going gets tough the tough get going." I think this sentiment describes our volunteers to a tee.

Did you miss a beat? NO.

Did the patrons of Matt Talbot ever miss a meal or your caring presence? NO.

When all is said and done will we have a beautiful new community kitchen and outreach center in which to serve our working poor and homeless friends? YOU BET!

Have you been a **Witness to HOPE**? MOST DEFINITELY!

Our team will spend the majority of March, in between serving meals and providing outreach, preparing for the move. Sydne has laid out a detailed plan for what will transpire. But please call and let us know if you have questions or concerns.

I look forward to the day at our new facility when we will continue to join efforts to work for the Glory of God and all his children.

Until then, Keep HOPE Alive!



***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 April 7, 2010.
- Provide and prepare the 2<sup>nd</sup> Tuesday lunch of each month (we have a team that serves) starting March 9, 2010.
- Provide, prepare and serve the 2<sup>nd</sup> Friday lunch of each month starting April 9, 2010.
- Provide, prepare and serve the 3<sup>rd</sup> Tuesday evening meal of every month starting July 20, 2010.
- Provide, prepare and serve the 5<sup>th</sup> Friday lunch starting April 30, 2010.

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

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

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1 Lunch</b> LLC Health Dept Kings &amp; Queens Gary Walsh</p> <p><b>Supper</b> Super Supper Servers Sue Connolly</p>	<p><b>2 Lunch</b> Family &amp; Friends Mary Jo Bousek</p> <p><b>Supper</b> Pooh Bears Teresa Harms &amp; Jan Mientz</p>	<p><b>3 Lunch</b> St. Joe's &amp; Evangelical Free Geneva, NE Nancy Malone</p> <p><b>Supper</b> St Pat's #1 Jacque Shotkoski</p>	<p><b>4 Lunch</b> Angel Helpers Mary Jo Bousek</p> <p><b>Supper</b> St. Joseph's #3 Pat &amp; Bill Lundak</p>	<p><b>5 Lunch</b> IANL Dr. Ram Bishu</p> <p><b>Supper</b> SOS St Mark's United Methodist Ann Heydt</p>	<p><b>6 Lunch</b> College View Something Else Class - Vicki Biloff</p> <p><b>Supper</b> <b>Sub Team/Vine Congregational UCC Church</b></p>
<p><b>7 Lunch</b> Madonna Betty Rupert &amp; Tracy Bell</p> <p><b>Supper</b> Sunday Servers Linda Pleskac</p>	<p><b>8 Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset</p> <p><b>Supper</b> Aldersgate United Methodist Donna Lanum</p>	<p><b>9 Lunch</b> Swanson Russell Serve Only</p> <p><b>Supper</b> St Joseph's #1 Mary Love</p>	<p><b>10 Lunch</b> Christ United Methodist Mary Lange</p> <p><b>Supper</b> New Covenant ACTS Craig Zachariasen</p>	<p><b>11 Lunch</b> <b>SUB TEAM</b> <b>Prem Bansal</b></p> <p><b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek</p>	<p><b>12 Lunch</b> Country Neighbors Beaver Crossing Brenda Stutzman</p> <p><b>Supper</b> Faith Bible Church David Smith</p>	<p><b>13 Lunch</b> First United Methodist Suzie Miller-Schoen</p> <p><b>Supper</b> 1<sup>st</sup> Plymouth Julie &amp; Mitch</p>
<p><b>14 Lunch</b> St Mary's Elmwood Les &amp; Ruth Ann Hlavac St John's Lutheran Seward/Serve</p> <p><b>Supper</b> P.K.'s &amp; Friends Jessica Kennedy &amp; Alexia Scott</p>	<p><b>15 Lunch</b> Raymond United Methodist Church Provide &amp; Prepare <b>Lincoln Federal Savings Bank</b> Lending Hands Serve Only</p> <p><b>Supper</b> St. David's Episcopal Sharon Beachell</p>	<p><b>16 Lunch</b> First Lutheran Church Steve &amp; Karen Lenzen</p> <p><b>Supper</b> <b>Cargil</b> <b>Serve Only</b></p>	<p><b>17 Lunch</b> Blessed Sacrament Jr. High Holly Krueger</p> <p><b>Supper</b> St. Teresa's #1 Rosie Polak</p>	<p><b>18 Lunch</b> <b>Sub Team</b> <b>Nebraska Pork</b> <b>Producers</b></p> <p><b>Supper</b> Bryan/LGH College of Health Sciences Deb Schmailzl</p>	<p><b>19 Lunch</b> Second Baptist Alice Eastman &amp; Marilyn Waldron</p> <p><b>Supper</b> St Mary's NA Martyrs Mix Carol Ruskamp &amp; Dorothy Benes</p>	<p><b>20 Lunch</b> Crestwood Christian Sharon Hile</p> <p><b>Supper</b> <b>Sub Team</b> <b>Indianola St.</b> <b>Catherine's</b> <b>CYO Youth</b> <b>Group</b></p>
<p><b>21 Lunch</b> St. Peter's Cheri Hellem</p> <p><b>Supper</b> SAMS Joan Campbell</p>	<p><b>22 Lunch</b> <b>Sub Team</b> <b>North Star</b> <b>Student</b> <b>Council</b></p> <p><b>Supper</b> SouthPointe Christian Church Lisa Gengenbach</p>	<p><b>23 Lunch</b> Welcome Wagon #2 Beth Griffing</p> <p><b>Supper</b> Southwood Lutheran Leigh Porter</p>	<p><b>24 Lunch</b> Residential Treatment Community NSP Elisa &amp; Chara</p> <p><b>Supper</b> St Teresa's Coffee Group Norene Lackey</p>	<p><b>25 Lunch</b> Friends of Matt Talbot Kathy Grubbe</p> <p><b>Supper</b> St Francis &amp; St Claire Cal Wells &amp; Janet Harrison</p>	<p><b>26 Lunch</b> Sister Chicks Ursula McLaughlin &amp; Natalie Schreiter</p> <p><b>Supper</b> Sheridan Lutheran Sara Gran &amp; Sue Alby</p>	<p><b>27 Lunch</b> Blessed Sacrament #5 Mary Woltemath</p> <p><b>Supper</b> CALL Cheryl Ferree</p>
<p><b>28 Lunch</b> Calix Larry Kunc &amp; Chris Jacobsen</p> <p><b>Supper</b> St Joe's Godparent Mary Bill</p>	<p><b>29 Lunch</b> Lincoln Medical Alliance Jenny Ackerman</p> <p><b>Supper</b> St Michael's Cheney Chloe Burianek</p>	<p><b>30 Lunch</b> St Michael's Cheney Cheryl Petrig</p> <p><b>Supper</b> Servants at Heart Jason Rosenkranz</p>	<p><b>31 Lunch</b> Orthodox Men of Lincoln Richard Leiter &amp; Paul Barnes</p> <p><b>Supper</b> St Peter's Catherine Shreve</p>			