



INSIDE *the* GATE



NOVEMBER 2021



Dear Friends of Iron Gate –

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Gene Buzzard (1946-2020)

It's an empowering idea that you can say "no" – it's ok to say no to another obligation, event or lunch – I agree and support that. Time is our most valuable commodity. That's why I am so grateful for our board members, advisory members, committee members and volunteers who choose to share their time with Iron Gate. Our Cooking for a Cause committee hosted a fabulous and successful event. We are happy to see volunteers again serving the meal – we missed you so much! However, the board members are the group I rely on to help guide Iron Gate's vision. As the Executive Director, they are my greatest asset and support. One of the most powerful things is the ability for Iron Gate to say YES.

When the Tulsa Day Center and Salvation Army called and said they were opening a temporary shelter to provide more space so that guests can social distance, and asked, can Iron Gate feed them? I could answer YES. When Domestic Violence Intervention Services had to change their protocol and quarantine survivors in hotels before housing them in the shelter- they called and asked can Iron Gate feed them? I could answer YES. And when Housing Solutions opened up a hotel during the winter storm so that those experiencing homelessness could be warm, and asked can Iron Gate feed them? I could answer YES. The reason I could answer YES is YOU – the strength and commitment of YOU our donors, who always answer our call for resources. I knew that you would want Iron Gate to feed our neighbors in need. So a heartfelt thank you from me and the entire Iron Gate team for saying YES during this unprecedented 18 months!

As mentioned above, we just had our first special event in two years. I want to thank our intrepid Chairman Lindsey Bristow and her entire committee – not only did Lindsey lead the team last year, but again this year, through all of the "are we on" or "are we off" moments. Thank you to Chef Jonathan Moosmiller for coordinating the chefs and always showing up for Iron Gate. It was wonderful to welcome everyone into our "new" building and have a wildly successful Cooking for a Cause raising money for the mission.

I hope you will continue to say YES to Iron Gate. Yes, I can bring Iron Gate empty egg cartons and paper bags. Yes, I will tell my friends about Iron Gate. Yes, I can make a financial gift. Yes, I can volunteer. Whatever your YES is, I hope you will share it with Iron Gate. We are only as strong as our community.



Live Generously,

Carrie Vesely Henderson

Carrie Vesely Henderson, CFRE

Executive Director

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Executive Director, Carrie Vesely Henderson and members of Iron Rocket Motorcycle Club.



IRON GATE CELEBRATES 2ND YEAR ANNIVERSARY WITH PUOPOLO'S ITALIAN ICE AND CREAMERY

On August 26, 2021, Iron Gate celebrated our two-year anniversary in our Archer building by teaming up with Puopolo's Italian Ice and Creamery to offer our guests a refreshing treat during a hot summer day. Thank you for offering a sweet treat to our guests with their meal!



MILO'S TEA DONATING TEA FOR MEAL GUESTS

Every meal at Iron Gate comes with a beverage. In the heat, this is especially crucial. When Milo's Tea generously donated 1,920 bottles of tea, we were ecstatic! Thank you for thinking of our guests.

IRON ROCKETS GIVES TO IRON GATE

Iron Rockets Motorcycle Club (IRMC) is a motorcycle club dedicated to giving back to their communities. Members from all over the United States gathered in Oklahoma in August for their 2021 International Rally. Club members raised money all summer long and selected Iron Gate as the recipient. Thank you IRMC and keep the rubber side down!

TULSA SYMPHONY PARTNERSHIP

We are happy to continue our partnership with the Tulsa Symphony Orchestra. They will be playing twice a month for our guests during the community meal. This is made possible by the Tulsa Symphony's Heart String Program. Thank you for letting our guests enjoy your music. Pictured Violinists, Yida Hu and Hanna Martineau.



IRON GATE STAFF

Carrie Vesely Henderson, CFRE
Executive Director

Matt Mitchell
Operations Director

Caroline Kitalong
Kitchen Manager

Jenny Thai
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Carissa Gutierrez
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Christina Maxwell
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INSIDE THE GATE

Carissa Gutierrez

Christina Maxwell

Jenny Thai

Carrie Vesely Henderson
Writer/Editor

Annie Tyndall
Designer



Cooking for a Cause

Thanks For Keeping Us Cooking!

For 15 years, Iron Gate has partnered with TulsaPeople to put on the tastiest party in town, featuring some of Tulsa's favorite chefs cooking up some of their favorite dishes. Thanks to your support, Cooking for a Cause raised \$217,049 this year! We're so grateful to all of our supporters who are helping to keep us cooking for the hungry and homeless of Tulsa.



THANK YOU TO OUR 2021 PATRONS

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*As of time of printing



FACES *of* IRON GATE

"Everyone deserves food." That's what a recent Iron Gate guest said in her thank-you note. That basic truth has been Iron Gate's guiding principle for nearly 43 years. Iron Gate's mission is to feed the hungry and homeless of Tulsa every day." Four decades and hundreds of thousands of meals later, the mission is still the same. We feed people.

The global healthcare crisis that gripped the planet merely underscored just how important Iron Gate's mission to feed the hungry is.

Iron Gate has served throughout the Coronavirus pandemic without interruption, pivoting to carry-out meals and a drive-through/walk-through grocery pantry.

Faces of Iron Gate has always been a way to humanize the issue of hunger. The portraits shows how hunger can truly affect anyone. We hope these stories touch your heart, but we also hope they move you to action. You can ease someone's burden by giving to Iron Gate today.



KEITH AND BOOMER

Keith and Boomer are inseparable. Talking to Keith you soon realize he has a heart of gold and loves Boomer. "Boomer is my service animal and I couldn't do anything without him being with me." Before he was even asked, Keith said "Iron Gate serves as a beacon to the hungry. They come from miles just for a good meal." He knows what it's like to be alone and wants to help others, even just simple things, like a hello or a prayer and letting them know they are not alone. "Iron Gate has feed me for the past few months and I appreciate it. I'd starve if it wasn't for here."



TRACIE, SHANIA AND SHAMARI

When COVID hit Tracie lost her job and family home. Tracie hopes by sharing their story it will help at least one person to know there is hope. She and her daughters, Shania and Shamari are now staying in a shelter. The morning meal at Iron Gate gets their day started.

GARRETT AND DESEREE

Garret and Deseree are friends who despite both working, are having a hard time making it during the pandemic. They recently utilized Iron Gate's grocery pantry. Garret basically gushes when you ask him about Iron Gate. "It helps BIG TIME to make ends meet. We couldn't do it without them."



JOHNNY B.

Johnny is an artist and amazing dancer with a wicked sense of humor. He came to Tulsa in the eighties with his family. "When I was growing up we had to think with our stomach or else we would go hungry." For Johnny, Iron Gate means "health and being able to move down the road and not having to think about where your next meal is coming from."



JAMES C.

James is a former welder with a quite demeanor. He is working to get back on his feet. Part of that process is knowing where he can always get a hot meal and that's at Iron Gate. For him that makes a world of difference.



JAMES P.

James always has a smile on his face when he rides up for the meal at Iron Gate. James is one of many who count on Iron Gate to be there when times get rough.

ANITRA LAVANHAR BIOGRAPHY

My passion for photography started in the magical realm of the darkroom back in high school. I've transitioned from film to digital but the magic has not disappeared! With a background in cultural anthropology, fine arts, traveling, and working with people I am drawn to connecting with and discovering the unique beauty in each person and learning from their stories. I am happiest when behind the lens. My camera is my brush and the world

is my canvas. I am always pushing my eyes to find new ways to see and portray the world around me. My overarching goal with photography is to use my skills to direct attention to what is often unseen.

It was a great honor to work with the Iron Gate organization and meet some of their clients. I found myself incredibly inspired by their spirits of generosity, gratefulness and positive attitudes especially in the

midst of challenging circumstances. I hope that these portraits capture some of their spirits and inspire others to feel a greater connection to those in our community who are often not seen or understood. To find more of my work go to www.anitrasye.com and [@anitrasye](https://www.instagram.com/anitrasye)

All of the Faces of Iron Gate portraits can be seen on www.irongatetulsa.org or at [ahha Tulsa, 101 East Archer, until January 2022.](https://www.facebook.com/ahha.tulsa)





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Tulsa, Oklahoma 74103

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GIVING TUESDAY

November 30, 2021 | Donations Matched