

# Inside the Gate

SUMMER 2023



*Feeding the Hungry and Homeless of Tulsa - Every Day*



## BOARD LIST

Kaysi Moore  
*Chair*

Paige Shelton  
*Vice-Chair*

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*Treasurer*

Suzette Werner Jones  
*Secretary*

Lindsey Bristow  
*Development*

## MEMBERS

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## FOUNDERS

Keenan Barnard  
Gene Buzzard  
*(1946-2020)*  
Rev. John C. Powers  
*(1936-2021)*

## *Dear Friends of Iron Gate,*

We hope this newsletter finds you in good health and high spirits! As the summer sun shines upon us, we at Iron Gate want to take a moment to reflect on the incredible work we've accomplished together.

First and foremost, we extend our heartfelt gratitude to each and every one of you who has supported our mission to fight hunger and provide hope to those in need. Your contributions, whether through volunteering, donating, or spreading the word about our organization, have made a profound impact on the lives of our guests.

Over the past few months, Iron Gate has continued to serve as a beacon of hope in our community. Our community meal has been bustling with meals that reflect the bounty of the summer harvest – kohlrabi slaw and summer squash/cauliflower casserole. Thanks to your generosity, we have been able to provide a safe and welcoming space for individuals and families to enjoy a nutritious meal and find solace in the company of others.

But that's not all—we've also been busy stocking our food pantry shelves! Thanks to our partnerships with local farmers via the Food Bank, grocery stores and summer food drives, we have been able to ensure a consistent supply of fresh produce, pantry staples, and other essential items for those struggling to make ends meet. Your donations have allowed us to provide food assistance to even more families, helping to alleviate the burden of food insecurity and promote well-being in our community.

In addition to our ongoing services, we are thrilled to announce some upcoming events that will further strengthen the bonds within our Iron Gate family. For our 45th anniversary we are pairing with local restaurants to "Dine out for Good" and they will donate a portion of sales to Iron Gate. Heirloom Rustic Ales on July 15th and Abuelo's on July 25th. We invite you, our cherished supporters, to join us at any of these events and celebrate the compassion that defines Iron Gate.

There are two favorite sayings at Iron Gate – 1) We try and stay in our lane – which means we stick to our mission of feeding the hungry and homeless of Tulsa every day and 2) every day is a new day – which means always prepare for the unexpected. We are always looking for ways in which we can better serve our community while staying mission focused. Well, the 100 mph winds brought chaos and opportunity to Iron Gate. I was grateful when we arrived at Iron Gate on Sunday morning after the storms, that the only things we had lost were the internet and phones. The staff was here, the volunteers arrived and we served 845 plates that morning. Weather events usually trigger a greater need at Iron Gate – the Day Center asked if we could help with meals for their power-less apartment complex and Housing Solutions needed our help with additional pantry outreach bags – we also received food donations from Catholic Charities and PSO. I am proud that the Iron Gate team was able to step up and help our neighbors in need. The reason we can do these things is YOU! Your constant support, allows us to say YES to helping with unforeseen food insecurity issues that come with the unpredictable Oklahoma weather.

Thank you for your unwavering commitment to Iron Gate and the individuals we serve. Together, we can create a brighter future, one meal at a time. Let's continue to share warmth, nourishment, and hope within our community.

Remember, Iron Gate thrives because of the incredible individuals who make up our community. We encourage you to continue spreading the word about our work and inviting others to join us in our mission. Together, we can extend our reach and ensure that no one in our community goes to bed hungry.

Wishing you a summer filled with joy and meaningful experiences.

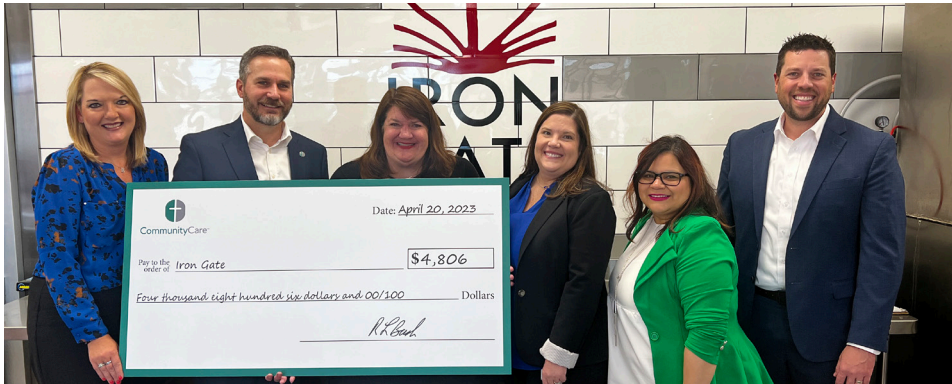


Carrie Vesely Henderson, CFRE  
[chenderson@irongatetulsa.org](mailto:chenderson@irongatetulsa.org) | 918-879-1707

## Our Gratitude Goes to ...

### BANK OF AMERICA

Iron Gate was selected to partner with Bank of America to cultivate the next generation of community leaders by providing a meaningful summer internship experience for Student Leader award winners, Abigail Chow and Ivan Herrera. The internship provides opportunities for students to develop and apply leadership skills through hands-on work experience, while raising their awareness of food insecurity.



### COMMUNITYCARE EMPLOYEE GIVING PROGRAM

Each quarter, CommunityCare hosts a “Casual for a Cause” employee giving program that benefits a local nonprofit organization, selected by their employees. Iron Gate was the recipient for the first quarter of 2023. A huge thank you to the employees at CommunityCare for their generosity and support in helping our neighbors in need.



### OKIE EXPRESS AUTO CAR WASH

Who doesn't love a good car wash? Thank you to Okie Express for partnering with Iron Gate during their Grand Opening week of multiple Tulsa locations. They donated a portion of their sales to help Iron Gate continue feeding the hungry and homeless of Tulsa. Their donation helped provide 168 hot meals.

### STAFF

Carrie Vesely Henderson, CFRE  
*Executive Director*

Matt Mitchell  
*Director of Operations*

Carissa Gutierrez  
*Development Manager*

Christina Maxwell  
*Resource Manager*

Damien Jacob  
*Director of Culinary Services*

Caroline Kitalong  
*Kitchen Manager*

Heather Crim  
*Volunteer Coordinator*

Jamie Blocker  
Colton Cooper

Kia Davis

Andrew DeWeese

Ronnie Dortch

Mike Fritz

Ashlee Haley

Aaron Henningsen

McKenna Kolb

Brandon Piercy

Will Powell

Noah Richardson

Sherwood Siskind

### Bank of America Student Leaders

Abigail Chow

Ivan Herrera

### INSIDE THE GATE

Carissa Gutierrez

Carrie Vesely Henderson  
*Writer/Editor*

Tina Fincher  
*Designer*



## IRON GATE CELEBRATES 45 YEARS

*Forty-five years ago, three Trinity Episcopal Church parishioners, Keenan Barnard, Gene Buzzard, and Reverend John C. Powers, stepped outside a men's Bible study class to make a homeless man a sandwich. The word grew and became "If you're hungry, go to the church with the iron gate."*

This year marks 45 years of feeding the hungry. What started as a simple act of kindness turned into an organization that provides food to thousands of families and individuals through grocery pantries, a daily community meal and the distribution of kid's packs. People across Tulsa use our services, no questions asked. Iron Gate would not exist without the generosity of our donors. Iron Gate's mission remains the same: to feed the hungry and homeless of Tulsa every day.



Help us celebrate our 45th anniversary by donating \$45.

**\$45 PROVIDES → 12 HOT & HEARTY MEALS**

Your support helps Iron Gate continue providing food to our neighbors in need.

**Celebrate generosity and 45 years of feeding the hungry. Donate today.**

# Pantry Numbers Increase

*Iron Gate's food pantry is open three days a week. Pantry guests can visit our food pantry once a month and shop for their food. Iron Gate's self-select food pantry offers items like meat, bread, dairy, canned goods and fresh fruits and vegetables.*



Iron Gate provided groceries to **4,683 households** during the month of May. With rising inflation and the reduction of SNAP benefits, Iron Gate has seen a rise in guests seeking food assistance. With the arrival of Summer, Iron Gate anticipates another spike of demand in the number of guests accessing our food pantry, especially those with children in their household. Children are out of school, which can place a strain on families to keep everyone fed.

*"I think you guys are absolutely amazing. I've never had anyone look down on me for being here and that means a lot. Getting to choose the items I want and need is so nice. Thank you for what you do."*

– PANTRY GUEST

The generosity of our donors ensures our daily operation to provide food to our guests with a hearty meal or groceries. We are grateful to our donors support of time, food and financial gifts. This critical support helps Iron Gate's mission to feed the hungry of Tulsa continue without fail.

## TULSA BOTANIC GARDEN

**New Gardens, Grand Opening - July 21-28th**

Bring a donation of canned goods or non-perishable food items, Tulsa Botanic Garden is offering **half-price admission** July 21-28th for their grand opening of their new gardens.

This food will benefit the food pantries of Iron Gate and Help Works, Inc.

Check out their website, [TulsaBotanic.org](http://TulsaBotanic.org) for information on their hours.



**EAT, DRINK AND DO GOOD.**

**Support Iron Gate and dine out with your family and friends. A percentage of your bill will benefit Iron Gate.**

**JULY 25TH**

**- Abuelo's Mexican Restaurant -**

10909 E. 71st St.

\*Must mention Iron Gate at time of payment.  
Online orders mark "Iron Gate" in special instructions box.



Join TulsaPeople  
and Iron Gate for the 17th Annual

# COOKING FOR A CAUSE

The Tastiest Way to Help  
Feed the Hungry of Tulsa

THURSDAY, SEPTEMBER 28TH  
at 6:30pm

THE VISTA AT 21  
21 N. GREENWOOD AVE

Cooking for a Cause is an evening of food, conversation and community. You will experience Tulsa Chefs serving up delectable dishes, live entertainment, and many more ways to help feed the hungry.

We hope you will join us for this event to help feed the hungry and homeless of Tulsa.

Proceeds benefit Iron Gate's daily operations.

Tickets \$150

70s Attire Encouraged



For more information or to get your tickets today, scan the QR code or visit [www.irongatetulsa.org/cookingforacause](http://www.irongatetulsa.org/cookingforacause)

For sponsorship opportunities, contact Carissa at 918-879-1709 or [cgutierrez@irongatetulsa.org](mailto:cgutierrez@irongatetulsa.org)

## Sponsorship Opportunities

### THE BIG CHEESE

—\$25,000

Provides food for 7,000 hearty meals.

- Includes 16 Event Tickets
- Two Premium Tables of 8 with Premium Wine
- Chef Station Sponsor, Program, Website, and Social Media Recognition

### CREAM OF THE CROP

—\$12,000

Provides fresh groceries for 288 families in need.

- Includes 8 Event Tickets
- Premium Table of Eight with Premium Wine
- Chef Station Sponsor, Program, Website, and Social Media Recognition

### SALT OF THE EARTH

—\$6,000

Provides 1,680 hot and hearty meals.

- Includes Eight Event Tickets
- Reserved Table for eight with Wine
- Program, Website, and Social Media Recognition

### SPICE OF LIFE

—\$3,000

Provides shelf-stable milk for 1,000 families.

- Includes Six Event Tickets
- Program and Website Recognition

### THE GOOD EGG

—\$1,200

Provides enough kid's packs for an entire month.

- Includes Four Event Tickets
- Program and Website Recognition

### ICING ON THE CAKE

—\$600

Provides 430 pounds of groceries.

- Includes Two Event Tickets
- Program and Website Recognition

## Iron Gate Staff Departments

Iron Gate is open 365 days a year. The culinary, resource, operations and administration departments work together every day to make sure Iron Gate is operating. The culinary services team prepares the hot meals we serve during our community meal. The resource team intakes and sorts food donations, stocks pantry shelves, and handles all incoming and outgoing food. The administration team involves development, fundraising, marketing and our volunteer program. The operations team monitors guests during the community meal, picks up food from designated distributors, organizes and stocks pallets, and cleans the premise.





501 W. Archer  
Tulsa, OK 74103  
[irongatetulsa.org](http://irongatetulsa.org)

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# PERIOD PRODUCT *DRIVE*

ACCEPTING  
DONATIONS  
THROUGHOUT  
JULY!

## DID YOU KNOW?

1 out of 5 menstruators struggle to afford period products on a monthly basis

## DROP OFF DONATIONS

You can donate PADS and TAMPONS at 501 W. Archer Street Tulsa, OK 74103. Enter West Gate off of Archer. Park in parking lot behind building. Ring bell at glass door.

### DONATION DROP OFF HOURS:

SUNDAY/SATURDAY - 9AM-2PM

MONDAYS/WEDNESDAYS - 8AM-12PM, 3-4PM

TUESDAYS/THURSDAYS - 8AM-4PM

FRIDAYS - 8AM-12PM



CONTACT ABIGAIL CHOW AT  
[ABIGAIL@IRONGATETULSA.ORG](mailto:ABIGAIL@IRONGATETULSA.ORG) OR CALL 918-879-1702!

special project of Bank of America Student Leader Intern