

# Inside the Gate

FALL 2023



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



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## FOUNDERS

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

## Greetings Iron Gate Friends,

It is hard to believe that Fall is out there—but I think I see glimpses of it! Cooler days, falling leaves and sweaters. We are heading into one of our busiest seasons of service at Iron Gate. Our annual fundraiser, Cooking for a Cause was at the end of September, our annual Halloween food donation drive-thru is October 28th and Iron Gate will host a special Thanksgiving meal for our guests. We will also take a minute to reflect on all of the good things that happened this year. We are grateful for the commitment and generosity of our donors – YOU are what keeps Iron Gate STRONG!

We celebrated our 4th year in our new building and I am always moved by the kind words from our guests. They complimented the building, said the food was “the greatest” and that they were proud to be a part of Iron Gate. The last one really struck me. Our morning guests form a community. They rely on us to feed them, greet them with a smile and provide them with some respite from the outside world. Our quarterly survey tells us the 65% of our guests eat at Iron Gate 4-7 times a week and 88% are unsheltered. Iron Gate is their constant. If you have not had the opportunity to serve a meal, I encourage you to join us– it is humbling and gratifying to hand someone a plate a food.

We have had a busy summer with volunteers ranging from corporate groups to youth groups on mission trips, TCC students and individuals signing up for a shift to make a difference in their community. There are many ways to get involved at Iron Gate – sorting and organizing food for pantry, meal preparation in the kitchen, answering phones, folding bags and of course, serving the meal– something for everyone. Please contact our volunteer coordinator Heather Crim 918-879-1706 for opportunities. We would love to have you here.

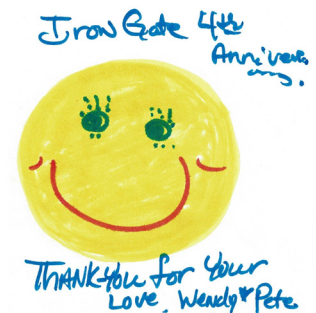
Be well, be kind,

*Carrie Vesely Henderson*

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

*YH!! Help save lives*

*Rock on Iron Gate Love Staff*



*YOU ARE Superhero's Changing lives Thank you For caring 4 us!*

*IF not for your generosity and hospitality, I might not be! -Thank you!!*

*Thank you so much! Without you there's no me!*

Notes from guests on our 4 year celebration.

## Our Gratitude Goes to ...



### TULSA BOTANIC GARDEN

During the grand opening of their new gardens, Tulsa Botanic Garden offered a half-price ticket to those who brought a non-perishable food item. Donations benefited two organizations; Iron Gate and Help Works Inc. Thank you Tulsa Botanic Garden and to those who gave a total of 670 pounds!

### HUB INTERNATIONAL INTERNS

As a part of their internship this summer, three HUB International interns hosted a food and fund drive for Iron Gate. They set a goal and made a commitment that if that goal was met, they would all get buzz cuts. What a creative way to help reach their goal. Thank you for your generosity and helping your neighbors in need receive food.



### SALAD AND GO GIVES BACK

The fresh salad chain opened its first location in Jenks this past month, followed by Owasso. With their new stores, they wanted to play a bigger role in the well-being of the community. Salad and Go donated all salads made during training to Iron Gate. We received over 1,000 salads that we were able

to distribute through our food pantry. Thank you Salad and Go for helping feed the hungry and welcome to the city!

### STAFF

Carrie Vesely Henderson, CFRE  
*Executive Director*

Matt Mitchell  
*Director of Operations*

Damien Jacob  
*Director of Culinary Services*

Carissa Gutierrez  
*Development Manager*

Christina Maxwell  
*Resource Manager*

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Brandon Piercy  
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Raquel Ingel  
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Noah Richardson  
Ray Sanchez  
Misti Son  
Sherwood Siskind  
Shea Trombka

### INSIDE THE GATE

Carissa Gutierrez  
Carrie Vesely Henderson  
*Writer/Editor*

Tina Fincher  
*Designer*

# BEHIND THE SCENES AT IRON GATE



Iron Gate is open 365 days a year. We operate daily to provide food to the hungry and homeless of Tulsa. In order to execute daily operations, Iron Gate relies on staff members and volunteers to provide the best service for our community meal and grocery pantry. Behind the scenes involves; picking up food from grocery store partners, unloading, organizing food donations, preparing hot meals in the kitchen, coordinating distribution of food and much more.



## VOLUNTEER HIGHLIGHT

Lynn is one of our dedicated volunteers. She is here weekly serving our community meal. When asked to share why she loves to volunteer at Iron Gate, she said,

*“Everything! It’s working with people from different backgrounds and connecting with them. Also, serving the people who need food and welcoming them in from the elements.”*

# WAYS TO GET INVOLVED AT IRON GATE

Iron Gate has multiple opportunities for you to help feed the hungry of Tulsa. Your generosity and support help fill plates and stock shelves. Check out ways how you can help make an impact.



## DONATE

Iron Gate relies on the generosity of our supporters. Your donations help provide hot meals, bags of groceries and kid's packs. You can become a monthly donor, donate in memory or in honor of a loved one, or sponsor a day.

**\$25 PROVIDES  
7 HOT AND HEARTY MEALS**

**\$100 PROVIDES  
40 KID'S PACKS**

**\$5,000  
SPONSORS A DAY**

Donate online at [www.irongatetulsa.org/donate](http://www.irongatetulsa.org/donate), send a check in the envelope provided with this newsletter or give us a call at 918-879-1709.



## VOLUNTEER

Our gates are open every day and volunteers are the heart of Iron Gate. There are many volunteer opportunities for you to serve during our community meal or grocery pantry.

### Community Meal

Daily: 8:15 - 10:30 a.m.

### Grocery Pantry

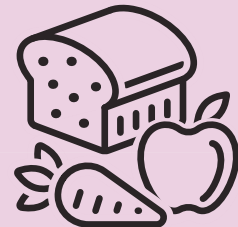
Monday/Wednesday/Friday:  
12:30-3:00pm

### Preparing for Grocery Pantry

Daily, 9:30-11:30am

### Kid's Pack Assembly scheduled

For more information on volunteering, please contact our Volunteer Coordinator, Heather at [volunteers@irongatetulsa.org](mailto:volunteers@irongatetulsa.org) or call 918-879-1706.



## HOST A FOOD DRIVE

Food drives are a great way to get your company, faith community, social group, family or sports team involved at Iron Gate.

Donations help stock our shelves and provide variety in our grocery pantry.

### **Current High Need Items:**

- Canned Protein
- Chicken, Tuna, Vienna Sausages, Etc.
- Canned Pasta Sauce
- Hearty Canned Soup
- Cereal

For more information or to coordinate a donation drop off, contact our Resource Manager, Christina at [cmaxwell@irongatetulsa.org](mailto:cmaxwell@irongatetulsa.org) or call 918-879-1714.

## DONATION DROP OFF HOURS:

Sunday/Saturday – 9am-2pm  
Mondays/Wednesdays – 8am-12pm, 2:30-4pm  
Tuesdays/Thursdays – 8am-4pm  
Fridays – 8am-12pm

**Directions:** Enter through the west gate entrance (next to an open parking lot), pull behind our building. Ring the black doorbell box at the glass door.



### **COLLECT PAPER BAGS AND EGG CARTONS**

▶ Iron Gate uses over 1,000 plastic and brown paper bags every week. Egg cartons are used to re-package eggs for our food pantry.



Iron Gate on Archer opened in August of 2019.

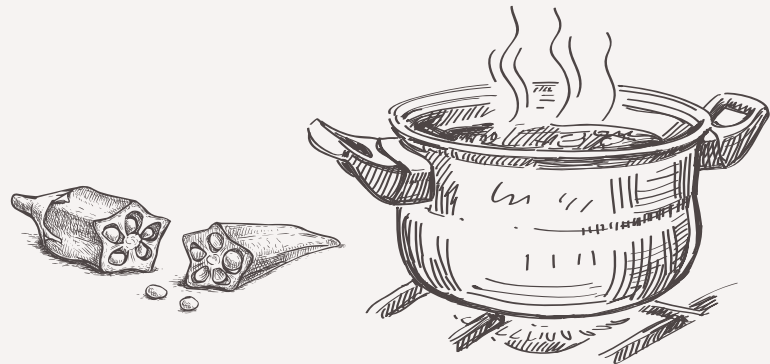
On Friday, August 25th, we celebrated four years with our community meal guests. Guests were able to enjoy some popcorn, cotton candy, sweet tea, donated by Nobiletea, and chocolate oreos donated by Kilwins. This milestone is celebrated, along with our 45th year of feeding the hungry of Tulsa. **Thank you to the generous supporters and volunteers who helped make it possible to serve our neighbors in need every day.**





# Iron Gate's Gumbo Recipe

Serves 8-10



## INGREDIENTS:

- ¾ C Vegetable Oil
- 1 C All Purpose Flour
- 1 C Onion, Small Diced (1 large onion)
- ½ C Green Bell Pepper, Small Diced (1 large pepper)
- ½ C Celery, Small Diced (about 2 ribs)
- ¼ C Minced Garlic
- ¼ C Cajun Seasoning
- 2 Bay Leaves
- 1 Tsp Thyme Leaves
- 1# Andouille Sausage, Sliced Thin
- 2# Pulled Chicken Meat
- 1-14oz Can Diced Tomatoes
- 1-6oz Can Tomato Sauce
- 1 Tsp Sugar
- 3 Qts Chicken Stock
- 2 Tsp Gumbo Filé Powder
- 1 ½# Fresh Okra, Cut 1"
- Salt and Pepper to taste
- 2 Qts Steamed Rice



## DIRECTIONS:

1. In a 6-8 quart Dutch oven, heat oil and flour on medium heat to make the roux. Cook roux on low, stirring continuously (to prevent burning) until it gets dark in color. This will take about 20 minutes, maybe more.
2. Carefully add onion, pepper, celery, and garlic and cook in the roux for a couple of minutes.
3. Add Cajun seasoning, bay leaves, thyme, sausage, and chicken and combine.
4. Add diced tomato, tomato sauce, sugar, and chicken stock, carefully.
5. Cook for about 45 minutes and add gumbo filé and fresh okra and cook another 20 minutes.
6. Adjust seasoning w/ salt and pepper.
7. Serve over steamed rice.

### Notes:

Some people like to add hot peppers and hot sauce. Serve alongside the gumbo so guests can help themselves.





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

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# HUNGRY FOR HALLOWEEN FOOD DRIVE

**SAVE THE DATE**

**SATURDAY, OCTOBER 28TH**

**11AM-1PM**

**DRIVE -THRU AND DROP OFF**

YOU CAN HELP SCARE AWAY HUNGER BY BRINGING YOUR FAVORITE SHELF STABLE ITEMS TO OUR HALLOWEEN FOOD DRIVE. PLEASE ENTER IRON GATE'S WEST GATE ENTRANCE AT 501 W. ARCHER ST.

CAN'T DRIVE BY? AMAZON WILL DO IT, SCAN THE QR CODE TO SHOP OUR AMAZON WISHLIST.

