

Inside the Gate

WINTER 2023



Feeding the Hungry and Homeless of Tulsa - Every Day



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(1936-2021)

Dear Friends of Iron Gate,

Where does the time go? It's hard to believe we are wrapping up 2023! It seems like we just started. As expected, 2023 was another busy year for Iron Gate. The need for meal and pantry services continues to climb. Year-to-date, we have served over 237,958 meals, distributed groceries to 47,802 households and 22,150 kid's packs to our youngest guests. And because of YOU these are people FED!

I am always humbled and grateful for the generosity that is shown to Iron Gate during the holiday season. We are so thankful to everyone who has given a gift, hosted a food drive or an event on our behalf. In the last few weeks, Oklahoma Chiller, GH2 Architects, Southern Glazers, TGI Promo, University of Tulsa – Student Bar Association, Oxley Foundation, BlackHawk Industrial, St. Adian's Episcopal and Swim Tulsa/Bartlesville have delivered over 3,247 pounds of food to Iron Gate. Build in Tulsa, Atria Apartments, Neighborhood Jam, 918 Chiropractic, Holland Hall, RediCarpet, Sanguine, Brainerd and OakGrove Mennonite Church are holding food drives for us in December. This donated food, goes directly to our pantry shelves and provides a robust variety for self-select pantry guests. I know my list is incomplete and drives are happening that we don't even know about, our next newsletter will have a complete listing. If you would like to host a food drive, please visit our website www.irongatetulsa.org for more information.

Our guests are thankful for all the kindness they have received from the community during this time of generosity and giving. The Coretz family and friends were in the dining room serving a turkey-gravy-mashed potato-stuffing-green bean-pumpkin pie extravaganza of a meal and distributing warm weather gear to our guests on Thanksgiving Day. The following Saturday, we celebrated Native American Heritage month with a delicious meal of Indian tacos prepared by a dedicated group of volunteers, who arrived before the sun to make delicious homemade fry bread. The guests enjoyed singing and drumming by the Tulsa Indian Club singers – who I have heard will be performing at the White House next month! Thanks to the generosity of Lawyers Fighting Hunger, we were able to distribute thanksgiving turkeys, potatoes and all the ingredients of a great meal to 1000 families. Donations from Juniper, US Foods, OSU Medical Center and others, allowed Iron Gate to distribute another 500 turkeys this holiday season.

There are several seasonal events happening to raise funds and awareness for Iron Gate during the month of December. Please check our Facebook and Instagram pages for the latest information.

As the year comes to an end, I want to again thank you for your commitment to Iron Gate and the fight against food insecurity, because of you we can continue to feed people EVERY DAY! Wishing you peace and limitless joy in the new year. Welcome 2024!

With Gratitude,



Carrie Vesely Henderson, CFRE

chenderson@irongatetulsa.org | 918-879-1707

P.S. As we continue to serve MORE, we need MORE – please consider a donation or a gift of time, food or grocery bags – we will steward your gift to do MORE good, thank you.

Our Gratitude Goes to ...

BROOKSIDE LIONS CLUB

On a chilly Saturday morning, the Brookside Lions Club showed up ready to feed the hungry during our community meal. Hundreds of pancakes and sausage patties were cooked on their griddles and served to our guests. They served 703 plates. Thank you Brookside Lions Club for your generosity!



ATTORNEYS GIVING BACK ON HUNGER ACTION DAY

Food Drives are a great way to get involved at Iron Gate. We appreciate Carr & Carr Personal Injury Attorneys for collecting 250 pounds of canned goods for Iron Gate. Your support helps provide food for Tulsa households. Thank you for taking action against hunger!



HOLY TRINITY GREEK ORTHODOX CHURCH

What a special treat! A huge thank you to Holy Trinity Greek Orthodox Church for providing all the fixings to make 700 gyros. Our community meal guests enjoyed their gyros and loved every bite.

STAFF

Carrie Vesely Henderson, CFRE
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INSIDE THE GATE

Carissa Gutierrez

Carrie Vesely Henderson
Writer/Editor

Tina Fincher
Designer

COOKING FOR A CAUSE THANK YOU!

Iron Gate hosted the annual Cooking for a Cause, in partnership with TulsaPeople, on Thursday, September 28th at The Vista at 21. Guests enjoyed tasty dishes from 15 of Tulsa's best chefs, restaurants and food trucks. Everyone was encouraged to dress in their grooviest 70s attire.



THANK YOU TO OUR EVENT PATRONS AND ATTENDEES!

THE BIG CHEESE

The Anne and Henry Zarrow Foundation
Charles and Lynn Schusterman Family
Philanthropies

CREAM OF THE CROP

Bob and Bonnie Darby
Mary Ann Hille
Dr. and Mrs. John A. Minielly

SALT OF THE EARTH

BAMA Co. Inc.
Terry and Pam Carter
Cherokee Nation Businesses
Indian Health Care Resource Center
Mr. and Mrs. Mike Moore and Mr. and
Mrs. Tom Maxwell
John Taylor and Mindy Morrison Taylor

SPICE OF LIFE

Bank of Oklahoma
Explorer Pipeline Company
Suzette and Scott Jones
Dr. and Mrs. Paul Loving
Mr. and Mrs. Michael Phillips
Dr. and Mrs. Edwin C. Waters, IV

THE GOOD EGG

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Mr. and Mrs. John Barker
Mr. and Mrs. Keenan Barnard
Blue Cross Blue Shield of Oklahoma
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Convention Center
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Mr. and Mrs. Robert Soder
Sylvan Giving Fund
Ken Underwood and Leslie Paris

ICING ON THE CAKE

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Rochelle and John Dowdell
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Mr. and Mrs. Ron S. Nofziger
Sanders & Associates Law Office

Mr. Travis Short
Ms. Carla Stinnett
Mr. Ross Swimmer
Mr. and Mrs. David York
Mr. and Mrs. Richard Young

DONATIONS

Mr. Darren Bennett and
Ms. Rosemary Bennett
Mr. and Mrs. Ray Briggs
Mr. and Mrs. Jeff Carlson
Ms. Claudia Cravens
Dr. and Mrs. Bruce Dieterlen
Mr. and Mrs. Richard Duncan
Ms. Natalie Fischer
Mr. and Mrs. Keith Goddard
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KWB Oil Property Management, Inc.
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Mr. Robert Lyon
Mr. and Mrs. Lynnwood Moore
Mr. and Mrs. Ron S. Nofziger
Ms. Sharon Parker
Ms. Nancy Phillips
Elizabeth Rainey
Mr. and Mrs. Tom Rains
Mr. Ken Underwood and Leslie Paris
Mr. and Mrs. Clayton Woodrum

Thanks to you, Iron Gate raised \$239,404 this year. Our biggest year yet!
We're grateful for all of our supporters who help keep us cooking for the hungry of Tulsa.

Host a Holiday Food Drive



Iron Gate's food pantry sees a spike in demand for food during the holiday season.

Compared to last year, there has been a **43% increase of guests visiting our food pantry**. With this increased demand, your support is needed. Hosting a food drive to benefit Iron Gate helps stock our pantry to continue providing food to those in our community.

CURRENT HIGH NEED ITEMS:

- Cereal
- Rice/Pasta
- Dry Beans
- Canned Pasta Sauce
- Canned Protein

If you're interested in hosting a food drive or have questions, contact Heather by calling 918-879-1706 or send an email to hcrim@irongatetulsa.org.

DROP OFF HOURS:

Sun/Sat 9am-3pm
Mon/Wed/Fri 8am-12pm, 3-4pm
Tues/Thurs 8am-4pm



LAWYERS FIGHTING HUNGER Providing Holiday Meals

Families in Tulsa received a turkey, along with a variety of sides, thanks to Lawyers Fighting Hunger. All year long, Lawyers Fighting Hunger raises money to provide a Thanksgiving meal for Tulsans in need. Because of their generosity, 1,000 households will have a holiday meal this Thanksgiving.

*Thank you for your continued support
and for making sure families in Tulsa can
have a Happy Thanksgiving.*



"In 2011, I was going through a really tough season in my life. I was invited by a friend to start volunteering at Iron Gate. Volunteering and giving to Iron Gate opened a new door in my heart and 12 years later, I'm still a part of this beautiful organization. Truly, there is no better way to stop focusing on your own problems than to reach out and help someone else with theirs."

- Mindy, Iron Gate Board Member

Mindy has been an Iron Gate supporter since 2011. From volunteering to serving on the board, she has a heart for Iron Gate.

"I come to Iron Gate for the company and a good home cooked meal. It's the start to my day. A place like this is nice because people like me sometimes feel forgotten. They treat us well here and if it wasn't for Iron Gate, I wouldn't have food to get through some days."

- Sarge, Iron Gate Community Meal Guest

Sarge has been coming to Iron Gate for the past 5 years. They call him Sarge because he wears his Army backpack and boots, and sometimes his favorite army hat. Sarge is one of our community meal guests who experienced homelessness and is now housed. To make ends meet, he comes to Iron Gate daily to start his day with a hot meal and coffee.



Why Give?

Iron Gate relies on the generosity of our donors to help feed the hungry of Tulsa every day. Your impact makes a difference to those who visit our food pantry and community meal. Whether you contribute or serve, your support helps Iron Gate continue providing food for our community.



"My connection with Iron Gate goes back to the 1980s when I was a student in high school. I remember learning about Iron Gate then and our student council doing things to support Iron Gate. Fast forward to being a teacher at the same school a few years later, and again, Iron Gate featured in my work with the middle schoolers. I began a yearly community service event with the students where they would make valentines for the patrons of Iron Gate. I remember one gentleman telling me he carried one of the valentines around for years.

As my professional career has grown and changed, one thing has remained constant: my belief that nobody in our community should ever go to bed hungry and that people should be treated with compassion and dignity. The idea of people suffering from food insecurity when there is something we can do about it is behind my unwavering support of Iron Gate. Over the years, I've seen the incredible impact that Iron Gate brings to those in need, offering not just food but a sense of hope, compassion, dignity, and belonging."

- Margaret, Monthly Donor



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irongatetulsa.org

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HAPPY HOLIDAYS



Thank you for helping Iron Gate have another year of feeding the hungry and homeless of Tulsa.

From the Iron Gate board, staff, and guests we serve.