



INSIDE *the* GATE



WINTER 2019



BOARD MEMBERS
Mindy Morrison Taylor
Chair

Shane Saunders
Vice Chair

Robert Curfman
Treasurer

Paige N. Shelton
Secretary

Joe Wilburn
Development

MEMBERS

Lindsey Bristow
Susan Buck
Mary Ann Hille
Michael W. Moore
Tom Maxwell
John C. Powers
Josh Roby

EX-OFFICIO

Trent Annan
TYPros Board Intern

Carla Biggs
Leadership Tulsa Board Intern

STAFF

Carrie Vesely Henderson
Executive Director

Ashli Sims
Development Director

Matt Mitchell
Operations Director

Caroline Kitalong
Kitchen Manager

Christina Maxwell
Volunteer Coordinator

Carissa Gutierrez
Development Coordinator

Claudia Cravens
Accountant

KITCHEN STAFF

Jamie Blocker
Ashlee Haley
Geno McCombs
Sherwood Siskind

OPERATIONS STAFF

Colton Cooper
Cliff Manuel
Brandon Piercy
Jerrod Piercy
Will Powell
Kenny Reynolds

FOUNDERS

Keenan Barnard
Gene Buzzard
Rev. John C. Powers

Dear Friends of Iron Gate —



I love to send and receive mail. In today's fast-paced technology-driven world of communication, the slowing down and opening of the envelope always brings a bit of mystery, unless it's a bill! When we open the mail at Iron Gate, it is always with anticipation – as you never know what you might receive. It could be a simple thank you from someone who appreciates Iron Gate's services, a monthly donor commitment or an unexpected gift. One of the best gifts we received this season was a money order for \$7.20 – it made me pause, someone took the time to go to the post office, stand in line and get a money order to give their \$7.20 to Iron Gate. I am always humbled when you all share your resources with Iron Gate. Every day at Iron Gate, we live in gratitude for all the gifts we receive that allow us to feed people. Thank you for your giving hearts.

In this season of joy and giving, there is also depression and sadness. We see the spectrum here at Iron Gate. Guests who have the happiness of the season in their heart and those who are reminded of what they don't have. Our goal is to be the constant. To always provide food, a place to pause and reflect, to connect with others. The simple act of saying good morning, may be the only human interaction some of our guests have all day. When a guest gets to choose where to sit, how much sugar to put in their coffee, or what vegetables to select from grocery pantry, these are choices most of us take for granted. But for some of our guests, these may be the only choices they get to make. I am reminded to give our guests and others grace this time of year for everyone is carrying an unknown burden.

The gift of grace is something I wish for all of you heading into the new year. Iron Gate is looking forward to what our future will bring, how best to serve our guests and partner with others to feed the hungry and homeless every day. Wishing you all the joy of the holiday season and unlimited happiness in 2020!



Ashli, Carissa, and Carrie at Guthrie Green Gives Back.

Live generously,

Carrie Vesely Henderson, CFRE
Executive Director

918-879-1707

chenderson@irongatetulsa.org



Volunteers helped distribute 1,000 turkey dinners with all of the trimmings on November 16th

PUTTING THE TURKEY IN THANKSGIVING

Lawyers Fighting Hunger partnered with Iron Gate for our 10th annual turkey dinner distribution on Saturday, November 16th. More than 100 volunteers came together to hand out about 920 turkey dinners, which included a turkey and a bag filled with 20 other items. Iron Gate distributed the remaining 80 turkeys and all of the trimmings during our grocery pantry. When it was all said and done, 1,000 Tulsa families had a good Thanksgiving thanks to the generosity of area lawyers. Lawyers Fighting Hunger raises all of the money to provide the dinners. Iron Gate screened the recipients and helped organize the distribution in the Blue Dome parking lot in Downtown Tulsa. The distribution had a festival-like atmosphere with music, free pulled pork sandwiches and drinks provided by Rub BBQ Food Truck and Cool Ray Coffee Truck. Lawyers Fighting Hunger and Iron Gate have worked together to provide 7,175 turkey dinners since 2010.



First Baptist Church of Owasso was back in full force to serve Iron Gate's Thanksgiving Day feast. The church not only brought three dozen volunteers to serve, but they also provided all of the food. Iron Gate guests were treated to a plate full of turkey, stuffing, green beans, salad, rolls and finished the meal with a side of pumpkin pie. A big thank you to the First Baptist Church of Owasso and the Ramsey Family who also spent their holiday serving our neighbors in need.



cooking FOR A cause

OCTOBER 10, 2019

Oh, what a night! Iron Gate's 13th Annual Cooking for a Cause was its most successful fundraiser to date. The event featured 12 of Tulsa's top chefs cooking up some of their favorite dishes. Event goers dined on everything from caviar lentils to pork belly to chicken and waffles. The party raised more than \$213,000! That's enough to provide 28,000 meals for our neighbors in need and groceries for 4,800 families who won't have to worry about putting food on the table. Thanks to the generosity of Metro Appliances and More, Tulsa People, and our presenting sponsors, the Anne and Henry Zarrow Foundation, the Schusterman Foundation, and the Mike and Leslie Moore Charitable Trust, 95% of the dollars raised from the event go directly to support feeding the hungry and homeless of Tulsa.

SAVE THE DATE FOR NEXT YEAR'S COOKING FOR A CAUSE: OCTOBER 8, 2020.



Organizing Chef Jonathan Moosmiller, Southern Hills Country Club, helps Iron Gate recruit all of the chefs for the event.



Event Patrons Joyce and Ambrose Sims with their guests, Susan Baston and Bruce Wilkin.



Summit Club Chef Bill Lyle had the favorite dish of the night with his black cherry braised Prairie Creek Pork Belly, Beet and Barley risotto, cauliflower béchamel, candied pecan gremolata and cider-mustard emulsion.



Tavern Executive Chef Audrey Long served up a tasty creation featuring short ribs, Lomah cheese curds, with brown gravy over a tater tot.



This year's Cooking for a Cause event featured a fun photo booth where guests could pile in and take photos with party props or our giant cutlery



Farrell Family Bread has donated more than 2,000 pounds since September.

NEW PARTNERS

Iron Gate is so grateful to our new partners, **Farrell Family Bread**, **Mother Road Market**, and **Whimsy Cookie Company**. All three of these companies are regularly donating thousands of pounds of food to Iron Gate. Iron Gate is serving Farrell Family Bread as part of our community meal and distributing packaged loaves during our grocery pantry. Baked goods and other items from Mother Road Market and frosted cookies from Whimsy cookies are providing a sweet treat for our meals.



CELEBRATING NATIVE AMERICAN HERITAGE

Iron Gate held its 11th Annual celebration of Native American heritage on November 23rd. Iron Gate guests were treated to Indian tacos and traditional music. Representatives from several area Native American tribes participated in the festive celebration.



These are the people who keep the meals flowing. Iron Gate's kitchen staff: Ashlee Haley, Geno McCombs, Jamie Blocker, Caroline Kitalong and Sherwood Siskind.

HEROES IN THE KITCHEN

Iron Gate's New Kitchen Heats Up As Meals Rise 30%

They may not wear capes. But make no mistake, there are heroes in Iron Gate's kitchen. Iron Gate's kitchen staff is firing the ovens and pulling produce from the coolers by six o'clock every morning. The team is led by our kitchen manager, Caroline Kitalong, who's worked for Iron Gate for eleven years.

"It's really awesome that we have our own space," Kitalong said as her team washed dishes and prepared cabbage casserole. "It's no longer limited. We can do whatever. And we have more space to prepare food."

The brand new 2,900-square foot kitchen has really been put to work, since Iron Gate opened its new facility in late August.

"It's been so busy ever since we opened," Kitalong said.

Iron Gate on Archer has served more than 65,000 meals since opening. The kitchen has gone from preparing an average of 561 meals a day to an average of 768 meals a day.

"We've never been this busy," Kitalong said. "Since we got here, we've been over 700 plates every day."

It's not just the average that has gone up. Iron Gate has served more than 1,000 plates five times in the last month. Kitalong says in her eleven years, she's never seen so many 1,000 plate days.

"No, it's really rare," she said. "Maybe on a Thanksgiving or a special occasion, but on a regular day, no. We never go that far."

When asked how they do it, Kitalong responds: "We are heroes in the kitchen!"

"We cannot predict it," she continued. "Some days there are more and some days there's less. That's what we do; we have to prepare ahead of time. We would rather have more than have less."

Despite the rise in the demand, Kitalong and her team, which includes Geno McCombs, Jamie Blocker, Ashlee Haley, and Sherwood Siskind, have met the challenge. Not only feeding everyone who comes through the new red gates, but also adding more fresh fruits and vegetables to the offering.

"So proud that we can do it," Kitalong said with a big smile lighting up her face. "I never thought in a million years that we could handle this. But yeah, we got it!"



Kitchen Manager Caroline Kitalong has been with Iron Gate for 11 years.





Iron Gate
501 West Archer
Tulsa, Oklahoma 74103

NONPROFIT
U.S. POSTAGE
PAID
TULSA, OK
PERMIT NO. 637



GIVE THE GIFT OF A FULL PLATE

Show your love by giving a gift that will fill a plate and warm the heart. You can donate in your loved one's honor this holiday season and Iron Gate will send them a special holiday card. A gift of \$25 will provide 7 hearty meals this holiday.

FESTIVE FOOD DRIVE

Rally your friends, family, or co-workers for a festive food drive. Iron Gate's grocery pantry feeds more than 26,000 people a year. You can collect peanut butter, pasta, tuna and other pantry staples to help make sure no one's cupboards go bare this holiday.

HOLIDAY KID'S PACKS

Gather a few of your favorite elves and spread cheer to the children of Iron Gate. Help fill Kid's Packs with healthy, kid-friendly snacks this holiday. Each quart-sized bag includes: shelf-stable milk or 100% juice box, granola bars, pudding cups or fruit cups, packaged crackers and fruit snacks.

Please contact Carissa Gutierrez at cgutierrez@irongatetulsa.org or 918-879-1709 for more information.