



INSIDE
the
GATE



SUMMER 2019

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Dear Friends of Iron Gate —



Iron Gate is weeks away from moving into our new facility! As you can imagine, excitement and anxiety are part of every conversation. As we prepare to move, we are looking forward to all the new opportunities it will bring for guests and volunteers.

In 2018, volunteers gave over 8,000 hours to Iron Gate by serving meals, working in the pantry, helping in the office, and assembling kid’s packs. In the new building, we will continue to have these needs and more as the way we serve our guests change. We will have more pantry hours, distribute more kid’s packs and serve more meals. Which means we will need MORE of you. Our new space will bring new opportunities in the kitchen and the office for volunteers. If you have volunteered, you know the power and joy of handing someone a plate of food or helping someone with groceries. We look forward to seeing our dedicated volunteers in our new building. If you have not volunteered, I invite you to come be a part of Iron Gate on Archer – share your talent with us or learn something new.

As we get closer to completion watch your mailbox for an invitation to come tour the new building, a place where we can continue to serve our guests with kindness, courtesy and respect. Thank you for your part in helping us get there. I can’t wait to see you at 501 West Archer - Iron Gate on Archer!



A big thank you to Southminster Presbyterian Church for their donation of kid’s pack supplies.

Live generously,

Carrie Vesely Henderson, CFRE
Executive Director
918-359-9017
chenderson@irongatetulsa.org

CELEBRATING GENEROSITY

It was one small act of generosity forty years ago that led to Iron Gate serving more than 200,000 meals a year. That spirit of generosity is what we remember and celebrate at our annual Founders' Dinner.

This year, we honored Hugh Robert and Lawyers Fighting Hunger. Robert and Lawyers Fighting Hunger have partnered with Iron Gate for nine years to provide 10,325 holiday meal baskets. Attendees were treated to a fried chicken dinner, dessert courtesy of the Summit Club, and music by Tulsa Symphony's bassoon trio. Thanks to the generosity of a matching donor, the event raised \$130,000 for Iron Gate operations in just one night. Iron Gate would like to extend a special thank you to all of our event patrons, including our Presenting Patrons: The Hille Foundation, Mike and Leslie Moore, and Ruth Nelson.



Iron Gate Board celebrates Hugh Robert and Lawyers Fighting Hunger. (pictured left to right) Mary Ann Hille, Board Member, Mindy Morrison Taylor, Board Chair, Carrie Vesely Henderson, Executive Director with Kristin and Hugh Robert, Shane Saunders, Board Vice-Chair, Susan Buck, Board Member and Founder, Keenan Barnard.

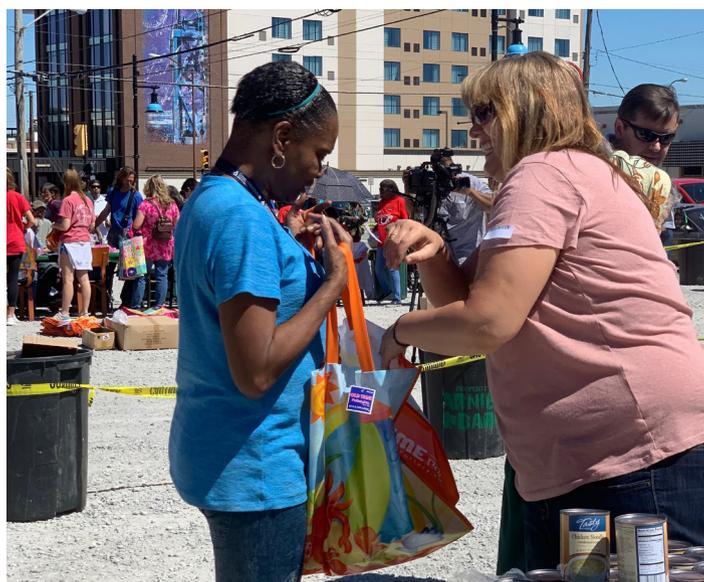
YOUR IMPACT

This is what your support of Founders' Dinner means to Iron Gate guests:

- 20,000 hot and hearty meals
- 920 households will receive groceries
- 1,000 Kid's Packs



Mindy Morrison Taylor, Iron Gate's Board Chair, welcomed a full house for the 7th Annual Founders' Dinner.



10,000 HOLIDAY DINNERS AND COUNTING

Lawyers Fighting Hunger continued their holiday tradition of providing holiday meal baskets for Tulsa's hungry. They have partnered with Iron Gate to provide ham dinners in the spring and a turkey dinners in the fall. About 100 volunteers gathered in the Blue Dome district in downtown Tulsa to hand out 1,000 ham dinners with all of the trimmings. One recipient was overwhelmed by her basket saying, "thank you for this blessing for me and my grandbabies."

MANY HANDS MA

Iron Gate relies on the generosity of Tulsans to feed the hungry and homeless of Tulsa every day. Our friends and supporters don't just give money – they give time. Iron Gate runs on the power of volunteers. They serve meals, wipe tables, sweep floors, sort produce, stack canned goods, enter data, and make sandwiches. Many hands truly do make light work. Iron Gate couldn't serve 204,922 meals or provide groceries to 26,104 people a year without you.

IMPACT OF VOLUNTEERS:
417 Volunteers Since January 2019
2,205 Hours Served Since January 2019

BUSIEST DAYS THIS YEAR
803 Most Plates Served: February 25th
103 Households Most Pantry Guests Helped: February 20th



Oxley Foundation holds the reigning title for some of the speediest kid's pack packers to grace the Gate, sacking 500 in less than 40 minutes.



The Onyx Book Club has celebrated their love of books monthly since 2009. But these book lovers also love their community and believe in giving back, so they help Iron Gate serve our community meal.



Thoreau Demonstration Academy 7th grade students spent a day of service feeding the hungry and homeless of Tulsa. They packed Kid's Packs, hygiene packs and set up Iron Gate's grocery pantry.



Tulsa Association of Petroleum Landmen continued their annual tradition in April of spending the day at Iron Gate helping serve the meal, setup pantry, and hand out groceries. They served almost 600 meals and distributed more than 170 bags of groceries.

If you would like to volunteer, please visit our website at www.irongatetulsa.org/volunteer to submit an application or contact Christina at 918-359-9022 or volunteers@irongatetulsa.org

TAKE LIGHT WORK



VOLUNTEER PROFILE Debi Rowland

Debi Rowland is an Iron Gate pantry staple. She volunteers twice a week, just about every week. She and her buddy Ann Woolard help prepare Iron Gate's grocery pantry. "My job is to get the stuff ready. Take out the bad stuff and wash what needs to be washed and sort the stuff so when the other volunteers get here we can pull everything out and make a tiny grocery store."

She often pulls double-duty, not just preparing the pantry, but also checking in guests new to the pantry. She says the people are what keep her coming back. "I found that this place was full of really happy people that liked what they did. And I actually found that I got out of it more than I was giving."

As a registered dietician by training, Rowland is impressed with the healthy food Iron Gate offers at the community meal and through the grocery pantry. Rowland has friends among staff, volunteers and guests alike. She says one of her most powerful volunteer moments has been watching the transition of one of our guests. Rowland has seen the guest go from living in a tent to working with a social worker at Iron Gate to finding a home of her own. "To see the transition that has happened and it all came because of the networking that goes on here at Iron Gate... Now she's living the life she was meant to live. She's in a safe place... and it's like she's blossoming as a new person." Rowland says she's proud that she's played a role in that guest's story. "It just makes me feel like that's what we're supposed to be doing."

Iron Gate is so grateful to all of the organizations and companies who regularly take time out of their days to help feed the hungry. The following groups volunteer at least once a quarter, but most serve every month.

**Cherokee Nation
Businesses**

**Community Food Bank
of Eastern Oklahoma**

**Congregation
B'Nai Emunah**

Cynergy

Flintco

**Going Hard for Christ
Church**

**Harvard Avenue
Christian Church**

In His Image

Nadel Gussman

National Charity League

Old Dominion Freight Line

**The Resource Group -
St. John Health Systems**

**St. John's Episcopal
Church**

COUNTDOWN TO IRON GATE ON ARCHER

Iron Gate's new entrance faces Archer and features a covered patio with heaters and fans.

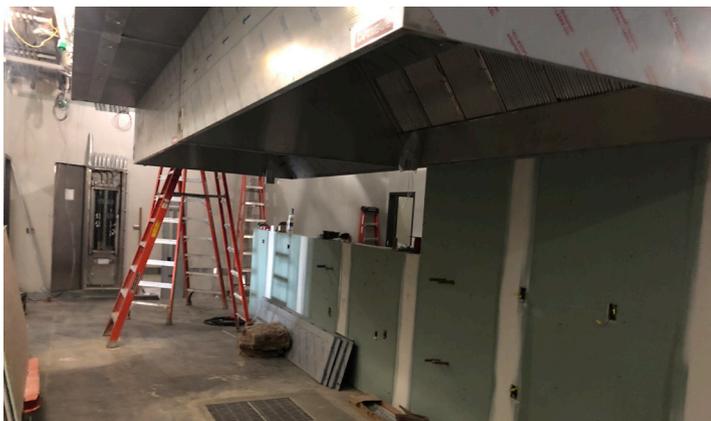


It's been a wet spring. There have been many days when Iron Gate guests have been soaked to the skin waiting for the gates to open. Soon Iron Gate will be able to do more to provide our guests with a respite from the elements.

The countdown is on for the opening of our new building on west Archer. In less than two months, Iron Gate plans to open its new 17,000-square foot facility. The new Iron Gate features a covered patio with dozens of seats that will allow our guests to wait out of the elements. They can stay dry when it rains. Ceiling fans will help keep them a little cooler in the summer heat and gas heaters will provide warmth in the winter chill.

Construction is heading into the home stretch with the new building's brick work completed, windows installed, and the dining room floor poured. Iron Gate's new walk-in freezers and coolers are already installed in the kitchen and warehouse. Crews will soon start filling the massive space with new kitchen appliances and equipment, along with dining room and office furniture.

Iron Gate began construction on the six-million-dollar facility last August. This August, Iron Gate plans to welcome guests to its new home.



Iron Gate's new kitchen will feature modern appliances that will increase efficiency.



Iron Gate's new dining room floor is getting the finishing touches and will soon seat about 219 people.



STOCKING THE SHELVES

Tulsa's Surgery Inc. rallied together to help stock Iron Gate shelves. They donated 75 pounds of pasta, providing pantry staples for those in need of grocery assistance. Oak Grove Mennonite Church in Adair has donated 650 pounds of groceries, mostly protein, so far this year. If your company, organization or faith community would like to host a food drive, please email Carissa at [irongatetulsa.org](mailto:cgutierrez@irongatetulsa.org) or 918-359-9038 for more information.



UPCOMING EVENTS

BEAT THE HEAT AT MAIN EVENT - 7/18

Beat the heat with some indoor fun at Main Event! Main Event is partnering with Iron Gate to feed the hungry. Enjoy bowling, laser tag, arcade games and more. Main Event is donating 20% of the night's receipts to Iron Gate. Click over to our website for more information: www.irongatetulsa.org/summer.

FLEMING'S DINNER FOR A CAUSE - 8/4

Back by popular demand, it's time for another Fleming's Dinner for a Cause. It's an evening some folks look forward to all year long: great Fleming's cuisine, exquisite wine pairings and all for a great cause. Tickets: \$125 each www.irongatetulsa.org/flemingsdinner

COOKING FOR A CAUSE - 10/10

Save the date for the tastiest party in town. Meet the chefs, taste the harvest, feed the need. More details coming soon.

IT TAKES



TWO

What's your favorite food pairing? Be it peanut butter and jelly, pasta and sauce, or tuna and crackers, you too can help feed the hungry. We are collecting your favorite food pairs all summer long to provide groceries for those who need a little extra help this summer. For families struggling with food insecurity, summers can be tough. Children are out of school and providing three square meals a day can really stretch a food budget. You can help by donating the following items. Grab a buddy and you can double your impact -- because two is always better than one.

It Takes Two Food Drive:

- * Peanut Butter and Jelly
- Peas and Carrots
- Pasta and Sauce
- Mac and Cheese
- Mashed Potatoes and Gravy
- * Rice and Beans
- Chips and Salsa
- * Tuna and Crackers

Other Items:

- Canned Fruit
- Canned Chicken/ Salmon
- * Low-Sodium Canned Soup
- * Cereal
- Biscuit and Muffin Mix
- Oatmeal
- * Most Needed

If you're an online shopper, check out our It Takes Two Charity Wish List on Amazon. Visit www.irongatetulsa.org/summer for the link.

Inside the Gate is written and edited by Ashli Sims and designed by Madeline Crawford.

If you have any questions or story ideas, please email Ashli at asims@irongatetulsa.org or call 918-359-9043.



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FLEMING'S DINNER FOR A CAUSE AUGUST 4TH

Our partners at Fleming's Prime Steakhouse & Wine Bar are hosting our 4th Annual Dinner for a Cause on Sunday, August 4th. This multi-course dinner will feature wine pairings provided by our wine sponsor Jarboe Sales Company & Select Wine and Spirits. This dinner is not to be missed. Tickets are \$125 each. Reserve your spot early: www.irongatetulsa.org/flemingsdinner.