

Who is AHH?

The mission of the Alderson Hospitality House is to provide support for those incarcerated at the Alderson Federal Prison Camp, their families and friends by providing temporary lodging, meals, transportation, emotional support and education.

BOARD OF DIRECTORS

Paul Loos	Tod Hanger
Gloria Martin	Nancy Burris
William Strange	Judy Lucas
Sam Kasley	Evey Ellen Frerotte
Bobbi Loos	

AHH STAFF

Kathleen DeRouen, co-director
Brian DeRouen, co-director

FLIGHT INFORMATION



Raleigh County Memorial
Beckley, WV
www.flybeckley.com
Greenbrier Valley
Lewisburg, WV
www.gvairport.com

AMTRAK INFORMATION

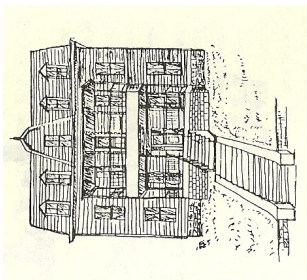


www.amtrak.com
Amtrak stops in Alderson, WV
ONLY Sundays, Wednesdays, and Fridays
From Chicago, eastbound: Train #50
From New York, westbound: Train #51

Non-Profit Org.
Permit No. 579
Alderson, WV
24910

If you would like to be added or removed, please contact us!

Alderson Hospitality House
203 High Street
PO Box 579
Alderson, WV 24910
304.445.2980



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HOUSE NOTES By KATHLEEN

The evenings are cooling off and the leaves are beginning to fall as we transition from summer to autumn. At the Hospitality House, a noticeable decrease in the volume and barely contained chaos in the playroom is what really signifies the end of summer. As the kids go back to school, we get fewer large families coming to visit, and when they do, their stays are shorter, usually only a night instead of for the entire weekend. We always know that the quiet will be short lived, however, because soon we will get past the start of school and move into the holiday season. Autumn is my favorite time of the year, and during this time, I'm especially grateful that we live nestled in the hills of Appalachia, surrounded mountains of color, changing by the day.

Today I'm also grateful for each of our amazing volunteers. This summer and fall,

we have found ourselves needing more help than usual to run the Hospitality House, and people have stepped up in an incredible way. What has struck me most about these volunteers is their appreciation and love for the service that the House provides. After 9 years of working here, it can become easy to see this as just another job. I get up, do what



needs to be done, and go home. I absolutely adore the work that I do each day, but in a place like this, some amazing things can become mundane. Sometimes I forget to look at the beauty of the House and recognize the role it plays in the lives of our guests. Some of the people who stay at the House would not see their loved one in prison for months, or even years, if it wasn't for us.

So while the work that the volunteers did to keep the house open while we were away was important and appreciated, the stories they told about their experiences and their general awe of the work of the House was maybe even more important. It reminded me why I

(Continued on page 3)

MONDAY MORNING BATHROOM MEDITATION By BARRY HAREL

(musings of a volunteer)

I want to volunteer;
Where do you need my help?
I'll do anything except cooking.
Kathleen is cook extraordinaire,
no need to put me there.
Bathrooms? Well, OK.
beginning Monday -
bathroom meditation practice!

The house is quiet.
After busy weekends guests depart
and so I start - mindfully...

Gather supplies
Sweep the floors
(Don't forget behind the doors.)
The toilets, the sinks
(Sometimes it stinks.)

RAISING TWO BOYS

By BRIAN

As I was heading out of our front door to start breakfast duty at the Hospitality House this morning, I heard two little feet scurrying towards me. "Can I come with you daddy?" It was 6:25am, I was half asleep and my 6 year-old, Vitale, was already putting on his shoes, so I said yes and off we went to start our day at the House. Now it would be great to say he wanted to come help with the chores, do laundry, etc., but the truth is that the "Big House" as we call it is where our boys can score some Fruit Loops and maybe a doughnut rather than the healthy breakfast options at our place. Fortunately for Tali, his big brother and mom were still



Scrub showers and walls
Take trash down the hall
A rhythm I find -
All thoughts left behind.

There's a satisfaction in cleaning.
As I rinse out the mop bucket
I toss trivial concerns away.
As I spray the water and vinegar mixture on
sinks, toilets, floors,
it's as though I'm disinfecting my mind.

Three hours pass.
Really? that long?
The bathrooms sparkle,
Ready for the next group of guests.

As I leave I smile
peacefully,
glad to be a small part of the warm welcome
the Hospitality House provides. 🌱

asleep, and allowing him to come along dramatically increased the odds that their sleep would continue. So off to the big house we went.



It is now 7:15am and while I am supposed to be getting work done, I can't stop eavesdropping on the conversation coming from the kitchen. Vitale is in there talking with a couple from Bolivia that speak little English, a couple of older ladies originally from Iran and two African American teenagers from Detroit. They are talking about religious head coverings, why some women wear them and why others do not. They are talking about mommies and daughters who are incarcerated, about Pokemon and about Tali's last soccer game. While I am sitting here tak-

(Continued on page 7)

TWO BOYS CONTINUED

en aback by this dynamic, honest, multi-lingual, multi-racial and multi-generational conversation taking place in Alderson, WV of all places...for my 6 year-old, it is just another meal at the Hospitality House.

This is one hell of a place for Kathleen and I to be raising our little boys!

Now being young parents running the Hospitality House was not always a dream scenario. We moved in on our older son Micah's first birthday, and Vitale came along a couple years later. When they were babies, it really felt as though we had 20 to 40 different mothers-in-law staying with us every weekend. I would be passing through the kitchen on a winter day and somebody would yell "Put more clothes on that child, he is going to catch pneumonia." Then 7 seconds later I would be chided, "That child has far too many clothes on for the winter time indoors!" A few years later the challenges were different but still remained as our boys had some unusual allergies (cinnamon and red-40 food coloring for example), and it seemed like letting the boys out of our sight for an instant would result in someone "helping" by pouring them a glass of red cool-aid or sneaking them a cinnamon doughnut while whispering "don't tell your mommy!"

Thankfully we kept allergic reactions to a minimum and our boys have had a wonderful, diverse and very real place to grow up. I say that the community at the Hospitality House is real because each of our guests



comes to us broken in a way. Having an incarcerated loved one is very difficult. It hurts, can be lonely and isolating, and is a cause of frustration, anger and so many other emotions. In our living room, Micah and Vitale have grown up seeing grown men cry. We, as adults, tend to hide our pains and struggles quite thoroughly from society and notably from our own children. Little boys, especially, are told to be tough and "be a man" when they feel emotions and learn quickly to hide rather than express them. We are grateful that our boys understand that there is nothing unmanly or weak about shedding tears when one is in pain and that yes, just like them, adults get sad

and overwhelmed. Happily, our house is one where there is also plentiful laughter, celebration, and fun because for every family beginning their journey through incarceration, there is another that has reached the end of that same path.

In a very homogeneous small town, our boys have friends of every skin color, socioeconomic status, ethnicity, gender and sexual orientation. Their friends come from Brooklyn, Detroit and Washington DC as often as they come from Martin, KY, Boone, NC and Monroeville, AL. This is helping us to raise them to see that there are differences and beauties unique to each family's home and life experience. It is okay that our boys notice differences in our guests and are able to ask questions. In the resulting discussions, both with those guests and privately as a family, we can talk about how differences are not bad, and that while we are not all the same, we are equally deserving of respect, love, acceptance and compassion.

Again, this is one hell of a place to be raising our little boys. 🌱

POETRY
CORNER

Septima Clark



John's Island effectively separated
you from your chosen vocation,
hoping to limit your influence,
limit your salary,
limit your success,
as a black educator.
NAACP sympathizers need not apply.
Color, always color, only color
the determining factor.
You lived through a devastating war,
fought a war of injustice
on the home front.
Except for five married years,
and one buried child,
you struggled alone
as if the struggle was
an end in itself.

With a firm belief that knowledge is power,
you taught children for pay
but adults for free:
free to assemble,
free to organize,
free to vote.

A white Southern governor become-
president recognized you
with a Living Legacy Award.

By: Dan Gladich

From a collection of poems inspired by
the women whose names adorn the
rooms of the Alderson Hospitality House.

Please share your artwork, thoughts and words of anguish, hope and joy. We'll consider any submissions for future publications, so please send us your stuff! 🌍

HOUSE NOTES CONTINUED

enjoy getting up every day to clean, cook, fund-raise, or deal with whatever issue has presented itself that day.

Speaking of volunteers, I'd be remiss if I didn't give an extra thank you to Skipper, a volunteer and guest, who has mowed our lawn all summer, painted several rooms, and helped to cook and clean during his time with us. Happily for him (sad for us), he picked up his lady at the beginning of the month. He will be missed

At the beginning of this year, we received a grant to make improvements in the bedrooms. Volunteers have painted a few of the rooms, we've replaced some of the more tattered linens, and a majority of the rooms are getting new carpet. Very soon we will have the rooms looking better than they have in a long time.

I have been spending a large portion of my non-guest time on developing a cookbook. I'm including recipes that I make every



weekend, as well as, some of my better vegan and vegetarian recipes. There will be bread recipes and recipes on how to turn leftovers into a fresh and delicious meal. Those of you who know me, know I don't bake desserts, but I even have a few of those recipes to share. (Of course, I've had to ask previous staff, board members and even my husband, but there will be desserts, too!) Look for this to come out early next year.

So life continues to carry on here in Alderson, WV. Our boys are growing up. Micah is in a play this Fall and Vitale has started playing soccer. Brian is running a lot in preparation for his second 100 mile race of the year. The vegetable gardens produced well this year, but the copious amounts of rain have prevented me from preparing them for winter and the weeds are growing fast. Fortunately, autumn is a season during which there will be time to breath, get caught up, and prepare for the cold days to come. The Fall will provide plenty of chilly mornings and nights with perfect days to spend outside. If you have a loved one at FPC Alderson, we look forward to seeing you soon as this really is a wonderful time to come stay with us. 🌍

CookBook

This year, I am working on creating a cookbook to sell as a fundraiser for the AHH. I really want to include a section for "Recipes from the Inside". I know that our incarcerated readers create some pretty incredible food from the limited resources at their disposal. Over a decade after his release, I can still remember Brian raving about caramel cheese cake, Lo Mein, and pizza prepared by the guys at the Taft Correctional Institution. Would you be willing to share your secrets

with us? If you would like to submit a recipe to be published in the cookbook, please mail it to:

AHH Cookbook
PO Box 579
Alderson, WV 24910

Please let me know if you would like your name and or location to be placed alongside the recipe. I look forward to reading them and learning about the creativity you use to turn simple ingredients into delicious snacks, meals, and desserts. 🌍

RECIPES FROM THE KITCHEN

Santa Fe Chili

If you are looking for a good and easy Chili to serve on cool nights this fall, then here is the Chili for you. It is simple and tastes great!

- | | |
|------------------------------------|----------------------------------|
| 2 16 oz cans of dark kidney beans | 2 16 oz cans of diced tomatoes |
| 2 16 oz cans of light kidney beans | 2 packets of dry ranch seasoning |
| 2 16 oz cans of black beans | 2 packets of taco seasoning |
| 2 16 oz cans of pinto beans | ½ Cup onion, diced |
| 2 16 oz cans of corn | |

*You can use any type of bean in any amount, as long as your total amount of beans is 16 cups.

*If you choose to use dried beans instead of canned, cook the beans before adding to the soup

*If you like meat in your chili, feel free to add some cooked ground beef or shredded chicken to the pot.

*Once you've eaten all you can of the chili, you can turn it into a delicious dip for tortilla chips by mixing in some sour cream until it is nice and thick.

1. Drain the beans and put them in a large Crockpot or stock pot
2. Add remaining ingredients. On the stove, bring to a boil. Turn down heat and simmer for 20 minutes. If using a Crockpot, cook for 4 hours on high or 6 or more hours on low.
3. Serve with shredded cheese, sour cream, chopped chives or any of your favorite chili toppings. 🍴



Raise money for AHH without spending a dime. Every time you search the internet using goodsearch, you raise can raise money for the Hospitality House. Go to goodsearch.com to find out more.

Raise money for AHH while buying your groceries. Go to krogercommunityrewards.com and register your Kroger Plus card to automatically give a percentage of every sale to AHH. Our number is 85722. Use it when you sign up today!



Like Us on Facebook! You can follow us and keep up with what is going on at AHH throughout the year.

THE ANNUAL FUND

Many of our guests, like Rosario (pictured left), help us cook in the kitchen every time they are here. Cooking for 30+ people can be a daunting task, but with the help of guests and volunteers, we get dinner on the table every weekend night.

Having food to cook with takes money, and raising that money is a daunting task, as well. That's where you come in. Please help us fill our chili pot this year by donating to the annual fund. We are just over halfway to our goal with less than

half a year to go. We really need your support now! When everyone pitches in, we have enough food for everyone. 🍴

Please make all checks payable to **Alderson Hospitality House** or donate online at www.aldersonhospitalityhouse.org

THANK YOU FOR YOUR SUPPORT!

WISH LIST

Everyday Items

Coffee (Not decaf)
Postage Stamps
Ink Pens
Dish Soap
Dryer Sheets
Toilet Paper
Paper Towels
Hand Soap Refills
AA or AAA Batteries
Fresh Produce
Pasta
Pasta Sauce
Lemonade/Iced Tea Mix
Kroger/Kmart Gift Cards

Willing to spend a bit more?

Bath Towels to match the rooms
Dehydrator

For the big spenders out there:

New Twin Size Mattresses
Chainsaw

