

## 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	Judy Lucas
Gloria Martin	Jandy Hanna
Bobbi Loos	Anna Ziegler
Nancy Burris	

## 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



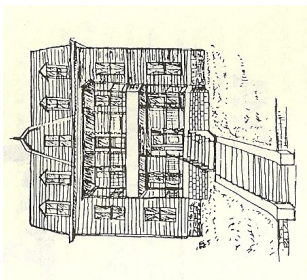
www.amtrak.com

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  
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## ALDERSON HOSPITALITY HOUSE



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## HOUSE NOTES

By KATHLEEN

Unfortunately, not much has changed around the Alderson Hospitality House. The prison, understandably, has not expanded visitation; therefore, we are not hosting more than those women about to surrender or families picking up their loved ones. The House has been unusually quiet. But of course, we have found ways to keep ourselves busy. Brian continues his work with the Alderson Food Pantry and Alderson Recycling program, and I started and finished another mural at the House. A group of 5-8 young Mormon missionaries continue to come by now and then to help with the yard work, dusting and vacuuming (which in this old house, needs to be done even more frequently when no one is around). And most recently, Brian and I started cooking meals and delivering them to elderly people around the Alderson area every Monday for lunch.

Brian joined the board of the Shepherd's Center of Greenbrier Valley, an organization



that seeks to sustain mature adults to live independently by providing opportunities for lifelong learning. One of his goals in doing so was to bring the services of the Shepherd's Center to Alderson...and this is how Brian and I began the Gwen's meals lunches in Alderson. This meal program has been offered in various other areas of the Greenbrier Valley, and now it is available in Alderson. Every Monday morning, I go over to the AHH at 8:30am to prepare the meal, sometimes with helpers. Then, at about 10:30, we're packing the food into boxes for Brian and his helpers to deliver. By 11 am they are off to provide the meals, a friendly face, and conversation to people in the Alderson area. It's really been a lot of fun to be back in the kitchen cooking a big meal.

I am enjoying the process of creating murals for the bedrooms in AHH. My latest mural was in the Rosa Parks room. If you are interested in a colored picture and a few pictures of the process, please visit our Facebook page. My next mural is currently in the visioning stage...and you may be able to help. In the last Newsletter, I wrote about renaming the outside room Malala, and that is the focus of the latest mural. Malala

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## PVS VOLUNTEER

By GLORIA MARTIN

The reminder on my day calendar said it was time to write another note. I am a PVS visitor at the Federal Prison Camp at Alderson, WV; and it was time to drop a line to the inmate that I have visited for a couple of years. Covid19 has meant that we have not seen each other in person for approximately 18 months so my hope is that regular notes will suffice.

Based in Philadelphia, the Prison Visitation and Support is a volunteer visitation program to Federal and Military prisoners throughout the United State. The Service trains and supports volunteers who offer friendship and a listening ear to incarcerated prisoners as they 'prepare to assume a useful place in society'.



2.2 million persons are in prison in the United States, the highest rate in the world. Approximately 200,000 individuals are in the 122 Federal system of prisons. Federal Prison Camp Alderson is minimum security and one of nine Camps in this system, housing only women. The current population at Alderson Federal Prison Camp is officially 644 inmates, though it often can approach twice that number.

I have been asked on occasion why I might want to visit a prisoner or what that visit might be like. Before retiring, I worked at a local domestic violence/sexual assault program. Occasionally, the staff at Alderson FPC would invite us to present material regarding domestic violence or sexual assault to the inmates. Many prisoners had been victims of abuse, and although they had committed a crime, in most ways, they are ordinary women. They are also forgotten

women so I determined that when I retired, I would become a visitor. Many prisoners who are convicted of a federal offense find themselves too far away from their homes to get visits from family and friends. Over 50% of federal prisoners never receive a visit while they are incarcerated, and studies have shown that recidivism rates are lower for those who receive visitors during their incarceration. PVS volunteers are available to see those inmates who request a visit.

Over the years as I have visited several prisoners, I have found that while each one is an individual, we all have many things in common. There are, of course, rules by both FPC and PVS regarding visiting that each visitor must follow. So after that first visit of introducing ourselves, the visits are generally about food, the weather, holidays, sports, books, movies – all the things you might share when visiting a friend. Inmates so appreciate a contact with someone from the world they will soon rejoin. A visit lifts their spirits and helps them to think about a return to a normal life. And I appreciate the time spent with another friend.

The Covid19 pandemic has changed and altered our lives, and that is certainly true for the inmates at FPC Alderson. Most of their person to person contact during the past 18 months, has been with each other and the staff. There have periodically been some limited visits by family members, though those visits are at the mercy of the current Covid19 status. Some inmates have been released or moved to half-way houses earlier than was expected, but many are still incarcerated. My hope is that my regular notes will help as we all struggle through this pandemic. I look forward to the day when we can again see each other face to face for a nice visit...and to the day when the Alderson Hospitality House will again be at capacity with those who have come to visit their family member or friend. It will be a good day!!!! 🌟

## LIVING IN COVID TIMES

By BRIAN

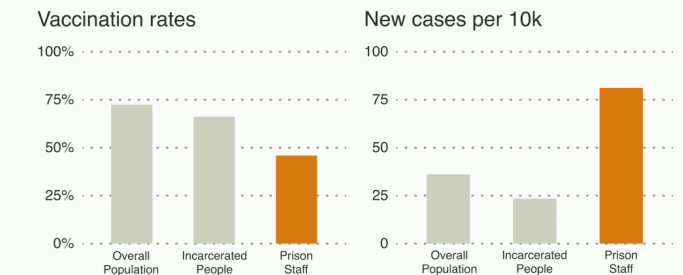
It has been said by many that the COVID-19 pandemic has been different than other disasters/crises because it is affecting us all, that we are all in the same boat. While it is true that it has touched us all, I would say that we are all in the same storm out at sea but all of our boats are not created equal. For our family, the last year and a half has been quiet and calm. Of course, home schooling the boys for a year was a challenge and we got sick of each other, but above all else we had the privilege of being together. Our dear friends and guests of the House have experienced the opposite situation. They have been unable to see, hug or speak face to face with their loved ones since March 2020. All of the fears and uncertainty, questions and confusion regarding parenting, income, safety, CDC guidelines that we navigated in our living room, they have had to deal with via telephone, in some instances thousands of miles apart.

One of the biggest questions of the past year for all of us has been the matter of vaccinations. I was sick as a child, and my parents and I saw first-hand that sometimes doctors are right and sometimes they are wrong, that science takes time to come to the correct understanding. I am also able to look back to my short stay at the Taft Correctional Institution to remember how much harder it is to make the right medical decisions when one does not trust those providing the medical "care." While faith is an important part of our lives and we have a significant distrust of authority figures and government in general, we do trust the sci-

entific process and feel that the three vaccines approved for use in the United States offer our society our best route back to normalcy. The vaccines available to the women at FPC Alderson and other prisons across the country are the same that we have been giv-

### Prison staff have lower vaccination rates and higher infection rates than incarcerated people and the overall population

Comparison of vaccination rates and new case rates among the overall population, incarcerated people and prison staff



Note: Vaccination rates represent the percentage of people who have received 1+ dose of a vaccine. Staff are not required to disclose their vaccination status to their employers in most states, so staff vaccination rates may be higher than reported. Vaccination rates for the overall population reflect adults 18 years or older who have received 1+ dose based on data from the CDC. Case rates for the overall population represent new cases in the last 14 days as reported by the CDC. Rates for prison staff and incarcerated people represent the number of active cases reported by state Department of Corrections and the Federal Bureau of Prisons. Vaccination rates are based on data from the 20 states that have recently reported data for prison staff, while new case rates are based on data from the 21 states that directly report this data for both staff and incarcerated people. Data as of August 11, 2021.

en. Our hope is that everyone, inmates, corrections officers and prison administration will choose to be vaccinated. Until enough people do, this storm will not pass. We are blessed with many freedoms in our country, and it is important for each of us to make our own decisions about what is right for us. Some people choose to smoke, but there is a reason that my 9-year-old's teacher is not allowed to smoke in his classroom. All of us that can pass our driver's test are able to get behind the wheel, but there is reason that the law requires us to have insurance and forbids us to drive drunk. Many of the choices that we make for ourselves have very real consequences for others. Some of us are in yachts while others are clinging to drift wood, and the vaccines are the best life jackets available. 🌟

## POETRY

## CORNER

*Where Did I Come From?*

I come from A great civilization  
a people who knew what day  
the rest of the world would  
relate to the same faith.

I come from A people who knew  
where the earth fit in relation to the universe  
while the rest of the world knew not.

I come from A civilization  
of great art and culture  
a people advanced in mathematics and building structures,  
Which were symmetrical to the sun.

I come from A people that fought  
for its independence  
from three foreign nations  
in one century alone!

I continue to survive the bloody annexation  
and to this day,  
I maintain my identity  
against pressure to assimilate

I come from A civilization  
which has been here since the beginning of time  
I am heir to traditions  
I am indigenous to this land,

And now I hear these ignorant voices  
Telling me to go back to where I came from?  
I am from here!

My civilization was founded on this very earth in which we stand on.

*By Enoch Connors*

California State Prison—Sacramento

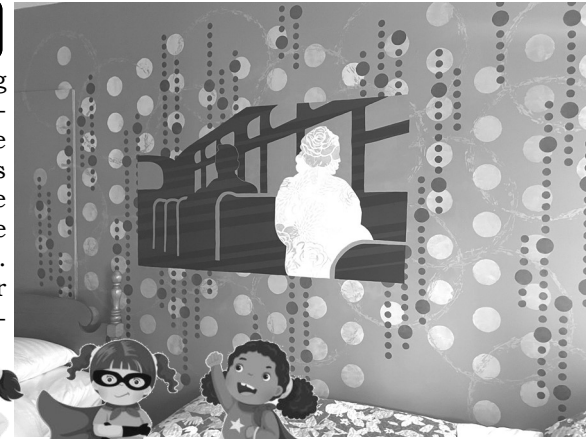
Please share your artwork, thoughts and words of anguish, hope and joy. We'll consider any submissions for future publications, so please send us your stuff! 📧

## HOUSE NOTES CONTINUED

speaks about never being too young to make a difference, and since we often have lots of kids staying in the outside room, I want that to be the focus of the room. What I am looking for from our AHH community is pictures of children standing in what they consider a strong pose... flexing, hands on hips, doing jumping jacks, running, arms out-stretched, arm (s) straight up in the air, doing yoga, holding

hands with another kid, etc. Honestly, ask your kid; they come up with the greatest ideas. I'd love to have a stripe of children going around the entire room, and if I didn't have to repeat someone, the better. So...if you are interested in contributing, please email [aldersonhospitalityhouse@gmail.com](mailto:aldersonhospitalityhouse@gmail.com) a picture of your child making a strong pose in front of a blank background...please take a picture from the side view and from the front or back of the same pose; different poses look better from different angles. The way I do my art, I only use the outline of the person. It will look like the image of Rosa Parks and the other man on the bus...just a silhouette of who they are. Depending on how many pictures I get, I may not be able to use all of them, but I will try. I hope to get kids of all shapes, sizes, genders, and ages.

Oftentimes in the House Notes, I will write about notable people who visited or guests who stood out as extra helpful; but this time



I'm going to do the reverse. Brian and I were lucky enough to get to travel this summer, and along the way, we saw some people you may remember.

Former staff member Ashley Boone just opened an Airbnb with her husband and mom in South Dakota. After a road trip out to Colorado

to play in the mountains, Brian and I drove up to SD to stay at their new Airbnb. We were the first to book a room at the Historic Farr House, a former Governor's mansion. The house has many rooms and porches; and it is beautiful. I know they will be successful in their ventures...especially since Ashley learned the hospitality trade here at AHH! Check them out if you are needing a place to stay in Pierre.

Our drive home from South Dakota took us through Illinois where we got to stay the night with former staff member Julia Means and her partner Max. They have a cute little condo in the heart of Chicago, where we stayed and ate amazing vegan pizza and chatted late into the night.

On a separate trip, crossing the pond into Europe, we got to spend a few days climbing around the Alps with former staff, Kayla Wisner who is spending her time in Munich, Germany taking courses to enable her to study medicine.

While it was lovely to see the world and explore some extra tall mountains, we were excited to get back home to the Appalachian Mountains and stay for a while. We are hopeful that someday soon it will be safe for visitors at the prison again; in the meantime, we will keep maintaining, and improving, the Hospitality House so that it is ready to go when that happens. 📧



## RECIPES FROM THE KITCHEN

## Fresh Pasta Sauce

This recipe is perfect this time of year. In fact, I refuse to make in any other time of year because the tomatoes are just not good enough. You really need fresh picked tomatoes from your own garden or the farmer's market...ones that you know ripened on the plant and not in the truck on the way to the grocery store. And fresh basil is a must.

**3-4 Cups fresh Tomatoes, diced**  
**1 Cup packed Fresh Basil**  
**3 Cloves Garlic, minced**  
**1/3 Cup Olive Oil**  
**1/2 teaspoon Salt**

**4oz soft, mild Goat Cheese or 1/4 Cup Nutritional Yeast for vegan option**  
**Black pepper, to taste**

**1 Pound of your favorite Pasta\*\***

1. Combine tomatoes, garlic, basil, salt, pepper, and oil in a large bowl, toss gently, and allow to sit for 30-60 minutes.
2. Cook pasta according to directions on box.
3. Toss tomato mixture with the cheese (or Nutritional Yeast) and Pasta.
4. Serve at room temperature.

\*\* Personally, I like a thicker noodle, such as fettucine or rotini, but you can use whatever you like best. 🍷



Raise money for AHH while you shop online. Go to [smile.amazon.com](https://smile.amazon.com), and search for Alderson Hospitality House as your charity. You get all the Amazon options, and they send us a portion of what you spend with no added cost to you.



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

Raise money for AHH while buying your groceries. Go to [krogercommunityrewards.com](https://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

We are still here! Eighteen months into a pandemic which has suspended visitation to the prison and cut our income from guests by over 90%, the Hospitality House remains in a stable though precarious financial position. We have cut our costs to the bare minimum, written grants, and been grateful for every donation check which has come in the mail since the pandemic began. We understand that money is tight for so many right now; and since we don't have stories and pictures of a full house to share that giving to the AHH may not seem a high priority. We don't know what the next 6 months will hold but, along with our board of directors, have a plan in place to keep the House going.

Please don't forget about us now as we need your support more than ever! We con-

tinue to spend time on the phone having the conversations that would normally take place across our dinner table and have been shocked by how much upkeep a 141 year old house requires while mostly empty. We want to assure you that we are doing all in our power to be here and ready when visitation opens at the camp and are asking, once again, for you to stick with us. Your support has kept this House open for 44 years, and we want that many more. 🍷

Please make  
all checks payable to  
**Alderson Hospitality House**  
or donate online at  
[www.aldersonhospitalityhouse.org](https://www.aldersonhospitalityhouse.org)

THANK YOU FOR YOUR SUPPORT!

## WISH LIST

Normally, we provide a list of items to buy that would help the house on a daily basis. Coffee, toilet paper, and pasta are all beneficial when we have 30-50 guests filling the House. Since that is not our reality at the moment, what we need right now to keep the House open and ready is monetary donations. Once things move back to a better reality. The list will return. Thank you for all you have contributed!!

GOAL  
\$90,000

SEPTEMBER  
\$46,876

FEBRUARY  
\$7,250

