

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

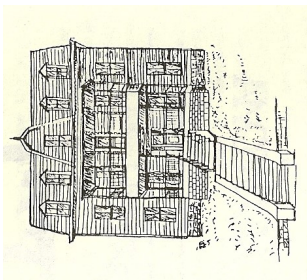


www.amtrak.com
Amtrak stops in Alderson, WV
ONLY Sundays, Wednesdays, and Fridays
From Chicago, eastbound: Train #50
From New York, westbound: Train #51

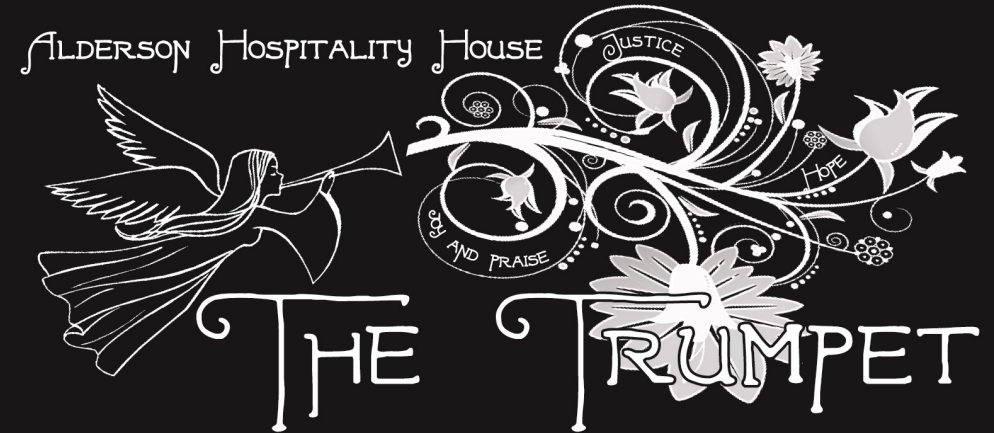
Non-Profit Org.
Permit No. 579
Alderson, WV
24910

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

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HOUSE NOTES

By KATHLEEN

Usually during the winter newsletter, I write about how the Hospitality House is finally quiet and peaceful after a crazy, busy holiday season. I celebrate all the people we saw and fun we had over the holidays, the food and buffet lines on Christmas and Thanksgiving, the simple New Year's Eve, and the rowdy group cheering during the Superbowl.

Things were different this year...a sentence I'm sure most of you have all said about 2020/21. This year, on Christmas, instead of cooking a huge meal with turkey, ham, stuffing, gravy, mashed potatoes, mushroom stroganoff, corn, Brussels sprouts, winter stew, rolls, and cranberry sauce, I made vegan breakfast for dinner for our little family, and

instead of gathering with guests and neighbors to decorate gingerbread houses, we watched movies all day (a Pirates of the Caribbean marathon). And the Superbowl was just Brian and I sitting on the couch...me with a nice book in my hands, looking up during the commercial breaks and watching the halftime show.

I can't say the House is finally quiet and peaceful, because well, it's been quiet and peaceful for almost a full year now. I feel for all the women who are not getting visitors and all the families not able to come see their daughters, mothers, wives, friends who are incarcerated at FPC Alderson. While we miss our guests and I'm sure those guests miss their loved ones greatly, we are glad that the prison is taking the virus seriously and taking steps to ensure the safety of the women.



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GRANT FULFILLMENT

By KATHLEEN

Just before the pandemic hit, we were

awarded 2 separate grants to fix up the House.

As you all have seen in person or in pictures, the Hospitality House is a huge, old house, and to some, especially those not from rural areas, the House may even look a little haunted. We often joke that if we can just get people in the door, they will stay and keep coming back until the night before their loved one is released. One of the

funniest experiences I've had at the House is when I was waiting for guests to show up on a Friday. I was prepping dinner in the kitchen when I got a call from one of the groups saying that they were having car trouble and wouldn't make it to the House. During this call, I was looking out the kitchen window watching those same people sitting in their car in the back parking lot, beginning to pull away. I just let them go, but I am quite sure this was one of those instances where what they saw on the outside kept them from coming in. I have had others who did decide to brave the haunted house and tell me they

were hesitant at first, but once they were inside, they could feel how warm and welcoming the place was.

We can't change the fact that the house is big and old and situated in a small rural town, but we are happy to have been awarded the Sacred Journey Grant to help with our curb appeal. The grant was awarded to turn the area in front of the House into a meditation area and to continue that peaceful landscaping down the front tiers providing a beautiful, quiet space outside for guests to sit and escape the noise of the House. An added bonus is that it will help provide a better first impression for our guests. We are hoping that by being welcomed with a peaceful landscape, as opposed to the "jungle" that the landscaping was becoming, our new guests will feel more comfortable walking in the front door.

Happily, the improvements do not end there. We were also awarded a grant from the Gadsden Trust administered by Grace Episcopal Church in Lexington, VA to fix up a few of the bedrooms. With this grant, we have completely refinished the Hillary Benish Bedroom, the wheel chair accessible room on the first floor, and we are currently working on the outside bedroom. The Hillary Benish Bedroom received a new coat of paint on the walls and all the furniture. There are new beds and mattresses, new sheets and pil-

(Continued on page 7)



GRANT CONTINUED

what I hope is a project that will take me room to room painting murals to further enhance the bedroom décor and, at times, tell more about the person whose name is on the door. I'll be posting the finished murals on our Face-Book page if you'd like to see them in color.

The outside room has been called the Little House of Prayer since it was built over 20 years ago to serve as a chapel. At some point, the directors of the House decided that the building would be better suited as a large bedroom, sleeping up to 10 people. However, they never changed the name. The LHP is the next room we are tackling with this grant money, and we think, with this makeover it's time for a name change. The Little House of Prayer will now be named the Malala Yousafzai Bedroom, though I will have to learn how to properly pronounce her last name. Malala is a Pakistani activist for female education and

low, and I painted a mural on the wall, beginning

is the youngest Nobel Prize laureate. As we looked around the House at the names on the door, we noticed that most of the women were dead, and when we think about these women, we picture them as older women standing up for justice. We wanted someone who girls could look at and say, "That can be me...right now". When Malala was just 11 years old in 2008, the Taliban banned girls from going to school. She stood up against this injustice and found a way to go back to school. 4 years later, she was shot in the head while riding home on her school bus; miraculously she survived. Since her recovery, Malala has fought to help all girls to get an education. You can read more about her story and efforts at <https://malala.org/>.

We realize that the work we do here at AHH is small, but Malala has shown us that no matter how small we are and no matter how big the problems of the world seem to be, we can all make the world a better place. Donations to small nonprofits make a difference as the daily goings on of the Hospitality House run 90% on donations from our friends, like you, and guests of the House, but funders like the Gadsden Trust and Fellowship in Prayer are very helpful to make bigger improvements to the House and are greatly appreciated. 🌱



POETRY
CORNER*Parting Gift*

With life's final breath
for a mother to be
or child that's dying
I make this decree

Take what you need
but need what you take
I offer these organs
for God and his sake

My liver, my heart
take both of my eyes
I hear the pleading
the prayers the cries

I can't take it with me
and don't think I'll need
a lung or a kidney
where folks never bleed

After the harvest
the rest goes to science
my old skull and bones
a student's appliance

The gift I am giving
the last I can give
the parts sorely needed
that others might live.

By Michael J. Griffis



Michael has submitted several poems over the years and often inserts these cute bookmarks for us and the staff at AHH...I took some photos of these cute ladies to share along with his moving poem. Michael, I know you intended them as bookmarks, but many have ended up hanging on the cabinet in the office so everyone can enjoy them.

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 CONTIN-

We are still providing a place for women who are turning themselves in and families

derly and isolated individuals, and Brian has driven individuals without transportation to their vaccine appointments.

In addition to the improvements mentioned in the Grant article, we have also begun working on repairing the flood damage done to the Meadows park back in July. While the flood in 2016 did more extensive damage, the flash flood in 2020 did see several feet of water flowing through our park. Our play structure was partially up-

rooted, much of the fencing was destroyed and the bridge across the creek was partially torn apart. Our Mormon friends have brought the added man and woman power that we needed to start getting our beloved park back to where we want it to be. Thus far they have helped us to prune overgrown foliage and remove parts of the

fence which had broken apart in the flood waters. As the weather permits we will continue this work so that when Spring and Summer arrive and our guests return, kids and adults alike will be able to safely enjoy all that our park has to offer.

So while the Hospitality House itself has been quieter than usual, we have stayed busy during the past months. We continue to send all of our love both to the ladies down the road at FPC Alderson and to our beloved guests who fill both our House and hearts with so much joy. 📧



who are picking their loved ones up, and when the time comes for visitation to reopen, we will be ready to open our doors to those who can visit.

For the time being, we are focusing our efforts and time on food insecurity issues in the Alderson area. This is a natural transition as much of the mission of the House revolves around food and the community that is created when it is shared. The majority of the volunteers that have worked the Alderson Food Pantry for years are high risk individuals so Micah, Vitale and I, along with the Mormon Missionaries who volunteer with us once a week, have become Brian's main helpers when it comes to packing the grocery bags the day before the pantry is open. In addition to helping people to meet their nutritional needs, the food pantry is also a safe excuse for those who have been isolated during this pandemic to see other people, have conversations (from a distance) and feel the love and support which our community has to share. We have applied for a grant which would enable us to provide hot meals to el-



RECIPES FROM THE KITCHEN

If you read the House Notes or have joined us for dinner, you probably know that I often cook vegan. Brian chose to go vegan about 8 years ago, and I can't eat dairy, so I often make vegan meals for our family and vegan options for AHH meals. The best thing I've discovered since experimenting with this diet is creamed cashews. They absolutely make the best vegan creamy...well, anything. This is a recipe that I personally think beats it's dairy filled counterpart...nacho cheese.

2 Cups Raw Cashews	½ Teaspoon Paprika
Juice from 1 Lemon (about 3 Tablespoons)	½ Teaspoon Chili Powder
3-4 Cups Water*	1 Teaspoon Garlic Powder
½ Cup Nutritional Yeast	1 Teaspoon Onion Powder
½ Red Bell Pepper, roughly cut	2 Teaspoons Salt

1. Boil water and pour over the cashews. Allow to soak for 10-15 minutes and drain.
2. Put everything into the blender, starting with just 3 cups of water. Blend on high until smooth.
3. Pour mixture into a medium sized saucepan and use the last cup of water to rinse out the blender and then pour that into the pan. Heat over medium heat, stirring often, until the sauce begins to bubble and thicken. You can add more water or cook some of it off, depending on how thick you want the sauce.
4. Serve with chips, over burritos, with pasta for a vegan mac and "cheese", drizzle over broccoli, or whatever else you can think of.

*While it is not necessary, I find that starchy water helps add to the creaminess of cashew creams. So the next time you boil potatoes or pasta or even corn, save the water; then use it in this recipe. 🌱

Raise money for AHH while you shop online. Go to 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 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.

Cashew Cream

THE ANNUAL FUND

Our House was built in 1880 and it was designed to be full of people. It has been a dorm, a military school and a hospital. It became the Alderson Hospitality House in December of 1976, and since then its bedrooms have been full and the kitchen tables have been crowded every weekend.

The House was not designed to sit empty, and likewise, our budget was not designed to function without guests staying with us every weekend. Thanks to your generosity and some COVID specific grants we have been able to make it this far through the pandemic without shutting our doors as many businesses and non-profits have. We are deeply grateful but it will likely be quite some time before visitation is open again. At

that point the playroom will be full of kids, grandparents will be sharing stories on the porch and the dinner bell will bring 40 guests downstairs to eat...if we are able to keep the bills paid during this difficult time. We are keeping the House warm enough so that pipes don't burst and making sure the insurance gets paid. We know that times are tight for most right now and so we are even more thankful than normal for your generosity which has and will continue to keep our doors open. 🌱

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

THANK YOU FOR YOUR SUPPORT!

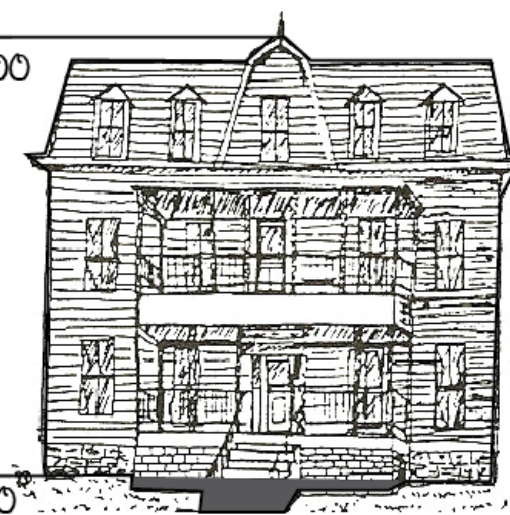
WISH LIST

Coffee (Not decaf)
Postage Stamps
Dish Soap
Dryer Sheets
Toilet Paper
Paper Towels
Hand Soap Refills
Pasta
Pasta Sauce (Not Meat Flavored)
Lemonade/Iced Tea Mix
Kroger Gift Cards

Willing to spend a bit more?

Small working lamps
New Twin Beds
Small Recliners
Fire Wood

GOAL
\$90,000



FEBRUARY
\$7,250