As we approach both Thanksgiving and Christmas, how will you observe them? Will your witness to family, friends and neighbors reflect a tradition of faith or merely a time of festivities? Your decision, I believe, has direct implications for our nation!

Though our national observance of Thanksgiving on the last Thursday of November was the result of President Lincoln’s Proclamation (dated 3 October 1863), its origin goes back to November 1620 ... when a battered ship came within sight of Cape Cod. The Pilgrims scanned the shore-line just to the west of them and described it as “a goodly land wooded to the brink of the sea.” But they had no government grant to sanction their going ashore at Plymouth Rock, for their charter had been issued for the Virginia Colony ... still to the south. (The Massachusetts Bay Colony was not formed until 1630.) So they moved the ship out into the deep water again while her occupants pondered what to do. Their decision was the Mayflower Compact. It was intended as a temporary contract to keep the law and order among themselves in a wilderness at the center of all law and order, and that law without a moral base is really no law at all. The Pilgrims signed the Compact while on board the Mayflower, pledging themselves and their mission “for the glory of God, and the advancement of the Christian faith.” And although they left no detailed account of their thanksgiving celebration during their first fall of 1621, historians have recorded that they invited their neighbors and allies, the Wampanoag tribe, to their three-day feast ... thus setting the stage for the later American observance of Thanksgiving.

Christmas, it would seem, is self-evident – the Christian commemoration of the birth of Christ. For decades in America, this nation has recognized this season with public schools conducting nativity pageants and Christ-centered concerts; displays of nativity scenes on municipal property; unrestricted singing of religious Christmas carols (Continued ... on page three)
President’s Corner

"Holiday Greetings" to our Fort Snelling Memorial Chapel Foundation family and friends! It is hard to believe that 2006 has gone by so fast. The holiday season will be busy once again for all of us.

November and December are months recognizing our "Veterans" and their special needs and care. Veterans Day, November 11th, falls on a Saturday this year. There will be a special ceremony at the Fort Snelling National Cemetery on that day at 10:00 a.m. to honor and dedicate a plaque and a street (each) at the cemetery to both Lt. Sorensen and Lt. Rudolph, Medal of Honor recipients from Minnesota. Both are World War II heroes who have recently been laid to rest at the National Cemetery.

"Echo Taps Worldwide 2007" is supported by the Fort Snelling National Cemetery Volunteer Committee. Our own Rev. Dr. Kenneth Beale will be the main speaker at this ceremony. At the conclusion of the ceremony a group of buglers will play echo taps and the buglers will be situated at the four directions of the map (North-South-East-West). This will be a most memorable day at the Fort Snelling National Cemetery. Ted Nemzek, Foundation member and Fort Snelling Rifle Squad Commander will be a part of this ceremony. If you can find time in your day ... this will be well worth your time to honor these veterans.

Minnesota Veterans Home-Minneapolis will have a program honoring Veterans of all generations on Saturday, November 11th at 2:00 p.m. in the auditorium at the MN Veterans Home. The address is: 5101 Minnehaha Ave. So., Minneapolis. This is always a very impressive program. You will have a chance to visit with some of the residents. The Minnesota Veterans Home-Minneapolis, once called the Old Soldiers Home, was built in the late 1800's for indigent veterans of the Civil War. The Home is located on a 53 acre wooded campus overlooking the Mississippi River near the Minnehaha Falls. At the end of the 19th century the intent was to create a beautiful, comfortable, community for veterans in need of care in their later years. That spirit of caring continues today — serving those who have served.

Mark your calendars for our annual Foundation Christmas Luncheon which is being held on Sunday, December 10, 2006 at the Embassy Suites Hotel Bloomington. Betty Lemley and Rose Schuette, co-chairs for this great luncheon, have additional information elsewhere in this newsletter. We sincerely hope you will join us for an awesome afternoon of good food, excellent entertainment and fellowship.

Christmas caroling will be held at the Minnesota Veterans Home - Minneapolis on Sunday, December 17, 2006 at 2:00 p.m. We will gather at the main entrance area about 1:30 p.m. You can wear your Santa or elf hats. You do not need a

(Continued ... on page four)
and readings from the Gospel accounts of Christ’s birth; consumers and department store personnel wishing one another a “Merry Christmas.” But the American Civil Liberties Union (ACLU) and their like-minded allies work relentlessly toward their goal of eliminating every public expression of Christmas … replacing it with the bland and generic “Happy Holidays.”

Why are the ACLU and its cronies so determined to extinguish a “holy day” celebrated by 96% of Americans that advocate “peace on earth, and goodwill toward men”? Because they know this battle is about more than just Christmas. If they can successfully de-Christianize Christmas, there is nothing to stop them from their ultimate goal of fully “cleansing” Christianity from its public role in American life. That includes eliminating historic religious references or symbols from government documents, buildings, and monuments; banning public prayer; denying Christian churches and groups access to public facilities like schools and parks; and preventing Christians from expressing their faith in the workplace. Their ultimate goal is to eradicate from America’s national public memory our heritage of faith and religious freedom … based upon their bizarre interpretation of the “separation of church and state.”

Now you might be tempted to say, “I don’t care what the ACLU does or thinks. They have no bearing on my celebrations of these holy days.” Oh, really! Think again. In fact, think beyond your own little world to that of our beloved nation.

The United States of America cannot possible defeat terrorism and any other evil without a strong, traditional foundation that clearly defines right from wrong. You see, the struggle is not merely about recognizing Thanksgiving and Christmas as sacred “holy days” vs. secular “holidays.” It has to do with the spirit of our country! We will lose America as we’ve known it … and for which many veterans fought and died to preserve.

I hope you understand the severity of the threat that comes from the likes of the ACLU; not just as we approach the holy days of Thanksgiving and Christmas, but day-by-day as we recognize that “this is the day the Lord [the Creator] has made …” (Psalm 118:24) and that we are to live our lives daily to the honor and glory of God.

The Christians of the first century “turned the world upside down” (Acts 17:6), because they had a sense of urgency about the message of Christ. Your witness, today, for Christ in both word and deed … coupled with an arousing of the Christian majority of Americans … can reclaim America’s spiritual heritage (read Psalm 33:12) and awaken her pursuit of a righteous victory over the forces of evil (read Deuteronomy 20:4).

May your celebration of Thanksgiving and Christmas give testimony of these being much more than civic holidays, but Christian holy days. And may America’s Christians uncompromisingly do the same!

Serving God and Country,

Rev. Dr. Kenneth L. Beale, Jr., Chaplain
(612) 747-1059
E-mail: kenneth.beale@us.army.mil
(Continued ... from page two)

beautiful singing voice as we all harmonize very well and sound sooooooo good. It is so much fun and very gratifying for all of us to see how much the veterans enjoy the music and many of them join in with us. Afterwards we go out to lunch — an end to a fun afternoon. The more the merrier.

*Foundation* members who are home-bound will be remembered during the holidays with a bag of goodies again this year. They always enjoy the bag of goodies and the chance to visit with the *Foundation* members who hand deliver the Christmas treats.

The *FSMCF* Board of Directors had a most interesting strategic planning session on Saturday, September 9, 2006 at Mt. Olivet Conference and Retreat Center at Farmington. Chaplain Beale was our facilitator ... and what an excellent program he conducted. Our session was to develop a broad outline for the future of the *Foundation*. A strategic planning committee chaired by Ted Nemzek will provide a report in the next issue of *The Snelling Spirit*. The committee members are: Ted Stamos, Kay Schoen and Patricia Swanson.

Congratulations to Chaplain Beale and his chaplain recruiting teams as they have surpassed their all time high goal of recruiting new chaplains. Last year they recruited 231 new chaplains and this year they recruited 291. WOW what a remarkable year!

In closing, let’s all remember to pray for our servicemen and women everywhere ... but especially those that will not be able to spend the holidays with their family and loved ones.

**Prayers are the Stairs to God**

> Prayers are the stairs we must climb every day,  
> if we would reach God there is no other way.  
> For we learn to know God when we meet Him in prayer  
> and ask Him to lighten our burden of care -  
> So start in the morning and through the ways steep'  
> climb ever upward til your eyes close in sleep.  
> For prayers are the stairs that lead to the Lord,  
> and to meet Him in prayer is the climber's reward.

— Helen Steiner Rice

I am so thankful for the many blessings I have been granted in my life. My friends, family and those who have just touched my life in some way are my greatest treasures. I wish each one of you a blessed and holy holiday season.

God Bless You.

— Patricia Swanson  
*Foundation President*  
(952) 885-0623  
E-mail: 155swanson@msn.com
Celebrate the Season!

Christmas Garden of Poinsettias
A tradition at the Chapel is to adorn the altar area with beautiful poinsettia plants at our Christmas Eve Candlelight Services (4 and 6:30 p.m.). The Chapel is made alive with color. You can participate by purchasing a red, pink or white plant(s) — $13 each. This tradition is made even more precious by the dedications which are made for each of the plants. It's a beautiful way to honor or remember your loved ones at this sacred and holy time of year. Contact Karen Ayers (612/727-3817) or see her in the Fellowship Hall by Dec 10th. Plants may be taken following the 6:30 p.m. Christmas Eve Candlelight Service.

Christmas Caroling at the VA
Once again, the chapel congregation will be singing Christmas carols ... making melody through the halls of the MN Veteran's Home on Sunday, December 17th (2:00 p.m.). Those interested in participating should gather at 1:00 p.m. at the Chapel Fellowship Hall. Following our caroling, the group will be going out to eat together.

Help us spread the joy of Christmas in song with those veterans who risked their lives so that we might have such freedom to express our faith.

Christmas Eve
On Sun., 24 Dec. we will have worship services at 4 and 6:30 p.m. Join in the singing of the carols in the beauty of candlelight and of a garden of poinsettias. The special music will be the "Regency" Trio featuring violin-cello-flute, and a vocal quartet. A shuttle bus will be available.

Christmas Cookies Needed
The Kitchen Angels are requesting cookie donations for Sundays Dec. 3, 17 & 24 for our fellowship hour. Sign-up on the board just outside the Chapel kitchen. Thank you.

— Terry Ulstad
Coordinator

Annual Christmas Luncheon
Be sure to mark your calendar — December 10th at 12:45 p.m. — to join your Chapel friends and their guests at our Annual Christmas Luncheon at the Embassy Suites Hotel on Highway 1-494 and 34th Avenue in Bloomington. Embassy Suites will again serve us a delicious lunch for $15 per meal. Tickets will go on sale after worship in the Fellowship Hall starting November 12th thru December 3rd.

Our entertainment for the afternoon will be the Moonlight Serenaders Big Band bringing us musical arrangements from the 30s and 40s era. Most of the members grew up during the Miller/Dorsey/Goodman time and their musical background began in high school bands. They perform at hundreds of parties, receptions, outdoor concerts and, currently, at the St. Paul Wabasha Street Caves.

Questions? Call Betty Lemley at 952/831-3945.

— Your Fellowship Committee

Photo: The Moonlight Serenaders Big Band.
Benevolent Giving …

For most people, the birth of a new child is considered a "Bundle of Love." For others who may be abused, homeless or families in financial stress, this is a time where they may not have the resources to provide their new child a good start. In 2001, Mary Jo Prinsen started a non-profit group called "Bundles of Love." This is a small group of ladies who get together to knit and sew newborn clothing and donate them to local hospitals and charities for families in need. Today there are over 15 locations where donations are distributed.

Carol Nygaard, Foundation member and a member of Bundles of Love submitted a Benevolence application requesting funds to support this program. She invited me to a sewing meeting. I went to a Moundsview location and

I met with Teresa Wilts, the North Metro Director. Teresa gave me a wonderful tour. I was highly impressed with all the hard work that volunteers provided. In 2005, volunteers provided over 46,000 hours, hand made over 50,000 items and delivered to over 4600 families. Many items were donated to local hospitals such as: Children's Hospital, Abbott Northwestern, Rochester Methodist and many private organizations such as; Catholic Charities, Ronald McDonald House, Native American Community Center. Each bundle of love bag contains a baby quilt, 2 receiving blankets, sweater, baby toy, baby wipes, small afghan, 2 bibs, 2 infant gowns, 2 day supply of diapers, booties, 2 burp cloths, fitted crib sheet, wash cloth, 2 tie shirts and baby soap. In addition, they make burial gowns for young infants. The majority of the materials needed to make the items are donated. Teresa Wilts stated, "You don't have to know how to sew, we will train you in everything you need to know." Bundles of Love needs: sewing materials, such as knits, flannels, thread, sheet fabric, quilt fabric, volunteers to deliver the packages and sort out the materials; and people who are willing to learn how to sew.

I read many wonderful letters from individual families and organizations who have received the Bundles of Love bags. At the September meeting of Foundation's Board of Directors, Bundles of Love was approved for a $500 Benevolence gift. I want to thank Teresa Wilts and Carol Nygaard for inviting me to take a tour of a wonderful organization. If you wish to donate materials, money or your time, please contact Ruth Nelson, 763-434-7765 or e-mail Teresa at twilts@bundlesoflove.org

Sincerely,
— Pat Hoy
Chair Benevolence Committee

This congregation tithes (10%) from its plate offerings. If you know of an organization/ministry … that is in keeping with our purpose … please feel free to secure an application to submit for financial support in 2006. Simply call the Foundation Office at 612/870-7866 … and provide a name and mailing address.

In the event of 3” or more of snowfall on a Sunday morning, the DNR has requested that we not enter the Chapel parking lot until after 9:30 a.m. This will enable the state to clear our much needed parking spaces. Also, try to park in a manner that provides the greatest amount of space available to others. Thank you for honoring this request.

— Daryl Kreutz, Chapel DNR Representative
Getting to Know You …

We’re John & Betty Lemley (Foundation’s Immediate Past President). In the course of 11 months, both my mother and I were diagnosed with cancer. Together we CONTINUE TO FIGHT and together we CONTINUE TO SURVIVE.

"EMBRACE LIFE AND ENJOY EACH DAY!" -- Since September 7, 2004, Genell Lemley has used this saying to express just how fragile life is and how we need to remember how to embrace what we have and not get caught up in our day-to-day activities to the extent that we forget how to enjoy life. Although her husband John was 43 and in good physical condition, it was on this date that he was diagnosed with adrenal cancer, a rare form of cancer which produced a 9 lb., basketball-sized tumor located in his abdominal region and partially lodged under his rib cage with a second tumor on his left lung. Eleven months later (5-months after his second surgery), John’s mother Betty Lemley was diagnosed with a rare form of ovarian cancer.

Although John no longer has a functioning adrenal gland and his continuing drug treatments have the side effects of causing frequent fatigue and achiness, he decided to be pro-active in his fight against any recurrence of the cancer. Since being given permission by doctors to begin light workouts 5 weeks after his initial 6 hour surgery, John progressed from riding 5 minutes a day on his stationary bike to an average of 75-miles a week … with the exception of a 4 week period after his second surgery in February of 2005 and an 8 week period spent with the rest of the family supporting Betty during the most critical phase of her fight with cancer as she had done for John. John’s utilization of his bike riding to continue his fight with cancer even caught on with Betty. While not generally known for her active participation in athletic activity: Betty, weighing 88 lbs, began riding her stationary bike (weighing 88 lbs.) 5 minutes a day to regain her strength while undergoing chemotherapy. She progressed to riding 30 and sometimes 45 minutes per day while watching the evening news or Oprah!

LEAVING FOR THE RIDE.

While John has always been active in athletics, he had never been involved in endurance sports or attempted to do anything like riding a bike 100 miles at one time. He set a goal of completing the 100 mile ride, within 6 1/2 hours, at the LIVESTRONG® Challenge on September 10th in Philadelphia, PA. Likewise, with the assistance of John’s wife Genell, Betty was looking to ride 10 miles on a tandem bike.

Since beginning to train for this event on May 30th, John rode his bike 87 hours and nearly 1,400 miles with his longest single training ride being 80 miles. While he was pooped, he was definitely ready to attempt the 100 mile ride in Philadelphia. With respect to Betty, even though doctors scheduled her to resume chemotherapy when she got back, she continued to ride her stationary bike in preparation and went out to buy all of the official biking gear for the event. In addition, she and Genell practiced using the tandem bike, so they were both ready to go! In fact, she even mentioned buying a new bike when she got back from Philadelphia. Personally, John thinks that her training fogged what is otherwise a logical and practical thought process. OH WELL, YOU GO GIRL!

Based upon the generous donations made in support of our taking on the Philadelphia LIVESTRONG® Challenge, the Lance Armstrong Foundation extended an invitation to John to go to Austin, Texas for the LAF Ride for the Roses which will take place the weekend of October 13th through the 15th. This has all been

(Continued ... on page eight)
made possible through a tremendous amount of individual donations as well as donations from companies such as American Family Mutual Insurance Company, HRI Properties, The JBL Group Incorporated, Keefe, Bruyette & Woods, Merrill Lynch and Westerlund Communications.

Prior to the ride there were 84 dedications made to people that currently are or have had to battle cancer. The names of these people were printed on the cycling jersey we wore during the Philadelphia LIVESTRONG Challenge. John will also be wearing this jersey during the Ride for the Roses in Austin, Texas. In fact, the generous donations ranked their fundraising efforts for the Lance Armstrong Foundation 12th amongst the approximate 2,700 participant’s in the Philadelphia Event.

The LIVESTRONG Challenge.

The LIVESTRONG Challenge is now over and we are happy to report that we all accomplished our respective goals of finishing both the 10 and 100-mile rides. While John was struggling to complete the 100-mile course that was at least 5 times more difficult (over 6,000 ft of vertical climb) than anything he had trained for, Betty was becoming one of the media darlings of the whole event. Of the approximate 2,700 participants, Betty was the oldest at 76 years of age. Although it took her nearly 4 hours, she was able to complete a very memorable 10-mile ride.

While it was intended that Betty and Genell would ride the 10-mile course on a tandem bike, for various reasons they were unable to rent a tandem in Philadelphia. Betty decided to attempt the 10-mile bike ride using her old Schwinn (5-speed) roadster with stabilizers (adult training wheels) attached to the back wheels. As a result, Genell rented a bike so that she could ride along side Betty and lend her any support that might be needed.

After approximately 1.5 miles however, it was determined that, because the training wheels were not overly stable and because Betty’s continuing battle with cancer created some issues with her balance, she needed some assistance. As a result, the LIVESTRONG staff removed her training wheels and Genell put her bike in the support van completing the remaining 8.5 miles walking and running alongside Betty holding her handle bars when needed to keep her steady.

Although it took them almost 4 hours to complete the 10-mile course and she needed to get up after falling from her bike a couple of times, Betty crossed the finish line hearing cheers of encouragement. In addition, there were numerous photographers there to capture the moment. Betty was so taken by the experience that she was only too excited to show off the scrapes on her knees as her trophies from the ride.

While she was basking in the limelight of her new-found celebrity status, John was continuing to pedal his way towards the finish line of the 100-mile course. To make sure he had the full experience of the Challenge, the organizers decided to put four hills, after the 96 mile mark, that were at least equal if not more difficult than the most difficult hill tackled during his training. In addition, the total vertical climbing that was involved was over 6,000 feet, nearly 4 times more difficult than what he had trained for.

After completing the 100 mile ride in 7 hours, slower than his target time ... but not bad given the difficulty ... Betty and John were asked to come on stage at the post event party to tell their story.

The Lance Armstrong Foundation has a four-star charity rating with one of the highest percentages of every dollar being used for its intended purpose.

Above: Betty and John Lemley became celebrities. Who knows, maybe Oprah or The Tonight Show are next!
Reprint from “MVH Voice”

Patricia Swanson and Donn Steffenson, two very dedicated and enthusiastic volunteers accompanied the MVH residents and staff on the week long fishing trip to Veterans on the Lake Camp. At camp, Donn took on the name Dock Dad as he organized the fishing poles and assisted in getting our folks out fishing each day. Every night he made sure everything was organized on the dock for the next day of fishing. Patricia was eager to step in and help anywhere she was needed, at the dock, during our campfire cookouts, and our trip to the wolf center. She brought with her an endless smile and was always bubbling with laughter. The two of them were instrumental in securing the funds and purchasing new rods, reels and tackle for the trip.

Thanks to a generous donation from the Fort Snelling Benevolence Foundation. A very special “Thank You” goes out to them for their hard work and dedication to our veterans. Special thanks also to the Fort Snelling Benevolence Foundation for their donation and the other individuals and organizations who helped support the fishing trip.

— by Beth Elskamp, Minnesota Veterans Home staff

Remember with a Card ... this Season

As a chapel community, we want to encourage you to kindly consider sending these underlined cherished home-bound (Foundation members unable to physically worship with us) a Christmas card ...whether you know them or not:

Frank and Arlene Amyotte
1349 Alaska Avenue
St Paul MN 55116

Shirley Berglund
1068 Cherokee Ave
W St Paul MN 55118-1101

Earl & Laura Coleman
1714 Kerry Lane
Woodbury MN 55125-3349

Elizabeth Cook
1701 E 87 Street
Bloomington MN 55425-1943

Virginia Elhard
6815 Lakeshore Drive #807
Richfield MN 55423-2268

Beulah Hoaglund
1886 Rome Ave
St Paul MN 55116-2029

Howard & Wanda Jennings
3709 Granada Circle
Oakdale MN 55128

Lyle & Polly Johnston
MN Masonic Home #D110-2
11501 Masonic Home Drive
Bloomington MN 55437

Wesley & Doris Matson
400 W 87 Street #302
Richfield MN 55423

Hal & Luana Olson
4370 Brookside Court #320
Edina MN 55436-1462

Carl Peterson
2730 Dale Street N #101
Roseville MN 55113

Gene & Glendora Root
8010 2nd Ave S
Bloomington MN 55420-1210

Warren Shaffer
3220 Lake Johanna Blvd #343
Arden Hills MN 55112

Helen Wilson
1425 W 28 Street #621
Minneapolis MN 55408

Laurean Zampino
Redeemer Residence
625 W 31 Street
Minneapolis MN 55408

Imagine the blessing your card will bring to those who are not with us the Christmas! Let us remember them. Be sure to identify yourself as from the Fort Snelling Chapel.
Fort Snelling Memorial Chapel Foundation
This is a non-denominational Christian church founded in 1967. We invite you to join us for worship each Sunday at 11:00 a.m. at this historic Chapel.

The Fort Snelling Veterans Memorial Chapel is a unique Minnesota memorial — a splendid monument to the patriotism, the moral earnestness and the convictions of the people of this state — a shrine to commemorate those who have died for their country. Weekly Sunday worship is sponsored by the Fort Snelling Memorial Chapel Foundation and is not subsidized by the state.

For Fort Snelling Memorial Chapel Foundation information call the Foundation Office at (612) 970-7866, or write to the Fort Snelling Memorial Chapel Foundation 1 Federal Drive Fort Snelling, MN 55111-4027 or e-mail to info@fortsnellingmcf.org or check our web site at www.fortsnellingmcf.org

Ft. Snelling Memorial Chapel Foundation Staff
Rev. Dr. Kenneth L. Beale, Jr., Chaplain
Ruth Fardig, Minister of Music
Leila Campbell, Administrative Assistant

The Snelling Spirit Staff:
The Snelling Spirit is a bimonthly publication of the Fort Snelling Memorial Chapel Foundation. We welcome your input, your letters and your suggestions.

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Layout/Design/Printing:
Leila Campbell
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Federal Hill:
Day

Thanksgiving:

26 Last Sunday after Pentecost

25 Music: A Christmas Wish

24 Federal Hill:
Board of
Directors Midday

23 Music: A Christmas Wish

22 Foundation is

19 Music: A Christmas Wish

18 Foundation is

17 Music: A Christmas Wish

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Fort Snelling Memorial Chapel

1 Federal Drive, Fort Snelling, Minnesota 55111-4027

November 2006

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**December 2006**

Port Snelling Memorial Chapel Foundation

1 Federal Drive, Fort Snelling, Minnesota 55112-4027