2022-23 SCHEDULE OF EVENTS

Saturday, November 26, 2022 Ho

Holiday Extravaganza, Elmwood, NE

November 26 - 27,

Bess Streeter Aldrich House, Journey Into Christmas

December 3 - 4, 10 - 11, 17 - 18, 2022

Celebrating the Aldrich House's 100th Birthday

Friday, April 21, 2023

Aldrich Spring Tea

Community Garage Sales

Saturday, May 6, 2023 Monday, May 29, 2023 Aldrich Plant Exchange

June 9 - 10, 2023

Memorial Day Services, Elmwood Cemetery

Sunday, June 11, 2023

Aldrich Foundation Recognition Event

at the Christian Church
4th of July Parade & Events, Murdock, NE

Tuesday, July 4, 2023 August 9 - 12, 2023

Cass County Fair

Sunday, August 20, 2023

20th Annual Ice Cream Social, Elmwood G.A.R. Hall Veterans Museum

September 2023

Community Health Fair TBD

Sunday, November 12, 2023

American Legion Post 247 Veterans' Day Pancakes & More!

Elmwood Fire Hall

TBD

Elmwood/Murdock Good Neighbor Festival

Holiday Extravaganza, Elmwood, NE

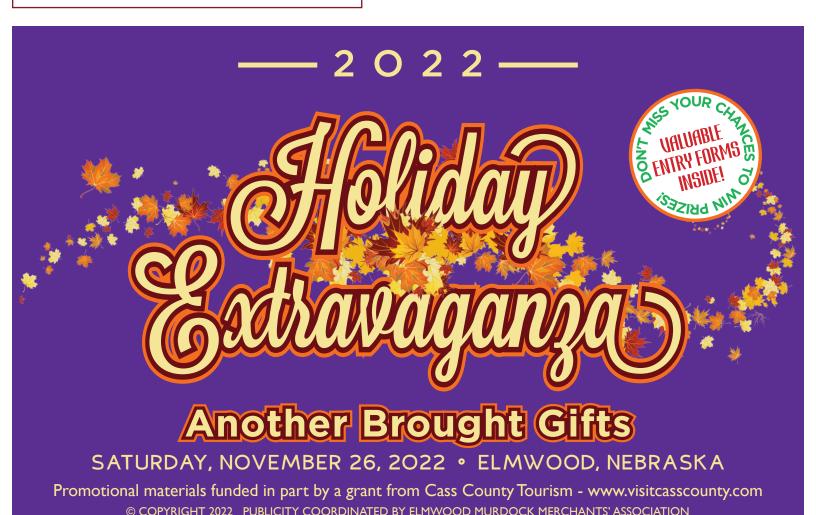
Saturday, November 25, 2023

Watch EMMA's website www.elmwoodmurdock.com and facebook for other events.

PRESORT STANDARD U.S. POSTAGE PAID PERMIT 4 ELMWOOD, NE

ECRWSS BOXHOLDERS







SATURDAY, NOVEMBER 26, 2022, ELMWOOD, NEBRASKA

7:00 a.m 11:00 a.m.	PANCAKE FEED	FIRE HALL		
9:00 a.m 2:00 p.m.	ELMWOOD/MURDOCK BACKPACK CRAFT FAIR 30 + Vendors, Concessions all day	E-M ELEMENTARY SCHOOL		
9:00 a.m 6:00 p.m.	BITS & PIECES (Antiques, Collectibles, & Thrift)	BITS & PIECES		
10:00 a.m 12:00 p.m.	CANDY CANE LANE Buy some homemade goodies to benefit Operation Santa	COMMUNITY CENTER		
10:00 a.m 4:00 p.m.	SHOPPE OF LIL SHOPS	116 N. 4TH STREET		
10:00 a.m 12:30 p.m.	WINTER HOLIDAY MOVIE FOR KIDS! *FREE This year the library will be hosting a 10am showing of, "The Polar Express,". Parents are welcome to drop-off their kids, and they will be entertained with a movie and some light sna	ELMWOOD LIBRARY		
11:00 a.m 5:00 p.m.	JOURNEY INTO CHRISTMAS HOLIDAY PREVIEW The Aldrich House, a 1922 Prairie Mansion, has 12 beautifully decorated trees honoring the decorators' childhood memories and Mrs. Aldrich's short story "Another Brought Gifts" \$5 admission.	ALDRICH HOUSE		
12:00 p.m.	COLORING PAGE DRAWING Submit to Elmwood Convenience by noon. Coloring page is available at elmwoodmurdock.com.	ELMWOOD CONVENIENCE STORE		
12:00 p.m 2:00 p.m.	BALLOON ARTIST Bring the kids in anytime during the 2 hours of balloon fun! Enjoy free balloons made into animals, superheroes, and more. Sponsored by Burrows Tracts	BURROWS TRACTS REAL ESTATE		
12:00 p.m 2:00 p.m.	FREE CRAFT FOR KIDS Join Massage By Jolean in making a fun holiday craft!	MASSAGE BY JOLEAN, 104 S. 4th		
2:00 p.m 5:00 p.m.	LIVING NATIVITY Experience the Christmas story as you walk through the barn or drive through the Homestead, Interact with the nativity animals and learn more about the baby who was laid in a manger.	3B HOMESTEAD, LLC 7603 298th (4 miles north on highway 1)		
3:00 p.m 5:30 p.m.	SANTA IN THE STREET Santa and Mrs Claus are going to hand out goodie bags and take letters	ELMWOOD		
4:30 p.m 7:00 p.m.	SOUP SUPPER Benefit for the Community Center. Your "free-will offering" is appreciated.	COMMUNITY CENTER		
5:00 p.m.	COMMUNITY MEMORIAL RECOGNITION Let's recognize those Elmwood supporters who passed away this past year. Send your nominee's name to shrader1957@hotmail.com.	ACROSS THE STREET FROM THE COMMUNITY CENTER		
5:30 p.m.	STARRY KNIGHT IN THE PARK Proclamation at the gazebo and fun activities in the park	ALDRICH PARK		
7:00 p.m.	KARAOKI AT THE QUONSET Limited Menu for this event.	THE QUONSET Open Tuesday-Friday 11am-9pm - Daily Specials - 402-994-2020		

f you're looking for something to add to your yearly holiday traditions or just simply something to do after so much wonderful Thanksgiving food, the Elmwood Murdock Merchants' Association encourages you to enjoy this year's Holiday Extravaganza. The theme this year is "Another Brought Gifts", a story by Bess Streeter Aldrich.

Start your day with pancakes at the Fire Hall then make your way to the Backpack Craft Fair at the elementary school. Don't forget to stop by Candy Cane Lane and fill a plate (or two) with holiday goodies. Bring your kids to the

library to watch a movie, then on to Burrows Tracts and Massage by Jolene for more fun kids' activities! The Aldrich House will be open to showcase their Journey into Christmas event and the Living Nativity is a wonderful way to start the holiday season.

Due to the overwhelming popularity of Santa in the Streets, Santa and Mrs. Claus will be doing it again this year! Kids, get your letters to Santa ready to deliver!

The late afternoon includes the Community Center soup supper and memorial recognition. The Elmwood Community Association has decorated the gazebo and park for the holidays and will have activities for the family to enjoy. Finish the day by participating in karaoke at the Quonset.

The complete schedule of events can be found in this newsletter and is also available at elmwoodmurdock.com. Look for coupons throughout this newsletter for entries into drawings being offered by various event sponsors. Coupons can be found on the EMMA website as well.

Happy Holidays from the Elmwood Murdock Merchants' Association!

Kris Shrader, President

Please Support These EMMA Sponsors















Elmwood/Murdock Merchants' Association Members



View the Schedule of Events in this newsletter and at elmwoodmurdock.com

Visit EMMA's Facebook page! Friend us today.



WELCOME! *New Members in 2022



3B Homestead

American Exchange Bank

American Legion Post 247
Bess Streeter Aldrich Foundation
Bits & Pieces
Block Ten Apartments (Allgayer)
Burrows Tracts Real Estate
Cass County Rural Water District 2

CHIT.E.A.M.

Cass County Tourism

Clements & Drevo Law Firm Clements Insurance Agency Connour Sixplex Apartments

Corn Growers State Bank

Corner House Market Goods Down Syndrome Advocates in Action

Eastern Nebraska Office on Aging Elmwood Christian Church

Elmwood Community Association*

Elmwood Community Center Elmwood Convenience Store Elmwood Meat Plant Elmwood Public Library Elmwood Small Engine Repair & Recycling

Elmwood - Murdock Public School FBLA

Elmwood-Murdock Public School Booster Club

For the Love of Junk

Fountain Creek DezignWorks

Green Ribbon Mental Wellness*

Frontier Cooperative

Fusselman-Allen-Harvey Funeral Home Grandpa's Woods Golf Course Hammons Family Funeral Service Impulsive Works, Inc.

J.H. Sporhase Plumbing and Heating Keep Cass County Beautiful

Meisinger Floral*

MiWay Enterprises LLC Mowen Owen's Lawn Mowing Murdock Historical Society Nebraska Digging Services

Oxbow Farms

Quonset Bar & Grill Romero's Drywall Seitec Genetics - Heath Vogt SCC Learning Center at Plattsmouth St. Paul United Methodist

Church Stock Seed Farms

Syracuse Area Health*
Tea and More (Dawn Tyrrell)*

The Lofte Theatre
The Quilted Gardens
The Stylist Next Dorr
Village of Elmwood
Your Thairapist

Elmwood - Murdock Public School FBLA

LEADERS

Julie Anderson Kris Shrader

STUDENTS

Karly Anderson Henry Coleman Haylee Joseph Rylan Kastens Nate Rust

Holiday CRAFT FAIR



NOVEMBER 26

SATURDAY 9:00 AM - 2:00 PM

FREE ADMISSION

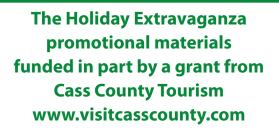
50 LOCAL VENDORS LUNCH FROM 11:00AM-1:00PM

LOCATION

ELMWOOD-MURDOCK ELEMENTARY SCHOOL

FOR MORE INFORMATION CALL TRISHA NICHELSON AT (402) 994-2125







See this newsletter online at www.elmwoodmurdock.com



Join EMMA today! www.elmwoodmurdock.com



EMMA Scholarships

Congratulations to our 2022 \$500 scholarship winners: Sela Rikli, attending UNL with a major in nutrition, exercise and health sciences, and Bailey Frahm, also attending UNL. For more information about these scholarships, seniors should contact Ms. Bornemeier.

Merchants' Association Grants, 2022

Merchant Association members and nonprofit organizations who are seeking funds to promote the communities of Elmwood and Murdock are eligible to apply for the Elmwood Murdock Merchants' Association Community Betterment Grant. The grants (up to \$500 with a 50/50 match) are designed to improve the local communities. The grant details are posted on elmwoodmurdock.com and are due January 10 and July 10. The July 2022 recipient was the Nebraska Trails Foundation for the Elmwood Pie Ride / Music in the Park events.

ELMWOOD COMMUNITY CENTER

DAILY HOMEMADE LUNCHES

M-F AT NOON CALL FOR RESERVATIONS BY 9:00 AM THAT DAY 402-994-2145

ALSO AVAILABLE TO RENT FOR YOUR SPECIAL OCCASIONS

CUT OUT AND BRING THIS AD WITH YOU TO THE SOUP SUPPER ON 11/26 TO ENTER A DRAWING FOR A HOME COOKED MEAL FOR 4 PEOPLE

TO BE PROVIDED IN JANUARY OR FEBRUARY

Name ______Phone _____



St. Paul United Methodist Church

400 West G Street • Elmwood, NE 68349 • 402-994-6735

Also the Home of the **Son-Shine Child Care Center** Nurturing, Loving and Educating Children Daily

PLEASE COME JOIN US EVERY SUNDAY FOR:

9:30 a.m. Sunday School • 10:35 a.m. Worship Services

SPECIAL UPCOMING SERVICES

Sunday, November 27th • Advent Season Begins Sunday, December 18th, 10:35 a.m. • Children's Christmas Program Saturday, December 24th, 6:30 p.m. • Christmas Eve Candlelight Service Sunday, December 25th, 10:35 a.m. • The Light of the World Has Arrived

Memorial Recognition Service

At the Holiday Extravaganza, the Merchants' Association will honor residents who have passed away during the past year. There will be a recognition service at 5:00 p.m. on Main Street at the fence in front of Bill and Sue Connour's apartments.

To include a name(s) in the service, email your information to shrader1957@hotmail.com by November 19.

What's new in Murdock?

Sign up to receive the Murdock newsletter!

Send in your news! Check it out at

www.murdocknebraska.com

Keep Up With Elmwood's news!

Sign up to receive the Elmwood newsletter!
Send in your news! Get the scoop at

www.elmwoodnebraska.com





Journey into Christmas



Bess Streeter Aldrich House 204 East F Street Elmwood, Nebraska



The Aldrich House, a 1922 Prairie Mansion, has 12 beautifully decorated trees/rooms honoring the house's 100th birthday and Mrs. Aldrich's short story "Another Brought Gifts." \$5 Admission

> Save the Dates: Nov. 26 (11 a.m. to 5 p.m.) Nov. 27; Dec. 3-4, 10-11, 17-18 (1 - 4 p.m.) or by Appointment



Funded in Part by Cass County Tourism, visitcasscounty.com

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- Pre-Planning Consultation with payment options
- · Personalized Video
- Tributes
- · Monuments and Markers

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413 Elm Street Louisville, NE 68037 **402-234-3985**

644 Park Street Syracuse, NE 68446 **402-267-2485**

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Brian Harvey

Cody Busekist

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Main Bank 151 N 4th St Elmwood, NE 68349 (402) 994-4000 **Eagle Branch** 440 D St Eagle, NE 68347 (402) 781-2229

WWW.AEBANK.COM





Open Shop and Sale

Saturday, December 3, 2022 9:00 a.m. to 5:00 p.m.

> At 7702 286th Street Murdock, Nebraska

Join me at my wood shop/studio where I design and create wood art on lathes

> Enjoy refreshments! Bring your friends!

Elmer H. Miller 402.525.2785



Elmwood Convenience Store

209 South 4th Street

Elmwood, NE 68349

402.994.3305

Coupon

FREE

Ice Cream Cone OR Fountain Drink at C-Store

2022/2023 Coupon

Sit Down Dining & Take Out

Burgers Soft Serve Ice Cream

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Salad Bar Breakfast Sandwiches

Fish, Shrimp Chicken
Fries Onion Rings
Donuts, Pastries Cookies

Check out our full menu at ElmwoodCStore.com

Fuels & Auto Supplies

E-10 Diesel (Blended in winter)

UnLeaded Propane
Oil DEF
Brake Fluid Fuses

Windshield Washer Fluid & Antifreeze

Adult Beverages

Imported &
American Wines
Limited Run &
American Beer
Spirits, Liqueurs,
Schnapps,
Mixers, & More

Groceries

Candy, Baking supplies, Canned Soup & Veggies, Gravy mixes, Noodles, Spaghetti sauce, Bread, Coffee, Potato chips, Gum, Jerky, Nuts, Crackers, Granola & breakfast bars, Pop, Milk, Energy drinks, Eggs, Bacon, Ice, Ice cream, Frozen pizzas, Sandwich makings, PLUS...

Other

OTC health items, Feminine necessities, Office supplies, Pet food, Cleaning supplies, Greeting cards, Other seasonal items

Clean Restrooms

www.ElmwoodCStore.com

E-Mail: GreatPizza@ElmwoodCStore.com

Elmwood Small Engine Repair

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Helping Cass County Go Green

We charge for TV recycling.

304 S. 4th St. Elmwood, NE 68349 402-994-3663







The Candy Cane Lane elves are busy making cookies, candies, and other goodies in preparation for the Holiday Extravaganza November 26. Stop by the Elmwood Community Center between the hours of 10:00 – 12:00 and take home delicious holiday treats and sweets!

Proceeds from sales will benefit Operation Santa.

The Merchants' Association would like to thank the Community Center for allowing us the use of the building, and the Elmwood Christian Church women for helping sponsor Candy Cane Lane this year. A big thank you to all who made and donated cookies, candies, etc. for this event.

Bring the entry coupon below to Candy Cane Lane to be entered in a drawing to win a \$50 gift certificate for the Elmwood Meat Plant!

No entry coupons will be available at the event.

Bring this coupon to Candy Cane
Lane November 26, 2022
between the hours of 10 a.m. & 12
p.m. for a chance to win a
\$50 gift certificate to the Elmwood
Meat Plant.

Name			
Address			
City, State, ZIP			
Phone			
e-mail			

THE LIVING NATIVITY 2022





This Christmas you are invited to The Living Nativity 2022

at the 3B Homestead, Murdock, NE
Real stable animals help tell the beautiful Christmas Story
from Luke 2 in a fun, meaningful & untraditional way.

A walk-through-the-barn experience for families and friends will be held every weekend between Thanksgiving to Christmas. Nov. 26, 27, Dec. 3, 4, 10, 11, 17, and 18 from 2:00 pm to 5:00 pm

> A drive-through-the-homestead experience will be held on Christmas Eve and Christmas Day: Dec. 24 & 25 from noon to 4:30 pm Bring your cell phone and listen to a podcast as you view the animals from your car.

Weekday private tours for homeschoolers, preschools, assisted living facilities, and other groups can be scheduled by contacting Mark and Sondra Buell at 402-867-1802.

The Living Nativity 2022 is a free community outreach of the 3B Homestead, LLC located on Highway 1 at 7603 298th Street, south of Murdock, NE 68407. For inclement weather closures, please check the 3B Homestead Facebook page or the 3B Homestead website.

For questions, please contact Mark and Sondra Buell at 402-867-1802, Email: 3BHomestead@gmail.com, Website: www.3BHomestead.com
Donations are accepted to help defray expenses: Venmo @ThreeB-homestead

The Elmwood Public Library

The Elmwood Public Library is a proud member of EMMA. Library Director Anne Pope said, "Our organization works hard to improve our community in one way, and we appreciate that other EMMA members work hard to improve it in others. I grew up with the saying, 'Many hands make light work,' and that's exactly what EMMA tries to do!"

The library's mission is to encourage lifelong learning and be an educational resource for the community, but books are just one part of the many goods and services that you can find available! The Elmwood Library has free Wifi, printing, faxing and scanning services, public computers, interlibrary loan services, materials for the

visually impaired, access to audio books for the blind, cake pans, electrical wattage testers, book clubs, preschool story times and so much more!

CLID AND WIN!

We are a proud supporter of EMMA, their community works, and informative newsletters! Fill out this form, and drop it off at the Elmwood Public Library (during regular hours, or put in our book drop). A winner will be drawn for a FREE 2023 NEBRASKA STATE PARK PASS!

NAME:
ADDRESS:
CITY:
PHONE:
EMAIL:.

ARE YOU A LIBRARY PATRON?

Elmwoo
Public
Library

124 West D St.

An active participant in the Holiday Extravaganza for many years, this year the library will be hosting a 10am showing of, "The Polar Express," on November 26.

Parents are welcome to dropoff their kids, and they will be entertained with a movie and some light snacks. Hopefully this will give mom and dad a chance to do some shopping at the craft fair, or even run home to wrap some presents!

We hope to see you all at the library very soon!

Anne Pope
Director - Elmwood Public
Library
124 West D St.
Elmwood, NE 68349
402-994-4125
elmwoodlibrary@outlook.com

The Elmwood Community Association

The Elmwood Community Association (ECA) encourages our community to thrive. Through events held throughout the year, and community projects we aim to bring the community closer together.



Our annual events such as our Movie Nights, Pitch Tournament, and the Lights in the Park for the Holiday Extravaganza (to name a few) have been hugely successful. Please join the ECA this year in the park for the annual tree lighting,





The Bean Box Coffee Trailer for a deliciously warm drink, and of course the festive lights viewable through the holiday season!







Pulmonary rehab – education, exercise and support to help you breathe easier

Expert care is right here at Syracuse Area Health

When you can't breathe, your entire life is impacted. Everyday activities like getting the mail or even spending time with family can feel impossible. Diseases like



chronic obstructive pulmonary disease (COPD), asthma, emphysema or lung damage from COVID-19 or other health issues, can make you feel isolated, even hopeless. But there is a solution to help to help you catch your breath and reclaim your quality of life.

At Syracuse Area Health, our pulmonary rehabilitation team collaborates with your medical team to personalize programs of education, exercise and support to help you understand your condition, manage the severity of your symptoms and learn techniques to help you regain lung health – and overall health.

First step: **Pulmonary Function Test**

The pulmonary – or lung – function test is painless, quick and helps rehab teams identify concerns and diagnose and treat lung disorders. The noninvasive evaluation shows how much air the lungs can hold and how

quickly air moves in and out of the lungs. It also shows how well the lungs remove carbon dioxide from vour blood.

Rehab programs customized

Information from pulmonary function testing helps rehab teams tailor programs to each patient's needs, abilities and goals. Personalized programs help patients improve or manage shortness of breath, regain strength

and independence and return to doing everyday activities. Programs often include:

- Exercise and strength training
- Education about managing your condition
- Nutritional counseling
- Breathing techniques
- Emotional support



Sean Barry, MD, FACCP



Michelle Tyser, PA-C

lives. At Syracuse Area Health, pulmonary rehab teams offer outpatient care to help with conditions including:

- Asthma
- Bronchitis
- Emphysema
- COPD
- Cystic fibrosis
- Post-COVID lung damage
- Heart or other health

conditions that impact breathing

Experts who care

If you – or someone you love – have ongoing breathing issues, get the help you need. Ask your provider for a referral to pulmonary rehabilitation at Syracuse Area Health. Shannon Hoffman, MHA, RRT, is SAH's Director of Cardiopulmonary and leads our skilled teams. Hoffman provides treatments and collaborates with physicians and providers including Sean

> Barry, MD, FACCP, and Michelle Tyser, PA-C, who specialize in pulmonary disease and sleep medicine.

Close care is right here

Talk to your provider about pulmonary rehabilitation and

ask for a referral to Syracuse Area Health where it's closer for you and your family. To learn more about the program, call 402-269-7638 or visit www. syracuseareahealth.com/ourservices/pulmonary-rehab/.



Simply put, respiratory therapists help people who have trouble breathing. Through diagnosis, education and individualized treatment plans, specialists can help patients reduce the severity of symptoms, regain lung function and live fuller, more complete



Clements

Insurance Agency

160 North 4th Street Elmwood, NE 68349

Rob Clements, Andy Clements,
Penny Richter

Phone 402-994-4000 pennyr@aebank.com



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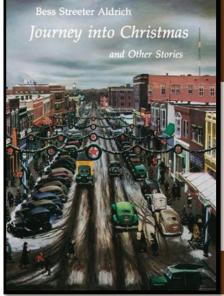
Are You Willing To Help Your Employees Try To Quit Tobacco Again?

EVERY TRY COUNTS AND WE ARE HERE TO HELP!



Contact Tobacco Education & Advocacy of the Midlands for free cessation resources or technical assistance setting up a cessation referral program.

INFO@TEAMTobaccoFree.org



America through the brush of JOHN PHILIP FALTER

a presentation by

DOBEY FALTER HAWS

Curator of the John Philip Falter Museum in Falls City

Sunday, December 11

5:30 pm – light refreshments

6:30 pm – presentation

Elmwood Cultural Arts & Learning Center 221 South 4th Street | Elmwood, NE

John Philip Falter was a world-renowned illustrator including 129 "Saturday Evening Post" magazine covers, over 300 recruiting posters, book illustrations, and others.





Become A Friend of the Foundation today!

Register for your membership online:









Elmwood's First Health and Wellness Fair



On Saturday September 24th, 2022, Elmwood's first health and wellness fair was hosted by Syracuse Area Health, E-M FBLA, and EMMA. The fair was held at the Elmwood Cultural Arts & Learning Center from 8 a.m. to 12 p.m. Approximately twenty vendors from across southeast Nebraska representing various health fields hosted booths at the event. Some of these vendors included: mental

health, home safety, child safety, suicide prevention, behavioral health, physical therapy, farm and tractor safety, veterans services, home health care services, and transportation services. There were free health screenings offered including blood pressure, blood sugar, lipid panel, and A1C. Shannon Josoff taught a free bootcamp fitness class at the Bess Streeter Aldrich Park followed by a free

wellness walk on the Mopac trail. Local business owner, Dawn Tyrell, owner of Tea & More, was on site for community members to purchase her homemade delicious beverages!

Over 80 community members attended the event. In addition to receiving information at each booth, patrons also came away with several freebies and giveaways from vendors. At the conclusion of the event, door prizes were drawn and awarded to five recipients; some of these door prizes included a fire extinguisher, medical lock boxes, and a blood pressure monitor.



