FARM COUPLE GETAWAYS
A Time to Refocus Farm and Family

REGISTRATION IS LIMITED TO THE FIRST 10 COUPLES PER SITE

If you have a farm operation in transition, want to better manage the stresses of farming and family relationships, or just feel the need to "getaway" with your spouse and talk about your farm and family issues, then this retreat-style getaway is for you.

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THIS PROGRAM IS MADE POSSIBLE BY MANY SPONSORS:

Statewide Gold Sponsor:

IOWA FARM BUREAU

Our Local Sponsors for each Getaway will be recognized at each local event

Dates and Locations:

Dec 14-15, 2019 EWALU Stone Center 35124 Hwy 13, Strawberry Point, IA

Jan 31-Feb 1, 2020 Hotel Winneshiek 104 E Water St, Decorah, IA

Feb 21-22, 2020 Lakeshore Center at Okoboji 1864 Hwy 86, Milford, IA

Mar 19-20, 2020, Best Western Plus 3100 Dodge St (Hwy 20), Dubuque, IA

There is no cost to attend—the cost for refreshments, meals, lodging, instruction and materials are being covered by local sponsorships. Please register early and be one of the couples to enjoy this weekend getaway.

There is a $50/Couple deposit required to reserve your spot; refundable on the 2nd day of the getaway.

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If you have a farm operation in transition, want to better manage the stresses of farming and family relationships, or just feel the need to “getaway” with your spouse and talk about your farm and family issues, then this retreat-style getaway is for you.
Getaways are designed to help farm couples:

- Deal more effectively with stress
- Learn creative communication skills
- Learn about personality differences
- Communicate more effectively with your spouse and children
- Learn about helpful resources in your community and ISU Extension and Outreach
- Make basic decisions and plans for your farm and family’s future
- Enjoy a much-needed mini-vacation from the farm and farm work

Questions? Contact:
Larry Tranel
tranel@iastate.edu or 563-583-6496
Jenn Bentley
jbentley@iastate.edu or 563-382-2949
Fred Hall
fredhall@iastate.edu or 712-737-4230

Getaway Details

Check-in Time: 12:30 pm Day 1
Ending Time: 3:15 pm Day 2

There is a $50/Couple deposit required to reserve your spot; refundable on the 2nd day of the getaway.

What farm couples have appreciated about past retreats:

- “Interaction with other farm couples”
- “The understanding of personality differences”
- “New perspective on old issues”
- “A time for us to reflect and plan”
- “Time away from the farm and farm work”
- “Realized that we weren’t the only ones with these issues”
- “Excellent leadership skills and insights into improving my farm operation”
- “The time went by quickly—an enjoyable weekend”

Mail Registrations to:
Dubuque County Extension
Attn: Farm Couple Getaway
14858 W. Ridge Ln, Ste. 2
Dubuque, IA 52003
(563) 583-6496
www.extension.iastate.edu/dubuque

Each “getaway” will be open to the first 10 farm couples from Iowa that sign up to attend. A confirmation letter will be sent to each couple.

If “hobby farm” couples are wondering if they qualify, please contact Larry Tranel, 563-590-7025 or email tranel@iastate.edu

A main focus of the getaway is for each couple to focus on a farm or family issue, set goals and seek to attain them with an emphasis on:

“Write This Down” George Strait