



News & Information

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MDI will host Farm Couple Retreats in Alexandria, MN and Rochester, MN

St. Cloud, MN (12-01-2020)—The Minnesota Dairy Initiative (MDI) will be hosting two farm couple retreats that will be available to dairy farmers across the state of Minnesota. These farm couple retreats will also be open for other farming entity types.

The dates and locations of the farm couple retreats are February 5-6, 2021 in Alexandria, MN at the Holiday Inn (5637 Highway 29 South Alexandria, MN 56308) and February 12-13, 2021 in Rochester at the Hampton Inn & Suites (2870 59th St NW, Rochester, MN 55901).

The purpose of the retreat is to have couples come together to enjoy a mini vacation away from the farm with each other. The focuses of the retreat will include communication with your partner, communication with family, relationship building, handling stress, managing personalities, problem solving, action planning, and learning about additional resources. The retreat will also include opportunities to network with other farming couples, short lecture, group activities, and partner exercises.

Monica Kramer McConkey, Rural Mental Health Specialist with MDA will be presenting and facilitating the retreat. Emily Krekelberg, University of Minnesota Farm Safety and Health Extension Educator, and Jim Salfer, University of Minnesota Extension Educator - Dairy, will also be presenting.

Farm couple retreats are limited to the first ten couples that sign up per location. All lodging, meals, refreshments, and materials are included in registration. Registrations are being covered by the Minnesota Dairy Initiative and other business and organization sponsorships. Please contact Leah Bischof for a registration form and further details regarding the retreats.

MDI helps existing and potential dairy producers succeed through team-based on-farm education, resources and **networking**. **MDI's mission is energizing a healthy and vibrant dairy industry in Minnesota** and is funded by grants administered through the MN Department of Agriculture. MDI is made up of 6 geographical regions across the state as well as Sustainable Farming Association. The executive committee includes Chair - Merri Post, Vice Chair - Barry Visser, Secretary - Jim Salfer, and Treasurer - Theresa Keaveny.

For couples interesting in learning more information or would like to register for a farm couple retreat, please contact Leah Bischof, MDI State Director, at (320) 429-0611 or leahbischof@gmail.com.
