

# Healthy Farmer

June 2010

A publication by AgriWellness, Inc.

## Dubuque, IA here we come!

Next summer, June 22-25, 2011, AgriWellness and the National Association for Rural Mental Health (NARMH) are hosting a joint conference in Dubuque, IA. The conference theme, Navigating the Currents of Change, fits this historic Mississippi River city. This is the first time the two organizations are holding our conferences together. We anticipate having some funds available for scholarships to be used by farm people to attend the conference.

The conference will bring together leaders in rural behavioral health from around the country, including several federal officials. There will be plenty of time for fun and lots of things to see and do around the Dubuque area. To help you plan for next summer, we put together a list of interesting activities in the area—and all of these would be fun for the kids too!

### The Top 10 Reasons to Visit Dubuque in 2011

#10. America's River Project. This is a complete overhaul of the Port of Dubuque. Visitors can learn about and interact with the river in the museum and aquarium, take a ride on the paddle wheeler, and kids (and adults) will love the Grand Harbor resort indoor water park. This is also the site of the conference.

#9. Mines of Spain Recreation Area. This area is located just south of Dubuque in beautiful wooded and prairie lands. It features Horseshoe Bluff interpretative trail and miles of hiking paths. Lead was mined here for several wars; a tower where shot was made is nearby. Julien Dubuque is buried here; history and gorgeous scenery are very much alive here.

#8. The Mathias Ham House. This 1856 estate was built by one of Dubuque's leading entrepreneurs: Mathias Ham. Costumed interpreters provide tours through this Victorian style home.

#7. National Farm Toy Museum. Located in Dyersville just a short drive from Dubuque, this museum traces the history of agriculture through farm toys and artwork. It includes an original Ertl toy company assembly line. This warehouse is a delight to the farmer, the toy collector and the child in all of us.

#6. New Melleray Abbey. This monastery is located just south of Dubuque in Peosta. The Trappist monks who live there support themselves by making caskets and by farming. A visit to this monastery brings serenity and stirs our contemplative nature, especially if you are able to attend one of the daily liturgical prayers. Their farm was one of the first organic farms in Iowa. A stop at the gift shop is a must!

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#5. Fenelon Place Elevator Company. The world's shortest and steepest railway provides a view of Iowa, Illinois and Wisconsin. Cable cars bring passengers along the 296 foot railway and elevate them 189 feet. Enjoy the panoramic views!

#4. Field of Dreams. The house and baseball field from the 1988 movie are located just a short drive from Dubuque in Dyersville. There are no organized activities and no admission fee. Visitors can bat balls, run bases or dream from the bleachers. A must for any baseball fan!

#3. Grand Opera House. This majestic Richardsonian Romanesque building was named to the National Register of Historic Places in 2001. The theater was built in 1890 and restored in 2001. This multi-balconied theater still hosts great productions and is worth viewing at any time.

#2. Crystal Lake Cave. In 1868 miners drilled for lead here but instead found a scenic cave. This cave was opened to the public in 1932. Enjoy it's matchless beauty.

#1. The top reason we recommend people to come to the conference next summer is because Carol, AgriWellness Administrative Assistant, grew up in Dubuque and knows the best places to visit, eat and drink!

Next summer may seem far away but now is the time to start making your plans. The NARMH and AgriWellness conference will be here quickly. We encourage everyone to come to the conference and to enjoy the fun activities in and around Dubuque. For more information about the conference, visit our website: [www.agriwellness.org](http://www.agriwellness.org). For more information about Dubuque, visit: <http://www.traveldubuque.com>.

### Notice of Annual Meeting June 23, 2010

The annual meeting of the AgriWellness Board of Directors will take place on Tuesday, August 3, 2010 at 9:00 a.m. The annual meeting will be held via conference call. Anyone may participate in the call. To participate, please dial 1-888-550-5602 and enter 4856 0070.

The meeting will commence at 9:00 a.m. CDT. The public is welcome to join the meeting. There will an opportunity for public comments during the segment from 11:00 – 11:30 a.m.

If you have questions, please contact AgriWellness, Inc. at the address below:

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