

NEWS RELEASE

**SCOTT GUNDERSON
MANITOWOC COUNTY UW-EXTENSION DAIRY AGENT
COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF WISCONSIN-EXTENSION**

December 7, 2004

Farm Couples Weekend Getaways

Are you a farm couple looking for an enriching and upbeat learning experience? You might want to attend a Farm Couples Weekend Getaway. Five Farm Couples Weekend Getaways are scheduled across Wisconsin in February/March, 2005:

- February 12-13, Camp 28 Resort, Rib Lake
- February 18-20, Cedar Valley Center, West Bend
- February 26-27, The Comfort Suites, Shawano
- March 5-6, House on the Rock Inn, Dodgeville
- March 12-13, Holiday Inn Express, Black River Falls

The Farm Couples Weekend Getaways are designed to help farm couples: deal more effectively with stress, communicate more effectively with spouses and children, make critical decisions and plan for the future, learn about helpful resources, and enjoy a much-needed mini-vacation from the farm and farm work.

Over 180 Wisconsin farm couples from across the state have participated in weekend getaways in past years. Couples have appreciated the chance to get away from the farm, the opportunity to learn new skills, the time to reflect and plan, and the chance to learn from other farm couples.

There is no cost to attend this program. The cost of meals and refreshments, lodging, materials and instruction are covered by grants from the U. S. Department of Health and Human Services and by private foundations and contributions.

The weekend getaways are sponsored by the Sowing The Seeds of Hope Project, a collaborative effort between 14 local and statewide organizations in Wisconsin.

For a brochure or further information, contact: Roger T. Williams, UW-Madison, 610 Langdon Street, Madison, WI 53703-1195; Phone (608) 263-4432 or Email rwilliams@dcs.wisc.edu.

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