



**July 11, 2005**

**TIME TO CARE: TAKE BACK YOUR TIME NORTH AMERICAN CONFERENCE, AUGUST 4-7, 2005 AT SEATTLE UNIVERSITY, SEATTLE, WA**

**FOR IMMEDIATE RELEASE**

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**We can provide interview subjects for reporters who wish to cover this story.**

**SEATTLE, WA:** From the town that brought you the dot.com boom -- and popularized the 90 hour work week -- comes a conference that is challenging the way Americans think about work, time and leisure. Take Back Your Time, a national organization addressing the issues of overwork, overscheduling and time poverty in American and around the world, is hosting its second annual conference TIME TO CARE at Seattle University, August 4-7, 2005.

“Americans need TIME TO CARE,” says Take Back Your Time National Coordinator, John de Graaf. “At the conference we will be exploring the best polices and practices to help us get more time for the things that really matter like family and relationships, community, health, spiritual life, volunteering and the environment.”

Bringing together a diverse group of interests, experts and leaders of the time movement representing labor, faith, business, health, family and environmental organizations, the foci for the plenaries and workshops will be Personal and Cultural Change, Public Policy, and Organizing the Take Back Your Time Campaign.

“The real strength of this movement and of the conference is that our strategy for change ranges from the personal to cultural to workplace to policy,” says conference organizer and TBYT Program Director Gretchen Burger.

Keynote speakers include: **Bill Doherty**, co-founder of Putting Family First, co-author of the book, *Putting Family First*, professor of family social science and director of the Marriage and Family Therapy Program at the University of Minnesota; **Ann Crittenden**, author of *The Price of Motherhood*, and founder of Mothers Ought To Have Equal Rights (MOTHERS); and **Jon Messenger**, Senior Researcher, International Labor Organization, Geneva, Switzerland. Bill Doherty will be speaking on Thursday, August 4<sup>th</sup>; and Ann Crittenden and Jon Messenger will be speaking on Friday, August 5<sup>th</sup>. These presentations will be open to the public.

“While politicians pay it little attention, lack of free time is an issue that affects everyone,” explains conference organizer and speaker, Cecile Andrews. “Everyone can relate to not having enough time. It’s a unifying issue that brings together many different interests, and that is what makes this conference and grassroots effort so compelling.”

**CONFIRMED SPEAKERS INCLUDE:**

**CECILE ANDREWS**, founder of the Voluntary Simplicity study circles movement and the Phinney EcoVillage, and author of *Circle of Simplicity*

**RICHARD CONLIN**, Seattle City Council

**ANN CRITTENDEN**, author of *The Price of Motherhood*, and founder of Mothers Ought To Have Equal Rights (MOTHERS)

*Take Back Your Time is a project of the Center for Religion, Ethics and Social Policy at Cornell University, and is the first national initiative of the Simplicity Forum.*

**JOHN DE GRAAF**, national coordinator, TAKE BACK YOUR TIME, independent television producer and author of *Affluenza* and *Take Back Your Time: Fighting Overwork and Time Poverty in America*

**BRIAN DERDOWSKI**, former county council member for King County, WA and president of Public Interest Associates, a public affairs consulting firm

**BILL DOHERTY**, co-founder of Putting Family First, co-author of the book, *Putting Family First*, professor of family social science and director of the Marriage and Family Therapy Program at the University of Minnesota

**BEN HUNNICUTT**, professor of Leisure Studies at the University of Iowa, and is the author of *Work Without End* and *Kellogg's Six Hour Day*

**REV. DR. DIANE KESSLER**, executive director of the Massachusetts Council of Churches

**JON MESSENGER**, Senior Researcher, International Labor Organization, Geneva, Switzerland

**BONNIE MICHAELS**, work-life consultant, speaker and president of Management of Work and Family, Inc., and co-author of *A Journey of Work-Life Renewal*

**CHRIS ORTIZ**, quality engineering supervisor and author of *40+: Overtime Under Poor Leadership*.

**VICKI ROBIN**, author of *Your Money or Your Life* and founder of Conversation Cafes and Talk America

**JOE ROBINSON**, founder of the Work to Live Campaign for a minimum paid vacation, and author of *Work to Live*

**JUDITH STADTMAN TUCKER**, founder and editor of mothersmovement.org

For more information about the conference and to view the full schedule, please visit the Take Back Your Time web site at [www.timeday.org/conference](http://www.timeday.org/conference).