



Minnesota Dads At Home

Minnesota Dads At Home supports dads at home caring for their children. We engage with each other through local playgroups, educational opportunities, an electronic mail distribution, and a range of informal gatherings.

DAD'S NIGHT OUT - Bikes and Beer!!

The next MDAH Dad's Night Out will be Tue, June 24, 7:30 pm, at Goby's Grille and Pub, on Snelling (472 Snelling, 651-690-5731) just north of Randolph in St. Paul. Get thirsty first with a bike ride along the Mississippi River Road and Minnehaha bike trails (approx 10 miles). Social pace! Meet at 6:30 pm at Paul's (check directory for address or call/email for directions). Don't forget your helmet.

But that's not all! ... Need to get your bike tuned up? Bike wrenches Ron T. and Paul J. will help tune up anyone's bike who wishes to come on the ride. Free labor, you only cover parts if any are needed. We can also do relatively major overhauls if that is what you need. Make arrangements to drop your bike at Paul's the weekend of June 21-22. Paul and Ron will be wrenching Monday morning. If you just need air or a chain lube, we can handle that Tuesday before the ride starts (come a little early!). If you don't have a bike, let us know and we will probably be able to set you up!

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MDAH JUNE CALENDAR

If you would like to lead a playgroup or field trip, send it to Paul J. For contact info, check your MDAH directory.

JUNE

- 3, Tue MDAH Board Mtg. 7:30-9:30 pm, College of St. Catherine. Contact Paul J.
- 6, Fri Linwood Park (St. Paul) playgroup, 9:30-11:30 am, contact Mike C.
- 9, Mon Lexington Park (Lexington/County B in Roseville), 9:30-11:30 am, contact Ryan S. In case of rain, go to new play area in Rosedale Mall (near Herbergers).
- 10, Tue Minnehaha Falls. Meet at Wabun picnic area (toward Veterans home) 10:00 am. Hike to Falls, throw some rocks, Wabun playground, bring your own picnic. Contact Paul J.
- 13, Fri Linwood Park (St. Paul) playgroup, 9:30-11:30 am, contact Mike C.
- 16, Mon MDAH field trip to Como Zoo. Meet at the carousel, 10:00 am (carousel opens at 11:00, so we'll come back). The zoo is free as usual, but this is also a free carousel day! Bring your own picnic!! Contact Dave W.
For info: www.ci.stpaul.mn.us/depts/parks/comopark/infor/groundsmap.html
- 20, Fri Linwood Park (St. Paul) playgroup, 9:30-11:30 am, contact Mike C.
- 21-22, Sat-Sun: Bike Drop Off, Free Tuneup/overhaul (you only pay necessary parts). Coordinate with Paul J.
- 23, Mon Additional DNO Bike drop off, 9:30-11:30 am. Ron T. and Paul J. will be "wrenching" with boys and pool/hoses going in the backyard. Come for a visit or drop off your wheels.
- 24, Tue DNO Bike Ride (Meet at Paul J.'s 6:30 pm), approx 10 mi
DNO: Goby's Grille and Pub, on Snelling (472 Snelling, 651-690-5731) just north of Randolph in St. Paul. Contact Paul J.
- 27, Fri Linwood Park (St. Paul) playgroup, 9:30-11:30 am, contact Paul J.
- 1-July, Tue: MDAH Board Mtg. 7:00-9:30 pm, College of St. Catherine. Contact Paul J.

- [If you are looking for ... Kiddies and Koffee](#) at the White Bear Lake YMCA, call first to be sure it is on. We have no official MDAH leader for the summer. Usual time is every Thursday from 9:30 to 11:30 am. Admission is free for Y members and \$2.00 for non-members. Kids 5 and under get

to tumble and jump on an assortment of mats, play basketball with a miniature hoop, or zip around the gym on the "Flying Turtles." Coffee for adults and snacks and kool-aid for the kids are provided. 2100 Orchard Ln, 651.777.8103

JUST ONE OF THE DADS: Andrew Warcken

Who: Andrew Warcken

Wife: Ranelle

Kids: McKenna (3) & Sydney (1)

Residence: Golden Valley - Brooklyn Park on June 27th

At Home Dad Since: October 2001

Education: Valley City State University

Job prior to being a stay home dad: Commercial Equipment Sales Support for 2nd Wind Exercise

Hobbies: I love to watch and participate in most sports. Love to golf but don't have to time or much of the skill. Just started to fish and like it very much.

How did you hook up with MDAH? Actually, went to Dr. Phil's website and there was an article on at home dads and there was the website for Slowlane.com. Checked it out and got connected. I had actually been in contact with Mark Abraham about a year ago and things weren't moving too much in the TC's it seemed.

What made you decide to become a stay-at-home dad? We had actually discussed that when Sydney would arrive, I would be staying home with her because of daycare pricing. I was let go from my job 3 weeks after 9/11 and it prematurely put me into being at home.

What is most rewarding about being a stay-at-home dad? I get to see my girls grow up. They are changing every day and that's probably the most rewarding.

What do you like the least? I rarely get time to myself. Also, it seems like all of the functions I attend (ECFE, park time, etc.) are all moms. I have met some really nice moms but some of them seem like I am an ear for them to complain about their husbands.

How long do you plan to be a stay-at-home dad? Probably for a while. We are not sure if we are done having kids. My wife is an attorney and is about 2 years from a possible partnership. Also, when the kids start going to school, a lot of schools get out pretty early or are just part time.

Best advice for other dads: My best advice for dads is that try to enjoy it as much as possible. Your wife, along with mine, would die to be in our shoes and we must enjoy it while it lasts. Before you know it, those little ones will be out of the nest and you will cherish this time forever.

SEND YOUR SUBMISSIONS

If you have news, articles or ideas for the MDAH newsletter, please send them to Paul Johnson at pjohnson@goldengate.net