



FROM THE PREZ, Dave Weiss

Hey dads! I would like to once again thank Justin McCarthy for really getting the ball rolling on the MDAH Family Potluck. Thanks for all your hard work. Though the weather didn't cooperate, we all had a great time. It was nice to meet some new dads and spouses that I've only heard about. The Yahoo list is great, but there's nothing like talking face to face. Thanks to everyone that attended and helped out by bringing items to help make the potluck a success.

As mentioned below, the 8th Annual National At Home Dad Convention is coming up rather quickly. At this time we have three verbal commitments to attend. I hope many more of you consider the trip. It should be a great time. Contact me anytime with questions about the conference. While you ponder that conference, we are now ready to start planning the 1st Annual MDAH Conference.

We discussed at the board meeting this past Tuesday night a Saturday between Late February and the first weekend in April as possible dates. Because we have not yet asked members for dues to be a part of MDAH and the sponsorship trail has not yet been mapped out, we are looking for ideas from all of you. Please consider a few things: One, please pass along to me any topics you think would be advantageous to you or our group. Second, if you would like to help plan the MDAH Convention, again let me know. Three, don't want to help plan, but have a skill that could be shared at the convention? Let me know if you'd like to be a presenter of some sort.

With registered membership now well into the 40's and Yahoo members into the 60's, I don't see why MDAH couldn't be over 100 dads statewide by next spring. With numbers like that, I feel we could have a very successful conference. So let me know your thoughts on the conference idea and what you'd like to see at one and we'll start working on the details.

Hope your summers were great and those of you that have school age children have made a smooth transition. I'll see you at the next playgroup, DNO or other great MDAH events.

The National Convention is Approaching! (Nov. 22)

Mark your calendars, the 8th Annual At Home Dads Convention is Saturday, November 22 at Oakton Community College in Des Plaines, IL. It's the Saturday prior to Thanksgiving weekend. This year's theme is Changes in Attitudes, Changes in Latitudes: At-Home Dads in Their Natural State of Flux. The convention will also offer a session for Dads who are seeking to re-enter the work force after their time at home.

The convention brings together at home dads from around the country for networking, friendship and an open free flowing format of discussion. There's nothing like walking in a room filled with dads who can totally relate to you and your experiences. Last year, MDAHers Myron H, Tom V. and Dave W. attended. Contact any of these guys for their take on the convention (read Dave's review in the [Dec 02-Jan 03](#) MDAH Newsletter).

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If you would like more information on the convention visit www.slowlane.com/convention where you can also print out the registration form. The deadline before a price increase is Oct 21. You can put a check in the mail or use a credit card by phone.

Tom V. Dave W. and Paul J. have already made verbal commitments to attending and would love some more company. If you would like to attend the convention and share a ride and/or hotel, contact Dave Weiss, weissdave@comcast.net, 612-414-3930. If you want to save hotel costs, you can stay with Paul J. at his mother's house. She is gone for the weekend and there is space for 4-6 guys, more if some hit the deck with sleeping bags.

MDAH.ORG!!

A tireless Matt Keon, our new webmaster, has created an entirely new MDAH web site from scratch. [Check it out](#). It is still a work in progress but you can now get up to date info on special events and other MDAH happenings. It is our goal that members can always check on upcoming special events, playgroups, and DNO's. We also have an MDAH Classifieds page (still under construction) where you can list your outgrown baby toys and advertise jobs and so on. And it is our goal to have the best Resources page of any group in Minnesota! Send resources, suggestions and feedback to Tom V. We want to hear what you think and put your ideas to use!

JUST ONE OF THE DADS: Matt Keon

(editor's note: Meet MDAH's new webmaster. Be sure to say thanks the next time you see Matt and Sam out and about!)

Who: Matt Keon (age 33)

Wife: Emily

Kids: Samuel (14 months)

Residence: St. Paul, MN

At Home Dad Since: May 2003

Prior to being a stay home dad:

Operations Manager/DVD Authoring World Cycling Productions

Hobbies:

Cycling-road and mountain, web design, music (listening and playing), Mac geek!

How did you hook up with MDAH?

Did a google search and found the slowlane site.

What made you decide to become a stay-at-home dad?

We had always planned that I'd be at home. Sam was in daycare for about 7.5 months, it got harder everyday dropping him off in the morning.

What is most rewarding about being a stay-at-home dad?

Being able to see him change/grow.

What do you like the least?

There are some days I miss working and having adult interaction. But, the reward of being at home with him is much greater.

How long do you plan to be a stay-at-home dad?

Most likely till Sam and his future sibling are in elementary school.

Best advice for other dads:

Take some time each day to do something for yourself. A little "me" time goes along way!

FALL PLAYGROUUPS!!

Though outdoor activities are still great for fresh crisp air, our playgroups have begun the transition to indoor sites. We are also working on a top indoor sites for kids list, so please share your list! Include your favorite outdoor activities as well (e.g. best sledding sites, etc.). Send your indoor and outdoor favorites to Justin M. Though more sites are likely to be added in November and days may shift, there are a couple days a week where you can always find a playgroup along with a Minnehaha Falls excursion. The primary playgroups are North Dale Rec Center (Wed, 9:30-11:30 am), Eden Prairie Center (Wed, 9:00-11:00 am) and Linwood (Thur, 9:30-11:30 am). We have a paid semester group membership at Linwood. Thursday will be the official playgroup day, but you can also go Tues mornings as well. Check the calendar for contacts.

MDAH Breakfast Club! (Sat, Oct 25, 7:00 am)

Want another opportunity to hang out and do guy talk? Try a Saturday morning breakfast once per month! The first is Sat, Oct 25. A start time of 7:00 am helps preserve the rest of the day. If you can't make it that early, come when you can. And don't let a tight budget stop you. Buy a full course breakfast or just come for the free adult and manly conversation. Location will rotate between 2-3 places every month. The first is Coffee News in St. Paul, 1662 Grand Ave. located approx 1.5 blks west of Snelling (near Macalester College), 651-698-3324. Tentative future dates are Nov 15 and Dec 13. If you have suggestions, send them to Mike C.! The Uptown in Uptown and Keys in downtown Mpls are currently under consideration. Contact Mike C.

October DNO (Wed, 10/15, 7:00 pm)

Join us at one of our favorite spots . . .the St. Croix Crab House and Music Cafe. Located in downtown Stillwater at 317 South Main St., the Crab House is a good place to get a burger and fries and if JP gets a break from those twins, you can bet on a game of darts or pool. Come early for a great stroll along the St. Croix and see if any fall colors remain.

SPECIAL EVENT: Making Sense of Marriage After Childbirth, (Tues, Oct 7)

There are still a couple openings for this class offered through the St. Louis Park Community Ed. program. The class (#E 320) is October 7 from 6:30-8:30 pm at the Central Community Center, 6300 Walker Street in St. Louis Park and is a parent only event. Free child care is available (# E 321), but you have to register in advance for it. The cost is \$5 per person. Call Karen at 952-928-6779 to register or get more info. For an MDAH contact, Justin M.

SPECIAL EVENT: Raising Resilient Children in a Risky World (Wed, Oct 29)

What can we do to promote resilience in our children in our communities? Dr. Marti Erickson, Dir. of the University of Minnesota's Children, Youth and Family Consortium for over 10 years, will describe critical "protective factors" and discuss ways we can help our children develop values and behaviors that will enable them to become healthy, responsible and caring adults. This event is sponsored by the Highland (St. Paul) ECFE Parents Advisory Council and will be held at the Highland Junior High School Auditorium (975 S. Snelling Ave). Cost is a \$3 donation per person. Contact Paul J.

WELCOME TO NEW GUY (September)

Tony Thomas (Minneapolis)

AND NEW MDAH BABIES!

Rosemary Mabel Burns (9/16/03, 12:58 pm, 7 lbs 11 oz, 21 in.). Congrats to Julie, Greta and Mark!

Alison Olivia Shriver (9/6/03, 3:46 am, 8 lbs 3 oz, 21 1/2 in.). Congrats to Ryan, Heidi and Nate!

Lance Mock (8/14/03, 5:14pm, 9 lbs 7 oz, 22.5 in.). Congrats to Jeff, Stef and Tony!

MDAH OCTOBER CALENDAR

If you would like to submit an event for the calendar, send it to Paul Johnson at pjohnson@goldengate.net. For more info on playgroups and directions, contact the person listed or watch the Yahoo email group for announcements. [Check Yahoo FILES for directions.](#)

OCTOBER

- 2, Thur Linwood Rec Center (St. Paul) playgroup, 9:30-11:30 am. Contact Mike C.
- 7, Tue Making Sense of Marriage After Childbirth. Class offered through St. Louis Park Community Ed. See above or September newsletter.
- 8, Wed North Dale Rec Center (St. Paul) playgroup, 9:30-11:30 am. Contact Dave W.
- 8, Wed Eden Prairie Center (Eden Prairie) playgroup, 9:00-11:00 am. Contact Justin M.
- 9, Thur Linwood Rec Center (St. Paul) playgroup, 9:30-11:30 am. Contact Mike C.
- 14, Tue Minnehaha Falls (Mpls) "hike," Wabun Picnic area, 10:00 am. Hike to Falls at 10:15 or earlier if chilly. Dress warmly. Contact Paul J.
- 15, Wed North Dale Rec Center (St. Paul) playgroup, 9:30-11:30 am. Contact Dave W.
- 15, Wed Eden Prairie Center (Eden Prairie) playgroup, 9:00-11:00 am. Contact Justin M.
- 15, Wed [Dads Night Out!](#) St. Croix Crab House & Music Café, 7:00 pm, Stillwater. Contact Dave W.
- 16, Thur Linwood Rec Center (St. Paul) playgroup, 9:30-11:30 am. Contact Mike C.
- 22, Wed North Dale Rec Center (St. Paul) playgroup, 9:30-11:30 am. Contact Dave W.
- 22, Wed Eden Prairie Center (Eden Prairie) playgroup, 9:00-11:00 am. Contact Justin M.
- 23, Thur Linwood Rec Center (St. Paul) playgroup, 9:30-11:30 am. Contact Mike C.
- 25, Sat [MDAH Saturday Breakfast Club](#). Coffee News, 7am, 1662 Grand Ave. Approx 1.5 blks west of Snelling (near Macalester College), 651-698-3324. Contact Mike C.
- 28, Tue MDAH Board Mtg, College of St. Catherine, 8:00-9:30 pm. All welcome. Contact Paul J.
- 29, Wed Raising Resilient Children in a Risky World. Sponsored by Highland (St. Paul) ECFE. See above for more info.
- 29, Wed North Dale Rec Center (St. Paul) playgroup, 9:30-11:30 am. Contact Dave W.
- 29, Wed Eden Prairie Center (Eden Prairie) playgroup, 9:00-11:00 am. Contact Justin M.
- 30, Thur Linwood Rec Center (St. Paul) playgroup, 9:30-11:30 am. Contact Mike C.