

# IN TOUCH

• UPCOMING DATES

- General Meeting 12pm  
April 4, 2019
- Wellness Fair 11am-1 pm  
April 10, 2019
- Meet and Confer 1-2pm  
April 11, 2019
- SEPC meeting  
May 3, 2019
- AFSCME Social 12-1pm  
May 9, 2019
- Frontline Conference –  
Wednesday, May 22 –Thursday,  
May 23, 2019
- Annual Convention in Duluth  
Oct. 3-5, 2019

**\*E-Board members:**

Melissa Friesen, President;  
Heather Nesemeier, V.P.  
Austin Jordahl, Secretary  
Israa Marchand, Treasurer  
John Graves, Chief Steward  
Carolyn Beckerleg, Newsletter  
Editor  
Mike Sorum, Member At Large  
Bonnie Baumgardner, Member  
At Large  
Ginny Bachmann, Member At  
Large.

## Sleep ..... do you get enough?

Track your sleep and see!

Sufficient sleep is important for your health, well-being and happiness. When you sleep better, you feel better. The National Sleep Foundation Sleep Diary will help you track your sleep, allowing you to see habits and trends that are helping you sleep or that can be improved. The sleep diary only takes a few minutes each day to complete. Click on the link for diary entries for seven days; you may want to make several copies.

Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep.

Is your bedroom a sanctuary for sleep? Or are there too many distractions?

Did your nap interfere with a good night's sleep?

Make incremental changes. Changing one habit at a time can set you on the path to healthy sleep.

Go to this website to see the Sleep Diary.

[www.sleepfoundation.org/sites/default/files/inline-files/SleepDiaryv6.pdf](http://www.sleepfoundation.org/sites/default/files/inline-files/SleepDiaryv6.pdf)



## Day On The Hill

DOTH was on Tuesday March 26th at the Capitol in St Paul.

More than a thousand AFSCME members came together to make our voices heard at the Capitol. Four of our members, Melissa Friesen, Carolyn Beckerleg, Wade Dockter, and Mike Sorum attended to represent our Local 602. We shared our stories and encouraged our elected representatives to support policies that support working Minnesotans and our families.

The Governor even spoke at the rally, which I believe was a first! It was a very good day!

## RECIPE CORNER: Crunchy Tuna Salad over Sweet and Tangy Slaw

Makes 2 servings

- 4 Tbsp Rice Wine Vinegar
- 2 Tbsp Olive Oil
- 2 tsp Low Sodium Soy Sauce
- 2 tsp Dijon Mustard
- 1/2 tsp Stevia
- Sea Salt to taste
- Pepper to taste
- 4 cups Coleslaw mix

- 2 Small apples, chopped (divide in 1/2)
- 2 cans Tuna in water, drained
- 1/2 cup Greek yogurt (plain)
- 1/2 cup Celery, chopped
- 1 tsp Garlic powder
- 1/2 cup Onion, chopped

1. To make dressing, combine vinegar, oil, soy sauce, mustard, and stevia (if desired) in a small bowl; whisk to blend.
2. Season with salt and pepper, whisk to blend. Set aside.
3. Combine coleslaw mix, half apple, and dressing; toss gently to blend. Set aside.
4. Combine tuna, yogurt, celery, onion, garlic powder, and remaining half apple in a medium bowl, mix well.
5. Top coleslaw mixture with tuna salad; serve immediately.

\*Recipe shared from 2BMindset Recipes