



POWERNEWS

WE WILL MANUFACTURE BENCHMARK CASTINGS WITH PRIDE, LETTING SAFETY, QUALITY, COST, AND ON TIME DELIVERY TO OUR CUSTOMER BE OUR GUIDE.

Important Transfer Eligibility Information

Employees who currently have an Open Area Hire, Extended Area Hire, or a Return to Former Community Application who wish to remain eligible to transfer to another plant must enter a new application in the Employee Placement System.

All applications dated after **December 1, 2017**, will be eligible for transfer offers in 2018.

On **December 31, 2017** all Appendix Transfer Applications that are dated **previous to December 1, 2017** will be discarded, and not be eligible for transfer offers in 2018.

If you have any questions, please contact the UAW Placement Department at **(313) 324-5000**, Or the National Employee Placement Center At **(586) 986-6486**.

Congratulations to the PERT Team!



Four PERT members participated in the 2017 Lifeflight Golf Tournament on Sunday, September 10, where they took 2nd place overall, and a prize for longest drive.

GET YOUR FREE FLU VACCINE

Please report to Medical during the following times:

1ST SHIFT – 10AM- NOON

2ND SHIFT – 6PM-9PM

3RD SHIFT – 3AM-6AM



To: GM Defiance Plant

Thank you for supporting our GM Latino Scholarship Luncheon. We were able to add to our Scholarship fund for 2018.

We appreciate your support and look forward to serving you again during “Cinco de Mayo”.

Thanks Again,

Daniel J De Leon GM Latino Network – Defiance Chapter Lead

Employee Recognition



A recent recognition was held for the latest problem solvers gaining their apprenticeship certificates in Red X Problem Solving. Great Job!

Pictured Above: (L-R) Dave Gillengerten (Red X Master), Samantha Chon-Briggs, Gina Jimenez, Derek Hoffman, Jonathan Tussey, Tommy Geer and Mike Hipp (Red X Master)

Tribute to Towers Defiance 5K Run/Walk Saturday, SEPTEMBER 9th, 2017



The PMN Group and Work-Fit Sponsored 5 GM-UAW employees to run in the Tribute to Towers 5k here in Defiance.



From Left to Right: Rene Amador Jr., Robert Valle, Ivan Duerk, Carlos Quintero, Kevin Gerken.



Pre-Retirement/Financial Meeting

“This meeting is open to anyone who might be thinking about retiring in the immediate future.”

Why is this meeting important?

Attending this meeting will not obligate you to retire, but it will give you an idea on how your pension is calculated and provide financial information on how much money is needed in retirement income planning.

Date: *Friday, October 27, 2017*

Where: *UAW Local 211 Hall, 2120 Baltimore St, Defiance*

Time: *7:30am, 11:00am, 5:30pm.*

Presenters: Benefit Representatives and Fidelity Financial Representative - Jeff Clothier.

Meeting: We are planning to serve food at these meetings. Also, your spouse, friend or significant other are welcome to attend.

Pre-Registration requested

To help us plan for materials and food, please call the Benefit Office at *419-784-7285* or *419-784-7750* to register; or stop at the Benefit Office to sign-up.

Your cooperation is appreciated.

Distracted Driving Can Be a Deadly Risk



Imagine this: Your doctor is about to operate on you, scalpel in hand. In the other hand is a mobile phone, with the surgeon's eyes focused on the screen and thumb tapping across the tiny keyboard. Do you feel confident? Of course not. Your life is in that doctor's hands, and you want the surgeon to be totally focused on the primary task: your procedure. Similarly, when you drive distracted, you are not focusing on the primary task of driving, which could have serious consequences.

Manipulating mobile devices is one of many distractions that can have fatal consequences, especially when you are behind the wheel. According to the World Health Organization, drivers using mobile phones are about four times more likely to be involved in a crash than those not using a mobile phone. It takes about five seconds to send or read a text — long enough to cover a football field while driving at 55 miles or 88.5 kilometers per hour. That's a long time to put yourself — and those around you — at risk.

Here are some tips to manage distraction while driving, including on GM campuses:

- Focus on the drive. Avoid eating and other distractions including phone calls. If you must make a call, make use of hands-free technology. Answer emails and confirm meeting times and locations before you get in your vehicle. Wait until you are safely parked to use a handheld device.
- Stay focused in parking lots and decks. Visibility in parking lots or structures may be obstructed. Use caution and stay alert when backing up or navigating corners.
- Drive with safety in mind. Follow posted speed limits and other important road signs, which often vary by campus or location. Watch for pedestrians, make eye contact and know who has the right of way. (Vehicles sometimes do in manufacturing settings).
- Buckle up. Don't shift into drive until you and your passengers in the front and the rear seats are safely buckled up. Socrates

To My Co-workers:

Thank you for your sympathy and kindness. It is of great comfort to know that you are thinking of my family, and myself as we grieve the loss of my Dad, Bill James.

Thank you once again for your thoughtfulness.

Sincerely,
Tonya Huss

Star Meetings

Meetings will convene in Plant 2 in the Car Display area at the following times:
3rd shift - 4:30am 1st shift - 1:00pm
2nd shift - 4:00pm

OCTOBER (23)						
S	M	T	W	T	F	S
1	2	E	4	5	6	7
8	9	Q	11	12	13	14
15	16	S	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DECEMBER (21)						
S	M	T	W	T	F	S
					1	2
3	4	E	6	7	8	9
10	11	Q	13	14	15	16
17	18	S	20	21	22	23
24	25	26	27	28	29	30
31						

Soup Drive

Over 600 Defiance Elementary students are on the backpack buddy system weekly. Defiance GM collection will help supply about 3 weeks of the program. Thank you to everyone who generously donated!



Pictured above:
Sonia Mendez and Karen Hackworth
with the items that were donated.



Pictured above:
Items Sonia and Karen purchased
with the money that was donated.



When it comes to breast cancer, no one should have to face it alone. Many of us know a friend or family member who has been affected by breast cancer, the most common form of cancer in women. For many breast cancer patients and survivors, the support they receive from friends and loved ones is critical to their recovery. With 1 in 8 women being diagnosed, we're more driven than ever to change the statistic. That's why for the seventh year in a row, Chevrolet is partnering with the American Cancer Society for Making Strides Against Breast Cancer.

Over the past six years, Chevrolet Dealerships and GM Employees have collectively raised nearly \$7.8 million for the American Cancer Society. This incredible accomplishment has been achieved through local event sponsorships, employee team participation and grass roots fundraising in conjunction with hundreds of local Making Strides walks across the country, customer engagement and Chevrolet marketing activities.

I personally invite you to join us in advocating for Making Strides Against Breast Cancer during the month of October. Last year, over 250 employee and dealership teams came together to help beat breast cancer. This year, we encourage you to team up with your co-workers, friends and family and support a local Making Strides walk near you.

•To participate in a local walk, visit: <http://making-strideswalk.org/GeneralMotors> to join an existing team or create your own.

We encourage you to join Chevrolet.

Sign up at: <http://main.acsevents.org/goto/TeamChevrolet>
Those who cannot participate in a walk can still help the American Cancer Society by visiting cancer.org/chevrolet-msabc and provide a direct contribution.

Finally, help make bigger strides by sharing your support on social media using #IDriveFor. During the month of October, Chevrolet will contribute \$5 to the American Cancer Society for every #IDriveFor on Twitter and Instagram (up to \$400K). Thank you in advance for your support. This is truly an outstanding cause and a wonderful way to support your community. Because of your contributions, we are one step closer to a world without breast cancer.

Sincerely,

Paul Edwards

U.S. Vice President, Chevrolet Marketing
Socrates Story – 9/29/2017



KNEE PAIN PREVENTION

How to keep KNEE PAIN down, and quality of life up:
The knee is surrounded by a large number of muscles and ligaments that provide stability and strength. Bursa sacs, menisci, and cartilage provide padding and absorb shock. Instabilities in the knee are common, due in part to its location between two long, weight-bearing bones.

Inflammation within a knee tends to cause symptoms such as aching, swelling, popping or clicking, and/or a feeling of bone rubbing on bone. Stiffness is a common symptom in the mornings or after long periods of sitting. The knee is also a common site for arthritis.

PREVENTION is the **BEST WAY** to combat knee pain. Stretching and Strengthening the musculature around the **HIP & KNEE joints** can help decrease the chance of injury and help alleviate symptoms you may already have. It's important to take care of your knees while they are healthy to avoid pain and problems in the future!

Stretches

QUADRICEPS
HAMSTRINGS
GLUTE
CALF

2x12 seconds each leg– Do **NOT** stretch through pain

Exercises

Hamstrings – Quads – Glute Strengthening Exercises

2x12 exercises – Go as low as YOU are COMFORTABLE. If one hip/knee/ankle/foot hurts, do the exercise on just the good side. Do **NOT** Exercise through pain!

Seasonal Fall Produce

Making a pie or packing a lunch? Do you know the right apple to use? Stop by the LifeSteps table and find out. Also learn about the many other seasonal fall produce you could be using to spice up your recipes!

October 18, Plant 1, Main Hallway
5:30 a.m. – 8 a.m. & 11:30 a.m. – 3:30 p.m.

October 19, Plant 2, Cafeteria
5:30 a.m. – 8 a.m. & 11:30 a.m. – 3:30 p.m.

Questions about the LifeSteps program? Contact your Program Coordinator
A.Hart@interactivesales@hinc.com

How to contact us:

Communications Manager

Kevin Nadrowski

Phone: 313-498-5464

Communications Coordinator-UAW

Tonya Huss

Phone: 419-784-7727

Cell: 419-769-6225

E-mail: tonya.huss@gm.com

Articles
due
the 1st
Monday
of the
month.