

On this day in history (January 12)...

1773 First public museum established in north American colonies (Charlestown, SC)

1803 US Senate approves Thomas Jefferson's nomination of James Monroe and Robert Livingstone to negotiate purchase of New Orleans from France

1812 1st cargo arrives in New Orleans by steam, from Natchez

1839 Anthracite coal 1st used to smelt iron, Mauch Chunk, Penn

1896 1st X-ray photo in US (Dr Henry Smith, Davidson NC)

1903 Harry Houdini performs at Rembrandt theater, Amsterdam

1906 Football rules committee legalizes forward pass

1908 A long-distance radio message is sent from the Eiffel Tower for the first time.

1912 -47°F (-44°C), Washta, Iowa (state record)

1913 After using other pseudonyms over the years, Josef Dzhugashvili signs himself as Stalin ("man of steel") in a letter to the newspaper Social Democrat

1915 US House of Representatives rejects proposal to give women right to vote

1929 Seatrain (RR cars on ships) service begins, New Orleans-Havana

1932 Hattie W Caraway elected 1st woman senator (D-Ark)

1939 Timely Comics (later Marvel) founded by American publisher Martin Goodman in New York

1946 NFL champs Cleveland Rams given permission to move to LA

1948 1st Supermarket in UK opens

1958 NCAA adds 2 point conversion to football scoring

1962 Operation Chopper begins, America's first combat mission in the Vietnam War

1962 Operation Ranch Hand begins, a US Air Force operation to spray South Vietnamese forests with defoliants such as Agent Orange

1966 "Batman", starring Adam West as Batman, Burt Ward as Robin, and Cesar Romero as The Joker, debuts on ABC

1966 LBJ says US should stay in South Vietnam until communist aggression ends

1967 Dr. James Bedford becomes the first person to be cryonically preserved with intent of future resuscitation; remains preserved at the Alcor Life Extension Foundation

1969 Super Bowl III, Orange Bowl, Miami, FL: New York Jets beat Baltimore Colts, 16-7; MVP: Joe Namath, NY Jets, QB

1971 "All in the Family" premieres on CBS featuring 1st toilet flush on TV

1972 Tigers sign a lease to build a \$126M domed stadium (doesn't happen)

1974 "Joker" by Steve Miller Band peaks at #1

1975 Chrysler Corp offers 1st car rebates

1975 Super Bowl IX, Tulane Stadium, New Orleans, LA: Pittsburgh Steelers beat Minnesota Vikings, 16-6; MVP: Franco Harris, Pittsburgh, RB

1979 Record blizzard strikes the US midwest killing over 100

1981 Soap opera "Dynasty" produced by Aaron Spelling and starring John Forsythe, Linda Evans and Joan Collins premieres on ABC-TV

1991 US Congress gives George H. W. Bush authority to wage war against Iraq

1995 Murder trial against O.J. Simpson, begins in LA

1998 Nineteen European nations agree to forbid human cloning. onthisday.com

RETIREE SPOTLIGHT



Rick Verhoff a retired millwright went to Alaska in August of 2022 for a fishing experience. He caught a 240 pound halibut. This was the largest one that the charter he was on had for the year.

Did You Know?
The latest
Global Call to Action
incident is located on your
team board under Safety!



Shoe Mobile Schedule

1/5/2023

*Reminder:
The Shoe Truck will
be closed for lunch from
10:30 - 11:30 a.m.*

Red Wing

6 a.m.-10:30 a.m.,
11:30-4 p.m.

Jan. 17

April 11

July 11

Saf-Gard

6 a.m.-10:30 a.m.,
11:30-4 p.m.

Feb. 23

Mar. 30

May 18

June 22

Aug. 10

A limited number of boots are available in the GSC office in the crib for emergencies.

In addition, employees may:

- 1) obtain a shoe authorization form from me or Brian Kempe and take it to a Red Wing or Saf-Gard store,
- 2) order from the catalogs in the crib office,
- or 3) contact me for any special needs.

Elaine Muntz
419-784-7353
419-769-1551



JANUARY MEETING

Rescue Training

When:

January 26th, 2023

Where:

Training Center Room 135

Time:

3rd Shift 0400 – 0630

1st Shift 1200 – 1430

2nd Shift 1500 – 1730

GET A DEER THIS SEASON?
SEND PHOTOS TO
tonya.huss@gm.com AND IT
WILL BE SHARED IN A
FUTURE POWERNEWS ISSUE.



On the third Monday in January, Martin Luther King Jr Day honors the American clergyman, activist, Civil Rights Movement leader. Dr. Martin Luther King Jr. (January 15, 1929 – April 4, 1968) is best known for his role in advancing civil rights using nonviolent civil disobedience. King has become a national icon in the history of American progressivism.

#MartinLutherKingJrDay
Education

A gifted and friendly student, King attended Morehouse College, earning a B.A. in sociology. Combining a passion for racial equality with a rediscovered spirituality, King then attended Crozer Theological Seminary, following in his father's and grandfather's footsteps earning a Bachelors of Divinity.

Shortly after completing his Ph.D. in theology at Boston University in 1955, a 42-year-old Rosa Parks (See Rosa Parks Day observed December 1st) refused to give up her seat on a bus in Montgomery, Alabama. The opportunity for the NAACP to bring their civil rights efforts to the

Spirit Wear Fridays – January



Email or text your Flannel Friday Pics to Jeremiah.Fleischman@gm.com
419-769-1859

Jan 6

Jan 13

Jan 20

Jan 27

forefront was before them, and they chose King to lead the successful city-wide boycott of the Montgomery transit system.

Young Civil Rights Movement

Just over a year later, King and over 60 other ministers and activists founded the Southern Christian Leadership Conference. Together, they coordinated nonviolent protests and gave the young civil rights movement a voice.

Through the next twelve years, King would be influential in organizing marches, sit-ins, and political rallies for civil rights. For example, during a 1963 March on Washington, D.C. for Jobs and Freedom, King spoke before more than 200,000 regarding the challenges African Americans face. His "I Have a Dream" speech has gone down in many history books as one of the greatest speeches ever given. Brutally honest, with a call to action and a vision of hope, King's speech resonated throughout the nation.

Selma

In early 1964, 1,500 men and women met a wall of state troopers during a march outside Selma. There, King led the marchers in prayer and avoided any confrontation with authorities. On July 2, President Lyndon B. Johnson signed the Civil Rights Act of 1964, outlawing discrimination based on race, color, religion, sex, or national origin. That same year, King became the youngest recipient of the Nobel Peace Prize for his unswerving work in the Civil Rights Movement.

In early 1965, Selma, Alabama, became the center of the Civil Rights movement. Congress introduced new voting rights legislation. It proposed banning literacy tests and mandating federal oversight where tests were administered. Additionally, it gave the U.S. attorney general the duty of challenging the use of poll taxes for state and local elections. Televised violence in February of that year resulted in the death of Jimmie Lee Jackson. King's presence and President Johnson's support of the marchers helped bring peace. Throughout the next month, marchers continued between Selma and Montgomery. Congress passed the Voting Rights Act in August of that year.

Author, speaker, father, theologian, activist, King died on April 4, 1968, when James Earl Ray assassinated him in Memphis, Tennessee. King arrived in Memphis with other SCLC members supporting a sanitation workers' strike. They stayed at the Lorraine Motel, and Ray's bullet struck King on the balcony. Riots and violence would follow, and President Johnson would call for peace, referring to King as the "apostle of nonviolence."

HOW TO OBSERVE MARTIN LUTHER KING JR DAY

Many schools, businesses, and government offices are closed during Martin Luther King Jr Day. However, schools hold programs or teach curricula engaging students in Civil Rights history and lessons throughout the week. Learn more about the Civil Rights Movement and Dr. Martin Luther King Jr. Watch one of the documentaries or read one of the books listed below:

King: A Filmed Record - Montgomery to Memphis.

The Children's March

The Autobiography of Martin Luther King, Jr., edited by Clayborne Carson

Bearing the Cross: Martin Luther King Jr. and the Southern Christian Leadership Conference By David Garrow

Freedom's Daughters by Lynne Olson

Use #MartinLutherKingJrDay to post on social media.

MARTIN LUTHER KING JR DAY HISTORY

While President Ronald Reagan signed the observance into law in 1983, Martin Luther King Jr. Day was first observed as a U.S. federal holiday in 1986.

Martin Luther King Jr. FAQ

Q. Is Martin Luther King Jr. the only American honored with a federal holiday?

A. No, but Martin Luther King Jr. is part of a select group of three men who have been honored with federal holidays. The other two are Abraham Lincoln and George Washington.

Q. Was Martin Luther King Jr. awarded the Nobel Peace Prize?

A. Yes. Martin Luther King Jr. became the youngest recipient of the Nobel Peace Prize in 1964.

Q. Was Martin Luther King Jr. a Freedom Rider?

A. No, but King did show his support for the Freedom Riders in several ways. In 1961 during the Civil Rights Movement, a group of young Black and White college students took to riding interstate busses to force the issue of desegregation. Angry crowds often met these busses, attacking the Freedom Riders. At least 60 Freedom Rides were conducted throughout the South, affecting change that caused the Interstate Commerce Committee to enforce its ruling six years prior that denounced the separate but equal doctrine. *By National Day Calendar*



Affirmations



What are affirmations?

- Affirmations are a form of self-help designed to guide you to overcome fear and self-doubt, as well as reduce self-sabotage.
- Saying affirmations daily can help rewire your brain to believe in yourself and what you can achieve.

- Affirmations are typically phrases that are said aloud or in your head. These phrases can also be written and made visible on a daily basis.
- These phrases help you to affirm yourself and replace negative feelings with positive ones.



Are affirmations effective?

- Affirmations have been shown to:
 - Decrease stress
 - Increase well-being
 - Improve academic performance
 - Make you more open to behavior change

Basic Affirmation Examples

My efforts help me succeed.

I can make a real difference.

My hard work will pay off.

I am strong.

My goals are achievable.

I am always learning.

I give myself room to grow.

UAW-GM Suggestion Plan Online Tool



With the UAW-GM Suggestion Plan online tool YOU are in the driver's seat to own your suggestions from idea submission through closure. This online submission and tracking tool allows U.S. UAW and GM employees to submit their suggestions online through any PC mobile device, at your convenience from work, home or anywhere you can get internet. The tracking tool will also allow supervisors to approve suggestions more efficiently. If you need help getting started, you can contact me at tonya.huss@gm.com.

*** You can still submit paper suggestions, but the old forms will not be accepted. New forms are located near the suggestion boxes or contact me, Tonya Huss to print one for you.**

AWARELINE

Report with Confidence.

Empower Integrity.

1-800-244-3460

★ ★ ★ Quality Star Meeting

Wednesday, January 18

Plant 2 Conference Room A

Meeting times:

4:30 a.m., 1:00 p.m. and 4:00 p.m.

Source: webmd.com
What to Know About Positive Affirmations.
<https://www.webmd.com/balance/what-to-know-positive-affirmations>.
Accessed 11/08/2022.
Images from Canva.com.



Looking for more resources and information?

Visit [LifeSteps.com](https://www.lifesteps.com) to get started!

The LifeSteps Wellness Program is offered to all General Motors U.S. hourly employees, their spouses and dependents age 18 and older. The Program is also available to all GM U.S. salaried employees, including their spouses and dependents age 18+ who are enrolled in the U.S. Salaried Medical Plan. GM contract workers are not eligible to participate in the LifeSteps Wellness Program.



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