



POWERNEWS

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

On this day in history (January 19)...

1785 First manned balloon flight in Ireland
 1825 Ezra Daggett and nephew Thomas Kensett patent food storage in tin cans
 1883 The first electric lighting system employing overhead wires, built by Thomas Edison, begins service at Roselle, New Jersey
 1886 Aurora Ski Club, 1st in US, founded in Minnesota
 1903 French newspaper L'Auto announces new 5-stage, long distance bicycle race, "Tour de France"
 1915 Neon Tube sign patented by George Claude
 1938 General Motors begins mass production of diesel engines

1955 "Scrabble" debuts on board game market
 1961 1st episode of "The Dick Van Dyke Show" is filmed
 1977 Snow falls in Miami, Florida. This is the only time in the history of the city that snowfall has occurred. It also fell in the Bahamas.
 1988 "48 Hours" premieres on CBS-TV
 2000 Michael Jordan, who led the Chicago Bulls to 6 NBA championships as a player, returns to the NBA, joining the Washington Wizards as part owner and President of Basketball Operations
 2022 5G cellphone service launches in the US with airlines claiming it could interfere with airplane technologies onthisday.com



Professional Managers Network

Ronald McDonald House- Toledo



On January 10 Chad Engelhart, Lisa Callies, Bob Hoyt, Alexandria English, Brandy Thompson and Fred Ouimet knocked out 38 meals in an hour and a half at the Toledo RMH meal prep. The families were very appreciative of their "Taco Tuesday" themed meal and loved the margarita cheesecake cups. Great times and a great cause. Nice work!



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.

If you prefer to submit a paper suggestion, please use the new forms located near the suggestion boxes throughout the plant. The old forms cannot be accepted. Please contact Tonya Huss if there are no forms available.


5 SUGGESTION BOX LOCATIONS:

PLANT 1: 1) Slot in the old Suggestion Office Door by HR & 2) Beside the west door of the old 116 break room across from the cage

PLANT 2: 3) NE exterior wall of Plant 2 Pattern Shop or the old bead room (directly across from Tool Cleaning) & 4) West wall of Lab between vestibule doors.

MAINTENANCE BUILDING: 5) In the break room

Additionally you can also turn suggestions in to the Suggestion Office(room 101) located in the Training Center beside the Safety Office.

We have a new  sign!
It went up 1/13/23. If you haven't already, check it out!



All-New 2024 Corvette E-Ray



One like none.

Over 70 years and eight generations, Corvette has been innovated upon time and time again. And now, it's been electrified for the first time with an e-AWD system that works in tandem with its LT2 V8 engine to give it the fastest 0 to 60 time ever for this legendary nameplate. But this latest Corvette isn't made simply for performance. With standard all-season tires and Magnetic Selective Ride Control,TM it's made for all-season touring too.



Go to Socrates to see more details.

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

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



On January 20th, the International Day of Acceptance encourages everyone to embrace those of all abilities. The day also supports those with disabilities to realize they are not living disabled. Instead, they are living.

Did you know that 15 percent of the world's population has some form of disability? Up to 190 million people around the globe have a significant disability. In many places, they are often ostracized, live in poverty, and cannot get an education. In many instances, people with disabilities are seen for what they can't do instead of what they can.

Thankfully, in some countries, this is changing. Society is recognizing the need to include those with all abilities. Society is also recognizing that those with disabilities have rights. Their voice matters. They have the power to make a difference in the world. Just look at this list of famous people who have gained acceptance and have become a powerful voice:

Musician Andrea Boccelli who is visually impaired
 Actress Marlee Matlin who is deaf
 Actor Daniel Radcliffe who has dyspraxia
 Motivational speaker Nick Vujicic who was born without arms and legs
 Comedian Josh Blue who has cerebral palsy
 Dancer Sudha Chandran who has a prosthetic leg
 Many other world-changers didn't let their disability stop them. Some include Helen Keller, Ludwig van Beethoven, Stephen Hawking, Thomas Edison, and Rosa May Billinghurst.

Now is the time to fully embrace who you are. It's time to celebrate abilities rather than disabilities, exceed the expectations that others have for you and that you have for yourself, and accept all people for who they are!

HOW TO OBSERVE #DayOfAcceptance

The day encourages those with disabilities to share their acceptance stories. Another way to celebrate this day is to display the International Symbol of Acceptance, the "wheelchair heart." To participate:

Learn ways to embrace and empower people of all abilities.

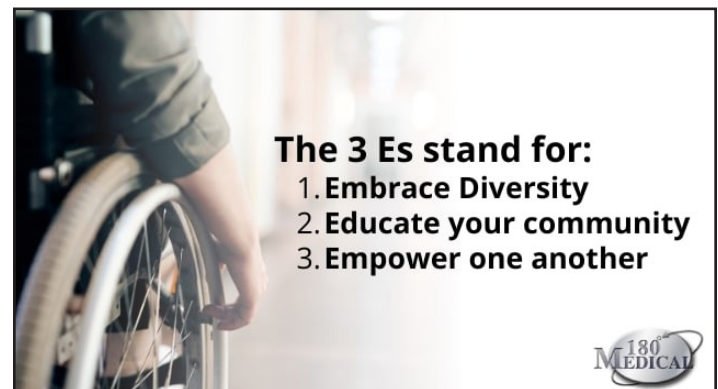
Teach your children to be inclusive of those who might be different than them.

Donate to an organization that protects the rights of those with disabilities.

If you have a disability, share how acceptance from others makes you feel.

Watch a movie, such as Crip Camp, or Including Samuel.

Spread awareness for this day on social media with #DayOfAcceptance.



INTERNATIONAL DAY OF ACCEPTANCE HISTORY
 In 2007, Annie Hopkins and her brother Stevie created a company called 3E Love. Annie and her brother both had disabilities. The goal of 3E Love was to spread this message: "Embrace diversity. Educate your community. Empower each other. Love life." She developed a wheelchair heart logo as an International symbol of acceptance. Annie passed away unexpectedly on January 20th, 2009. To honor her legacy and continue the message of 3E Love, her family and friends created the International Day of Acceptance. The first event was held on January 20th, 2010.

By nationaltoday.com

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About SAD

Seasonal Affective Disorder is a condition that affects your mood when the season changes. It typically occurs in fall and winter when sunlight decreases.



Symptoms of SAD

- Difficulty sleeping
- Difficulty concentrating
- Weight gain
- Unhappiness
- Lack of interest in social activities
- Fatigue
- Feelings of hopelessness

Lifestyle Changes to Minimize SAD

Symptoms

- Eating a balanced diet
- Exercise
- Regular sleep
- Increasing exposure to natural light
- Seek professional help



Source: healthline.com
Seasonal Affective Disorder (Major Depressive Disorder with Seasonal Pattern)
<https://www.healthline.com/health/seasonal-affective-disorder>
Accessed 09/13/2022



"This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program."



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.

GM Mental Health Resources

U.S. Salaried Employees



Work Family Support

Free, immediate, short-term and confidential solution-focused assistance for any work or life challenges through GM's WorkLifePlus EAP (UserID: GM; Password: worklifeplus) or on the go with the mobile app. 1-800-280-6507

If you are enrolled in GM Medical Plan BCBSM Members:

How to access behavioral health care
Aetna Members:

How to access behavioral health care



U.S. Hourly or Represented Employees



Work Family Support

You are encouraged to work through your joint and local programs.

If you are enrolled in GM Medical Plan Manufacturing employees enrolled in the TCN*: How to access behavioral health care and additional resources, visit Beacon Health 1-800-235-2302



American Red Cross

Give blood. Help save lives.



Blood Drive GM Powertrain

Training Center - Plant One

**SIGN-UP
DETAILS
COMING
SOON!**

**Monday, February 13
10:30 a.m. to 4:30 p.m.**



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