



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 (February 9)...

1287 Massive storm across south-east England hits Cinque Ports realines the coastline, New Romney port now a mile inland

1825 House of Representatives elects John Quincy Adams 6th US president

1861 Jefferson Davis & Alexander Stephens elected President & VP of the Confederate States of America (US Civil War)

1870 US Army establishes US National Weather Service

1871 Federal fish protection office authorized by US Congress

1889 The United States Department of Agriculture (USDA) is established as a Cabinet-level agency.

1895 William Morgan presents his new sport "Mintonette" to the world at Springfield College, Massachusetts, later renames it "Volleyball"

1891 1st shipment of asparagus arrives in San Francisco from Sacramento

1922 Snow on Mauna Loa, Hawaii

1932 USA enters Olympic 2-man bobsled competition for 1st time

1942 Daylight Savings War Time goes into effect in US

1943 US President Franklin D. Roosevelt signs an executive order setting a minimum 48-hour work week in a number of critical war industries

1961 The Beatles first gig at Liverpool's Cavern Club; they would play there nearly 300 times over the next two years

1963 1st flight of Boeing 727 jet

1964 1st appearance of the Beatles on "The Ed Sullivan Show", live from New York; broadcast draws 73.7 million television viewers

1964 GI Joe character created

1969 1st flight of the Boeing 747 jumbo jet

1971 Apollo 14 returns to Earth

2020 Fastest supersonic New York to London journey made by British Airways Boeing 747-436 in four hours and 56 minutes, speeds of 1,327 km/h / 825 mph due to Storm Ciara

2021 United Arab Emirates is the fifth entity to successfully orbit a probe around Mars, as probe Hope begins to study the planet's atmosphere.

onthisdayinhistory.com

LOCKOUT REVIEW REMINDERS:

- Please copy Tonya Huss (tonya.huss@gm.com) on all lockout emails to Brady Lau-dick.
- Add team member's GMIN and the date on the Lockout Review Sheets.
- March 31th is the 1st Quarter lockout audit deadline.



Paper suggestions are still being accepted. 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.

NOW 6 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
- 3) **NEW LOCATION!** By the new Suggestion Office door (room 101 in the Training Center by the Safety Supervisor's office)

PLANT 2:

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

MAINTENANCE BUILDING:

- 6) In the break room

If you would like to submit a suggestion electronically and need assistance, you or your group leader can contact Tonya Huss to set up a meeting time. 2nd and 3rd shift hours are available.

CONGRATULATIONS TEAM!

We are BIQ IV re-certified! Our score is 95.5%. Thank you to everyone who participated in the calibration and thank you to the whole team for all the hard work you do everyday that makes this possible!



Ryan Hornish, SPM Maint TL with auditors JC and Nicole

Doug Caryer, PSand Cast-Melt with Juan Carlos (JC) during the audit



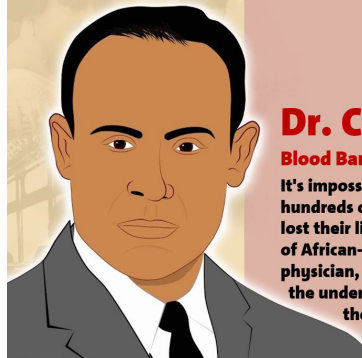
AWARELINE

*Report with Confidence.
Empower Integrity.*

1-800-244-3460

CELEBRATE BLACK HISTORY MONTH

BLACK
HISTORY MONTH



Dr. Charles Drew

Blood Bank Inventor

It's impossible to determine how many hundreds of thousands of people would have lost their lives without the contributions of African-American inventor Dr. Charles Drew. This physician, researcher and surgeon revolutionized the understanding of blood plasma – leading to the invention of blood banks



BLACK
HISTORY MONTH

Did You Know?

Fredrick McKinley Jones

Truck Refrigerator Inventions

Before Jones' invention, the only way to keep food cool in trucks was to load them with ice. Jones was inspired to invent the system after talking with a truck driver who lost his whole cargo of chicken because he couldn't reach his destination before the ice melted. As a solution, the African-American inventor developed a roof-mounted cooling system to make sure food stayed fresh.



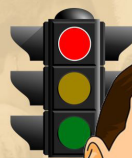
BLACK
HISTORY MONTH



George Washington Carver

(1860–1943) developed peanut butter and 400 plant products!

Fast Fact: Carver was born a slave. He didn't go to college until he was 30.



Garrett Morgan

Garrett Morgan was an inventor and businessman from Cleveland who is best known for inventing a device called the Morgan safety hood and smoke protector in 1914. (the Gas Mask)

Accidents were frequent. After witnessing a collision between an automobile and a horse-drawn carriage, Garrett Morgan took his turn at inventing the Traffic Signal.



BLACK
HISTORY MONTH



Stop by the LifeSteps Wellness Table for help registering on the LifeSteps portal!
Get some recipes, wellness information, and some giveaways!

Thursday, February 16th
11:00 A - 4:00 P | Plant 2 Café

Register on LifeSteps.com and receive a LifeSteps water bottle!
To complete your registration scan QR code OR go to www.lifesteps.com.
Let Breanna know you completed your registration to be entered!



The LifeSteps Wellness Program is offered to all 2017 UAW hourly employees and their dependents age 18 and older. The Program is available to all 2017 UAW hourly employees including their enrolled dependents age 18 and older. Certain restrictions do not apply to participation in the LifeSteps Wellness Program.

Register on lifesteps.com AND receive a water bottle

FOLLOW THE STEPS BELOW TO COMPLETE YOUR ONLINE REGISTRATION

1. Scan QR code or go to www.lifesteps.com
OR download "wellness at your side" app
Connection Code: lifesteps
2. Employee: Create account >
Registration ID (GMIN) > Username: 6 or more characters > Password: 9 or more characters > Birthday > Email > Accept terms & conditions
3. Login in to your account




Contact
brenna.cleland@gm.com to receive your water bottle

Spirit Wear Fridays – February

IT's a RED OUT



Happy Valentines Day




FEBRUARY IS AMERICAN HEART MONTH


Send your Spirit Friday Pics to Jeremiah.Fleischman@gm.com 419-769-1859,
Tim.Hauenstein@gm.com 419-769-1795 or Brandy.Thompson@gm.com 419-769-2175

DEFIANCE UNIFORM REP

PHONE NUMBER

Rich Becker (419)-469-4439

Text or Call Rich directly with any issues.




P.E.R.T.

FEBRUARY MEETING

Rescue Training


When:
February 23rd, 2023

Where:
Training Center Room 135

Time:
3rd Shift 0230 – 0630
1st Shift 0630 – 1030
2nd Shift 1430 – 1830


American Red Cross

Give blood. Help save lives.



Blood Drive
GM Powertrain
Training Center - Plant One

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



Warm hearts. Warm thoughts. Give in February for a \$10 Gift Card by email, thanks to Amazon. And, automatically be entered for a chance to win a trip for 2 to Clearwater Beach, FL. Includes travel, hotel, gift card and more! Terms: rcblood.org/heart.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

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LifeSTEPS

BUILDING A HEALTHY LIFE
ONE STEP AT A TIME



Heart Health and Exercise



Why is Exercise Important for Heart Health?

- Lowers the risk of stroke, heart disease, and high blood pressure among others.
- Improvements in sleep.
- Improvements in memory, processing speeds, and attentiveness.
- Better balance and bone health (this means less risk of injury from falling!)



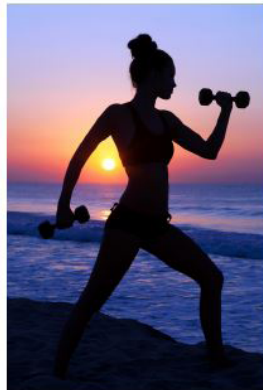
Spend less time sitting.

- Getting up and moving around may offset some complications of being sedentary.
 - Try setting an alarm every two hours to remind yourself to get up and stretch when you're going to spend excessive time sitting.

It is recommended to get 150 minutes of moderate-intensity exercise per week. Some examples are:

- Brisk walking,
- biking,
- active yoga
- recreational swimming

This can be divided into 30-minute increments, 5 times a week, or smaller increments when you can fit them into your schedule.



Add muscle-strengthening exercises at moderate-to-high intensity two times a week

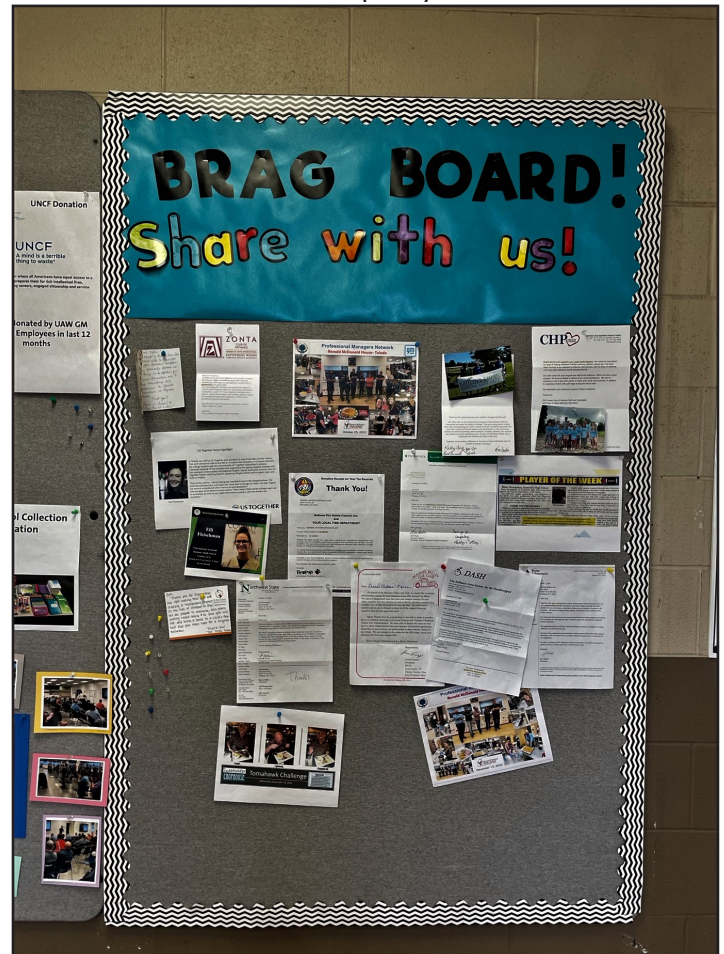
- Weight lifting and resistance training are options for muscle strengthening exercises.
 - Resistance training includes exercises such as squats, lunges, and push-ups.
 - Weight lifting includes exercises such as chest press, bent-over rows, and deadlifts.



Looking for more resources and information?
Visit [LifeSteps.com](https://www.lifesteps.com) to get started!

Brag Board

Is there someone or something you're proud of? Share it with us on the Brag Board in the car display area in Plant 2!



Quality Star Meeting

Conference Room A in Plant 2
Office Area - 2/15/23

Meeting Times 4:30 am, 1:00 pm and 4:00 pm



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UAW COMMUNICATION
COORDINATOR

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