



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 (March 9)...

1562 Kissing in public banned in Naples (punishable by death)
1776 Adam Smith publishes the influential economics book "The Wealth of Nations"
1798 Dr George Balfour becomes 1st naval surgeon in the US Navy
1858 Albert Potts of Philadelphia patents the street mailbox
1864 Ulysses S. Grant is appointed commander of Union Army
1889 Kansas passes 1st general antitrust law in US
1926 Bertha Landes elected 1st woman mayor of Seattle
1933 US Congress is called into special session by President Franklin D Roosevelt, beginning its "100 days"
1935 Adolf Hitler publicly announces the creation of a new air force, the Luftwaffe
1942 Construction of the Alaska Highway begins
1954 1st local color TV commercial WNBT-TV (WNBC-TV) NYC (Castro Decorators)
1959 Barbie makes her debut at the American Toy Fair in New York. Over a billion have been sold worldwide since.
1961 Philadelphia Warriors center Wilt Chamberlain scores 67 points in 135-126 win over NY Knicks at Philadelphia Civic Center
1964 1st Ford Mustang produced
1979 MLB Commissioner Bowie Kuhn orders baseball to give equal access to female reporters
1981 Dan Rather becomes primary anchorman of CBS-TV News
1984 John Lennon single "Borrowed Time" released posthumously
1988 Actress Audrey Hepburn is appointed a UNICEF Special Ambassador (Goodwill Ambassador 1989)
1989 Eastern Airlines files for bankruptcy
2007 The US Justice Department releases an internal audit that found that the Federal Bureau of Investigation had acted illegally in its use of the USA Patriot Act to secretly obtain personal information about US citizens
2011 Bonham's Auctions in New York City conducts sale of Eric Clapton and friends' guitars and amplifiers to benefit Crossroads Centre at Antigua, a drug and alcohol residential rehabilitation facility he co-founded in 1997, raising over \$1.75M
2022 Stolen notebooks belonging to naturalist Charles Darwin, including his famous 'tree of life' sketch, mysteriously returned after 22 years to Cambridge University Library
onthisdayinhistory.com

LOCKOUT REVIEW REMINDERS:

- Please copy Tonya Huss (tonya.huss@gm.com) on all lockout emails to Brady Laudick.
- Add **TEAM MEMBER'S GMIN** and the date on the Lockout Review Sheets.
- March 31th is the 1st Quarter lockout audit deadline.

Safe Act Recognition Board

Here are a few examples from last week of how the Defiance team practices safety...

Two different shifts of employees cleaned and welded on the hydraulic tank over the weekend. They were able to recognize the hazards of the task and practiced safe behaviors.

A DFM supervisor noticed an employee did not have hearing protection on in Precision Sand. He had new earplugs in his pocket that he gave to her so that she could wear them.

Skilled trade employees working in SPM Op70 worked safety by following procedures each time they entered the cell, including wearing bump caps.

THINK SAFETY



THANK YOU



Dan Huddle and Harvey Campbell, millwrights answered the call when in dire need of organization on the dock, they took it upon themselves to construct a stand for the truck drivers to easily (grab and go) all the dock items necessary to do their jobs more effectively and efficiently. Picture above is Dan, Harvey and 3rd shift maintenance planner Allison Ramsay. Things and people like this make this place better.

-By Corey Crenshaw

On 3/2/2023 the 1st shift core room achieved yet another record on Mod 5 Op 10. They produced 207 cores. Team pictured bottom left, is group leader Brandy Thompson, Tom Kochel, Mike Sanchez, Todd Figy and team leader Chad Hammersmith



3rd Shift Pattern Makers, Jim Batoha was recognized for 40 years of service and Jim Saman was recognized for 45 years of service. Presented by 3rd Shift SPM/625/Pattern Shop Maintenance group leader Jason Holmes and 3rd Shift Maintenance shift lead Allison Ramsay.



On 2/10/2023 The 1st shift core room made a record 411 cores on Mod 5 Op 30. Team pictured above is Dan Perez, Todd Figy, team leader Chad Hammersmith, Mike Sanchez, group leader Brandy Thompson and Tom Kochel



3rd shift leader, Allison Ramsay presented Dan Huddle with his 30 year service award at a recent team meeting.



Steve Black was presented with his 50 year service award. Pictured above with Victor Lopez, Mike Hipp and Randy Miller.

GET WISE 2023

GET WISE is back and could use your help! We need full size pringles cans for a fun project for the girls. So eat lots of pringles, and bring in your empty cans!

Plant 1 - Tonya Huss

Plant 2 - Joanne Tuttobene
& Mary Boyd

Maintenance Building - Regina Dix



* More GET WISE details coming soon



MARCH MEETING

**CE's, Medical, Trauma,
Scenarios**
When:

March 31st, 2023

Where:

PERT Training Lab Room 135

Time:

1st Shift 06:30 -15:00

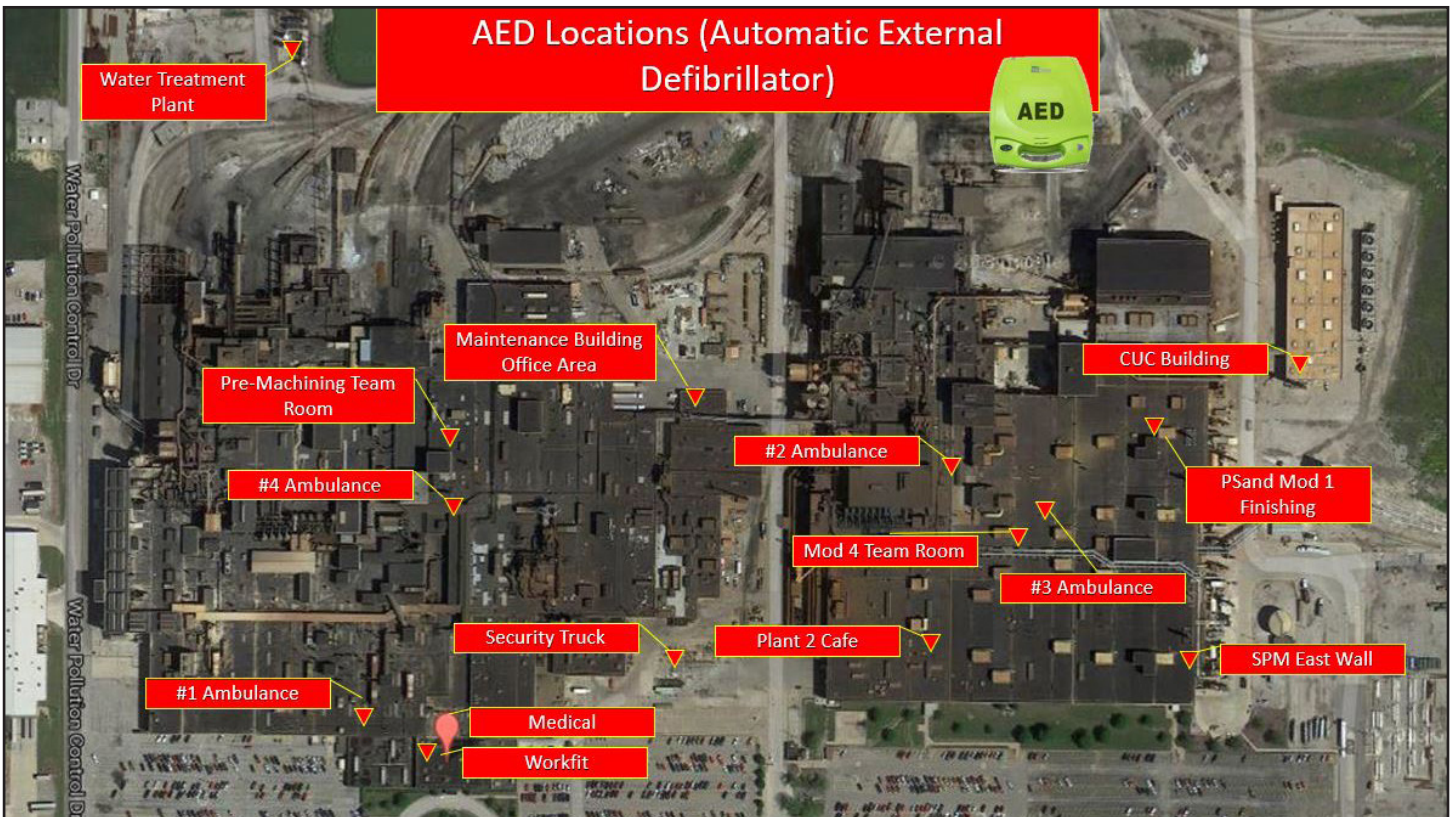
Call Security Dispatch



**7911 on land line or
(419) 784-7400
via cell phone**

This will ensure the quickest response time!

AED Locations (Automatic External Defibrillator)



Understanding the Nutrition Facts Label



Nutrition labels provide a lot of information.
What does it all mean and why is it important to read them?



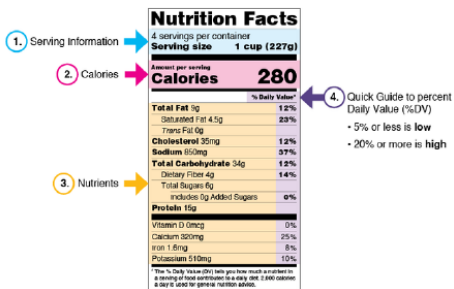
The nutrition facts label provides information about calories, serving sizes, the number of servings, and nutrient information of packaged foods.

Reading and understanding the nutrition facts label helps with quick nutrient comparison between two foods, meeting daily nutrition recommendations, and can help create balance in the diet.



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Serving Information:

- The serving information describes the number of servings in the package and what the serving size is.
- This reflects the amount that people typically eat or drink. It is not a recommendation of how much you should eat or drink.
- The nutrient amounts shown on the labels refer to the serving size.

Calories:

- Calories provide a measure of how much energy you receive from one serving of this food.

Nutrients:

- Total Sugars include sugar naturally present in many nutritious foods as well as any added sugars.
- Added Sugars include sugars that are added during the processing of foods, sweeteners, sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.
 - Having the word "includes" before Added Sugars on the label indicated that the Added Sugars are included in the Total Sugars number.

% Daily Value (%DV):

- %DV is the percentage of the Daily Value for each nutrient in a serving of the food and are reference amounts of nutrients to not exceed daily.
- This can tell you if a serving of food is high or low in a nutrient and whether a serving of the food contributes a lot, or a little, to your daily diet for each nutrient.

Source: FDA.gov.
How to Understand and Use the Nutrition Facts Label. <https://www.fda.gov/food/new-nutrition-facts-label/how-to-understand-and-use-nutrition-facts-label>. Accessed 2/7/2023



Looking for more resources and information?

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

★ Quality Star Meeting ★

Wednesday, March 15

Plant 2 Conference Room A

**Meeting times are 4:30am,
1:00pm and 4:00pm**

Grilled Chicken and Avocado Quinoa Pilaf



This pilaf recipe pairs avocados and bell peppers with red quinoa and grilled chicken, for a satisfying, colorful meal.

Preparation Time: 45 minutes
Cook Time: 45 minutes
Serving Size: 1/4 of recipe
Number of Servings: 4



INGREDIENTS

- 2 tablespoons fresh or bottled lemon juice
- 1/4 cup fresh basil
- 3/4 teaspoon ground black pepper (divided)
- 1 avocado (cut into chunks)
- 1 tablespoon olive oil (divided)
- 1/4 teaspoon salt
- 2 small boneless, skinless chicken breasts (about 1 lb)
- 1 large red bell pepper
- 1/2 medium onion (chopped)
- 1 clove garlic (minced)
- 3 cups water
- 3 teaspoons sodium-free chicken bouillon
- 1 1/2 cups red quinoa (uncooked/dry)

DIRECTIONS:

- Heat grill.
- Peel and cut avocado into chunks; place in a medium bowl.
- Mix lemon juice, basil, an 1/2 tsp black pepper. Drizzle over avocado chunks, toss, and set aside.
- Cut chicken breasts in half crosswise.
- Mix 1/2 tsp olive oil, salt, and remaining black pepper. Brush mixture on chicken and red bell pepper.
- Grill chicken and pepper until done. Set chicken breasts aside. Cut pepper into thin strips.
- While chicken and peppers are grilling, heat remaining olive oil in a large pan, add garlic and onion, and cook until tender, about 5 minutes.
- Add water, bouillon, and quinoa to pan; bring to boil, cover, reduce heat, and simmer until liquid is absorbed and quinoa is cooked (about 15-20 minutes).
- Place quinoa pilaf in a large bowl and add chicken, red peppers, and avocado. Toss gently.

Source: USDA MyPlate. Grilled Chicken and Avocado Quinoa Pilaf. Accessed 07/09/2021.

***If you would like to recognize a team member send a photo and details to tonya.huss@gm.com to be shared in a future PowerNews issue. Employees permission is needed to share their photo and story.**

Tonya Huss

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