



POWERNEWS

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

April 6, 2023

On this day in history (April 6)...

1830 Joseph Smith and 5 others officially organize the Church of Jesus Christ of Latter-day Saints in Fayette, New York

1889 George Eastman begins selling his Kodak flexible rolled film for the first time

1893 Andy Bowen & Jack Burke box 7 hrs 19 mins to no decision (111 rounds)

1909 1st credit union forms in US

1917 US declares war on Germany, enters World War I

1924 4 planes leave Seattle on 1st successful around-the-world flight

1925 1st film shown on an airplane (British Air)

1930 Hostess Twinkies invented by bakery executive James Dewar

1931 1st broadcast of "Little Orphan Annie" on NBC-radio

1938 Teflon invented by Roy J. Plunkett

1957 Greek shipping tycoon Aristotle Onassis buys the Hellenic National Airlines (TAE) and founds Olympic Airlines.

1957 NYC ends trolley car service

1980 Post It Notes introduced

1984 1st time 11 people in space

1992 Microsoft announced Windows 3.1, upgrading Windows 3.0

1992 Voting begins on choice of Elvis postage stamps

2016 First baby born with DNA from 3 parents through mitochondrial transfer in Mexico

2021 Recording-breaking price of \$3.25 million for a comic book as Action Comics #1, that introduced Superman for the first time, sells at auction

2022 Scientists claim to have found dinosaur remains killed on the actual day a giant asteroid struck earth 66 million years ago beginning their extinction, at Tanis fossil site, North Dakota
onthisdayinhistory.com

HAPPY RETIREMENT

Congratulations to Jeff Goldenetz. He retired on April 1, 2023 with 31.1 years of service. His date of hire was 05/17/1995. We wish him all the best!

GET WISE 2023

"Get WISE" (Get Women In Science and Engineering) Program

"RISE ABOVE IT"

May 11th, 2023 at 10 AM - 2 PM

Applications will be available for pick-up/return Friday March 17, 2023 at the following locations:

1st Shift

- Plant 1 - Tonya Huss - Training Center Maintenance Building - Regina Dix
- Plant 2 - Mary Boyd - Quality Manager & Joanne Tuttobene - Quality

2nd Shift

- Plant 1 - Brent Leady - Pre-Machine
- Plant 2 - Ashley Snyder

3rd Shift

- Plant 2 - Randy Miller - Shift Lead
- Maintenance Building - 3rd Shift Clerk

We have 50 openings reserved for daughters and granddaughters of plant employees who are 5th - 8th graders. Openings will be filled on a first-come, first-served basis

*The GET WISE team could use your help! Bring in your full size, empty Pringles cans for a fun project for the girls.

*Drop off cans to:

Plant 1 - Tonya Huss

Maintenance

Building - Regina Dix

Plant 2 - Joanne Tuttobene

& Mary Boyd



Be sure to eat lots of Pringles!



Drowsy Driver Awareness Day is observed on April 6 to shed light on the disastrous effects of drowsy driving. The study shows that there is a steep cognitive decline after 18 hours of staying up, which is almost tantamount to having alcohol in our systems. The day raises support to end the senseless loss of life through concrete measures such as educational seminars and public health appeals. Brought into existence by a grieving husband who lost his beloved wife to drowsy driving, the day honors the victims and raises awareness regarding the often understated drowsy driving impact.

HISTORY OF DROWSY DRIVER AWARENESS DAY

There's plenty of information and awareness regarding the impact of drunk driving, backed by scientific studies and statutory laws. Lest we forget that there's another equally heinous but often dismissed kind of impaired driving that is a leading cause of road accidents — sleep deprivation. Sleep deprivation can seriously impair your cognitive skills. Research shows that staying awake past 24 hours is equivalent to having a blood alcohol concentration of 0.08%, which is considered legally drunk.

It is difficult to get the exact stats for drowsy driving-related accidents, as there is no quick way to determine the state of sleep deprivation. The National Sleep Foundation's findings prove that more than 100,000 car crashes can be linked to drowsy driving. Whereas the American Automobile Association attributes more than 300,000 car crashes to drowsy drivers, of which 6,400 are fatal. Despite the seriousness of the issue, there are no federal/state laws around this impairment, except for a couple of shambolic laws in New Jersey and Alabama — and even these are vastly detached from the gravity of the issue.

The fall of 1999 changed the course of the life of Phil Konstantin when his wife lost control of the wheels due to falling asleep. Grieving and distraught, he took it upon himself to raise the issue, which is a cause of hundreds of deaths a year. In 2005, Konstantin dedicated April 6 as Drowsy Driver Awareness Day in memory of his wife and countless other victims.

DROWSY DRIVER AWARENESS DAY TIMELINE



TO OBSERVE DROWSY DRIVER AWARENESS DAY

Educate yourself. Sleep health is a crucial measure of overall health, and yet it is vastly understated and often ignored. On the contrary, today's pop culture romanticizes shortened sleep durations with slogans like "cool kids don't sleep." On Drowsy Driver Awareness Day, educate yourself about the impact that sleep deprivation has on a person, which includes worsened cognitive performance and irritation.

Understand the gravitas. Mark this somber observation by raising awareness about the senseless violence induced by sleep deprivation. As per the data collected by the National Sleep Foundation, drowsy driving is responsible for over 100,000 car crashes every year. Whereas the National Highway Traffic Safety Administration determined the figure to be around 83,000/year.

Honor the victims. Drowsy Driver Awareness Day is a day to honor the victims of a car crash involving a drowsy driver. As per the collected data, car crashes due to sleep deprivation claims more lives than many other serious ailments. On April 6, we honor the victims with empathy and understanding, and take a pledge to drive with alertness and caution.

5 CHILLING STATS ABOUT DROWSY DRIVING

It's an expensive affair. As per a 2016 report by the Governors Highway Safety Association, fatigue-related injuries cost society up to \$109 billion a year.

Afternoons and midnight are when the biggest surge in drowsy driving-related accidents occurs between 12 am to 6 a.m., and in the late afternoon.

It's fatal. In 2019, 1240 drivers who lost their lives in fatal crashes were reportedly sleep-deprived.

It's a widespread phenomenon. Despite universal condemnation, more than 24% of routine drivers admitted to getting behind the wheel in a state of extreme fa-

tigue in the last 30 days.

It's a leading cause of injury. The crashes involving drowsy driving lead to more than 50,000 injuries in a year.

WHY DROWSY DRIVER AWARENESS DAY IS IMPORTANT

It honors the victims. It is difficult to sympathize with the victims when they, themselves, are responsible for the crash. By remembering their lives, we propagate the acute dangers of sleep deprivation and its impact on all of our lives.

It illuminates the crisis. While drunk driving is understandably shunned and penalized, drowsy driving slips under the radar. It is important to call out the bias and look at the root cause of senseless accidents by illuminating the crisis.

It prevents accidents. The Drowsy Driver Awareness Day creator issues regular P.S.A.s regarding the impact of drowsy driving. He believes that the condition is 'insidious' and can sneak up on the most law-abiding and honest citizens. Through this observation, we raise awareness about the *By nationaltoday.com* harmful

Safe Act Recognition Board

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

A quality employee was looking for hooks in order to lift something, which were not the correct tools for the job. Another employee informed him of this, preventing an unsafe condition.

Safety issue on someone's board that was not being looked into and Gary went to look for Anson to ask about an update. At that point Anson was heading to the operator with a solution in hand to communicate.



PAPER SUGGESTIONS AND SUGGESTION BOX LOCATIONS:

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.

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.

GROUP LEADER SUGGESTION HELP VIDEO

Click the link below to watch a short video that covers what is required of a Supervisor/Group Leader during the initial review of a suggestion.

<https://generalmotors.sharepoint.com/:v:/r/sites/uawgmgms/suggestion/Videos/SuperVis-DB.mp4?csf=1&web=1&e=0eXGjL>

Please contact me at tonya.huss@gm.com if you have any issues or questions about a suggestion you are evaluating, or need help approving electronic suggestions.

Call Security Dispatch



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

This will ensure the quickest response time!

Rethink your Drink.....

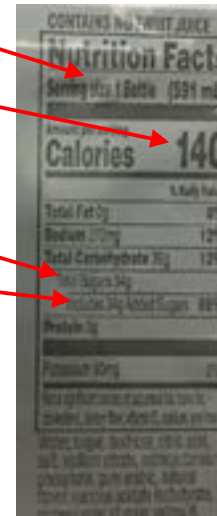


The Defiance Wellness team encourages you to become familiar with nutrition labels and use them to make healthy decisions.

G Zero



Gatorade



Servings per container

Calories

Total Sugar*

Added Sugar: G Zero has Zero added sugar. Gatorade has 34 grams of added sugar.

* Total sugar includes naturally occurring sugar and added sugar. When thinking about nutrition, it is important to know, and limit added sugar.

ANSWERS FOR LAST WEEK'S CROSSWORD PUZZLE FOR CROSSWORD PUZZLE WEEK.

R	I	G	H	T		C	H	E	A	T		B	A	N	
I	N	N	E	R		L	A	S	S	O		U	F	O	
M	A	C	H	U	P	I	C	C	H	U		R	O	O	
					M	A	C	K			C	A	J	U	N
G	E	T	B	A	C	K		S	P	A	R	K	L	E	
O	R	I	E	N	T		F	L	I	N	C	H			
D	O	M	E	S		S	E	U	S	S		A	S	P	
E	D	E	N		P	E	T	R	A		A	L	I	E	
L	E	S		L	U	R	E	S		T	W	I	N	E	
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T	E	Q	U	I	L	A		S	E	E	S	A	W	S	
E	R	U	P	T			I	C	A	N					
A	N	A		E	I	F	F	E	L	T	O	W	E	R	
M	I	R		R	O	B	I	N		O	B	A	M	A	
S	E	E		S	U	I	T	E		N	O	D	U	H	



April Safety Star Meeting



Wednesday, April 12
Plant 1 Training Center Room 110
Meeting times are 4:30am,
1:00pm and 4:00pm

DEFIANCE UNIFORM REP
PHONE NUMBER



Rich Becker
(419)-469-4439

*Text or Call Rich directly with any issues.



Send photos of your American muscle cars to tonya.huss@gm.com. It will be shared in a future issue of

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