

DEFIANCE, OHIO



April 13, 2023

# 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 (April 13)...

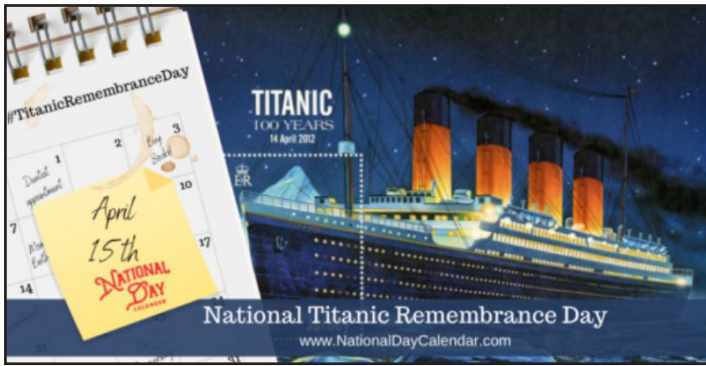
- 1796 First elephant arrives in US from India
- 1842 Lord Rosse successfully casts 72" (183-cm) mirror for a telescope
- 1860 1st Pony Express rider reaches Sacramento, California
- 1869 Steam power brake patented (George Westinghouse)
- 1870 Metropolitan Museum of Art forms in NYC
- 1904 US Congress authorizes Lewis and Clark Expo \$1 gold coin
- 1920 1st woman US Civil Service Commissioner, Helen Hamilton appointed
- 1928 1st trans atlantic flight Europe-US (Fitzmaurice-von Hunefeld-Köhl)
- 1933 1st flight over Mount Everest (Lord Clydesdale)
- 1940 American athlete Cornelius "Dutch" Warmerdam, using a bamboo pole, becomes 1st man to pole vault 15 ft, at University of California, Berkeley
- 1943 FDR (Franklin D. Roosevelt) dedicates Jefferson Memorial
- 1949 Philip S. Hench at Mayo Clinic announces discovery of cortisone to treat rheumatoid arthritis
- 1954 Milwaukee Braves' Hank Aaron's 1st game
- 1957 Saturday postal delivery in US is temporarily halted due to lack of funds
- 1965 The Beatles record their single "Help!"
- 1970 Apollo 13 announces "Okay, Houston, we've had a problem here", as Beech-built oxygen tank explodes en route to Moon
- 1972 1st baseball players' strike ends after 13 days
- 1976 US Federal Reserve begins issuing \$2 bicentennial notes
- 1980 US and its allies boycott the Summer Olympics in Moscow in protest against Russia's invasion of Afghanistan
- 1990 Final episode of Pat Sajak's late night TV show on CBS
- 1992 American Airlines reduce its 1st-class fares 20%-50% [onthisdayinhistory.com](http://onthisdayinhistory.com)



Mark Ridenour's 1968 Chevy Chevelle LS3 swap 400turbo transmission and 1967 Chevy Nova II post car. He has had the cars for a few years and is planning on upgrading with Retromod look and style over the upcoming winters.



Send photos of your American muscle car to [tonya.huss@gm.com](mailto:tonya.huss@gm.com) to be shared in a future issue of the PowerNews.



**NATIONAL TITANIC REMEMBRANCE DAY**

On April 15th, National Titanic Remembrance Day remembers the lives lost when the Titanic sank into the North Atlantic’s icy waters in 1912. We remember the more than 1,500 people who died that day.

Known as the “the unsinkable ship,” the Titanic hit an iceberg at 11:40 pm on April 14, 1912, on her maiden voyage from England to New York City. Later, in the icy waters of the Atlantic Ocean, on April 15, the Titanic sank. Those who perished did so mainly due to an insufficient number of lifeboats onboard the ship.

Since that time, journalists, engineers, ocean explorers, historians, survivors, and descendants of those lost have been trying to piece together the events leading up to that night. Countless hours of documentation, salvage expeditions, and interviews all record the perspectives of those involved. Every angle and myth has been considered from the investors to the designers, the builders, and the sailors, right down to the communications and those left behind. And to this day, it still is a heart-breaking and mesmerizing story no matter where you begin.

**HOW TO OBSERVE #TitanicRemembranceDay**  
 As you sail through the history of Titanic, learn more about its secrets, people, and myths, too. Read about the building of the Titanic and follow its timeline. Discover the survivors’ stories. Watch a documentary, movie or take a virtual tour of the ship.

A Night to Remember by Walter Lord  
 Voyagers of the Titanic: Passengers, Sailors, Ship-builders, Aristocrats, and the Worlds They Came From by Richard Davenport-Hines  
 Titanic directed by James Cameron starring Kate Winslet and Leonardo DeCaprio

Waking the Titanic (2012) directed by Francis Delany  
 Secrets of the Titanic (1986) by National Geographic  
 Use #TitanicRemembranceDay to post on social media.

**NATIONAL TITANIC REMEMBRANCE DAY HISTORY**  
 The day commemorates the date of the Titanic’s sinking in honor of those who lost their lives aboard the Titanic in 1912. While each year since its sinking, memorial events are dedicated to remembering the tragic loss, no one person or entity has proclaimed the observance.

**TITANIC FAQ**

- Q. Who built Titanic?  
 A. The Harland and Wolff shipyard in Belfast, Ireland built Titanic for the White Star Line.
- Q. How long did it take to build Titanic?  
 A. Titanic took about three years to build.
- Q. Who was Titanic’s architect?  
 A. Thomas Andrews was the chief naval architect. He died aboard Titanic. *By National Day Calendar*



**APRIL MEETING**

**Rescue Training**

**When:**

**April 27th, 2023**

**Where:**

**Training Center Room 135**

**Time:**

**3<sup>rd</sup> Shift 0400 – 0630**

**1<sup>st</sup> Shift 1200 – 1430**

**2<sup>nd</sup> Shift 1500 – 1730**

## TEAM MEMBER RECOGNITION

Brandy Thompson recognized her 1st shift core room team for setting a record of producing 277 cores on Mod 5 Op 10. Team members pictured below with Brandy are Chad Hammersmith, Todd Figy and Jason Leatherman.



## Safe Act Recognition Board

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

*The take shelter for the tornado warning was well executed by all.*

*A maintenance employee saw a personal monitor on someone else alarming and made sure there wasn't an issue in the area. He confirmed it was an issue with the bump test, and they proceeded with a personal monitor on each person.*

*Sand Transporter employees showed others that do not normally work in the area how to lock out properly so they were safe.*



## 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 beginning 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 in 5th - 8th grade. Openings will be filled on a first-come, first-served basis



**Be sure to eat lots of Pringles!**

\*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 locations for cans:

**Plant 1** - Tonya Huss

**Maintenance Building** - Regina Dix

**Plant 2** - Mary Boyd & Joanne Tuttobene

## Wind Down for Sleep



By having a routine before going to sleep, you can create a healthier lifestyle. Having a bedtime routine to help wind down your day can help you drift off to sleep easier, feel more rested and energetic the next day, and can improve your overall well-being. Try some of the tips listed below to start improving sleep quality the next time you wind down for sleep.



### Pre-Bedtime Routine

- Shut off electronics before getting in bed
- Practice stretching, yoga, or meditation
- Take a warm bath or shower
- Read a book
- Listen to soothing music
- Drink decaffeinated herbal tea

### Create the Perfect Sleep Environment

- Comfortable temperature
- Quiet and dark atmosphere
- Soothing or calming scents
- Supportive mattress and pillows
- Light, breathable clothing



BMD Health Services Group, Inc.



### Healthy Daytime Activities for Sleep

- Add physical activity during the day
- Get some natural sunlight
- Watch caffeine intake, especially close to bedtime
- Avoid smoking or drinking alcohol close to bedtime
- Eat smaller meals before bedtime

## Trouble Falling Asleep?

Different activities can help stimulate your mind without over stimulating yourself so much that you can't fall asleep. Try some of the tips below if you find yourself struggling to fall asleep.

- Breathing or meditation techniques
- Limit cell phone or television usage
- Get out of bed and do a relaxing activity
- Journal or write down some of your thoughts
- Keep a sleep diary
- Consult your doctor for medical advice



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

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

# ★ April Quality Star Meeting ★

Wednesday, April 19  
Plant 2 Conference Room A  
Meeting times are 4:30am,  
1:00pm and 4:00pm

## SUGGESTION REMINDERS

- 1) Suggestions can be submitted online or paper suggestions are also accepted.
- 2) Paper forms are available near the suggestion boxes.
- 3) There are 6 suggestion boxes located throughout the plant.

### Plant 1:

- \* In the training center by Suggestion Office
- \* In the door slot of the old Suggestion Office
- \* By the breakroom door across from the cage

### Maintenance Building:

- \* In the maintenance break room

### Plant 2:

- \* On outside of the west wall of the lab across from the cafe in the enclosed area
- \* On the outside of the north wall of the old bead room by the door

- 4) If you need assistance submitting an electronic suggestion or you need a paper form, contact Tonya Huss at:

[tonya.huss@gm.com](mailto:tonya.huss@gm.com) or (419) 784-7727

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