

DEFIANCE, OHIO



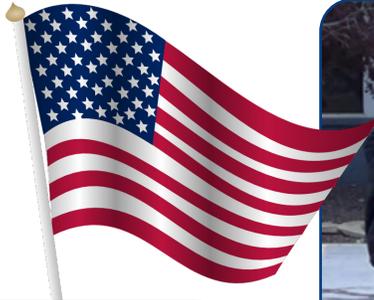
May 4, 2023

POWERNEWS

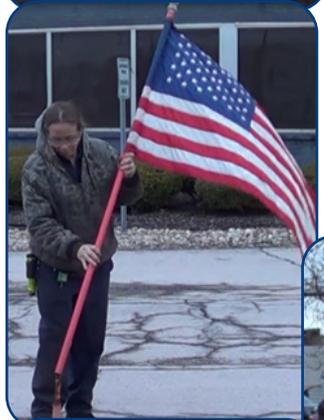
WE WILL MANUFACTURE BENCHMARK CASTINGS WITH PRIDE, LETTING SAFETY, QUALITY, COST AND ON TIME DELIVERY TO OUR CUSTOMERS BE OUR GUIDE.

Worker Memorial Day Observed May 3, 2023

Remember each person we have lost here at Defiance and their families and honor their memory by being safe in everything you do.



- Terry Bodenbender February 2, 2016
- Jimmy Jones September 11, 1993
- David A. McCreery June 6, 1990
- Eugene Childs September 13, 1988
- Frank Dixon September 9, 1986
- James Kent September 16, 1985
- Clarence Webster January 20, 1983
- Ben Warniment June 11, 1981
- Carlos Olvera December 22, 1980
- Jimmy Lee Liles January 14, 1977
- Joseph Konrad December 13, 1972
- Robert Vogelsong October 22, 1971
- Bernard Meyer July 23, 1970
- Jerry Edwards March 21, 1969
- Doyle Price August 5, 1968
- Furl Stallard August 16, 1967
- LeRoy Hunt September 2, 1951





HAPPY RETIREMENT

James Wright retired on May 1 with 47.5 years of service, His date of hire is 7/2/1984. Congratulations and best of luck to him!

Send photos of your American muscle car to tonya.huss@gm.com to be shared in a future issue of the PowerNews.

Revised Shoe Mobile Schedule

5/01/2023

The Shoe Truck will be closed for lunch from 10:30 - 11:30 a.m.

<p>Red Wing 6 a.m.-10:30 a.m., 11:30-4 p.m.</p> <p>July 11</p>	<p>Saf-Gard 6 a.m.-10:30 a.m., 11:30-4 p.m.</p> <p>Revised Date - May 24</p> <p>June 22 Aug. 10</p>
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A limited number of boots are available in the GSC office in the crib for emergencies.

In addition, employees may:

- 1) obtain a shoe authorization form from me or Brian Kempe and take it to a Red Wing or Saf-Gard store,
- 2) place an order in the crib office,
- or 3) contact me for any special needs

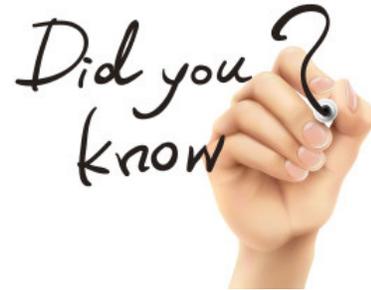
Elaine Muntz
419-784-7353
419-769-1551

Let's shout out the Class of 2023!



Send a photo, name of your student, school they attend and any future plans to

tonya.huss@gm.com



Avanti Card Information

What is a Avanti Market Card? A Market Card is a convenient way to purchase items at your Open Door Market!

What do I do if an item won't scan?

1. Select "Start My Order" on the touch screen
2. Select "Enter Product Code"
3. Type in the entire set of numbers under the UPC code

How do I pay for an item with no barcode?

1. Select "No Scan Items" on the touch screen
2. Select picture of item for purchase
3. Pay

What if I forget or lose my Market card?

You can always pay by debit or credit card. If you lost your card, please sign up for a new card. You can find blank market cards hanging on the kiosk. Once you have signed up, please email customerservice@monumentalmarkets.com and we will disable your lost card and transfer the balance to the new card.

What if I have questions or a problem?

Call: 301-595-4909

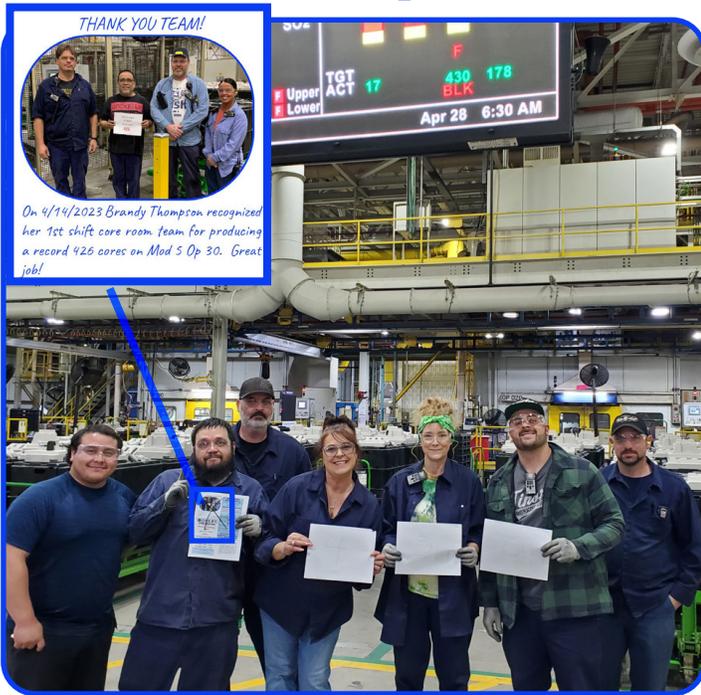
E-mail: customerservice@monumentalmarkets.com

Can I manage my market card online?

Yes. To start, you will need to enable web access at the kiosk.

1. Scan market card
2. Press "Enable web access" button
3. Enter email address
4. A confirmation email will be sent to the email address instructing you to create your online account.
5. You will then be able to manage your market card through the www.mykioskcard.com website. You will be able to add money to your market card online.

A New Record Set On Mod 5 Op 30



THANK YOU TEAM!
On 4/14/2023 Brandy Thompson recognized her 1st shift core room team for producing a record 426 cores on Mod 5 Op 30. Great job!

A new record of 430 cores was set on April 28 by the 3rd shift core room team (James Valasquez, Dan Perez, Jr., Ryan Huffman, Kim Burill, Rhonda Osborn, Javier Pagan and Tom Kochel). This beats the old record of 427 cores set by the 1st shift team on April 14. In the photo above, Dan Perez Jr. is holding last week's newsletter displaying the first shift team's record of 427 cores with a line through it. This is all in fun as his dad, Dan Perez is on the first shift team. Thank you for your hard work and dedication! You truly help make Defiance great!

ATTENTION LOCATION CHANGE FOR MAY

★ Safety Star Meeting ★
Wednesday 5/10/23

Safety Star meetings will be held in Plant 1 Innovation Cafe (Cafeteria) due to the GET WISE event.

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

Caring for your Mental Well-Being



Mind-Body Connection

Meditation



- During meditation, your brain will focus on one specific thing that will help bring you into the present moment.
- Start your practice by sitting in a quiet place.
- Use this time to clear your mind of all stressors, and thoughts.
- This can last 1 minute-20 minutes.

Practice Self-Care

- Aim for 30 minutes of physical activity a day.
- Aim for 7-8 hours of sleep per night.
- Find a group of like-minded individuals for support.
- Create a 'zen' place in your home to meditate and relax.



Breathing



- Deep breathing activates the parasympathetic nervous system, which slows your heart rate, relaxes muscles, and lowers blood pressure.
- Slowing your breathing with help control the 'Fight or Flight' reflex that can occur when stressed.

How to Practice Deep Breathing:

- Breath in through your nose until your lungs fill completely with air, or you can't fill them any further.
- Briefly hold your breath for 2-3 seconds, then slowly breathe out, completely emptying your lungs.
- Repeat until you feel relaxed and peaceful.



This does not constitute medical advice. Please seek help immediately, if you feel you need it.

<https://www.webmd.com/balance/so/it-show-what-happens-when-relax>
Accessed 04/5/2023

<https://www.webmd.com/balance/guide/meditation-natural-remedy-for-itsomnia>
Accessed 04/5/2023



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

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

After a near miss occurred on the floor, a production employee escalated the concern, ensuring it was reported and investigated.

Employees were standing near an Op that had a full scrap tub. When the truck driver came close, he stopped, honked his horn, and waited until the area was clear before proceeding to replace the tub.

An employee had to lockout a piece of equipment in an area that he was not familiar with. Before entering the machine, he asked another employee to verify his lockout.



Help protect your income and lifestyle with Long Term Disability Insurance.

Coverage that can help protect your income when you are unable to work.

■ Mortgage or rent ■ Childcare ■ Grocery bills

Voluntary Long Term Disability (LTD) through MetLife is a self-paid, supplemental LTD benefit program that is available to hourly employees who are eligible for GM provided disability benefits but are not eligible for Extended Disability Benefits (EDB) up to age 65.

MetLife Voluntary LTD benefits are designed to supplement your GM provided disability benefits. Benefits begin after your GM provided disability benefits end and continue as long as you remain disabled, until you reach Social Security Normal Retirement Age.

This benefit provides a tax-free, monthly benefit equal to 40% of your pre-disability income, with a monthly cap of \$2,840, after your GM short term and long term disability benefits expire.

If you enroll, your payment will be through GM payroll deductions.

**One-time special enrollment opportunity:
May 15 – 31, 2023**

Enroll by visiting <https://enroll.benefitsconnect.net/gmltd>, calling 1-800-606-6227, or see your Union Benefit Representative to request a paper enrollment form.

MAY IS NATIONAL STOP THE BLEED MONTH



May Is National STOP THE BLEED® Month
Knowing how to control bleeding from a serious injury is important for everyone. This year marks the 5th annual National STOP THE BLEED® Month. Angelmedic CPR is offering Stop The Bleed courses throughout the month of May.