



POWERNEWS

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

June 8, 2023

On this day in history (June 8)...

1786 Commercially made ice cream 1st advertised (Mr Hall in NYC)

1789 James Madison introduces a proposed Bill of Rights in the US House of Representatives

1809 William Hyde Wollaston invents the first reflective goniometer

1824 Washing machine patented by Noah Cushing of Quebec

1829 1st UK municipal swimming pool outside of London opens in Liverpool

1869 Ives W. McGaffey of Chicago patents the 1st vacuum cleaner, calls it a "sweeping machine"

1872 US Congress endorses penny post card

1887 Herman Hollerith receives a patent for his punch card calculator

1889 Cable Cars begin service in Los Angeles

1896 First car thief; Baron de Zuylen's Peugeot is stolen by his mechanic in Paris

1928 1st US-to-Australia flight lands (Sir Charles Kingford)

1942 Bing Crosby records "Silent Night"

1953 Cluster of 6 tornadoes touches down in Flint, Michigan killing 113

1956 Richard B. Fitzgibbon, Jr. killed by another USAF airman in Vietnam, becoming the first American killed in the Vietnam War

1959 1st official "missile mail" lands (Jacksonville, Florida)



Postmaster General Arthur E. Summerfield (rear center) looks on as mail is loaded onto the USS Barbero in Norfolk, Virginia, in 1959. U.S. Navy photo; collection of United States Postal Service

1962 Jim Beatty runs world record 2 mile (8:29.8)

1965 US troops ordered to fight offensively in Vietnam

1966 NFL & AFL announce merger plans, one league with two divisions (NFC and AFC) starting in 1970

1966 Topeka, Kansas is devastated by a tornado that registers as an "F5" on the Fujita Scale: the first to exceed US\$100 million in damages. Sixteen people are killed, hundreds more injured, and

thousands of homes damaged or destroyed.

1968 James Earl Ray, alleged assassin of Martin Luther King Jr., captured

1968 Rolling Stones release "Jumpin' Jack Flash"

1968 The body of assassinated U.S. Senator Robert F. Kennedy is laid to rest at Arlington National Cemetery

1969 "Smothers Brothers comedy Hour" last airs on CBS-TV

1969 Guitarist Brian Jones is asked to leave The Rolling Stones, replaced by Mick Taylor

1979 "The Source," 1st computer public information service, goes on-line

1983 "Trading Places", American comedy film, is released

1983 Charlos Vieira begins 191 hr "nonstop" cycling in Leiria, Portugal

1984 "Ghostbusters", American supernatural comedy film, directed and produced by Ivan Reitman, starring Bill Murray, Dan Aykroyd, Harold Ramis, and Ernie Hudson premieres

1984 "Gremlins", American comedy horror film, is released

1990 "It's Garry Shandling's Show" last airs on Fox-TV

1994 Mass murderer Joel Rifkin sentenced to 27 years

2004 Transit of Venus (between Earth & Sun) occurs

2017 US prisoner Richard Anthony Jones freed after 17 years in Roeland Park, Kansas when his lookalike discovered

2018 World's most powerful supercomputer, Summit, can process 200,000 trillion calculations per second, launched at Oak Ridge National Laboratory, Tennessee, by IBM and NVidia

2020 Former astronaut Kathy Sullivan is the first woman to reach deepest point of the ocean - Challenger Deep in the Marianas Trench. Formerly the first American woman to spacewalk.

2021 National Geographic announces it is officially recognizing the South Ocean as the world's fifth ocean onthisdayinhistory.com

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Plant 2 locker room remodeling will start on Monday, June 19th.

Please have all of your belongings removed by 11:00pm on Friday, June 16th. Security and Joint parties will remove any remaining locks starting on Saturday, June 17th at 8:00am.

Please plan according.

We appreciate your patience as we improve our facilities.

Greg Macsary
419-576-9471

Motivation 101



How to Become Motivated

Whether you are looking to stick with a new workout routine or finish a task at work, setting small, manageable goals for yourself can be a great start. Finding the reasoning behind those goals can actually help you complete the task.

Extrinsic Motivation:

- A system of rewards and punishments that come from the outside world
- Avoiding a negative outcome or some type of punishment
- Pursuing a positive outcome such as some type of reward
- Examples:
 - Financial compensation for completing the task
 - Receiving praise upon completion
 - Drinking water because you are thirsty

Intrinsic Motivation:

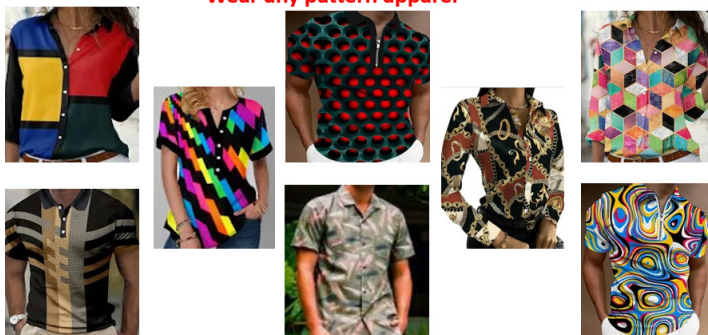
- There are no clear outside rewards
- Motivation to do something comes from within
- Typically starts with genuine interest in a task or subject
- The behavior itself is its own reward
- Examples:
 - Makes you feel happy
 - Curious about the topic
 - Working as a team because you enjoy collaborating on things



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Spirit Wear Fridays – June

Wear any pattern apparel!



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

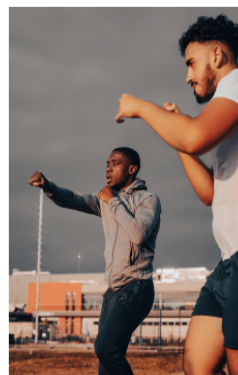
June 2	June 9	June 16	June 23	June 30
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It is summer time so watch for children at play. They do not always remember to watch for cars.

10 Ways to Boost Your Energy:

1. Eat your breakfast
2. Practice yoga even if it's just a couple postures
3. Sing your favorite song
4. Drink some water
5. Eat a handful of almonds or peanuts
6. Grab some fatigue fighting scents such as peppermint and cinnamon
7. Spend some time outside in the sun or at least open the blinds
8. Get moving even if it's just for a few minutes
9. Have a healthy protein snack
10. Spend time with some upbeat friends



Over time, it should become easier to get up and do things. It may be difficult at first, but persistence will help feed your motivation levels.

To help yourself stay motivated, celebrate the small victories, do your best to keep a positive mindset, and take things one step at a time.

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419-769-1859
https://www.webmd.com/mental-health/what-is-extrinsic-motivation
Accessed 05/02/2023

Source: webmd.com
What is Intrinsic Motivation
https://www.webmd.com/balance/what-is-intrinsic-motivation
Accessed 05/02/2023

Source: webmd.com
10 Ways to Boost Your Energy in 10 Minutes or Less
https://www.webmd.com/balance/guide/boost-energy
Accessed 05/06/2023



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



BLOOD DRIVE WEDNESDAY, JUNE 21

The American Red Cross will be on-site for a blood drive on Wednesday, June 21 from 10:30am – 4:30pm in the Plant 1 Training Center.

One blood donation can positively impact the lives of 3 people. You can sign up by scanning the QR code on the poster in the Plant 2 Tunnel Gate or by using the American Red Cross Blood Donor app.

If you need assistance signing up to donate or to volunteer, contact Jeremiah Fleischman at jeremiah.fleischman@gm.com or 419-769-1859. Thank you in advance!

DEFIANCE PLANT

Questions: FOR PEDESTRIANS

- Do I always follow the designated walkways in areas where mobile equipment is present?
- Do I always look before crossing and make eye contact with the driver when I cross a mobile equipment pathway?
- Do I avoid entering areas used by mobile equipment unless authorized to do so?
- Do I always wear a high-visibility vest and have a business reason if I enter an orange crush zone?
- Do I stop to use my smartphone and not walk and talk/text?
- Do I look for the safety "BLUE" light on the floor at the rear of the fork truck?

Make the Commitment.....

DEFIANCE PLANT

Questions: FOR MOBILE EQUIPMENT OPERATORS

- Do I always make a point to be aware of where my travel paths intersect with people walkways?
- Do I always stop at "STOP" signs and blind intersections?
- Do I always follow the site speed limits and wear my seat belt?
- Do I always report damaged or unsafe surfaces and truck floors?
- Do I always avoid travel and turning motions with an elevated load?
- Do I always follow plant hauling guidelines that ensures maximizing visibility?

Make the Commitment.....

YOUR Safety. MY Safety. WE Own It.

GM Defiance 75th Anniversary Celebration

1948 - 2023

For Families of GM Employees & Retirees
**Not Open to the Public*

Thursday
June 15, 2023
Noon - 8 p.m.

Kid's Activities

Clown, Balloons & Face Painting

Plant Walking Tour
for visitors 12 years and older

Food and ice cream will be provided

GM Car Display

TO ENTER YOUR GM VEHICLE

CONTACT STEVE RIEGER @419-784-7102 or steven.rieger@gm.com
OR MARY BOYD @419-576-8830 or mary.boyd@gm.com

***No prizes, display only**



Safe Act Recognition Board

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

Supervisor and Millwright followed the temporary SOP process when replacing a valve on Mod 1 Reverb furnace. All hazards were controlled prior to starting work.

DFM sweeper was approaching two employees in the pedestrian aisle. Well before entering the area, the driver notified the employees to exit his path.

Many safe behaviors occurred over the weekend. This included extensive work on Mod 3 Op60 that several employees were involved with. All steps were followed to get everyone home safely.



SUMMER HELP HIRING INFO:

Summer Vacation Temporary FULL TIME roles located in Defiance, Ohio: Our summertime opportunity has a start date in July 2023 and is scheduled to end September 3, 2023.

TO APPLY GO TO...
careers.gm.com

Let's Recognize the Class of 2023!

Send your high school, college, eighth grade or kindergarten, etc. graduate's photo, name, school they attend and any future plans to tonya.huss@gm.com to be shared in an upcoming issue of the PowerNews.



National Corn on the Cob Day

Get ready to celebrate National Corn on the Cob Day on June 11! This day has been celebrated for over 150 years and has its origins in Native American culture. Corn was a staple crop of many tribes, and it is still enjoyed today as one of the most popular side dishes around. Get creative this year with how you prepare your corn - from grilled, boiled or microwaved to adding different seasonings and toppings!

How to Celebrate National Corn on the Cob Day

1. Make grilled corn on the cob

Grill up some sweet corn on the cob and enjoy it with your favorite sauces and toppings. Be sure to coat it lightly with oil before grilling for extra flavor.

2. Have a corn on the cob eating contest

Set up a corn on the cob eating contest amongst friends and family! Whoever can eat the most corn on the cob in the fastest time wins a prize.

3. Organize a cooking competition

Organize a cooking competition where participants have to make their best dish using corn on the cob as an ingredient. Make sure to judge based on presentation, taste, creativity, and originality.

4. Go for a picnic with corn on the cob

Pack up your favorite picnic food and drinks, grab some ears of fresh sweet corn, and head out to a local park or beach for an afternoon of fun in the sun with friends and family.

5. Throw a party

Gather your friends together for a National Corn on the Cob Day party. Serve up your favorite dishes featuring corn, like Mexican elote or roasted corn chowder.

Why We Love National Corn on the Cob Day

A.It's an old-fashioned classic

Corn on the cob is a timeless classic that has been enjoyed for centuries. It's simple and easy to prepare, and everyone from children to adults loves it! Plus, with all the different varieties available, you can always find a delicious way to enjoy this classic treat.

B.It's sweet and healthy

Because corn on the cob is chock full of vitamins, minerals and antioxidants, it's a great choice for those looking to eat healthier. Not only is it delicious - it's also good for you! Plus, you can easily add your favorite herbs and spices to give it an extra kick.

C.It doesn't take long to cook

Corn on the cob takes less than 10 minutes to cook, so it's perfect for busy weeknights when you don't have time to make a big meal. All you need to do is boil some water and drop in the corn - voila! You'll have a tasty side dish or snack in no time at all!

By Holiday Calendar

Register for the Defiance Facebook Group



- Private Facebook group for current hourly, salaried and contract employees.
- Employees can join to receive important business updates, the latest COVID-19 safety protocols and additional plant information.
- When registering, you must request access using your own personal Facebook account and you will be prompted to enter your GMIN and answer additional questions for identification purposes.

This is a private group and only current Defiance employees will be permitted to join.

To sign up visit: www.facebook.com/groups/GMDefianceTeam/

Quality Star Meeting

Wednesday, June 21

Plant 2 Conference Room A

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

LOCKOUT REVIEW REMINDERS:

- There is a new lockout audit form and it is 2 pages (available on the Safety Sharepoint Site)
- Please copy (tonya.huss@gm.com) on all lockout emails to Brady Laudick.
- Add TEAM MEMBER'S GMIN and the date on the Lockout Review Sheets.
- 2nd Quarter lockout audit deadline is Friday, June 30th.