



# 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 (June 29)...

1776 Virginia state constitution adopted and American Revolutionary and Founding Father, Patrick Henry made governor  
 1863 Very 1st First National Bank opens in Davenport, Iowa  
 1880 France annexes Otaheite (Tahiti)  
 1891 US National Forest Service organized  
 1927 1st flight from West Coast arrives in Hawaii  
 1936 Empire State Building broadcasts high definition TV-343 lines  
 1936 George M. Cohan is the first artist to be presented with a US Congressional Gold Medal, by Franklin D. Roosevelt (for raising war morale)  
 1940 Batman Comics, mobsters rubbed out a circus highwire team known as the Flying Graysons, leaving their son Dick (Robin) an orphan  
 1940 US passes Alien Registration Act requiring Aliens to register  
 1952 USS Oriskany becomes 1st aircraft carrier to sail around Cape Horn  
 1956 American Charles Dumas records first high jump over 7' (2.13m) during US Olympic Trials at Los Angeles, California  
 1956 US Federal interstate highway system act signed  
 1963 Beatles' 1st song "From Me to You" hits UK charts  
 1964 NBC approves Gene Roddenberry's script for pilot episode of "Star Trek" titled "The Cage"  
 1968 "Tip-Toe Thru' The Tulips With Me" by Tiny Tim peaks at #17  
 1969 1st Jewish worship service at the White House  
 1982 US Voting Rights Act of 1965 extended  
 1988 Vigdís Finnbogadóttir is elected the 4th President of Iceland becoming the world's 1st democratically elected female President  
 1994 US reopens Guantanamo Naval Base to process refugees  
 1996 Superman's Action Comic #1 (1938) auctioned at Sotheby at \$61,900  
 2000 Eminem's mother goes to court claiming defamation of character in a \$10 million civil suit, after taking exception to the line "My mother smokes more dope than I do" from her son's single 'My Name Is'

2015 Beijing Times reports 30% of the Great Wall of China has disappeared due to natural forces and stealing of bricks  
 2021 World's first known plague victim identified in the remains of a 5,000-year-old hunter-gatherer in Latvia  
 2022 Earth records its shortest ever day - 1.59 milliseconds faster than a standard day

*By On This Day in History*



**HELP A CHILD START THE YEAR WITH THE RIGHT TOOLS!**

**Collection Dates: June 26 - July 14**

Items that are needed:

- Expo Dry Erase Markers (fine and regular)
- Crayola crayons – 24 pack
- Crayola colored pencils – 12 pack
- Ticonderoga #2 pencils
- Two-pocket folders
- Elmer's Glue Sticks
- Pencil pouches for 3-ring binders
- Zip-Lock bags – no sliders (snack, quart & gallon sizes)
- Back Packs – all sizes
- Crayola markers – 12 pack
- Loose leaf lined paper
- Composition Books
- Highlighters
- Pink Erasers
- Plastic School Boxes
- 7" or 8" Fiskars scissors

**Donations can be dropped off at:**  
**Plant 1 Donation Bin (main hallway)**  
**Tonya Huss - Training Center**  
**Sue Scott - Finance**  
**Plant 2 Donation box (by tunnel gate)**

## LOCKOUT REVIEW REMINDERS:

- There is a new lockout audit form and it is 2 pages 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.
- Deadline for 2nd Quarter lockout audit is **TOMORROW**, Friday, June 30th.



Join us for our yearly fireworks celebration at the confluence of the Maumee and Auglaize rivers. Enjoy an evening full of carnival games and delicious food choices! The main course of the evening begins around 10:00 p.m. as the fireworks are shot off and can be seen from miles away! Join us as we celebrate our nation's birthday!

**WHEN:** Friday, July 7, 2023  
4:00 pm - 11:00 pm

**WHERE:** 102 Auglaize St.  
Defiance, OH 43512

## Fireworks Safety Tips

- ✦ Do not use professional-grade fireworks at home.
- ✦ Keep a bucket of water or a hose handy. Soak used fireworks before discarding to prevent a trash fire.
- ✦ Never handle malfunctioning fireworks. Soak them with water and throw them away.
- ✦ Keep pets and small children away from all fireworks - Even sparklers which can burn at about **2,000°F!**
- ✦ Never hold a firework that is not meant to be held.
- ✦ Never point or throw fireworks (including sparklers) at anyone.
- ✦ Light fireworks one at a time, then move away quickly.



**Happy 4th of July!**

**PEDESTRIAN IN-PLANT VEHICLES**

**100%**  
OF PIV INCIDENTS  
COULD HAVE BEEN FATAL

Please stop and look both ways before you cross a pathway

**NEARLY 250**  
UNSAFE ACTS OR CONDITIONS IN 2014

**MORE THAN 100**  
NEAR MISSES

Please do not use your phone while walking

Mobile Equipment vs. Pedestrian  
**MOBILE EQUIPMENT ALWAYS WINS**

**20**  
injured

**DEFIANCE PLANT**

**OSHA Forklift-Pedestrian Statistics**

- 85 Forklift Fatalities per year
- 34900 Serious Forklift Injuries per year
- 61800 Non-Serious Forklift Injuries per year

**YOUR Safety. MY Safety. WE Own It.**

# SMART Goals



## Setting a SMART Goal

SMART is an acronym for specific, measurable, action-oriented, realistic, and time-bound. This technique is effective for creating goals because it helps you to consider specifically what you want to achieve, what your barriers are, and what processes you will go through to achieve that goal.



### Specific

- Think about your WHY- who or what motivates you and why.
- Be as specific as you possibly can.



### Measurable

- How will you know when you have reached this goal?
- Measuring your goal is what will help you to maintain consistency, track your progress, and know when you've reached your goal.



### Action-oriented

- What intentional step(s) can you take to move closer to your goal?
- What barriers will you need to overcome?
- What support will you need?



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### Realistic

- Is your goal realistic with effort and commitment?
- Is this a safe or realistic goal?



### Time-bound

- When will this goal be achieved?
- What is your end date? Or do you want to set specific dates for checking in with yourself?

## SMART Goal Examples

- I want to lose 10 pounds in 8 to 10 weeks by strength training 5 times per week
- By the end of the month, I will eat 4 servings of vegetables per day by eating adding 1 serving of vegetables to my dinner every night
- By December, I will have increased my physical activity by walking two days per week on my lunch for 30 minutes on Monday and Wednesday
- By November, I will have completed 3 health coaching sessions to improve my health



Source: webmd.com  
Use Big Changes with Small Steps  
<https://www.webmd.com/balance/big-changes-small-steps>  
Cesped 04/24/2023

Source: webmd.com  
Tips on Developing a Healthy Habit  
<https://www.webmd.com/common/content/ArticleOpen.aspx?cid=3005882>  
Accessed 04/24/2023



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



On June 30th, National Meteor Watch Day encourages us to look to the stars to witness one of the night sky's most thrilling sights. Also known as National Meteor Day, on a cloudless night, people turn their eyes to the heavens in hopes of spotting the glow of a falling star. Daily millions of meteors enter the Earth's atmosphere.

### National Meteor Watch Day – A Learning Opportunity

When space debris, such as pieces of rock, enter the Earth's atmosphere the friction causes the surrounding air to become scorching hot. This "shooting star" streaking through the sky surrounded by flaming hot air is a meteor.

The majority of the meteoroids that cause meteors are only the size of a pebble.

Meteors sometimes occur in showers. It's an excellent time to plan for a meteor-watching party. Whether we catch a few stray falling stars or witness an entire meteor shower, this day calls for an evening with friends and family under the stars. Identify the constellations while waiting to make a wish or two. Sounds like a romantic night, as well.

### Meteor, Meteoroid and Meteor Showers

In the Northern Hemisphere, one of the most active meteor showers is the Perseids. Named after the constellation Perseus where the majority of the activity takes place, particles released by the comet 109P/Swift-Tuttle cause the meteors to shower down onto Earth. One of the most impressive meteor showers in the Northern Hemisphere, the Perseids put on dazzling displays. Some years, on a clear night with a new moon, skywatchers view more than one meteor per minute! The Perseids are active from mid-July to late August.

We usually observe meteors at night, and they are visible when they are about 34 to 70 miles above the Earth. When they come within 31-51 miles of the Earth, they often disintegrate. Their glow time is usually about a second.

Despite the large number of meteors we see, a small

percent of meteoroids hit the Earth's atmosphere and then skip back into space.

### Chemical Colors

The chemical composition and the speed of the meteoroid will cause different hues to the light. Possible colors and elements producing them include:

- Orange/yellow (sodium)
- Yellow (iron)
- Blue/green (copper)
- Purple (potassium)
- Red (silicate)

A list of meteor shower dates, as well as a guide to successful watching, can be found on the EarthSky website. *By National Day Calendar*

**There will not be an issue of the PowerNews next week.**

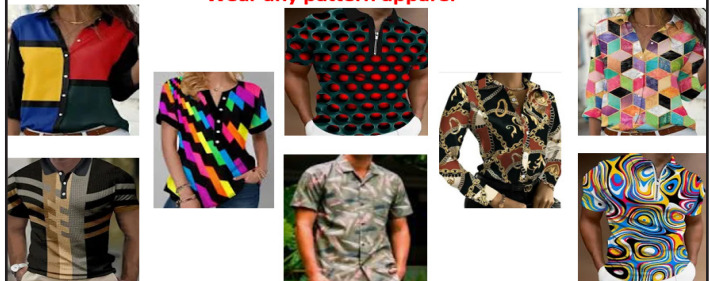


## Let's Recognize the Class of 2023!

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](mailto:tonya.huss@gm.com) to be shared in an upcoming issue of the PowerNews. Submit by Tuesday, July 11.

### Spirit Wear Fridays – June

Wear any pattern apparel



Send your Spirit Friday Pics to [Jeremiah.Fleischman@gm.com](mailto:Jeremiah.Fleischman@gm.com) 419-769-1859, [Tim.Hauenstein@gm.com](mailto:Tim.Hauenstein@gm.com) 419-769-1795 or [Brandy.Thompson@gm.com](mailto:Brandy.Thompson@gm.com) 419-769-2175

June 2

June 9

June 16

June 23

June 30

## TONYA HUSS

**UAW COMMUNICATION COORDINATOR**

[tonya.huss@gm.com](mailto:tonya.huss@gm.com)



**KEVIN NADROWSKI**

**COMMUNICATION MANAGER**

[kevin.1.nadrowski@gm.com](mailto:kevin.1.nadrowski@gm.com)

