

DEFIANCE, OHIO



August 3, 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 (August 3)...

1492 Christopher Columbus with Juan de la Cosa second-in-command sets sail on his first voyage with three ships, Santa María, Pinta and Niña from Palos de la Frontera, Spain for the "Indies"

1527 First known letter sent from North America by John Rut while at St. John's, Newfoundland

1852 America's first intercollegiate sporting event takes place as the Harvard heavyweight rowing crew beats Yale by 2 lengths over 2 miles on Lake Winnepesaukee, New Hampshire

1863 Governor Seymour asks Lincoln to suspend draft in NY

1882 US Congress passes 1st law restricting immigration

1900 Firestone Tire and Rubber Company founded

1908 French brothers Amadee and Jean Bouysonie discover the fossil remains of a nearly complete 60,000 year-old Neanderthal man 'Old man of La Chappelle' at La Chappelle-aux-Saints, France

1921 1st aerial crop dusting in Troy, Ohio, to kill caterpillars

1923 Baseball games cancelled following the death of US President Warren G. Harding

1923 Vice President Calvin Coolidge becomes 30th US President upon death of President Warren G. Harding

1926 Traffic lights installed at Piccadilly Circus, London

1932 Official automatic timing & photo-finish camera for track events is used for the 1st time at Los Angeles Olympics, instrumental in changing 110m hurdles final, review gives Donald Finley bronze ahead of American Jack Keller

1934 Adolf Hitler merges the offices of German Chancellor and President, declaring himself "Führer" (leader)

1940 Seaplane Clare makes 1st British passenger flight to the US

1941 Gas (petroleum) sales limited in US

1949 Basketball Association of America (BAA) & National Basketball League (NBL) merge to form National Basketball Association (NBA), Maurice Podoloff elected head of new league

1960 Lee Petty and his sons, Richard & Maurice race against each other for the first and only time

at Dixie Speedway in Birmingham, Alabama; Richard 2nd, Lee 3rd

1963 Beatles final performance at Cavern Club in Liverpool, England

1967 45,000 US soldiers sent to Vietnam

1967 James Law rides entire NYC subway in 22 hrs 12 minutes

1970 The second ever NFL work stoppage ends with NFL and Players' Association agreeing to a 4-year, \$19.1 million deal

1975 Louisiana Superdome is dedicated

1977 Radio Shack introduces the TRS-80 personal computer, within weeks thousands were ordered

1981 13,000 Air Traffic Controllers (PATCO) begin their strike; US President Ronald Reagan offers ultimatum to workers: 'if they do not report for work within 48 hours, they have forfeited their jobs and will be terminated'

1984 Mary Lou Retton scores 10 for final vault to win the individual all-round competition in Los Angeles and become first American woman to win an Olympic gymnastics medal

1986 First NFL 'American Bowl' exhibition game at London's Wembley Stadium, Chicago Bears beat Dallas Cowboys 17-6

1992 Paramount Studios inaugurates New York Street on TV/movie lot

2004 The pedestal of the Statue of Liberty reopens after being closed since the September 11, 2001 attacks

2008 Morgan Freeman is injured in an automobile accident near Ruleville, Mississippi, when his car flipped over several times on the highway

2012 American super-swimmer Michael Phelps wins the 100m butterfly in London to take his all-time Olympic gold medal tally to a record 17



2022 Ascent skyscraper in Milwaukee certified as the world's tallest timber building at 25 stories, 86.6 metres (284 feet)

*By On This Day in History*

Thank you to everyone who donated to Tools for School!



**August 16, 2023**

**\$5** ★ **2 HOT DOGS**  
★ **BAG OF CHIPS**  
★ **LEMONADE**

**PLANT 2 CAFETERIA**

**1AM-3AM**  
**10:30AM-12:30PM**  
**6PM-8PM**

*All funds raised go towards local Veterans!*

## Spirit Wear Fridays – August

**Favorite Vacation Shirt/Jacket**



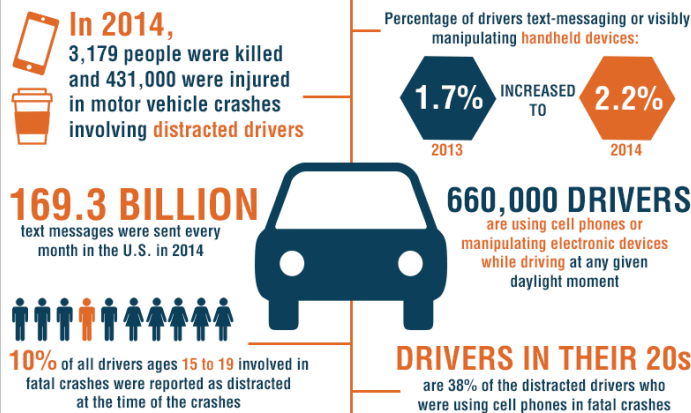
Send your Spirit Friday Pics to [Jeremiah.Fleischman@gm.com](mailto:Jeremiah.Fleischman@gm.com) 419-769-1859, [Tim.Hauenstein@gm.com](mailto:Tim.Hauenstein@gm.com) 419-769-1795 or [Brandy.Thompson@gm.com](mailto:Brandy.Thompson@gm.com) 419-769-2175

August 4

August 11

August 18

August 25



## DISTRACTED DRIVING STATISTICS

Statistics provided by Distraction.gov, the Official US Government Website for Distracted Driving

## PACKING A HEALTHY LUNCH

### Have a Plan

- Keep it simple - see what you already have available.
- Write down your lunches for the week.
- Write a grocery list.
- Think about your time - when will you pack your lunch?
- Consider using leftovers.
- Look to purchase foods in bulk that stay fresh for longer such as rice and frozen fruits and vegetables.



### Portion Sizes

- Fill one-half of your dish with fruits and vegetables.
- Fill one-quarter of your dish with grains.
- Fill one-quarter of your dish with lean protein.
- Instead of full-fat dairy products, select low-fat, fat-free, or non-dairy alternatives.



### What to Pack

- **Fruits:** Fresh or canned fruit (packed in its own natural juice or with no added sugar).
- **Vegetables:** Fresh vegetables already washed and cut up in small bags or containers.
- **Breads or grains:** Whole grain breads and cereals, whole grain crackers, English muffins, or mini bagels.
- **Protein:** Lean meats such as chicken, turkey, ham, roast beef, fish (such as salmon and tuna), eggs, beans, peas, lentils, nuts and seeds, or soy products (such as tofu and tempeh).
- **Dairy:** Low-fat cheeses such as mozzarella, string cheese, low-fat cottage cheese, low-fat yogurt, and skim or 1% milk.



### Helpful Tips

- Opt for a larger lunch box or cooler to fit all of the items you may want during your shift.
- Freeze water bottles or use ice packs to keep food cold.
- Use a thermos to keep warm food hot until it's time to eat.
- When you get home from work, take ice pack(s) out your lunch bag and put it back in the freezer.
- Put a note by your coffee pot to remember to bring lunch for your day. When you grab a cup of coffee before your shift, you'll see this reminder.



Scan the QR Code to get started on the LifeSteps Profile today!



The Red Cross will be on-site on Wednesday, August 30 for a blood drive.

There is an urgent need! Please consider donating!

## DEFIANCE UNIFORM REP PHONE NUMBER



**Rich Becker**  
**(419)-469-4439**

\*Text or Call Rich directly with any issues.

DEFIANCE  
1948-2023



DEFIANCE  
1948-2023



### GENERAL MOTORS 75TH ANNIVERSARY 2023

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://gm75thanniversary2023.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Sunday August 20th, 2023 (11:59pm EDT)

#### APPAREL



Bayside USA Made 100% Cotton Short Sleeve Tee \$12.00

powered by ORDERMYGEAR

Questions?  
Rob Welch  
(419) 238-3620  
nwohiobb@hotmail.com

LOCATED BY THE OLD TRUCK GATE!

## SEASONED MOBILE GRILL!

AUGUST 24, 2023



3RD SHIFT - 12:00AM-2:00AM  
1ST SHIFT - 10:00AM-1:00PM  
2ND SHIFT - 6:00PM-8:00PM

\$9 Pulled Pork  
\$10 - Classic Smash Burger  
\$12 - Signature Smash Burger  
\$4 Mac n Cheese  
\$4 Fresh Cut Fries



## WINNERS:

1<sup>st</sup> Shift – Jeremiah Fleischman  
2<sup>nd</sup> Shift – Carmen Bagley  
3<sup>rd</sup> Shift – Lisa Callies  
Basket Raffle – Craig Deck

UNCF BBQ Fundraising Challenge  
\$949 raised



Huge thank you to everyone who contributed, whether you cooked or donated, this donation wouldn't be possible without you!





NATIONAL HAPPINESS HAPPENS DAY | AUGUST 8  
 Smile on August 8th to share in National Happiness Happens Day. On this day each year just let it happen. You know. Happiness. Because happiness happens.

#HappinessHappensDay  
 The day encourages happiness all day. Recognize every moment of glee, joy, delight, and pleasure. Don't let it pass. Most importantly, a flicker of a giggle should be given its due, and should it blossom into full-blown happiness, don't be surprised. It happens!

Quote mark For every minute you are angry you lose sixty seconds of happiness. Ralph Waldo Emerson

Another element of the day prohibits the squashing of other people's happiness. From time to time, we might find other's happiness might seem irritating. Those moments happen when we have particularly rotten days. However, our bad days don't give us the right to squash another person's joy. Instead, allow their delight in the day to infect us. Perhaps, their ability to smile will blow the storm clouds away from your day.

HOW TO OBSERVE NATIONAL HAPPINESS HAPPENS DAY

Share your happiness and seek ways to infuse happiness in your life. Make it happen! Use #HappinessHappensDay to post on social media and let others know to do the same.

Are you looking for more ways to boost your happiness level? Well, we have 14 Ways to Foster Happiness in Your Life that we think are worth sharing.

NATIONAL HAPPINESS HAPPENS DAY HISTORY

In 1999, the Secret Society of Happy People created Admit You're Happy Day. It eventually evolved into Happiness Happens Day, a day created to celebrate the expression of happiness. August 8th was chosen as it is the anniversary of the first membership in 1998.

The Secret Society of Happy People is an organization that was founded in August of 1998 and formed to

celebrate the expression of happiness. The society encourages members to recognize their happy moments and think about happiness in their daily life. They have two motto's which include "Happiness Happens" and "Don't Even Think of Raining on My Parade." Their purpose is to stimulate people's right to express their happiness. *By National Day Calendar*

Thank You **DROP ZONE PIZZERIA** for visiting!



Automated Notification System – Stay Connected



Get notified of events impacting your safety and our facility. GM's Automated Notification System (ANS) communicates urgent information about workplace safety situations and business interruptions, such as severe weather, shift cancellations, building closures, time-sensitive information, and more.

To begin the registration process, go to the following web address...

<https://socrates.gm.com/programs/company/ans/global/en/gm/home.html>

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