

DEFIANCE, OHIO



August 10, 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 10)...

1821 Missouri admitted as 24th US state  
 1833 Chicago incorporates as a village of about 200  
 1846 US Act of Congress passes establishing the Smithsonian Institution, now world's largest museum and research complex  
 1869 O B Brown patents moving picture projector  
 1876 1st phone call between Brantford & Paris, Canada  
 1893 Rudolf Diesel's prime model internal combustion engine, a single 10-foot iron cylinder with a flywheel at its base, ran on its own power for the first time in Augsburg, Germany  
 1897 German chemist Felix Hoffman first synthesizes acetylsalicylic acid, which would later be patented by his company Bayer under the name "aspirin"  
 1921 FDR stricken with a paralytic illness at summer home on Canadian island of Campobello. At the time it was thought to be polio, but could possibly have been Guillain-Barré syndrome  
 1932 A 5.1-kg (11.2-pound) chondrite-type meteorite breaks into at least seven pieces and lands near the town of Archie in Cass County, Missouri.  
 ABC enters network TV at 7 PM (WJZ, NY)  
 1948 Allen Funt's "Candid Camera" TV debut on ABC  
 1949 US National Military Establishment renamed Department of Defense  
 1960 Los Angeles premiere of Alfred Hitchcock's "Psycho" starring Anthony Perkins and Janet Leigh  
 1984 The US beats Spain 96-65 to win the men's basketball gold medal at the Los Angeles Olympics; future 'dream team' members Michael Jordan, Patrick Ewing and Chris Mullin feature  
 1985 Uno Lindstron of Sweden juggles a soccer ball 13.11 miles  
 1993 Ruth Bader Ginsburg sworn in as a US Supreme Court Justice *By On This Day in History*

### LOCKOUT REVIEW REMINDERS:

- There is a new lockout audit form. Old forms will not be accepted.
- The new form is 2 pages. Be sure to scan both sides before sending.
- Copy (tonya.huss@gm.com) on all lockout emails.
- Add TEAM MEMBER'S GMIN and the date on the Lockout Review Sheets.
- Deadline for 3rd Quarter lockout audit is September 30.

The Red Cross will be on-site on **Wednesday, August 30** for a blood drive. There is an urgent need! Please consider donating!



**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!

## Call Security Dispatch



7911 on a land line or  
 (419) 784-7400  
 via cell phone

This will ensure the quickest response time!

# WORK-LIFE BALANCE

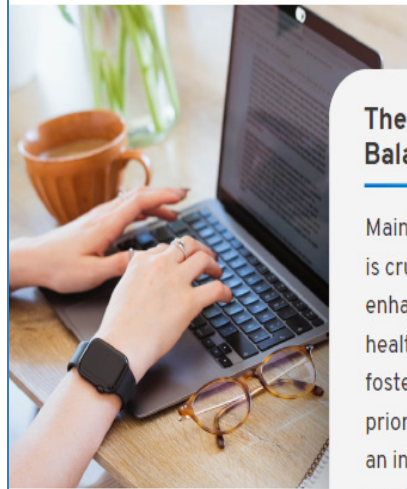


## Tips for Achieving Work-Life Balance

1. Prioritize and plan.
2. Set boundaries.
3. Delegate responsibilities.
4. Take breaks.
5. Disconnect and recharge.
6. Cultivate personal interest.
7. Foster open communication.
8. Embrace humor and enjoyment.

## What is Work-Life Balance?

Work-life balance involves maintaining equilibrium between your work commitments and personal life. It's about finding a healthy integration of your job, family, and emotional well-being. Striking the right balance allows you to excel in both realms. So, how can you achieve this delicate harmony?



## The Importance of Work-Life Balance

Maintaining a healthy work-life balance is crucial for overall well-being. It enhances physical and behavioral health, reduces stress levels, and fosters greater job satisfaction. By prioritizing both work and personal life, an individual is more fulfilled and productive.

## Examples of Work-Life Balance:

- Allocating time for work and leisure activities.
- Limit excessive use of technology.
- Make time for hobbies that bring you joy.
- Spend quality time with your loved ones.
- Invest time in personal development such as reading, exercise, and learning new skills.
- Establish a routine that brings structure and enjoyment to you day.



Scan the QR Code to get started in the LifeSteps Portal today!



# FITNESS CENTER REPAIR!

See a machine in need of repair? Please scan the QR code outside of the "IN" door -> Rate it a 1 with a description of what needs repaired!

1



2

Restroom Cleanliness Feedback  
DFM GM\_PLT1\_DEF\_FITNESS\_CENTR

\* Required

1. Please rate the condition of this Restroom.

★☆☆☆☆

1 Star : Poor.  
5 Stars : Excellent.

2. Additional Feedback (optional)

Enter your answer  
Stair Climber not working

# Quality Star Meeting

Wednesday, August 16

Plant 2 Conference Room A

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

## 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

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](mailto: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

KNOW WHEN TO STOP FOR FLASHING LIGHTS.

It's Not A Suggestion,  
It's The Law.

SECTION 56-5-2770



#### TWO LANE ROADS:

Motorists traveling in BOTH directions must stop for a school bus with flashing amber/red lights.

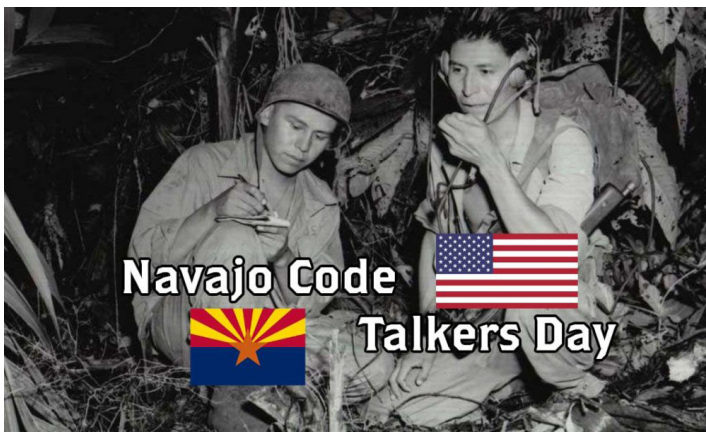
#### FOUR OR MORE LANE ROADS:

Motorists traveling behind the school bus must stop. Motorists approaching the school bus from the opposite direction do not have to stop.

**SLOW DOWN. PREPARE TO STOP.**  
**LOOK FOR CHILDREN.**



#targetzerosc



Navajo Code Talkers Day, celebrated every year on August 14, is a day that holds great importance in the history of the U.S. This is because the day recognizes the contributions of Navajo marines during World War II. Yes, Navajo marines encoded and transmitted messages using a complex Navajo language-based code during a time when secret communication was essential to win a war. And guess what? The code was never broken by Japanese forces in the Pacific and proved to be of great assistance to the U.S. Marines. On this day, celebrate the great American heroes and their service to the nation!

#### HISTORY OF NAVAJO CODE TALKERS DAY

The C.I.A.'s official site has stated that Navajo was a near 'perfect' language that was used to create military codes. This is why it has been recorded in history and is recognized for its brilliance even today. However, the code wasn't the language itself but was a communication form that was encrypted using the Navajo language. Since many people couldn't decipher it, the code remained unbreakable throughout the war. It is this success of the code that is celebrated by Americans every year. National Navajo Code Talkers Day was made a legal state holiday in 2020 by Governor Doug Ducey who signed legislation to honor the courage of the Navajo Code Talkers and their critical role in the WWII victory. According to him, the Navajo Code Talkers are "American heroes."

It all started in 1942 when the U.S. was fighting World War II in the Pacific and needed an unbreakable code to ensure the success of military operations. During this time, Philip Johnston, the son of a missionary who had grown up in the Navajo Nation, suggested using the Navajo language as a code. After this, there was no turning back and the U.S. government recruited over 400 Navajo men to serve during the war. The Navajo Code Talkers successfully transmitted more than 800 messages without error and helped the U.S. win the war. Hence, in 1982, Navajo Code Talkers Day was established through a presidential proclamation by President Ronald Reagan. In 2014, Arizona passed legislation declaring every August 14 Navajo Code Talkers Day in Arizona.

#### NAVAJO CODE TALKERS DAY TIMELINE

**1942 TOP SECRET** Philip Johnston, a World War I veteran, discovers that the military is experimenting with codes.  
**1968 ROUND OF APPLAUSE** The Navajo Code Talkers receive the first public recognition at the 4th Marine Division reunion.  
**1992 THE SPECIAL HONOR** The Navajo Code Talkers are honored at the Pentagon.  
**2001 THE GOLD** President George W. Bush presents the 29 original Navajo Code Talkers with the Congressional Gold Medal.

#### NAVAJO CODE TALKERS DAY FAQS

Is there a Navajo Code Talkers Day?

The day is celebrated every August 14 since it was given a presidential proclamation in 1982.

How do you say 'beautiful' in Navajo?

The word 'nizhóní' means beautiful in Navajo.

Is Navajo a dying language?

Navajo is an important heritage language, with a rich history. However, it is not taught to the masses.

#### 5 INTERESTING FACTS ABOUT WHY THE NAVAJO CODE WAS NEVER BROKEN

It's the only oral code in history that has never been broken.

#### TERMS CREATED

The original twenty-nine men created 211 terms.

#### THE CODE

Navajo bird names were used and applied to weapons of war.

#### FIRST DEPLOYMENT

The Navajo Code Talkers were first deployed to the Battle of Guadalcanal.

Another Navajo cannot decipher the code

Deciphering the code is not possible unless the Navajo is a code talker.

#### WHY NAVAJO CODE TALKERS DAY IS IMPORTANT

It promotes the Navajo heritage

The day is important since it promotes Navajo heritage, and also explains how different cultures and languages can prove to be beneficial in times of need.

It recognizes the efforts of the marines

During the war, the efforts of every soldier were essential for the survival of the state. This day recognizes the bravery and intelligence that was used to create the unbreakable Navajo code. *By National Today*