



POWERNEWS

“One Team - Innovating the Future”

On this day in history (September 7)....

1630 City of Boston, Massachusetts, is founded
 1813 “Uncle Sam” 1st used to refer to the US, by Troy Post of New York
 1880 Geo Ligowsky patents device to throw clay pigeons for trapshooters
 1888 Edith Eleanor McLean is 1st baby to be placed in an incubator at State Emigrant Hospital on Ward’s Island, New York
 1896 A. H. Whiting wins the 1st automobile race held on a closed-circuit track in Cranston, Rhode Island
 1909 Eugene Lefebvre becomes first pilot to die in an airplane craft, while test piloting new French-built Wright biplane at Juvisy
 1915 Johnny Gruelle patents his Raggedy Ann doll (US Patent D47789)
 1916 Workmen’s Compensation Act passed by US Congress
 1927 Philo Farnsworth demonstrates the first use of his electronic television in San Francisco
 1936 Boulder Dam (now Hoover Dam), on the Colorado River, between Nevada and Arizona. begins operation
 1948 1st use of synthetic rubber in asphaltic concrete, Akron Oh
 1963 American Bandstand moves to California, & airs once a week on Saturday
 1976 US courts find George Harrison guilty of ‘sub-consciously’ plagiarizing “He’s So Fine” for his song “My Sweet Lord”
 1979 The Entertainment and Sports Programming Network (ESPN) makes its debut.
 1986 Cleveland Browns become 1st team in NFL history to have a play reviewed by instant replay, Chicago 41, Browns 31
 2003 Farm Aid 16 held in Columbus, Ohio; performers include Willie Nelson, John Mellencamp, Neil Young, Dave Matthews, Emmylou Harris, Hootie & the Blowfish, Sheryl Crow, Brooks & Dunn, and Daniel Lanois
 2022 Discovery of the earliest evidence of surgery from 31,000 year old skeleton with amputated lower leg in a cave in East Kalimantan, Borneo published in “Nature”

By On This Day in History

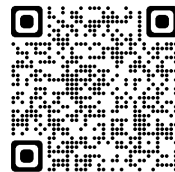
OPTICIAN VACATION & NEW WEDNESDAY HOURS

WILL BE RETURNING MONDAY
 SEPTEMBER 11 @ 8:30 AM.

BEGINNING WEDNESDAY, SEPTEMBER 13
 THERE WILL BE NEW WEDNESDAY HOURS
 6:30 AM – 4:00 PM



DONATE BLOOD AND SAVE LIVES



The Red Cross will be here on Tuesday, October 31, 2023. You can sign up by scanning the QR code to the left.

Happy Retirement!

Congratulations to Michael Mueller, Electrician. He retired on September 1 with 30.4 years of service. His hire date is 10/19/1998. We wish him a long and happy retirement.



Mike Mueller, his wife Brittany and their boys, Derrick Parson, Al Garrow, Dan Maynard and Larry Cooper



On September 13th, during Safety Week, PERT will be conducting a Stop the Bleed Challenge. Stop by, take the challenge, and get registered for a prize. Everyone who completes the challenge will be entered in a drawing to win a Stop the Bleed kit. One winner will be selected from each shift. There will also be a sign up sheet for anyone wanting to take a Stop the Bleed class, conducted here at General Motors.

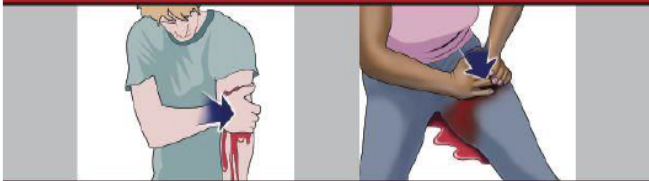


SAVE A LIFE

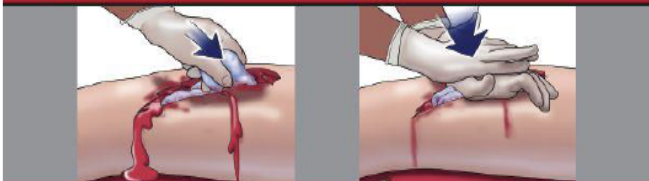


STOPTHEBLEED.ORG

1 APPLY PRESSURE WITH HANDS



2 APPLY DRESSING AND PRESS



3 APPLY TOURNIQUET



WRAP

WIND

SECURE

TIME

Safety Star Meetings

Wednesday, September 13

Plant 1 Training Center

Quality Star Meetings

Wednesday, September 20

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. 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 lock-out emails.
- Add **TEAM MEMBER'S GMIN** and the date on the Lockout Review Sheets.
- Deadline for 3rd Quarter lockout audit is September 30.

Spirit Wear Fridays – September

Wear your favorite jersey/sports 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

September 1

September 8

September 15

September 22

September 29

THE SHOE TRUCK IS COMING!

The world's best boots come to your door in the world's biggest shoebox on wheels.



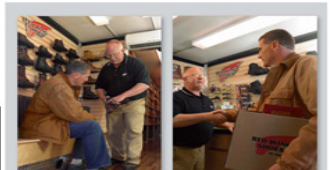
Premium footwear by Red Wing Shoes delivered right to your feet by people who understand the difference great fit and quality make.

The Shoemobile will be loaded with a customized inventory of work shoes and boots specifically designed for your particular working environment to meet all your safety footwear needs.

GM Defiance

October 10

6:00am – 10:30am
11:30am – 4:00pm



Staffed by Red Wing certified fit specialists who will select the right product and the right fit, right on the spot.



PHYSICAL ACTIVITY DAILY HABITS PLAN

The U.S. Department of Health and Human Services recommends to aim for 150 minutes of moderate intensity, or 75 minutes of vigorous intensity aerobic exercise per week combined with two days per week of muscle strengthening anaerobic activities.



Tips to Keep Your Exercise Routine On Track

Set daily or weekly goals

- Start with an obtainable goal and look to be consistent on a daily and/or weekly basis to achieve that goal.

Incorporate family members

- Whether it is your children, your spouse, friends or even your pets, working out in groups can hold people accountable.

Don't be afraid to ask for help

- Some people may not know where to begin and that's okay.
 - Join a fitness center.
 - Hire a professional.
 - Utilize resources on www.LifeSteps.com.

Make exercise a daily habit

- Your workout should be just as much a habit as brushing your teeth or eating breakfast.
- When it's part of your routine you won't even have to think about it.



Physical activity has a variety of different health benefits. These include:

- A reduced risk of different types of cancers
- Brain health benefits such as reducing the risk of anxiety and depression
- Improved sleep and quality of life
- Feeling more energetic and healthy
- Lower risk of falls
- Reduced weight gain
- Better bone health
- Lower risk of chronic conditions

How the Physical Activity Daily Habits Plan Works

- Experience a dynamic and mobile lifestyle through our diverse range of weekly, daily, and one-time activities. Enhance your well-being with personalized activity plans, aerobic routines, and knowledge on new exercises.
- Receive continuous feedback on your progress to keep you motivated.



Enjoy Exercise Plan

With the Enjoy Exercise Plan, you'll set a plan to take part in healthy activities that interest you and learn how to live a life on the move.

CDC.gov. How Much Physical Activity do Adults Need? <https://www.cdc.gov/physicalactivity/basics/adults/index.htm> Accessed 08/01/2023.

Healthline.com. The Top 10 Benefits of Regular Physical Activity. <https://www.healthline.com/nutrition/10-benefits-of-exercise>. Accessed 8/18/2023

Webmd.com. 12 Tips to Help You Stick With Exercise. <https://www.webmd.com/men/stick-with-fitness-plan>. Accessed 08/01/2023

U.S. Department of Health and Human Services. "Physical Activity Guidelines for Americans", 2nd edition. Washington, DC: U.S.

Department of Health and Human Services; 2018. https://health.gov/paiguide/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf.



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

September is Suicide Prevention Month

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline 1-800-273-TALK (8255)

COMMON SIGNS OF Suicidal Thoughts

- Focusing on or talking about death and dying
- Having significant mood swings and/or verbalizing distress
- Making plans, including: updating one's will, giving away possessions, gathering needed materials such as pills or a gun
- Not engaging in activities that were once enjoyable
- Isolating oneself from loved ones and/or friends
- Acting recklessly, including misusing drugs or alcohol
- Saying goodbye

If you know someone who is showing these signs, learn how you can help by calling the National Suicide Prevention Lifeline at 1-800-273-8255.

COVID Pay Update

As COVID has become more endemic and the population (including the CDC) treats it like a common illness the need for COVID Pay policies are no longer necessary

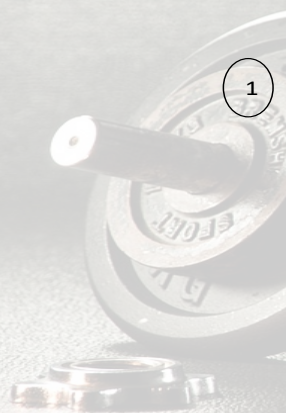
- We will continue to abide by CDC guidelines and applicable state and/or federal regulations
- Isolation – Only required for Positive COVID cases (up to 5 Days of isolation – no change; can use contractual absence options such as vacation, etc.)
- Quarantine – No longer required based on current CDC guidelines
- Test Waiting – Testing readily available in the community; employee responsibility; no “wait pay”

We will treat positive COVID more like other illnesses but excuse up to 5 days off for CDC recommended isolation

- Employees who have a positive COVID test should isolate per guidance of their medical professional and contact Medical Department to report the positive test
- On return-to-work employee needs to provide positive test result GM Medical to be excused
- Employees will be subject to Doc 8 if they fail to call in and provide positive test result on their return

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

Safety First

“An ounce of prevention is worth a pound of cure.”

- Benjamin Franklin

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