

# POWERNEWS

Defiance Mission Statement...

**"ONE TEAM - INNOVATING THE FUTURE"**

October 19, 2023

## On this day in history (October 19)....

- 1630 In Boston the 1st general court is held
- 1722 French C. Hopffer patents the automatic fire extinguisher in England
- 1901 Edward Elgar's "Pomp & Circumstance March" premieres in Liverpool, England
- 1919 1st US Distinguished Service Medal awarded to a living female recipient, Anna Howard Shaw
- 1926 John C Garand patents semi-automatic rifle
- 1933 Berlin Olympic Committee vote to introduce basketball in 1936
- 1943 Streptomycin, the first antibiotic remedy for tuberculosis, is isolated by researchers at Rutgers University in Piscataway, New Jersey
- 1951 US President Harry Truman formally ends state of war with Germany
- 1953 1st jet transcontinental nonstop scheduled service
- 1960 US imposes embargo on exports to Cuba
- 1968 Golden Gate Bridge charges tolls only for southbound cars
- 1971 Last issue of "Look" magazine is published
- 1977 Supersonic Concorde jet's 1st landing in NYC

1980 Steve McPeak rides 101'9" unicycle



- 1987 Black Monday: Stock markets around the world crash, including the Dow Jones stock index, which falls 508.32 points (22%), 4½ times the previous daily record
- 1983 US Senate establishes Martin Luther King Jr. Day as federal holiday, observed on the 3rd Monday in January (on or near his 1/15 birthday)
- 1988 US Senate passes bill curbing ads during children's TV shows
- 1990 "Dances with Wolves" directed by Kevin Costner and starring Kevin Costner and Mary McDonnell premieres in Washington, D.C. (Academy Awards Best Picture 1991)
- 2014 A working human intestine is generated in a laboratory from stem cells in the United States
- 2018 "Halloween" film reboot starring Jamie Curtis makes a record \$77m for a horror film with a female lead, biggest debut any film with female lead over 55 in US

2022 Philadelphia Phillies right-hander Aaron Nola faces his brother San Diego Padres catcher Austin Nola in first MLB playoff sibling pitcher-batter battle; Austin goes 1-2, with rally starting RBI in 8-5 win at Petco Park, San Diego *By On This Day in History*



**DONATE BLOOD AND SAVE LIVES**

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



## SOCKTOBER

Thanks to all who donated!  
We collected 151 pairs of socks for the PATH Center!

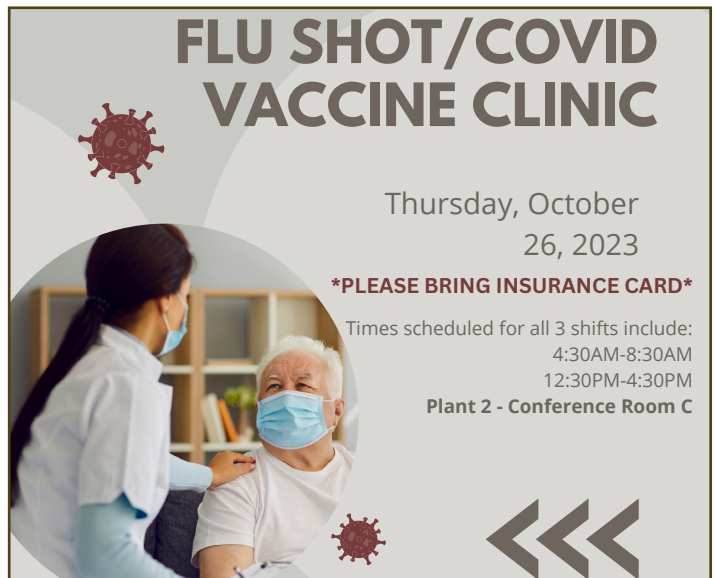


## FLU SHOT/COVID VACCINE CLINIC

Thursday, October 26, 2023

**\*PLEASE BRING INSURANCE CARD\***

Times scheduled for all 3 shifts include:  
4:30AM-8:30AM  
12:30PM-4:30PM  
Plant 2 - Conference Room C





## WHAT IS UNITED NATIONS DAY?

On October 24, United Nations Day, we celebrate the anniversary of the UN Charter of 1945. To celebrate today, we have to think about 75 years of history, struggle, and accomplishment. So take a moment today to consider the incredible impact the United Nations has had in every corner of the globe.

## HISTORY OF UNITED NATIONS DAY

In 1945, after the turmoil and destruction of World War II, the United Nations were established in order to prevent future devastating wars. 50 governments gathered in San Francisco on April 25 and began drafting the UN Charter, which was adopted June 25 and then officially took effect on the 24 of October. The UN's objectives include protecting human rights, maintaining international peace and security, providing humanitarian aid, upholding international law, and promoting sustainable development.

However, their mission to conserve world peace was made difficult early on by the commencement of the Cold War between America and the Soviet Union. Post Cold War, between 1988 and 2000, the number of Security Council resolutions more than doubled and the peacekeeping budget expanded tremendously. However, with new members came new difficulties. In the 1990s, the UN faced multiple crises with Somalia, Haiti, Mozambique, and Yugoslavia. Their mission in Somalia was a failure after the U.S. departed, following casualties in the Battle of Mogadishu and their mission for Bosnia faced ridicule for its indecisiveness in the face of ethnic cleansing.

While United Nations Day celebrates the ratifica-

tion of the 1945 Charter, it wasn't until 1948 that October 24th was named the official holiday. Then in 1971, the United Nations General Assembly recommended that any country that makes up the UN should recognize it as a public holiday. Today marks the 72nd United Nations Day, which U.N. leaders say is meant to highlight the grave importance of sustainable development. UN Secretary General Ban Ki-moon has ensured that the organization has put together 17 goals it plans to meet by 2030, all in the name of creating a better life for every living person

## UNITED NATIONS DAY TIMELINE

**1945 - Inception** The United Nations were established after the events of World War II.

**1948 - It's Official** October 24 is officially named United Nations Day.

**2005 - Proof it works** A study by the RAND Corporation found the UN to be successful in two out of three peacekeeping efforts.

**2011 - Rights for all** The UN passed its first resolution recognizing the rights of LGBT+ people.

## UNITED NATIONS DAY FAQs

**Why do we celebrate United Nations Day?**

United Nations Day is celebrated to commemorate the day that 51 countries came together to promote peace throughout the world post World War II.

**How is UN Day celebrated?**

Every year the global network of UN Information Centers organizes multiple events to mark the day.

**What is the main purpose of the United Nations?**

The main purpose of the United Nations is to maintain world peace and security as well as foster cooperation between nations to solve economic, social, cultural, and/or humanitarian international problems.

## HOW TO OBSERVE UNITED NATIONS DAY

Take a guided tour of the UN headquarters

The United Nations Visitors Centre offers guided tours, in both the New York headquarters and the Geneva facilities, giving you access to see where all the action takes place. In a little under an hour, you can walk through General Assembly Hall, the

Security Council Chamber, the Trusteeship Council Chamber, and the Economic and Social Council Chamber. You'll also have the chance to get in-depth information about all of the UN's biggest achievements and its celebrated Millennium Development Goals.

### Take action

There are innumerable ways you can help the UN bring its global visions to life. For starters, take a look through all the specialized agencies that are a part of the UN, and see if there is any particular cause that tugs at your heart. Whether it's advancing medicine around the world (World Health Organization), improving the lives of children (UNICEF) or even developing sustainable tourism plans (UN World Tourism Organization), you'll likely find a cause you're eager to support through donations or volunteer work.

### WHY UNITED NATIONS DAY IS IMPORTANT

The UN eliminated polio

Poliomyelitis, or polio, was once a disease that left millions of children paralyzed all over the world. But thanks to the organization's Global Polio Eradication Initiative, the devastating disease has been eliminated from nearly every country. Some estimates put the number of children who are polio-free because of this initiative at an astounding 5 million, spread across 125 countries.

The UN is on a mission to end hunger

In the wake of the global food price crisis of 2008, the UN Food and Agriculture Organization and the European Union teamed up to implement the EU Food Facility. Through the program, the groups spent \$1 billion to fight hunger in 50 different countries, ultimately helping 59 million people. And this is only one of several initiatives put forth by the UN and its partners to cut in half the number of people suffering from hunger.

The UN has given women a voice

The rise of women in public office and private companies all over the world in the last half century has been a positive shift in global cultures and economies, and the UN has supported it throughout it all. In 1995, the UN held the World Women Conference, where 189 countries came together to set an agenda for promoting and advancing women's rights and equally. *By National Today*

## DEFIANCE UNIFORM REP PHONE NUMBER

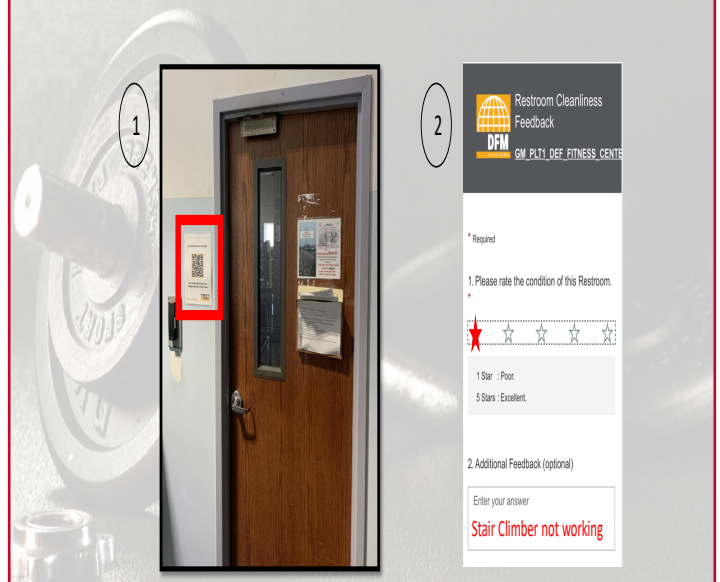


**Rich Becker**  
**(419)-469-4439**

**\*Text or Call Rich directly with any issues.**

## 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!



### Shoe Mobile Schedule

10/11/2023

*The Shoe Truck will  
be closed for lunch from  
10:30 - 11:30 a.m.*

Red Wing	Saf-Gard
6 a.m.-10:30 a.m., 11:30-4 p.m.	6 a.m.-10:30 a.m., 11:30-4 p.m.
	Nov. 16
	Dec. 21

**A limited number of boots are available in the GSC office in the crib for emergencies.**

**In addition, employees may:**

- 1) obtain a shoe authorization form from Alex English or Brian Kempe and take it to a Red Wing or Saf-Gard store,**
- 2) place an order in the crib office,**
- or 3) contact me for any special needs**

# SAFETY WEEK QUESTIONNAIRE PIZZA PARTY WINNERS



SPM Finishing 920- Brad Baldwin, Delmar Betz, Bill Jackson & Lisa Callies

## Eating Healthy May Help Lower Your Risk for Cancer

Cancer may be caused by several things such as the genes you receive from your parents, exposure to cancer causing agents, or your lifestyle habits. Following a healthy eating pattern rich in fruits and vegetables may help reduce your risk of developing cancer. It's never too late to start eating healthy nor is there one right way to do it! Following the Dietary Guidelines below, you can customize a healthy eating routine that fits you and your family's taste, routine, and budget.



## Dietary Guidelines for Americans



- **Follow a healthy eating pattern at every stage of life.**  
It's never too soon or too late to start consuming a nutritious diet.
- **Customize and enjoy nutrient-dense food and beverage choices.**  
A healthy diet pattern reflects personal tastes, cultural traditions, and your budget.

- **Focus on meeting food group needs with nutrient-dense foods and beverages.**  
Focus on nutrient-dense foods across all food groups that provide vitamins and minerals.
- **Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.**  
These foods are often high in calories, and having too much may lead to diseases such as heart disease and diabetes.



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



### Quick Tip

Foods rich in vitamin C, vitamin E, and beta carotene may help protect against cancer-causing agents.

## SUGGESTION REMINDERS

- 1) Suggestions can be submitted online or paper suggestions are also accepted.
- 2) Paper forms are available near the suggestion boxes.
- 3) There are 6 suggestion boxes located throughout the plant.

### Plant 1:

- \* In the training center by Suggestion Office
- \* In the door slot of the old Suggestion Office
- \* By the breakroom door across from the cage

### Maintenance Building:

- \* In the maintenance break room

### Plant 2:

- \* On outside of the west wall of the lab across from the cafe in the enclosed area
- \* On the outside of the north wall of the old bead room by the door

- 4) If you need assistance submitting an electronic suggestion or you need a paper form, contact Tonya Huss at:

[tonya.huss@gm.com](mailto:tonya.huss@gm.com) or (419) 784-7727



## TONYA HUSS

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