



# POWERNEWS

Defiance Mission Statement...

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

## On this day in history (January 25)....

1799 1st US patent for a seeding machine, Eliakim Spooner, Vermont  
 1819 University of Virginia chartered by Commonwealth of Virginia, with Thomas Jefferson one of its founders  
 1825 1st US engineering college opens, Rensselaer Polytechnic, Troy, NY  
 1840 American naval expedition under Charles Wilkes is first to identify Antarctica as a new continent  
 1858 Felix Mendelssohn's "Wedding March" first played, at wedding of Queen Victoria's daughter Princess Victoria, to crown prince of Prussia  
 1870 Soda fountain patented by Gustavus Dows  
 1877 Congress establishes the Electoral Commission to determine the disputed presidential election between Rutherford B. Hayes and Samuel J. Tilden  
 1881 Thomas Edison and Alexander Graham Bell form the Oriental Telephone Company.  
 1890 United Mine Workers of America forms  
 1915 Alexander Graham Bell in NY calls Thomas Watson in San Francisco  
 1915 Transcontinental telephone service inaugurated (NY to San Francisco)  
 1924 1st Winter Olympic Games open in Chamoinx, France  
 1937 1st broadcast of "Guiding Light" on NBC radio  
 1945 Grand Rapids, Michigan, becomes 1st US city to fluoridate its water  
 1955 US & Panama sign canal treaty  
 1959 1st transcontinental commercial jet flight (American) (LA to NY for \$301)  
 1960 Wilt Chamberlain scores 58 points, the most ever by an NBA rookie, as Philadelphia Warriors beat Detroit Pistons, 127-117 at Bethlehem, PA  
 1961 1st live, nationally televised presidential news conference with JFK  
 1961 Walt Disney's animated film "101 Dalmatians", based on the novel by Dodie Smith and directed by Clyde Geronimi and Hamilton Luske is released in the US  
 1964 The Beatles get their first US #1, "I Want to Hold your Hand" (Cashbox)  
 1971 Charles Manson & 3 women followers convicted of Tate-LaBianca murders  
 1971 Philadelphia mint's 1st trial strike of Eisenhower

er dollar


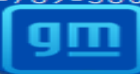

1974 Dr. Christiaan Barnard transplants 1st heterotopic heart transplant (adding donor heart without removal of old)  
 1974 Ray Kroc, CEO of McDonald's buys San Diego Padres baseball team for \$12 million  
 1981 52 Americans held hostage by Iran for 444 days arrived back in US  
 1989 Michael Jordan scores his 10,000th NBA point in his 5th season  
 1993 Puerto Rico adds English as its 2nd official language  
 1993 Sears announces it is closing its catalog sales department after 97 years  
 2004 NASA's Opportunity rover (MER-B) lands on the surface of Mars  
 2021 Janet Yellen is confirmed as the first female treasury secretary by the US Senate

*By On This Day in History*

**GMAAN & GM WOMEN  
DIAPER DRIVE**

**1/22-2/2**

- **WHAT:**  
GMAAN & PMN collaborating to collect diapers and wipes in honor of MLKJ.
- **WHEN:**  
January 22-February 2
- **WHERE:**  
Plant 1 (Main Aisleway)  
Plant 2 (Tunnel Gate)
- **WHO:**  
**YOU! We need YOUR help!**  
The team with the most donations wins a pizza party!  
*Contact Rachel Peters*  
419-769-5606

Donations will go to Crisis Pregnancy Center in Defiance

PLEASE LABEL YOUR DONATIONS  
OR CONTACT RACHEL PETERS  
WITH YOUR NAME AND DONATION  
TO GET CREDIT FOR YOUR TEAM.



GM LATINO NETWORK

# GM Latino Network-GMLN Defiance Chapter



## Goals

- Increase brand recognition in our community
  - STEM outreach activities (Local schools)
- **Allyship/Community Building (internal & external to GM)**
  - Work with other ERGs/organizations to promote diversity in and outside of GM.
    - Examples:
      - Visit Assembly Plants
      - Invite GMLN chapters to tour our facility
    - Support community activities that may request volunteers
  - Improve employee engagement/retention

**Interested in participating?  
Or even hold a seat on the board?**

**Please contact:**

**Dave.Argumedo@gm.com  
or text (636) 649-0416**

## Who

- Anyone (Hourly or Salary) with an interest

## ERG Requirements

- Must have a minimum of **5** Members
- Establish a Defiance Board of **3** office positions
  - Minimum of: Chapter President, Vice President & Treasurer/Culture Lead/Talent Lead

# SIGN UP TODAY!

## SOUP-ER BOWL CHALLENGE!

**Bring your best soup and  
compete to see who is the shift  
Soup-er Bowl Champion!  
Sample Cups, Bowls, and Spoons  
Provided!**



# 02.07.2024

**10:00AM - 12:00PM  
6PM - 8 PM  
(DAY 4) 12AM - 2AM**



**\$5**

**Samples  
1 Vote  
Bowl**

**\$1**

**Extra Vote  
Ticket**

*All funds will be donated to local dinner  
donations! (RMH & Path Center)*

# Brother Tacos, LLC

Authentic Mexican Catering

## MENU

CHORIZO & EGG

**BREAKFAST TACOS** 2/\$5

**BREAKFAST NACHOS** \$10

TOPPINGS: CILANTRO, ONION, CHEESE, JALAPEÑO

GROUND BEEF, PORK OR CHICKEN

**TACOS** 1/\$4 2/\$7 3/\$10

**NACHO** \$10

TOPPINGS: CILANTRO, ONION, CHEESE, JALAPEÑO

**BEANS** \$2.50

**RICE** \$2.50

**CHIPS & SALSA** \$3

**WATER** \$1

**Onsite (Innovation Café)**

**Tuesday, January 30**

**(DAY 2) 12 a.m. - 2 a.m.**

**10 a.m. - 1 p.m.**

**5:30 p.m. - 8 p.m.**

**Give Blood,  
Help Save Lives**



**RED CROSS  
BLOOD DRIVE IS  
MONDAY, 2/12/24**



**SCAN THIS QR CODE WITH  
YOUR PHONE'S CAMERA  
AND CLICK THE LINK THAT  
POPS UP TO SCHEDULE AN  
APPOINTMENT TO DONATE**

**We Need  
Volunteers!**

**CONTACT JEREMIAH  
FLEISCHMAN TO SIGN UP TO  
VOLUNTEER TO WORK THE  
BLOOD DRIVE**

## OPTICIAN VACATION

**Optician will return on Monday,  
February 12 @ 8:30 a.m.**



## SKILLED TRADES REFERRALS NEEDED

As production increases and General Motors changes the future of mobility, the need for skilled trades professionals is at an all-time high.

Scan this code to share with friends and family to refer them to our open roles!



X



**SPIRIT FRIDAYS**

## FLANNEL FRIDAY



Email or text your Flannel Friday Pics to  
Jeremiah.Fleischman@gm.com 419-769-1859  
Tim.Hauenstein@gm.com 419-769-1795  
Brandy.Thompson@gm.com 419-769-2175

Jan 5

Jan 12

Jan 19

Jan 26

## Q1 LOCKOUT REVIEW REMINDERS:

- The current lockout audit 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.



# Ronald McDonald House – Jan 23, 2024

**GREAT JOB!**



Jessica Williams, Julia Williams, Dave Argumedo and Gary Hoehn preparing dinner for 48 people staying at the Ronald McDonald House in Toledo.

## GOAL STACKING



### What is Goal Stacking?

Setting and achieving goals is a powerful way to make positive changes in your life. In this handout, we will explore the concept of "goal stacking," a technique that involves combining multiple small goals to create a larger, more impactful change.

### Benefits of Goal Stacking

- **Increased Motivation:** Achieving smaller goals provides a sense of accomplishment, fueling motivation for next steps.
- **Building Habits:** Goal stacking integrates new habits into your routine, creating a foundation for long-term success.
- **Flexibility:** Allows for adjustments and refinements as you progress toward your ultimate objective.



### How to Implement Goal Stacking

- **Start Small:** Begin with easily achievable goals to build confidence and momentum.
- **Identify Key Habits:** Connect your goals to existing habits to streamline integration into your daily routine.
- **Create a Goal Hierarchy:** Prioritize your goals to ensure you are focusing on the most impactful ones first.

### Tips for Success

- **Be Specific:** Clearly define each goal and its associated tasks to maintain focus.
- **Track Your Progress:** Use a journal or app to monitor your achievements and identify areas for improvement.
- **Celebrate Milestones:** Acknowledge and celebrate the completion of each goal, reinforcing positive behavior.



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



# AWARELINE

*Report with Confidence.  
Empower Integrity.*

**1-800-244-3460**

**TONYA HUSS  
UAW COMMUNICATION  
COORDINATOR**

tonya.huss@gm.com



**KEVIN NADROWSKI  
COMMUNICATION MANAGER**  
kevin.1.nadrowski@gm.com