



POWERNEWS

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (February 22)....

1784 1st US ship to trade with China, "Empress of China", sails from NY

1819 The Adams-Onís Treaty between Spain and the United States is signed, ceding Florida to the US and defining the boundary between the US and New Spain

1825 Russia & Britain establish Alaska-Canada boundary

1854 1st meeting of Republican Party (Michigan)

1856 1st national meeting of Republican Party (Pittsburgh)

1860 Organized baseball played in San Francisco for 1st time between the Eagles and the Red Rovers

1860 Shoe-making workers of Lynn, Massachusetts, strike successfully for higher wages

1865 Tennessee adopts a new constitution abolishing slavery

1872 1st national convention of Prohibition Party (Columbus Ohio)

1876 Johns Hopkins University opens

1878 Greenback Labor Party forms (Toledo, Ohio)



1879 First "Woolworth's Great Five Cent Store" opened by Frank Winfield Woolworth in Utica, New York. It fails almost immediately.

1889 US President Cleveland signs bill to admit Dakotas, Montana & Washington state to the union

1907 1st cabs with taxi meters begin operating in London

1923 Transcontinental airmail service begins

1932 Purple Heart (the Badge of Military Merit) award reinstated

1933 Malcolm Campbell sets world land speed record speed of 272.46 mph driving his famous Blue Bird car at Daytona Beach, Florida

1935 Airplanes are no longer permitted to fly over the White House

1959 Inaugural Daytona 500: Lee Petty and Johnny Beauchamp cross finish line side by side; Beauchamp declared unofficial winner; ruling overturned after 3 days by NASCAR founder Bill France Sr

1962 Philadelphia center Wilt Chamberlain sets NBA record with 34 free-throw attempts (converts 19) in Warriors 139-121 win over St. Louis Hawks at Philadelphia Civic Center

1963 Beatles begin their own music publishing company (Northern Songs)

1964 Beatles arrive back in England after their 1st US visit

1967 25,000 US and South Vietnamese troops launch Operation Junction City against the Viet Cong. Largest US airborne assault since WWII.

1967 Sling-shot goal post & 6' wide border around field are standard in NFL

1989 UK physicist Stephen Hawking calls the proposed missile defense system known as Star Wars a "deliberate fraud"

1997 Dolly the Sheep, world's first cloned mammal (from an adult cell) is announced by the Roslin Institute in Scotland *By On This Day in History*

COMING SOON
WORKPLACE OF CHOICE
SURVEY

March 6 - 20, 2024



Team, we are excited to announce that the next Workplace of Choice survey is coming in March! This is a great opportunity

to share your feedback and make your voice heard about how we can continue to make Defiance a Workplace of Choice for everyone.

Timing: From March 6 – March 20, all GM employees will be invited to participate in a survey that measures GM's progress in becoming a Workplace of Choice.

Why It Matters: The Workplace of Choice survey is one of the ways GM checks in with its employees to ask for their candid feedback on their experience as an employee, the company as an employer, and to learn how GM can ensure that it is a workplace that inspires innovation, enables success, and encourages employees to be their authentic self.

More information to come soon!



African Americans in WWII, 1941

During World War II, many African Americans were ready to fight for what President Franklin D. Roosevelt called the “Four Freedoms”—freedom of speech, freedom of worship, freedom from want and freedom from fear—even while they themselves lacked those freedoms at home. More than 3 million Black Americans would register for service during the war, with some 500,000 seeing action overseas. According to War Department policy, enlisted Black and white people were organized into separate units. Frustrated Black servicemen were forced to combat racism even as they sought to further U.S. war aims; this became known as the “Double V” strategy, for the two victories they sought to win.

The war’s first African American hero emerged from the attack on Pearl Harbor, when Dorie Miller, a young Navy steward on the U.S.S. West Virginia, carried wounded crew members to safety and manned a machine gun post, shooting down several Japanese planes. In the spring of 1943, graduates of the first all-Black military aviation program, created at the Tuskegee Institute in 1941, headed to North Africa as the 99th Pursuit Squadron. Their commander, Captain Benjamin O. Davis Jr., later became one of the first African American generals (his father—General Benjamin O. Davis Sr.—was the first). The Tuskegee Airmen saw combat against German and Italian troops, flew more than 3,000 missions, and served as a great source of pride for many Black Americans.

Aside from celebrated accomplishments like these, overall gains were slow, and maintaining high morale among black forces was difficult due to the continued discrimination they faced. In July 1948, President Harry S. Truman finally integrated the



U.S. Armed Forces under an executive order mandating that “there shall be equality of treatment and opportunity for all persons in the armed services without regard to race, color, religion or national origin.”

When President Harry S. Truman signed Executive Order 9981 on July 26, 1948, calling for the desegregation of the U.S. Armed Forces, he repudiated 170 years of officially sanctioned discrimination. Executive Order 9981 states: “It is hereby declared to be the policy of the President that there shall be equality of treatment and opportunity for all persons in the armed services without regard to race, color, religion or national origin.” Since the American Revolution, African Americans had served in the military, but almost always separately from white soldiers—and usually in menial roles.

A major achievement of the post-war civil rights movement—and of Truman’s presidency—the event marked the first time a U.S. commander in chief had used an executive order to implement a civil rights policy. It became a crucial step toward inspiring other parts of American society to accept desegregation.

By history.com

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37 Units of Red Blood Cells collected, having the potential to positively impact the lives of 111 people.

Thank you to everyone who donated and volunteered!
Especially the 6 first time donors!

A BIG thank you to Josh, Tami, Brenda & Cindy from the Red Cross! The team was fun to work with and kept everyone safe, calm, & reassured while donating.

The next Blood Drive will be Tuesday, June 11 not June 12 as printed in last week's newsletter.

TWO EASY ways to schedule your appointment.

- 1) Contact Jeremiah Fleischman
- 2) Scan the QR code with your phone's camera, select the link that pops up to open the Red Cross website and schedule your appointment. You may need to search "powertrain" in order for our on-site drive to become visible.



SHOE TRUCK RESCHEDULED!

SafGard shoe truck is rescheduled to be onsite next week on
Wednesday, February 28

Spirit Wear Fridays – February



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

Feb 2

Feb 9

Feb 16

Feb 23

At GM... our product safety strategy aligns with how crashes occur in the real world, with technologies designed to

protect customers

before, during and after a crash.

To learn more about GM's vehicle safety visit:
www.gm.com/our-stories/vehicle-safety.html

Did you know:
Safety
is a foundational
commitment



Customer safety is a
24/7 priority
for everyone

To report an issue:
Hotline: 877-866-7776
Email: gmsufs@navexglobal.com

LOS POLLO LOCO
FOOD TRUCK MENU



TACOS

STREET TACOS
Your choice of meat
Traditional - onions & cilantro
American - lettuce, tomato & cheese
Supreme - lettuce, tomato, cheese & sour cream

TACO COMBO
Two tacos with rice and beans

WALKING TACOS
Choice of meat with lettuce, tomato, cheese, sour cream & salsa

BIRRA

BIRRA TACOS
Slow cooked shredded beef, cheese, onions & cilantro

BIRRA COMBO
Two tacos with rice and beans

BIRRA NOODLES
Ramen noodles with slow cooked shredded beef, onions & cilantro

SMALL OR LARGE BIRRA PIZZA
Slow cooked shredded beef, cheese, onions & cilantro

CHOICE OF MEATS

Chicken
Steak
Ground Beef
Shrimp

NACHO

Your choice of meat, lettuce, cheese, cabbage, tomato, & sour cream

ELOTE

Roasted corn with cheese, tain, sour cream & hot sauce

DRINKS

POP/WATER
SWEET TEA
WATERMELON FRESCA
With mango boba
TROPICAL FRESCA With mango boba

BURRITO
Your choice of meat, rice, beans, lettuce, cheese, cabbage, tomato, onion & sour cream

SIDES

RICE
BEANS Creamy, rich refried beans.

TOSTADA

TOSTADA WITH VEGGIES
Beans, lettuce, tomato, onion, cabbage, sour cream & cheese

TOSTADA WITH MEAT
Choice of meat with beans, lettuce, tomato, onion, cabbage, sour cream & cheese

Book us for your next event!
419-490-1980
www.lospollo loco.com
 f i s LOSPOLLOLOCO419




February 29, 2024

(DAY 4) 12AM-2AM

10AM-1PM

530PM-8PM

TEXT AHEAD ORDERS:

419-490-1980

Accepts: Cash, Credit, Debit

BLOOD PRESSURE



Tips to Keep Your Blood Pressure in a Healthy Range

A healthy blood pressure can lower your risk for heart disease and stroke. Eating a healthy diet, maintaining a healthy weight, being physically active, not smoking, limiting the consumption of alcohol, and getting enough sleep are all healthy habits that can help keep your blood pressure in a healthy range.

Blood Pressure Levels

Category	Systolic Blood Pressure (mm Hg)		Diastolic Blood Pressure (mm Hg)
Normal	<120	AND	<80
Elevated	120 - 129	AND	<80
Stage 1 Hypertension	130 - 139	OR	80 - 89
Stage 2 Hypertension	≥140	OR	≥90

What is Blood Pressure?

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Your blood pressure normally rises and falls throughout the day.

Know Your Numbers

Blood pressure is measured using two numbers. The first number, called **systolic blood pressure**, measures the pressure in your arteries when your heart beats. The second number, called **diastolic blood pressure**, measures the pressure in your arteries when your heart is resting between beats.



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

