



POWERNEWS

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (March 14)....

1743 1st American town meeting is held in Boston's Faneuil Hall
 1794 Eli Whitney patents the cotton gin machine revolutionizing the cotton industry in the southern US states
 1812 US Congress authorizes war bonds to finance War of 1812
 1870 California legislature approves act making Golden Gate Park possible
 1900 US currency goes on gold standard after Congress passes the Currency Act
 1913 John D. Rockefeller gives \$100 million to Rockefeller Foundation
 1923 US President Warren G. Harding becomes 1st president to pay taxes
 1931 1st theater built for rear movie projection (NYC)
 1933 US Civilian Conservation Corp begins tree conservation program
 1950 FBI's "10 Most Wanted Fugitives" program begins
 1954 Milwaukee Braves future home run king Hank Aaron homers in his debut exhibition game against the Boston Red Sox
 1960 Philadelphia center Wilt Chamberlain sets NBA playoff record of 53 points in Warriors' 132-112 win over Syracuse Nationals at Philadelphia Civic Center
 1964 Dallas, Texas; Jack Ruby sentenced to death for Lee Harvey Oswald's murder
 1967 JFK's body moved from temporary grave to a permanent memorial
 1969 CBS-TV renews "The Smothers Brothers Comedy Hour" for a third season
 1971 The Rolling Stones leave England for France to escape taxes
 1972 NBA's Cincinnati Royals, plagued by poor home attendance, announce they are moving franchise to Kansas City
 1973 Future US senator John McCain is released after spending over five years in a North Vietnamese prisoner of war camp
 1978 NFL permanently adds 7th official (side judge)
 1983 OPEC cut oil prices for 1st time in 23 years
 1987 NY Met Darryl Strawberry charges Red Sox pitcher Al Nipper during spring training exhibition

game, causes bench clearing brawl
 1990 Mikhail Gorbachev becomes president of the Soviet Congress
 1995 1st time 13 people in space
 2017 World's oldest golf club Muirfield in Scotland, votes to admit women as members for 1st time in 273 years
 2018 NASA twin study finds that Scott Kelly is no longer identical to his twin brother after one year in space, 7% of his genes altered
 2019 California officially free of drought for the first time in more than 7 years (Dec 2011)
 2022 Dolly Parton removes herself from the ballot for the Rock and Roll Hall of Fame saying "I don't feel that I have earned that right" [1]
 2023 Czech free diver David Vencl completes record dive beneath ice to 52.1 meters, without a wetsuit, in Switzerland's Lake Sils in temperatures between 1C and 4C (34F to 39F) [1]

By On This Day in History

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.**
- **Deadline for 1st Quarter lockout audit is March 31.**

Please don't text and drive!
 Help us all stay alive!

Please watch out for motorcycles and we'll watch out for you! Ride safe!



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ANNOUNCING:

“You Can do Anything”

2024 “Get WISE” (Get Women In Science and Engineering) Program

May 8th, 2024 at 10 AM – 2 PM

Applications will be available for pick-up/return

Monday March 11, 2024

at the following locations:

Plant 1 – 1st Tonya Huss – Training Center & Regina Dix – Maintenance Building, 2nd Brent Leady – Pre-Machine, and 3rd Shift Clerk in Maintenance Building

Plant 2 – 1st Shift Mary Boyd – Quality Manager & Curtis Switzer - Quality, 2nd Dave Brickner – Shift Lead, and 3rd Shift Randy Miller – Shift Lead

We have 50 openings reserved for daughters and granddaughters of plant employees

Openings will be filled on a first-come, first-served basis

There are upcoming Fidelity classes on March 19th and 20th (Tuesday and Wednesday)

Contact Tim Schroeder (2nd shift Patternshop), Rob Searfoss (Benefits), Tonya Huss (Training Department) or Regina Dix (Maintenance) and they will assist with sign up! You will need GMIN, Name, Shift and time preference.

Limited spots available! Classes will be assigned by seniority.

HURRY BEFORE ALL SESSIONS FILL UP!

OPTICIAN HOURS

Monday
8:30 AM – 4:00 PM

Wednesday
6:30 AM – 4:00 PM



DEFIANCE UNIFORM REP
PHONE NUMBER

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

*Text or Call Rich directly with any issues.

Spirit Wear Fridays – March
Wear your Wackiest Socks



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

Mar 1	Mar 8	Mar 15	Mar 22	Mar 29 – Good Friday
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MARCH MEETING
CE's, Medical, Trauma, Scenarios


When:
March 22nd, 2024

Where:
PERT Training Lab Room 135

Time:
1st Shift 06:30 -15:00

Next Blood Drive Tuesday, June 11

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.



Happy St. Patrick's Day!

Friday, March 15th wear GREEN for St. Patrick's Day along with your wacky socks!

Women's History Month

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on."

– Serena Williams

3/11/24 UPDATE

An update on the Dependent Scholarship Program (DSP). The 120 day deadline is approaching quickly! The parties are consistently meeting and still committed to rolling out the policies and procedures for this program as outlined in the 2023 National Agreement. Like we have said before, in the meantime continue to keep all of your dependents documentation and be aware that you must be an active employee on your dependents course start date to utilize this benefit. We have created an inbox where all matters regarding the DSP should be sent. The address is

dspadmins@uawgmjp.com

NUTRITION FACTS LABEL



The nutrition facts label provides information about calories, serving sizes, the number of servings, and nutrient information of packaged foods. Reading and understanding the nutrition facts label helps with quick nutrient comparison between two foods, meeting daily nutrition recommendations, and can help create balance in the diet.

Components of the Nutrition Facts Label

Serving Information

Calories

Nutrients

Percent Daily Value

*This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.



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



March Food Truck Schedule

2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

18	19	20 Big Mealz on Wheelz Onsite 10-1pm 530-8pm	21 Big Mealz on Wheelz Onsite (DAY 4) 12-2AM	22	23/24
25	26 Los Pollo Loco Onsite (Day 2) 12a-2a 10a-1p 530p-8p	27	28	29	30/31



AWARELINE

Report with Confidence.
Empower Integrity.

1-800-244-3460

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