

DEFIANCE, OHIO



April 4, 2024

# POWERNEWS

Defiance Mission Statement...

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

## On this day in history (April 4)....

1789 1st US Congress begins regular sessions during George Washington's presidency at Federal Hall, NYC (ending 1791)

1818 Congress decides on the US flag: 13 red & white stripes & 20 stars

1828 Casparus van Wooden patents chocolate milk powder in Amsterdam

1841 Vice President John Tyler becomes the 10th President of the United States after the death of President William Henry Harrison

1850 City of Los Angeles incorporated

1887 Susanna Madora Salter elected 1st US woman mayor in Argonia, Kansas

1911 Hugh Chalmers, automaker, suggests idea of baseball MVP

1917 US Senate agrees (82-6) to participate in WWI

1945 The Holocaust: US forces liberate the Ohrdruf concentration camp in Germany, the first such camp to be liberated by the US Army

1968 US civil rights activist Martin Luther King Jr. is assassinated by James Earl Ray at the Lorraine Hotel in Memphis, Tennessee



1968 Riots break out in over 100 cities in the United States following the assassination of African-American civil rights activist Martin Luther King Jr.

1969 Haskell Karp receives the 1st temporary artificial heart, implanted by surgeon Denton Cooley at Texas Heart Institute in Houston

1972 1st electric power plant fueled by garbage begins operating

1973 World Trade Center, then the world's tallest building, opens in New York (110 stories). Later de-

stroyed in 9/11 terrorist attacks.

1975 Microsoft is founded as a partnership between Bill Gates and Paul Allen to develop and sell BASIC interpreters for the Altair 8800

1989 Kareem Abdul-Jabbar's last NBA game in Seattle

1994 1st game played at Jacobs Field, Indians beat Mariners 4-3 in 11 inn

2019 Kathie Lee Gifford leaves NBC's "Today" show after 11 years

2022 Eon Musk buys 9.2% of Twitter stock, making him the company's largest shareholder

2023 Finland officially joins NATO at a ceremony in Brussels, becoming its 31st member and doubling NATO's border with Russia

*By On This Day in History*

## ATTENTION:

There is a change to how we will be handling our lockout audits. Currently, we have lockout audits due in quarters 1-3 with a refresher in the 4th quarter:

Q1: Lockout Audit due by 3/31

Q2: Lockout Audit due by 6/30

Q3: Lockout Audit due by 9/30

Q4: Lockout Refresher

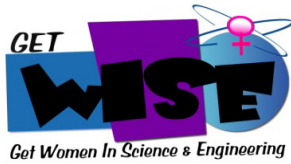
**Starting immediately**, we will now have a due date of June 30th for a Lockout Audit AND the MPS/SCS audit. The requirement is to complete both forms. This will be the schedule going forward:

Q2: Lockout Audit AND MPS/SCS Audit due by 6/30 (1 of each)

Q4: Lockout Refresher

The Lockout Audit and MPS/SCS Audit can be found on the Defiance Safety Sharepoint. Please let me know if you have any questions.

Brady Laudick - Safety Supervisor  
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**ANNOUNCING:**

**Deadline to sign up is Friday, April 12.**

*“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 – 1<sup>st</sup> Tonya Huss – Training Center & Regina Dix – Maintenance Building, 2<sup>nd</sup> Brent Leady – Pre-Machine, and 3<sup>rd</sup> Shift Clerk in Maintenance Building

Plant 2 – 1<sup>st</sup> Shift Mary Boyd – Quality Manager & Curtis Switzer - Quality, 2<sup>nd</sup> Dave Brickner – Shift Lead, and 3<sup>rd</sup> 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**

# PREVENTIVE HEALTH HABITS



### Quit Smoking

Quitting smoking or never starting in the first place greatly reduces the risk of developing severe health issues such as heart disease, cancer, type 2 diabetes, lung disease, and premature death, even for long-time smokers.



### Reduce Alcohol Intake

Consistently consuming alcohol in excess can result in several adverse health effects over time, including high blood pressure, various cancers, heart disease, stroke, and liver disease. Limiting alcohol intake helps mitigate these health risks.



### Eat Healthy

Maintaining a healthy diet plays an important role in preventing, delaying, and managing chronic diseases like heart disease and type 2 diabetes. A well-balanced and nutritious eating pattern comprises a wide range of fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. It also involves minimizing the intake of added sugars, saturated fats, and sodium.



### Get a Health Screening

For the prevention or early detection of chronic diseases, make it a habit to schedule regular visits to both your doctor and dentist for preventive care services.



### Exercise Regularly

Incorporating regular physical activity into your routine can significantly contribute to preventing, delaying, or managing chronic diseases. Aim for moderate-intensity activities such as brisk walking or gardening for at least 150 minutes per week and muscle-strengthening activities at least two days per week to enhance overall health and well-being.




### Get Enough Sleep

Not getting enough sleep has been tied to the onset and ineffective management of conditions like diabetes, heart disease, obesity, and depression. It's recommended that adults aim for a minimum of 7 hours of sleep each night to support overall health and well-being.

**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.

**Refresher: Accessing Socrates, WorkDay & More**

In order to access many GM tools, you must have two-factor authentication and your GM credentials set up! Here's how

1. From your home computer, work computer or a mobile device go to [GMID.GM.COM](#). Under the **Account Maintenance** section, click **Account Remediation for Team Members** and enter your GMIN. Click **Submit**.

Detailed instructions depending on the action that you need to take will open, i.e. *2-Step Verification Instructions or GMID password reset or disabled account instructions.*

2. Follow the prompts to rectify your account issue.
3. If you need to know your GMID, in the [GMID.GM.COM](#) under **Forgot your GMID?** section click **GM Employees** and follow the prompts.



## P.E.R.T.

### APRIL MEETING Rescue Training

**When:**  
April 25th, 2024

**Where:**  
Training Center Room 135

**Time:**  
3<sup>rd</sup> Shift 0400 – 0630  
1<sup>st</sup> Shift 1200 – 1430  
2<sup>nd</sup> Shift 1500 – 1730

## Quality STAR Meetings will be presentated at the TL/GL Meetings on the 2nd Tuesday of the month at 5:30am, 10:45am & 3:30pm.

### TEAM LEADERS NEED TO ATTEND

- Team Members are welcome to attend if available

## U.S. Q1 Sales

Total Vehicles Sold	<b>594,233</b>	<b>#1 in Sales in U.S. Market</b>	Also #1 in... <ul style="list-style-type: none"> <li>• full-size truck sales (195k)</li> <li>• full-size SUV sales (51k)</li> <li>• affordable SUV sales (91k)</li> </ul>
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 CHEVROLET		 BUICK	
<b>UP 6%</b>	<b>UP 9%</b>	<b>UP 10%</b>	<b>UP 3%</b>

**GREAT JOB TEAM!**

For full details visit [Socrates.com](#)

# April Food Truck Schedule

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	2 Loaded Gastro Onsite 10-1p 530-8p	3 Loaded Gastro Onsite (Day 3) 12A-2A	4	5	6/7
8	9	10	11 Fully Loaded Onsite (Day4) 12-2a 10-1p 530-8p	12	13/14
15	16	17 Seasoned Mobile Grill Onsite 530-8PM	18 Seasoned Mobile Grill Onsite (Day 4) 12-2AM 10AP-1PM	19	20/21
22	23 Los Pollo Loco Onsite (Day 2) 12a-2a 10a-1p 530p-8p	24	25	26	27/28
29	30 Brother Taco Onsite (Innovation Café) (Day2) 12-2a 10-1p 530-8p				



## Defiance on Socrates!

**It's the only way we know!**

Our families fleet of GM vehicles in Defiance, OH. – Submitted by Alyssa L Johnson, WFG/Predictive Maintenance 1st