



# POWERNEWS

Defiance Mission Statement...

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

## On this day in history (April 11)....

1890 Ellis Island, New York, designated as an immigration station

1895 Anaheim completes its new electric light system

1899 Treaty of Paris ratifies ends war; Spain cedes Puerto Rico to US

1900 The first modern submarine designed and built by John Philip Holland, USS Holland is acquired by the U.S. Navy

1907 New York Giants future Baseball Hall of Fame backstop Roger Bresnahan becomes first catcher to wear shin guards

1912 RMS Titanic leaves Queenstown, Ireland, for NY

1919 The International Labour Organization is founded.

1921 Iowa imposes 1st state cigarette tax

1921 KDKA in Pittsburgh, Pennsylvania broadcasts 1st radio sporting event, a boxing match between lightweights Johnny Ray and Johnny Dundee

1945 Four soldiers in the Sixth Armored Division of the US Third Army liberate the Nazi concentration camp Buchenwald, freeing thousands

1951 US President Harry Truman relieves General Douglas MacArthur of command in Korea

1953 US Department of Health, Education and Welfare created

1968 US President Lyndon B. Johnson signs 1968 Civil Rights Act

1976 The Apple I computer, created by Steve Wozniak is released

1980 Equal Employment Opportunity Commission regulates sexual harassment

1981 Ronald Reagan arrives home from hospital after Hinkley shot him

1986 A 1921 Canadian 50 cent coin is auctioned in New York for \$22,000

1986 Halley's Comet makes closest approach to Earth this trip, 63 M km

2012 "The Avengers", directed by Joss Whedon and starring Robert Downey Jr., Chris Evans, Chris Hemsworth, Scarlett Johansson, Mark Ruffalo and Jeremy Renner, premieres in Los Angeles, California

2013 Fossilized dinosaur eggs with embryos are discovered in China

*By On This Day in History*

## HAPPY RETIREMENT AND BEST WISHES!

Congratulations to the following employees who retired April 1, 2024:

**Jeffrey Barber**, 30.2 years of service, DOH: 05/10/1994, Pattern Maker

**Sheila Clay**, 31.5 years of service, DOH: 10/30/1995, Production





**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**

## STRESS PREVENTION

S	M	E	C	N	A	L	A	B	A	L	S	N	A
S	B	X	A	I	M	D	I	R	T	O	U	O	S
E	O	E	G	N	O	E	T	C	R	O	S	I	S
R	U	R	C	O	I	L	D	O	P	C	I	T	E
T	N	C	E	C	A	O	A	I	A	A	A	C	N
S	D	I	O	R	O	L	C	E	A	N	I	E	L
D	A	S	E	U	J	S	S	A	A	T	O	N	U
B	R	E	I	L	O	O	I	L	E	M	I	N	F
R	I	N	O	R	U	A	I	C	E	S	B	O	D
E	E	S	M	J	R	T	N	R	L	E	M	C	N
A	S	E	P	E	N	D	C	S	H	E	P	I	I
T	U	R	L	B	A	D	B	E	N	L	U	C	M
H	E	L	A	E	L	N	A	S	U	R	S	I	R
E	N	N	N	N	A	I	U	L	R	U	C	R	N

JOURNAL  
MEDITATION  
EXERCISE

BALANCE  
GOALS  
BREATHE

MINDFULNESS  
BOUNDARIES  
STRESS

SLEEP  
PLAN  
CONNECTION

🕒 Preparation Time: 10 minutes  
 ⏱ Cook Time: 0 minutes  
 🍴 Serving Size: 1 ½ cups  
 🍽 Number of Servings: 6



## Crunchy Thai Chicken Salad

### DIRECTIONS

- Place the shredded cabbage or slaw mix in a large bowl.
- Add the bell pepper, cooked chicken and cilantro.
- In a small bowl or jar with a lid, combine the peanut butter, lime juice, soy sauce, rice vinegar and honey. Whisk or shake until well combined.
- Add the sauce to the vegetable and chicken mixture and stir well.
- Top with chopped nuts and toss to combine.
- Serve cold. Refrigerate leftovers for up to 3 days

### CHEF NOTES:

*Chicken can be swapped for baked tofu cubes.*

### INGREDIENTS

- 1 (14-ounce) bag slaw mix (about 6 cups shredded cabbage)
- 1 red or orange bell pepper, thinly sliced (about 1 cup)
- 2 cups cooked chicken, cubed or shredded
- 3 tablespoons chopped fresh cilantro (optional)
- ½ cup peanut butter or other nut butter
- 3 tablespoons lime juice
- 1 ½ tablespoons reduced sodium soy sauce
- 3 tablespoons rice vinegar
- 1 ½ tablespoons honey
- ½ cup chopped peanuts or cashews

For more recipes and cooking demonstrations visit the LifeSteps virtual library on LifeSteps.com



Recipe cooking demos can be found under webinars/workshops

WEBINARS/  
WORKSHOPS



# 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**

**NEXT  
 BLOOD DRIVE  
 TUESDAY,  
 JUNE 11**

**Give Blood,  
 Help Save Lives**



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.

**DEFIANCE UNIFORM REP  
 PHONE NUMBER**



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

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

### 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

brady.laudick@gm.com tel: 419-769-7267



## 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.

## JEWELL VOLUNTEER FIRE DEPT.

### PANCAKE AND SAUSAGE BREAKFAST

INCLUDES PANCAKES,  
SAUSAGE AND SCRAMBLED  
EGGS

APRIL 14, 2024  
FROM 7am -12:30pm

DINE IN OR CARRY OUT

FREE WILL DONATION

PROCEEDS TO PURCHASE  
EQUIPMENT TO SERVE OUR COMMUNITY



SEASONED MOBILE GRILL  
WILL BE ONSITE

**Wednesday, April 17**

**5:30 pm - 8 pm**

**Thursday, April 18**

**12 am - 2 am (Day 4)**

**10 am - 1 pm**

## 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