



# POWERNEWS

Defiance Mission Statement...

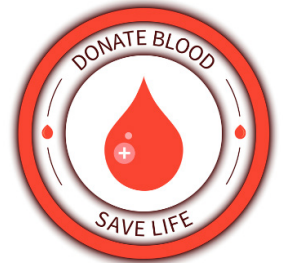
**"ONE TEAM - INNOVATING THE FUTURE"**

## On this day in history (May 16)....

1817 Mississippi River steamboat service begins  
 1860-18] Chicago: Republican convention selects Abraham Lincoln as candidate  
 1866 US Congress authorizes the nickel 5 cent piece (replaces silver half-dime)  
 1872 Metropolitan Gas Company lamps lit for 1st time  
 1876 Pharmacist Charles E. Hires presents "Hires Root Beer" at the Centennial Exposition in Philadelphia, Pennsylvania [1] [2]  
 1884 Italian inventor Angelo Moriondo receives patent for 1st espresso machine  
 1891 George A. Hormel & Co establishes Geo. A.Hormel & Co. (Hormel Foods Corporation) in Austin, Minnesota  
 1911 Remains of a neanderthal man found on Jersey, Channel Islands  
 1960 Theodore Maiman operates the first optical laser, at Hughes Research Laboratories in Malibu, California  
 1965 The Campbell Soup Company introduces SpaghettiOs under its Franco-American brand  
 1966 The Beach Boys release their groundbreaking album "Pet Sounds", containing hit singles "Sloop John B" and "Wouldn't It Be Nice", and "God Only Knows"  
 1971 US 1st class postage now costs 8 cents (was 6 cents)  
 1983 NBC broadcasts "Motown 25", a concert celebrating the anniversary of Motown Record held in Pasadena, California in March; performers include: The Miracles; The Temptations; The Four Tops; Diana Ross and the Supremes; The Jackson 5; and Michael Jackson, who unveils his "moon-walk" dance move  
 1985 Michael Jordan named NBA Rookie of Year  
 1986 "Top Gun", directed by Tony Scott and starring Tom Cruise premieres  
 1988 US Supreme Court rules trash may be searched without a warrant  
 1988 US Surgeon General C Everett Koop reports nicotine as addictive as heroin  
 Meeting of Interest  
 1991 Queen Elizabeth II becomes 1st British monarch to address US congress  
 2002 "Star Wars: Episode II - Attack of the Clones"

directed by George Lucas, starring Ewan McGregor, Hayden Christensen and Natalie Portman, opens in cinemas  
 2005 Kuwait permits women's suffrage in a 35-23 National Assembly vote  
 2013 Bill Gates regains his position as the world's richest man with \$72.7 billion after losing the position in 2008  
 2013 Human stem cells are successfully cloned  
 2019 Last episode of TV sitcom "The Big Bang Theory" starring Jim Parson, Johnny Galecki and Kaley Cuoco after 12 seasons  
 2019 New DNA research showing bedbugs are older than humans - 115 million years old and out-lived dinosaurs, published in "Current Biology"  
 2020 118-year old American department store JC Penney files for bankruptcy *By On This Day in History*

**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.

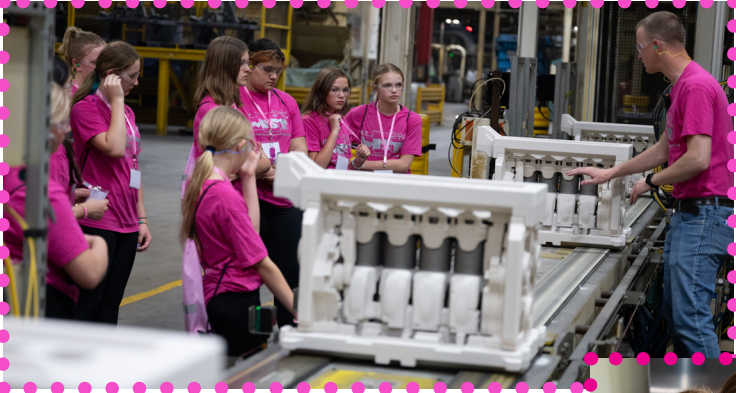
You may need to search "powertrain" in order for our on-site drive to become visible.



# Get WISE 2024

The plant held a Get WISE (Get Women In Science and Engineering) event held last week. Over 150 5th-8th grade female students from 15 different area schools participated in the visit. Students completed hands-on activities, learned about our manufacturing processes, completed team building activities, and toured the plant...all with a focus on science and engineering. Thank you to the entire plant team to ensure a safe visit by participating students and teachers, and a special thank you to all plant volunteers that ensured a successful visit!







Your feedback told us...



that you'd like to see how our products are being used. We will begin monthly tours to Fort Wayne Assembly to see products being assembled. If you'd like to join, please click the link to sign up today! Tours are only during day shift, if you're not on days but would like to join, please let your GL know so it can be arranged. If you don't have access to email or the sign up, please ask your GL to sign you up! 😊

CLICK HERE



### PRIORITIZING YOURSELF

#### The Importance of Prioritizing Yourself

Prioritizing yourself allows you to show up for the various parts of your life in the way that you want to show up. This can help you increase your energy levels, manage stress, and lower risk of illness.



#### Tips in Prioritizing Yourself

- Make it Personal: Focus on your own roles, goals, responsibilities, and overall values. Dive deeper by understanding what habits, relationships, and experiences fulfill you. Example: Spending more time with family, learning another language, improving physical and/or mental well-being.
Narrow Down to Essentials: Think about everyday life and the steps you can take to fit in the essential values on a daily, weekly, or monthly basis. Example: No technology after dinner, walking during work breaks, picking up kids daily, packing a healthy snack, creating a sleep routine.



- Schedule Your Well-being: Block off time for the areas that support your mental, emotional and physical well-being just like a typical work meeting or appointment. Example: Morning yoga, after-work walks, meditation breaks, and browsing the library.
Create Boundaries: Whether it is work, family, or friends, set clear boundaries to decrease stress or negative emotions. Rely on positive social support to hold you accountable for prioritizing yourself. Example: Put laptop in a drawer at the end of the workday, or limit contact with a family member that causes stress.



#### Quick Tip

Life is constantly changing. Make sure to check in regularly to continue to prioritize what's most important to you.



### Spirit Wear Fridays – May

Wear Green for

MENTAL HEALTH AWARENESS MONTH
YOU ARE NOT ALONE
MENTAL HEALTH AWARENESS MONTH

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

May 3 May 10 May 17 May 24 May 31

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