



POWERNEWS

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (June 20)....

1782 Congress approves Great Seal of the United States of America with the bald eagle as its symbol
1840 American inventor Samuel Morse patents his telegraph

1863 1st bank chartered in US (National Bank of Davenport Iowa)

1863 West Virginia admitted as 35th US state of the Union

1867 US President Andrew Johnson announces the Alaska Purchase

1874 1st US Lifesaving Medal awarded (Lucian Clemons)

1893 Lizzie Borden acquitted of the 1892 axe murders of her father and stepmother in Fall River, Massachusetts

1895 1st female PhD from an American University, earned by Caroline Willard Baldwin (in Science) at Cornell University

1936 American sprinter Jesse Owens sets a 100m world record of 10.2 seconds

1939 Test flight of 1st rocket plane using liquid propellants

1944 Congress charters Central Intelligence Agency

1946 NYC transit begins using PA system - Car # 744 on 8th Ave IND line

1949 Central Intelligence Agency Act passes

1960 "The Huckleberry Hound Show" by Hanna-Barbera becomes the first animated programme to win an Emmy

1975 "Jaws", based on the book by Peter Benchley, directed by Steven Spielberg and starring Roy Scheider is released

1978 1st 6 teams of Women's Pro Basketball League (WBL) granted-Iowa, NJ, Milwaukee, Chicago, Minnesota & Dayton

1979 US President Jimmy Carter unveils 32 solar panels installed on the roof of the White House; his immediate successor has them removed

1982 Pete Rose is 5th to appear in 3,000 games (Cobb, Musial, Aaron, Yaz)

1988 Price is Right model Janice Pennington is knocked out by a TV camera

2018 TV drama "Yellowstone" premieres starring Kevin Costner, Luke Grimes, Kelly Reilly and Wes Bentley

By On This Day in History



ICED & FROZEN

\$6.00	NITRO COLD BREW
\$5.00	COLD BREW
\$5.00	ICED LATTE
\$5.00	ICED SPICED CHAI
\$7.00	FRAPPE
\$6.00	ICED MACCHIATO
\$5.00	TILT NITRO ENERGY™
\$4.00	LEMONADE
\$4.00	TOMMY PALMER
\$4.00	UNSWEET/SWEET TEA

Flavor your beverage with one of the following flavors!
French Vanilla, Caramel, Salted Caramel, Mocha, Hazelnut, White Chocolate, Mango, Raspberry, Peach, or check out one of our seasonal offerings.

HOT SPECIALTY

\$5.00	LATTE
\$5.00	CAPPUCCINO
\$5.00	FLAT WHITE
\$6.00	MACCHIATO
\$4.00	AMERICANO
\$2.00	ESPRESSO
\$5.00	MOCHA
\$5.00	WHITE CHOCOLATE MOCHA
\$5.00	SPICED CHAI
\$5.00	DIRTY CHAI
\$5.00	HOT CHOCOLATE
\$5.00	CINNAMON APPLE CIDER

TRAVELIN' TOM'S COFFEE OF FINDLAY
findlay@travelintomscoffee.com | 419.619.6808 | travelintomscoffee.com

Tuesday, June 25
(Day 2)
9:30 pm - 11:30

Wednesday, June 26
6 am - 8:30 am



SHOW-OFF FRIDAY 8:30am
CAR DISPLAY AREA
Wear Your T-Shirt!!



Introducing the NEW UAW-GM Dependent Scholarship Program (DSP)

Investing in **their** personal
and professional growth
through education!

Utilize this new benefit provided by UAW-GM and EdAssist®

- **Eligible active members can receive up to \$1,600 annually**, toward the cost of your dependents' post-secondary education or training.
- **A simple web based approach** to apply and receive reimbursement.
- **Access additional support** to help your child reach their educational goals.



Scan the QR code or visit: <https://uawgm.edassist.com/>

See your Local Joint Training Representative for more information



EdAssist
by Bright Horizons



GM Powertrain/UAW/GM Women will start collecting school supplies to help Defiance County children in need.

The event is sponsored by First Presbyterian Church of Defiance.

The collection will start Monday, June 17th and end on Friday, July 12th.

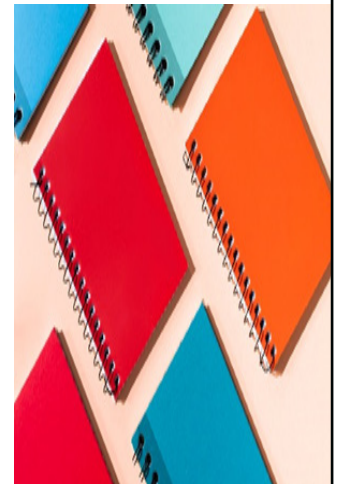
There will be collection boxes at the following locations:

Plant 1:

Donation Bin in Plant 1 Main Hallway
Sue Scott – Financial Office
Tonya Huss – Training Office

Plant 2:

Box by the Tunnel Gate
Rachel Peters – SPM Office



Below are examples of supplies that are needed:

- | | |
|--|--|
| Expo Dry Erase Markers (regular and fine line) | Pink Erasers |
| Crayola crayons – 24 pack | Zip Lock Bags (snack, quart & gallon) no sliders |
| Crayola colored pencils – 12 pack | Plastic School boxes |
| Crayola markers – 12 pack | 7" or 8" Fiskars scissors |
| Ticonderoga #2 pencils | Loose leaf lined paper |
| Composition Books | Pencil pouches for 3-ring binders |
| Two-pocket Folders | Backpacks – all sizes |
| Highlighters | |
| Elmers Glue Sticks | |

Spirit Wear Fridays – June

Wear your favorite vacation shirt/jacket/apparel



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

June 7	June 14	June 21	June 28
--------	---------	---------	---------



JUNE MEETING

CE's, Medical, Trauma, Scenarios

When:

June 28th, 2024

Where:

PERT Training Lab Room 135

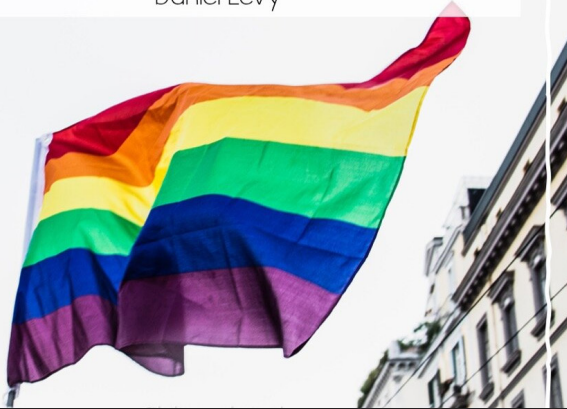
Time:

1st Shift 06:30 -15:00

PRIDE MONTH

“Support, encouragement and love: three relatively simple acts of kindness that can change the course of a person’s life.”

Daniel Levy



Fort Wayne Assembly Tours



If you would like to see how our products are being used, your group leader can sign you up for one of the monthly tours to Fort Wayne Assembly.

Tours are only during day shift but all employees can attend.

Tonya Huss

UAW Communication Coordinator

tonya.huss@gm.com

Kevin Nadrowski

Communication

Manager

kevin.1.nadrowski@gm.com



PHYSICAL ACTIVITY RECOMMENDATIONS



The American College of Sports Medicine (ACSM) recommends all healthy adults aged 18-65 years perform moderate intensity aerobic exercise for 150 minutes per week, or vigorous intensity exercise for 60 minutes per week.

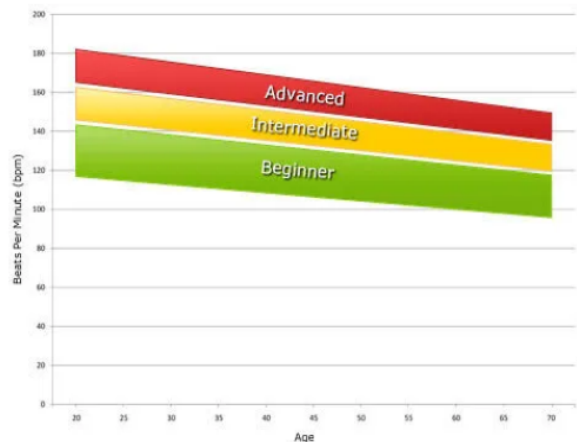


ACSM also recommends all healthy adults perform resistance training a minimum of two days per week.



Why is Exercise Important?

Your heart is a muscle just like the other muscles in your body. It becomes healthier and stronger the more you exercise. Physical activity has several beneficial effects such as lowering blood pressure, controlling body weight, improving blood sugar levels, and reducing inflammation.



Heart Rate Training Zones



The rate at which the heart beats during exercise can be used to assess how hard your body is working. Heart rate training zones are a way to evaluate intensity and compare how you feel to an established guide. This information will help you understand what heart rate zone you are exercising in to know whether you are engaging in moderate or vigorous exercise.

In order to do this, you need to calculate your Max Heart Rate first. To find your Max Heart Rate, subtract your age from 220. Moderate physical activity is defined by exercising at 64-76% of your Max Heart Rate. Vigorous physical activity is defined by exercising at 77-93% of your Max Heart Rate.