



POWERNEWS

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (July 18)....

1864 US President Abraham Lincoln asks for 500,000 volunteers for military service

1892 First human test of a vaccine against cholera; Ukrainian bacteriologist Waldemar Haffkine risks his life by testing it on himself

1914 US army air service 1st comes into being, in Signal Corps

1921 Babe Ruth achieves 139 home runs with a MLB record 575 feet hit to become the all-time home run leader in Major League Baseball, taking the title from Roger Connor

1925 Adolf Hitler publishes Mein Kampf, original title was the catchy "Four and a Half Years (of Struggle) Against Lies, Stupidity and Cowardice"

1931 1st air-conditioned ship (Mariposa) launched

1932 US and Canada sign a treaty to develop St Lawrence Seaway

1938 Douglas "Wrong Way" Corrigan arrives in Ireland after a 28 hours flight, supposedly left NY flying for California

1940 Democratic Convention nominates FDR for a historic third term

1947 US President Harry Truman signs Presidential Succession Act

1953 Elvis Presley pays \$3.98 to make his first demo, at Sun Studio in Memphis, records "My Happiness" and "That's When Your Heartaches Begin". Reportedly gives the record to his mother as a belated birthday present.

1955 1st electric power generated from atomic energy sold commercially

1960 Baseball's NL votes to add Houston and NY franchises

1968 Intel Corporation is founded in Santa Clara, California

1969 Joe Namath agrees to sell interest in Bachelors 3, to stay in NFL

1970 Ron Hunt gets hit by a pitch for a record 119th time

1970 San Francisco Giants outfielder Willie Mays becomes 10th baseball player to get 3,000 hits

1976 Nadia Comăneci (14) becomes the first gymnast in Olympic Games history to score a perfect 10 score (doing so 7 times) at Montreal Games

1977 Vietnam becomes a member of the UN

1980 Billy Joel's "Glass Houses" album tops US

charts, featuring "It's Still Rock 'n' Roll to Me"

1980 Federal court voids Selective Service Act as it doesn't include women

1986 Videotapes released showing Titanic's sunken remains

1988 Shooting begins on Bond film "License to Kill"

1994 "Kiss From a Rose" released by Seal (Grammy Record of the Year and Song of the Year)

1994 Comet Shoemaker-Levy's largest collision with Jupiter leaves black spot 12,000 km across

1994 Crayola announces introduction of scented crayons

1994 NY Jets sign USA soccer goalkeeper Tony Mola as a place kicker

1995 "Dreams from My Father", a memoir by Barack Obama is published by Times Books

2015 PayPal is spun off from eBay as a separate publicly traded company on the NASDAQ

2018 Google fined record \$5.1 billion by the EU for abusing its power in mobile phone market

2018 Lava from Kilauea volcano eruption has now destroyed 700 homes and added 700 acres to Big Island confirms Hawaii National Guard

2023 Wildfire season in British Columbia becomes the most destructive on record, burning 14,100 square kilometers of land, with 390 fires still alight (surpassing 2018 record) *By On This Day in History*

**Are you interested in
being a Group
Leader?**

**We are looking for Per Diem Group
Leaders!**

If interested see:

HR, Renee Gaynor or Brian Rees

GM Defiance Veteran's Wall Refresh



We need your help as GM Defiance gives our Veteran's Wall a make over!

Please join us in submitting your Veteran Nominee and sharing photos of them in service

(It can be yourself, or a family member you are proud of)

Click the link below or scan the QR code to submit your Veteran



[Veteran's Recognition Form Link](#)

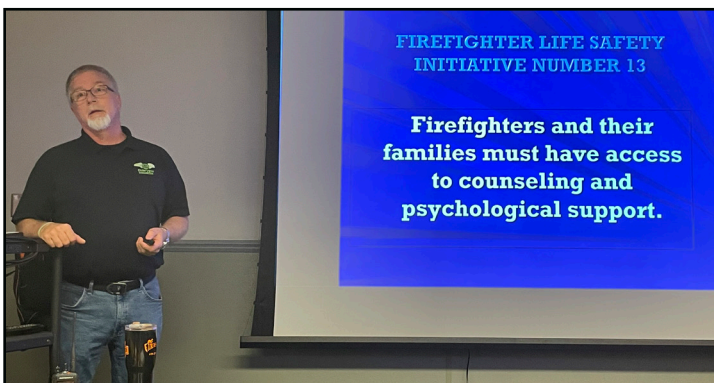
Due to IT security, the form must be filled out on a GMONline Computer or GMONline Phone
Computers are available in the UAW Team Center

Please reach out to Tonya Huss, Mary Boyd, Steve Rieger or Dave Argumedo for any questions



PERT TRAINING

During our all day meeting June 28th, PERT hosted 4 Lecturers to provide us additional education. Dr. Heidi Lacey, from Brunswick Eye Care discussed the prehospital treatment of a variety of eye injuries. Dr. Anthony Fairchild, from Fairchild Family Chiropractic, discussed the biomechanics of lifting and moving patients. Paramedic/Firefighter Rick Busch, presented on the topic of First Responder mental health including depression, suicide and resiliency. Paramedic/Firefighter/Fire Chief Barrett Dornier provided education on mass casualty incidents. This could include tornados, explosions, acts of violence and terrorism, or anything where there are multiple critical patients to treat. We greatly appreciate these speakers giving their time to help make us a better educated, more proactive team.

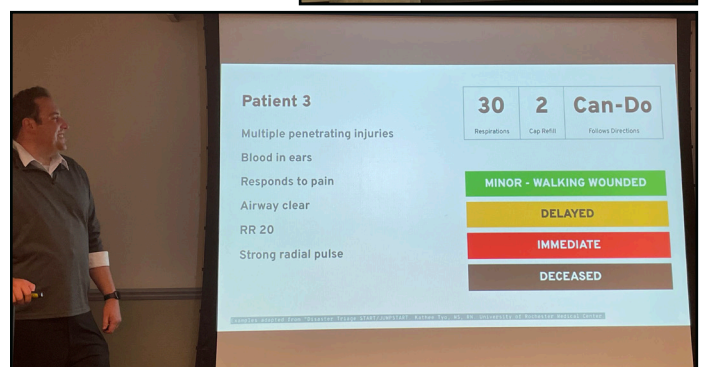
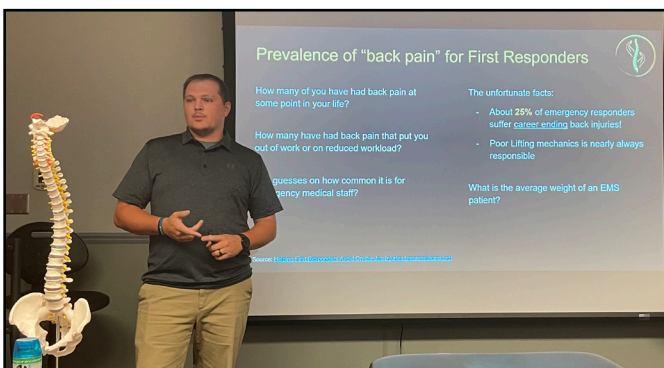
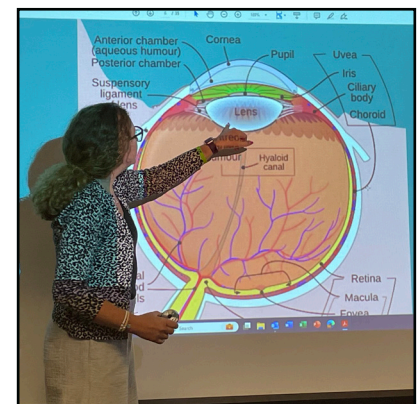


TOP LEFT:
Rick Busch

BOTTOM LEFT:
Dr. Anthony Fairchild

TOP RIGHT:
Dr. Heidi Lacey

BOTTOM RIGHT:
Barrett Dornier



Cogratulations!

There is an addition to the retirement list, with an effective date of 05/01/2024

1) Charles Riseborough, 33.6 years of service, DOH: 05/24/1995, Production



Additional photos of July 1 Retirees...

LEFT: Augustine Martinez at his retirement celebration with team members

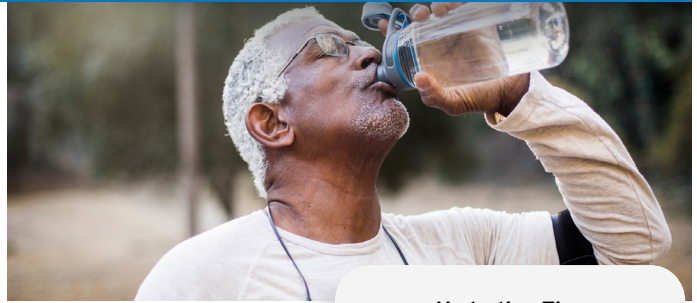


RIGHT: Mike McFeeters with team members, Chris Burnett and Tim Miles at his retirement celebration with team members



Scan the QR Code to get started in the LifeSteps Portal today!

HYDRATION



Hydration Tips

About 60% of your body weight is made of water. Your body uses water for nearly every body function. Digestion, temperature regulation, and breathing are just a few reasons why it is important to stay hydrated. Summer is here! High temperatures and excessive sweating can cause you to lose water quickly.

Carry a refillable bottle

Choose water over sugary beverages

Freeze water in a freezer-safe bottle to help keep water cold for longer

Add lime or lemon slices to add flavor without added calories



Foods that Hydrate You

Get 20% of the water needed each day from the food you eat. Foods such as:

- Cucumbers
- Iceberg and Romaine Lettuce
- Celery
- Radishes
- Tomatoes
- Zucchini and Summer Squash
- Asparagus



This smoothie has two cups of fruit per serving and kale for an added veggie boost. Try it for breakfast or as a snack.

- 🕒 Preparation Time: 5 minutes
- 👨‍🍳 Cook Time: 0 minutes
- 🍴 Serving Size: 1/2 of recipe
- 👤 Number of Servings: 2

INGREDIENTS

- 1 cup kale or spinach
- 1 cup strawberries
- 1 banana, medium
- 1 cup water (optional almond milk or coconut milk)
- 1 cup blueberries
- 1 cup pineapple
- 1 orange (peeled and sliced)
- 1 cup ice



Red Monster Smoothie

DIRECTIONS

1. Using a blender, mix the greens and the liquid of your choice.
2. Gradually add in the rest of the ingredients, blending after each addition.
3. Separate into two cups and reserve one serving for later.

Quick Tip

Pay attention to early signs and symptoms of dehydration: dark urine, thirst, fatigue, flushed skin, rapid breathing, increased heart rate and headache.





At **GM**, our product safety strategy aligns with how crashes occur in the real world, with technologies designed to **protect customers** before, during and after a crash.

To learn more about GM's vehicle safety visit:

www.gm.com/our-stories/vehicle-safety.html

Did You Know:
Safety is a foundational commitment

Customer safety is a 24/7 priority for everyone

To report an issue: Hotline: 877-866-7776 / Email: gmspeakupforsafety@usa.g4s.com



JULY MEETING
Rescue Training

When:

July 25th, 2024

Where:

Training Center Room 135

Time:

3rd Shift 0400 – 0630

1st Shift 1200 – 1430

2nd Shift 1500 – 1730

GM Defiance Recognition Program

Avanti Bucks



Avanti Bucks

- **Objective:** to Recognize Non-Salary Team Members who demonstrate outstanding behavior
 - Employee Exemplifies one of the **GM Behaviors** above and beyond normal responsibilities
 - Employee behavior significantly impacts the bottom line of 1 of the business categories (**SPQRCE**)
- **Purpose:** Diagonal Slice feedback from Team Members to increase Recognition & Engagement
- **Who can nominate a Team Member:** **ANYONE**
- **How:** Contact your Group Leader with the Nominee and detailed explanation of the nomination
 - Group Leader then must fill out the Recognition Log (GM Compliance)
 - Group Leader then gets an Avanti Buck from an Avanti Card Holder (Shift Leaders)
- Lastly, gather a crowd and tell the story of why the Team Member is being recognized!



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