



# POWERNEWS

Defiance Mission Statement...

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

## On this day in history (September 12)....

1624 1st submarine publicly tested in London on the Thames for King James I

1787 American statesman George Mason suggests the addition of a Bill of Rights to the Constitution modeled on previous state declarations, but the motion is defeated

1857 423 die when steamship SS Central America, the 'Ship of Gold', sinks in a hurricane off Cape Romain, South Carolina, carrying tonnes of gold coins and bricks from the California Gold Rush (rediscovered 1988)

1910 United States' 1st known female cop appointed, Alice Stebbins Wells by LAPD

1935 Millionaire Howard Hughes flies his own designed H-1 racer plane at then record 352.46 mph (567 km/hr) at Santa Ana, California

1941 1st German ship in WW II captured by US ship (Busko)

1959 American western series "Bonanza" starring Lorne Greene, Dan Blocker, and Michael Landon premieres on NBC-TV

1972 TV sitcom "Maude", a spin-off of "All In The Family", starring Bea Arthur and Bill Macy premieres on CBS

1976 Seattle Seahawks play 1st regular-season game (St L 30, Sea 24)

1978 Situation comedy "Taxi" premieres on ABC television starring Judd Hirsch, Jeff Conaway, Danny Devito, Tony Danza, Marilu Henner, and Andy Kaufman

1981 "The Smurfs" animated cartoon series by Hanna-Barbera first broadcasts in North America

1988 1st NFL regular-season game played in Phoenix; Cowboys beat Card

1990 US, United Kingdom, France, USSR, East & West Germanys sign agreements allowing 2 Germanys to merge *By On This Day in History*

## Suicide Prevention Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Month — a time to raise awareness of this urgently important crisis. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

- If you or someone you know has thoughts of suicide, immediate help is available. Call, text, or chat 988 to speak to a trained crisis counselor offering support 24/7/365.
- As we share our mental health journeys – the good, the bad, and the ugly – we begin to let down our walls and create safe spaces. Join me in fostering open conversations.
- Let's create spaces where people can prioritize their mental health, where their voices are heard, where support thrives and flows freely, and where healing can take root.
- It's #SuicidePreventionMonth – if you are struggling, there are options available to help. Call or text #988, or chat at 988lifeline.org, to speak to someone and get immediate support.
- #SuicidePreventionMonth provides a dedicated time to come together with passion and strength to address this difficult topic. We can all benefit from honest conversations about mental health and suicide, because just one conversation can change a life.
- Starting a conversation can help save a life. Studies show people who are having thoughts of suicide feel relief when someone asks about them in a caring way. Learn more about how to help support someone you care about through a crisis at [nami.org/suicidepreventionmonth](http://nami.org/suicidepreventionmonth).

### Individual Impact:

79% of all people who die by suicide are male.

Although more women than men attempt suicide, men are 4x more likely to die by suicide.

Suicide is the 2nd leading cause of death among people aged 10-14, the 3rd leading cause of death among those aged 15-24 and the 12th leading cause of death overall in the U.S.

46% of people who die by suicide had a diagnosed mental health condition — but research suggests that 90% may have experienced symptoms of a mental health condition. *By nami.org*



24/7 free and confidential support

CALL OR TEXT: 988

CHAT: 988LIFELINE.ORG

**September 16, 2024**

**\$5** ★ **2 HOT DOGS**  
★ **BAG OF CHIPS**  
★ **LEMONADE**

**PLANT 2 CAFETERIA**

**10AM-12PM**  
**6-8PM**  
**(DAY 2) 12-2AM**

**CHECK OUT THE RAFFLE BASKET!**  
**TICKETS AVAILABLE FOR PURCHASE!**






*All funds raised go to support  
local Veterans!*

**REMINDER:**  
**Bringing in outside trash  
is PROHIBITED!**





**WORKPLACE OF CHOICE PULSE SURVEY**

**What you need to know about the WOC Pulse survey**

-  Pulse surveys are short, frequent surveys designed to collect feedback about the workplace. They're meant to help assess progress towards improving our GM workplaces.
-  MFG Hourly employees in Canada, Mexico and the U.S. can participate. Contract workers aren't eligible to participate.
-  The Hourly Pulse survey kicks off on **Tuesday, September 10** and closes at the end of the day on **Tuesday, September 17**.
-  The survey takes about 10 minutes to complete.
-  Participation is 100% **voluntary**. Every voice will have equal weight.

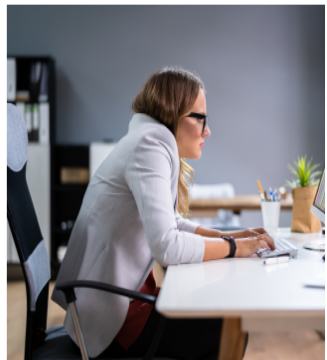
**Need more info? Ask your TL or GL for assistance!**



## IMPORTANCE OF POSTURE


### The Importance of Posture

Improper posture, repetitive movements, overuse, or prolonged periods of not moving may cause musculoskeletal pain. Using proper body mechanics and having ideal posture may help to prevent injury and avoid pain, lead to less frequent headaches and back pain, allow the body to be able to move without limitations, and lead to overall better quality of life!





### Tips to Improve Posture

- Keep a Neutral Spine**  
While sitting or standing, the head should be above the shoulders so that the ear is in line with the top of the shoulder. The top of the shoulder should be above the hips.
- Balance Your Weight**  
When standing, balance your weight evenly on your feet. A wide base of support is more stable than a narrow base.



- Warm Up Before Your Shift**  
Consider taking a couple minutes before your shift to stretch.
- Support Yourself While Sitting**  
Keep your back in a normal, slightly arched position. Make sure your chair supports your lower back. Keep your head and shoulder erect. Make sure your work surface is the proper height, so you don't have to lean forward.
- Add Strength Training and Flexibility Training to Your Routine**  
Regular muscle-strengthening and flexibility exercises can help to reduce pain and improve body mechanics and posture. These both should be done at least two days per week.





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

**Quick Tip**

Wear well-fitting, protective footwear that provides proper support as the back has a direct line to the feet.

**LifeSteps**  
BUILDING HEALTHY LIVES ONE STEP AT A TIME





# Workshops

Overwhelming positive feedback was received after our March & June Fidelity workshops!

**Schedule to attend upcoming Fidelity workshops on September 17 & 18th.**

- >Workshops are scheduled on all shifts for convenience and participation.
- >All team members are welcome. Team members attending past workshops are welcome to join and participate again.
- > You are encouraged to attend; continue growth and knowledge of our GM benefits!
- > Workshop topics “Fundamental of Retirement Income Planning” and “Take the First Steps to Investing.”
- > Bring your questions, take notes, and learn more about our benefits and savings options recommended by Fidelity.



[Fidelity Sign Up September 2024](#)

Need assistance with scheduling, contact Regina Dix, Tim Schroeder, Tonya Huss, Heather Troyer, Rob Searfoss. All training in room 114 of the Training Center

Sessions:

**Tuesday September 17th:**

**2<sup>nd</sup> Shift**

9:00pm-10:00pm >Retirement Income Planning

**3<sup>rd</sup> Shift**

10:30pm-11:30pm >Retirement Income Planning

11:45pm-12:45am >First Steps to Investing

**Wednesday September 18th**

**1<sup>st</sup> Shift**

12:30pm-1:30pm >First Steps to Investing

1:45pm-2:45pm >Retirement Income Planning

**2<sup>nd</sup> Shift**

3:00pm-4:00pm >First Steps to Investing



All can be served. Learn, grow your knowledge and financial plan! Attend the in-plant Fidelity Workshops

Assistance scheduling needed? Contact Regina Dix, Tonya Huss, Rob Searfoss , Heather Troyer, or Tim Schroeder

## 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 QRcode to submit your Veteran



[Veteran’s Recognition Form Link](#)

Due to ITsecurity, 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





# SEPTEMBER FOOD TRUCK SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA	SU
					1	7/8
2	3	4	5 Rollin Sweets (Day 4) 12-2 10-1 530-8	6	7/8	
9	10	11 Seasoned Mobile Grill 530-730PM	12 Seasoned Mobile Grill (Day 4) 12-2 1030-1230PM	13	14/15	
16	17	18 La Michoacana 10-1PM 530-8PM	19 La Michoacana (Day 4) 12-2	20	21/22	
23	24	25 Red, White, and Food 10-1PM 530-8PM	26 Red, White, and Food (Day 4) 12-2	27	28/29	
30 Loaded Gastro 10-1 530-830	1 Loaded Gastro (Day 2) 12-2					



## HONORING ALL WHO SERVED

The Local 211 UAW Veteran's Committee is hosting a  
**Veterans Breakfast**

For all Local 211 Active & Retired UAW Members

Come Join us  
Monday, November 11<sup>th</sup>  
8:00am to 11:00am

at the 211 UAW Hall  
Located at 2120 Baltimore St.  
Defiance, OH



Local 211



**Work safely  
your family  
needs you**

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