



POWERNEWS

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (September 19)....

1778 The Continental Congress passes the first budget of the United States
1796 George Washington's farewell address as US President is published
1838 Ephraim Morris granted US patent for a rail-road brake
1849 1st commercial laundry established, in Oakland, California
1854 Henry Meyer patents sleeping rail car
1865 Atlanta University founded
1876 1st carpet sweeper patented (Melville Bissell of Grand Rapids, Mich)
1893 New Zealand becomes the first country to grant all women the right to vote
1901 11 baseball games canceled due to funeral of President William McKinley
1934 Bruno Haptmann arrested for kidnapping Lindbergh baby
1937 Seven convicts take Folsom Prison Warden Clarence Larkin hostage in escape attempt, the warden, a guard, and 2 inmates are killed in ensuing stand-off; 5 remaining prisoners convicted of murder and executed by newly introduced gas chamber in California
1951 1st broadcast of "Search for Tomorrow" on CBS-TV
1952 "Adventures of Superman" TV series starring George Reeves premieres in syndication in the US
1952 The United States bars Charlie Chaplin from re-entering the country after a trip to England
1982 New Orleans Saints 1st road shutout victory beating Chicago Bears 10-0
1982 Streetcars stop running on Market St, San Francisco after 122 years of service
1988 Bon Jovi release their 4th album "New Jersey" - most top ten hits of any rock/glam metal album (5)
1989 "Doogie Howser, M.D.", starring Neil Patrick Harris as a teenage physician, debuts on ABC
1993 San Diego Chargers' kicker John Carney boots 6 field goals in an 18-17 win over Houston to set a new NFL record with 29 consecutive field goals made
1994 Hospital based drama series "ER" premieres on NBC, created by novelist and filmmaker Michael Crichton, starring George Clooney, Antho-

ny Edwards and Noah Wyle
2004 NFL Oakland Raider wide receiver Jerry Rice ends NFL streak of 274 consecutive games with a reception in a 13-10 victory over Buffalo Bills [1]
2011 Ashton Kutcher debuts on "Two and a Half Men", replacing Charlie Sheen
2019 Tropical Depression Imelda hits southeast Texas and Louisiana prompting widespread evacuations
2021 Body of travelogue blogger Gabby Petito found at Bridger-Teton National Forest, Wyoming
2022 Banks in Lebanon close for three days after a series of hold-ups by people trying to obtain their own money, frozen amid the country's economic crisis
2022 British monarch Queen Elizabeth II interred at Windsor Castle after a state funeral at Westminster Abbey in London with an unprecedented 500 world leaders in attendance [1]
2022 Magnitude 7.6 earthquake strikes western Mexico on exact anniversary of two previous temblors in 1985 and 2017, killing at least two people
2022 Scientists discover site of the Amazon's tallest tree, an angelim vermelho at 88.5 meters (290 feet) tall and 9.9 meters (32 feet) wide, Iratapuru River Nature Reserve, northern Brazil

By On This Day in History



SEPTEMBER MEETING

RESCUE TRAINING

When:

Friday September 27th, 2024

Where:

Training Center Room 135

Time:

1st Shift 06:30 - 15:00



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

 Preparation Time: 25 minutes
 Cook Time: 10 minutes
Serving Size: 1 wrap with 3/4 cup filling
Number of Servings: 4

INGREDIENTS

- 3 tablespoons red wine vinegar
- 1 tablespoon extra-virgin olive oil
- ¼ cup finely chopped onion (optional)
- 1 clove garlic, minced (about ½ teaspoon)
- 1 tablespoon dried parsley (or ¼ cup fresh)
- ¾ cup (about half 15-ounce can) no-salt-added great northern beans, drained and rinsed
- 1 (5-ounce) can tuna in water, drained
- ½ cup halved cherry or grape tomatoes
- ½ cup diced bell pepper
- ½ cup diced celery
- 4 tablespoons (¼ cup) olive oil mayonnaise, divided
- 4 (8-inch) whole-grain wraps or tortillas

CHEF'S NOTES:

- In place of a wrap, try adding over a bed of lettuce or salad greens or as a pita bread filling.
- Keep the salad separate from the wrap if you are not eating it right away. Store in the fridge for 3 days.



Tuscan Tuna Salad Wrap

DIRECTIONS

1. Whisk together the vinegar, oil, onion (if using), garlic, and parsley in a medium mixing bowl.
2. Add the beans, tuna, tomatoes, bell pepper, and celery. Toss to combine.
3. Set the mixture in the refrigerator to chill and to allow the flavors to blend, about for 10 minutes.
4. Spread 1 tablespoon of the mayonnaise on each wrap or tortilla and top each with about ¾ cup of the tuna mixture.
5. Roll each wrap or tortilla tightly, sealing the ends, like a burrito.
6. Serve cold.



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

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 



OpEx Recognition Rewards Program

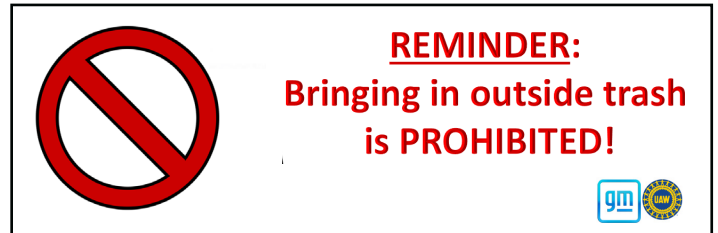
We are starting a new OpEx Recognition Rewards Program for the Defiance Plant! Rewards are earned by completing OpEx Projects, and the total count will reset at the start of each year. We have established tiers for each reward step in the program as listed below, each number is the total number of OpEx Projects complete per person.



To ensure that projects are accounted for, please submit them to Curtis Switzer in the Quality Systems Office.

- 1 – OpEx Recognition Certificate
- 3 – \$5 Avanti Certificate
- 5 – Hat or Straight 8
- 8 – Pizza
- 10 – OpEx Polo or T-Shirt

Curtis Switzer
Quality Systems Lead
GM Defiance
C 419.769.1416



Fast Facts on Hispanic Heritage Month

The celebration runs from **September 15 to October 15** each year, coinciding with the **Independence Days** of several Latin American countries.

President Lyndon B Johnson established Hispanic Heritage week in **1968**



President Ronald Reagan expanded the celebration to one month in **1989**


 Costa Rica


 El Salvador


 Guatemala


 Honduras


 Nicaragua


 Mexico


 Chile

SEPTEMBER 2024
Suicide Prevention
Awareness Month
 Help, Healing and Hope

CALL 988 OR
1-800-273-TALK(8255)

CONNECT TO PROTECT
SUPPORT IS WITHIN REACH



Red, White and Food
ONSITE
Wednesday, September 25
 10 am - 1 pm
 5:30 pm - 8 pm
Thursday (Day 4), September 26
 12 am - 2 am



AUTUMNAL EQUINOX

The Autumnal Equinox in September ushers in a change of season. It is observed annually when the sun can be seen directly overhead along the equator. The day marks the end of summer and beginning of fall in the Northern Hemisphere.

#AutumnalEquinox

The autumn equinox is one of two days when all points on Earth except the polar regions see the sunrise and set at due east and due west. With few exceptions, all latitudes see almost precisely 12 hours of daylight and 12 of darkness.

While the United States marks the official end of summer at Labor Day, the seasons mark time differently. Depending on where we live, the trees and animals behave dif-

ferently based on the amount of sunlight they receive. By the time the equinox arrives in September, the leaves in many parts of the country have already begun to change. The air at night is crisper.

People's minds begin to think about warmer clothes and preparing their homes for winter. Since children are already in school, most summer activities have ended. In the fields, farmers eagerly watch for the opportune time to harvest. Apples, pumpkins, and root vegetables ripen in the orchards and gardens. On cool evenings, long walks along the trails under the canopies of gold, amber, violet and crimson keep us warm.

WINTER SOLSTICE - Day Between December 20 and 23

AUTUMNAL EQUINOX HISTORY

Since the dawn of time, the autumnal equinox has marked the passing of one season and the beginning of another. It has influenced the development of calendars, beliefs, customs, cultures, traditions, and much more.

Autumnal Equinox FAQ

Q: What's the difference between an equinox and a solstice?

A: An equinox is a day in the year when both light and darkness are equal. There are two equinoxes every year - the vernal equinox in the spring and the autumnal equinox in the fall. On these days, there are 12 hours of sunlight and 12 hours of darkness. The solstices include the shortest and longest days of the year. In the Northern Hemisphere, the longest day of the year takes place in June and is called the summer solstice or the June solstice. The shortest day of the year takes place in December and is called the winter solstice or the December solstice.

Q: Do the solstices and equinoxes take place at the same time every year?

A: Solstices and equinoxes occur near the same day every year. The vernal equinox represents the beginning of astronomical spring in the Northern Hemisphere. However, the season each equinox and solstice represents changes by hemisphere.

Q: What's the difference between meteorological seasons and astronomical seasons?

A: The meteorological seasons are determined by weather. Astronomical seasons are determined by Earth's and the Sun's positions in space. **By National Day Calendar**

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