



POWERNEWS

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (September 26)....

- 1772 New Jersey passes bill requiring a license to practise medicine
- 1789 Edmund Randolph becomes the 1st US Attorney General
- 1789 Thomas Jefferson appointed 1st US Secretary of State; John Jay becomes 1st US Chief Justice
- 1887 Emile Berliner patents the Gramophone
- 1890 US stops minting \$1 & \$3 gold coin & 3 cent piece
- 1914 Federal Trade Commission formed to regulate interstate commerce
- 1949 Groundbreaking ceremony for the Hollywood sign in Hollywood, Los Angeles; old Hollywoodland sign torn down, reconstruction of a replacement begins with just Hollywood



Dedication of the now famous "Hollywoodland" sign

- 1951 Prof Youngblood demonstrates artificial heart in Paris
- 1954 WANE TV channel 15 in Fort Wayne, IN (CBS) begins broadcasting
- 1960 1st of 4 TV debates Nixon & Kennedy took place (Chicago)
- 1960 Cuban leader Fidel Castro delivers a 4 hour and 29 minute long speech at the United Nations
- 1962 TV comedy series "Beverly Hillbillies" premieres on CBS
- 1964 TV sitcom "Gilligan's Island", starring Bob Denver as Gilligan, debuts on CBS
- 1968 1st broadcast of "Hawaii Five-O" on CBS-TV
- 1969 Apple Records releases The Beatles 11th studio album "Abbey Road", their final recordings as a quartet; tops the charts in 11 countries
- 1969 TV sitcom "The Brady Bunch" created by Sherwood Schwartz premieres on ABC in the US
- 1973 Concorde makes its first non-stop crossing of the Atlantic (Washington, D.C. to Paris) in record-breaking time (3h33m).

- 1977 Cleveland Browns play their 1st overtime game, beat Patriots 30-27
- 1978 NY District Court Judge Constance Baker Motley rules that women sportswriters cannot be banned from locker rooms
- 1982 "Knight Rider", starring David Hasselhoff, debuts on NBC
- 1986 Bobby Ewing (Patrick Duffy) returns to TV show "Dallas", his death is attributed to his wife Pam's bad dream (erases all of previous season)
- 1988 NYC's Rockefeller Center declared a national landmark
- 1995 "George" magazine premieres, published by John F. Kennedy Jr
- 1997 Seattle Mariner Ken Griffey Jr. hits his 56th HR of 1997
- 2004 Canadian runner Ed Whitlock (73) becomes 1st person over 70 to complete a marathon in under 3 hours (2:54:48) at Toronto Marathon (Toronto, Ontario)
- 2017 The video game Fortnite: Battle Royale is released, eventually becoming one of the most popular games worldwide *By On This Day in History*

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

ANS ENHANCEMENTS COMING

NEW PROGRAM ROLL OUT

October 14

LAST DAY FOR CHANGES

September 25



What we are doing: GM will be enhancing the experience with the Automated Notification System (ANS) starting October 15. In preparation for this change, there will be a freeze on the ANS self-registration site from September 25 to October 14.

What do we need from you: Please review/update your ANS contact info by September 24 here:



What to do if you need to update your info during the freeze:

- **Employees without a GM managed device:** should email ANSOffice@GM.com requesting a manual upload of their personal contact information (should you need additional help your local HR team can help).
- **Employees with GM devices:** These numbers will be automatically added to the system before the device is issued.

All employees who are already enrolled/registered will continue to receive alerts as usual during this freeze period.

Keep an eye out for additional information about the new system coming soon.

Why am I not receiving ANS messages? Here's how to troubleshoot:



1. Check Workday and People Finder

Your work location needs to be updated in Workday and People Finder.

You must have up-to-date personal contact information saved in Workday. Personal cell phone and personal email are recommended.

It is up to you to confirm your work location and contact information are updated and correct in Workday and People Finder.

general motors

2. Check your ANS account details

Once you have confirmed your work location and contact information are up to date, log into ANS to check your account.

- The easiest way: scan the QR code
- Or go to Socrates. Click on "Company." Then click "Automated Notification System."
- Or go to Socrates and type "ANS" in the search.
- Follow the prompts to log in and update your contact information.
- Opting into text messages is recommended.

*The easiest way to access the ANS portal:

Note! This is Step 2. You must complete Step 1 first.



3. If you still have questions or issues

Contact: ANSOffice@gm.com

In your message, include:

- Your 9-digit GMIN
- Your GM work location
- An explanation of your situation.

DEFIANCE UNIFORM REP **NEW** PHONE NUMBER



Rich Becker
(419)-389-7409

***Text or Call Rich directly with any issues.**

Fall Maintenance Checklist

Interior

- Have heating system checked
- Change batteries in smoke and carbon monoxide detectors
- Inspect and sweep the chimney
- Check windows for drafts, loose frames, cracked panes
- Vacuum or replace air filters
- Remove window air conditioners and cover exterior units

INJURY PREVENTION

I	E	R	U	T	S	O	P	D	E	S	E	W	T
T	T	S	E	R	Y	T	E	F	A	S	I	I	C
F	E	Q	U	I	P	M	E	N	T	T	P	T	I
L	N	O	I	T	N	E	V	E	R	P	F	S	T
E	R	S	V	B	A	L	A	N	C	E	N	N	E
X	H	T	E	R	G	O	N	O	M	I	C	S	I
I	Y	R	M	E	S	T	R	E	N	G	T	H	C
B	D	E	C	L	W	A	R	M	U	P	R	G	I
I	R	T	I	H	A	W	A	R	E	N	E	S	S
L	A	C	I	R	F	E	C	N	R	G	S	E	S
I	T	H	S	T	A	B	I	L	I	T	Y	I	C
T	I	I	O	R	I	E	U	Q	S	T	M	I	S
Y	O	N	S	T	N	I	O	F	V	R	F	P	F
F	N	G	N	I	N	O	I	T	I	D	N	O	C

- | | | | |
|------------|------------|-------------|--------------|
| STRETCHING | AWARENESS | STRENGTH | CONDITIONING |
| POSTURE | STABILITY | REST | WARMUP |
| SAFETY | EQUIPMENT | FLEXIBILITY | HYDRATION |
| ERGONOMICS | PREVENTION | BALANCE | |



- Sitting**
 Sit up straight, knees at 90 degrees with hips, keep feet flat on floor, spine should be at a slight curve where hand can go between your back and chair, shoulders at relaxed and neutral position.
Activities to improve: Squats, seated torso twist.
- Twisting**
 Do not twist while lifting, bending, or reaching, hold objects close to body, and do not continue to twist if you experience pain.
Activities to Improve: Yoga, Pilates, woodchoppers, Russian twists.

Popular Wellbeats On Demand Classes to improve Functional Movements

- Flowing Yoga
- Yoga Tai Chi Fusion
- Standing Practice
- Flex Your Core
- Barre Balance



P.E.R.T.

SEPTEMBER MEETING

RESCUE TRAINING

When:

Friday September 27th, 2024

Where:

Training Center Room 135

Time:

1st Shift 06:30 - 15:00

FUNCTIONAL MOVEMENT



Why Proper Functional Movement?

Proper movement may help reduce injury and avoid pain. Poor movement may cause muscles to shorten, be misused, bring about spinal alignment issues and cause pain.

Daily Movement Patterns

- Standing**
 Think head, shoulders, knees and toes, distribute weight equally without leaning, and use your core to keep body aligned.
Activities for improvement: Tai Chi, Shoulder blade squeezes, short walks throughout the day.
- Lifting**
 Move close to the object, use legs to lift the object by bending knees and keeping back straight, place feet about shoulder width apart, and tighten core muscles.
Activities for improvement: Stretch and stand every hour, core exercise, body squats.
- Carrying**
 Have a clear path with no obstacles, hold loads close, shoulders in line with hips, take breaks as needed, and do not lock knees.
Activities for improvement: Strengthen and stretch abdominal and back muscles.

Spirit Wear Fridays – September

Wear your favorite jersey/sports 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

September 6

September 13

September 20

September 27

988
SUICIDE & CRISIS LIFELINE

24/7 free and confidential support

CALL OR TEXT: 988
CHAT: 988LIFELINE.ORG

**SEPTEMBER
SUICIDE
PREVENTION
MONTH**

#BeThe1To

#BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

Ask

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

Be There

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by after speaking to someone who listens without judgment.

Keep Them Safe

A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

Help Them Stay Connected

Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

Follow Up

Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.

Learn More

Get message kits, resources, events and more at the official website. Go to Bethelto.com

By 988lifeline.org



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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 11th
8:00am to 11:00am

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



Local 211

Shoe Mobile Schedule 2024

Red Wing	Saf-Gard
6 a.m.-10:30 a.m., 11:30-4 p.m.	6 a.m.-10:30 a.m., 11:30-4 p.m.
October 22nd	November 7th December 11th

Reminder:
The Shoe Truck will
be closed for lunch
from 10:30 - 11:30 a.m.

A limited number of boots are available in the GSC office in the crib for emergencies.

In addition, employees may:

- 1) Obtain a shoe authorization form from me or Brian Kempe and take it to a Red Wing or Saf-Gard store,
- 2) Order from the catalogs in the crib office, the on-line website
- or 3) Contact me for any special needs.

Alexandria English
419-784-7271
419-770-9446

Tonya Huss - UAW Communication Coordinator
tonya.huss@gm.com




Kevin Nadrowski - Communication Manager
kevin.1.nadrowski@gm.com