



POWERNEWS



November 14, 2024

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (November 14)....

1666 English writer Samuel Pepys writes the first report of a blood transfusion (between dogs) in his diary

1732 First professional librarian in north America, Louis Timothee, hired in Philadelphia

1832 First streetcar (horse-drawn) (John Mason) debuts in NYC; fare 12 cents rode on 4th Avenue between Prince and 14th Streets

1851 "Moby-Dick" by Herman Melville first published by Harper and Brothers in the US

1856 American Gail Borden is issued a patent for technology related to his invention of condensed milk

1864 One of the last public executions in England: Franz Muller is hanged for murder in front of a crowd of 50,000 outside Newgate Prison

1881 Charles Guiteau put on trial for the assassination of US President Garfield

1888 USC Trojans (then Methodists) play their 1st football game

1896 Power plant at Niagara Falls begins operation

1908 Albert Einstein presents his quantum theory of light

1910 1st airplane flight from deck of a ship, Norfolk, Virginia

1935 Nazis deprive German Jews of their citizenship

1965 US government sends 90,000 soldiers to Vietnam

1968 "National Turn in Your Draft Card Day" features draft card burning

1968 First European lung transplant

1969 2nd Vietnam Moratorium Day in US

1969 Apollo 12 (Conrad/Gordon/Bean) launched for 2nd manned Moon landing

1970 Marshall U football team wiped out in DC-9 air crash at Keno, West Virginia, killing 75

1988 Sitcom "Murphy Brown" starring Candice Bergen premieres on CBS

1993 Don Shula becomes the coach with the most wins in NFL history

1993 Puerto Rico votes against becoming the 51st US state

1997 Disney's "Lion King" sets Broadway record of \$2,700,000 daily sale

2002 Film "Harry Potter and the Chamber of Secrets" is released, based on the 2nd book of the series by J. K. Rowling

2002 The United States House of Representatives votes not to create an independent commission to investigate the September 11 attacks

2018 Jewellery that belonged to French Queen Marie Antoinette is auctioned off in Geneva, after not being seen for 200 years

2018 Large impact crater, 31 km wide, from iron meteorite identified under Hiawatha Glacier in Greenland

2018 UK Prime Minister Theresa May's cabinet approves draft plan

for country's exit from the European Union (Brexit)

2023 World's first protected area for endangered sperm whales set up off the coast of Caribbean island of Dominica

By On This Day in History



28

Thursday, November 28, 2024 at 8:30 AM - 10:00 AM EST

27th Annual Defiance Lions Club Turkey Trot

Defiance, OH

PMN is looking to sponsor the first 10 walkers/runners who are interested in joining the Lions club - Turkey Trot!

Let me know by November 18th if you're interested!!

Alexandria English

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Reschedule



On SafGard's November 7th visit, they had to leave the plant early as they were having many issues with their truck/generator. They

plan to reschedule once they have everything fixed, and that information will be communicated as soon as possible. They are still scheduled to be onsite Wednesday, December 11th as well!



8 Thanksgiving Celebrations Around the World

The United States isn't the only nation with a holiday dedicated to gratitude—here are eight different variations of the Thanksgiving tradition from around the world.

1. **Canada** - It may surprise you to learn that Canada's first Thanksgiving celebration actually predates America's—by more than 40 years. In 1578, an expedition led by the English navigator Martin Frobisher held a ceremony in what is now Nunavut, giving thanks for the safety of their fleet. This is considered the first-ever Thanksgiving celebration in North America, though in fact First Nations (the indigenous peoples of Canada) and Native Americans had been holding harvest festivals long before Europeans arrived. Loyalists who moved to Canada during the Revolutionary War introduced turkey, along with some other customs from the American Thanksgiving. Canada's Parliament formally established a national Thanksgiving Day (November 6) in 1879; as of 1957, the date was changed to the second Monday in October. Thanksgiving traditions in Canada look very similar to American ones, including eating turkey and watching football (the Canadian Football League holds an annual Thanksgiving Day Classic) with family.

2. **Germany** - The German equivalent of Thanksgiving is Erntedankfest ("harvest festival of thanks"). This religious holiday often takes place on the first Sunday in October, which is often also the first Sunday following Michaelstag (Michaelmas) on September 29; different places mark the occasion on various dates in September and October. Though rural areas take the harvest festival concept more literally, churches in German cities also join in on the celebration, giving thanks for the good fortune their congregations experienced that year. During a typical Erntedankfest, celebrants may carry an Erntekrone ("harvest crown") of grains, fruit and flowers to the church in a solemn procession, and feast on such hearty fare as die Masthühnchen (fattened-up chickens) or der Kapau (castrated roosters).

3. **Liberia** - This West African republic may seem an unlikely place for an American-style Thanksgiving tradition, but only until you consider its history. Freed slaves from the United States established Liberia in the early 1820s with help from the American Colonization Society, a private organization that believed returning African Americans to the country of their origins would provide them with greater opportunity, help spread Christianity to Africa and solve the nagging problem of slavery in the United States. In the early 1880s, Liberia's government passed an act declaring the first Thursday of November as National Thanksgiving Day. Today, it's a largely Christian holiday: Churches auction off baskets filled with local fruits like papayas and mangoes after their services, and local families feast on the bounty. Instead of turkey and pumpkin, Liberia's Thanksgiving tables boast items such as spicy roast chicken and mashed cassavas, and live music and dancing are part of the Thanksgiving tradition.

4. **Japan** - Japan's variation of Thanksgiving, Kinro Kansha no Hi (Labor Thanksgiving Day) evolved from an ancient rice harvest festival, Niinameasai, the roots of which go back as far as the seventh century A.D. During the Meiji Era (1868-1912), the date of the festival was set as November 23, and it has remained the same

since then. The modern tradition of Labor Thanksgiving Day began in 1948, just three years after World War II ended, as a celebration of the rights of Japan's workers. Today, the public observes it as a national holiday, but with none of the huge feasting you'll see on the American holiday. Instead, labor organizations lead events at which citizens are encouraged to celebrate the principles of hard work and community involvement. To mark the occasion, children often make thank-you cards for policemen, firefighters or other municipal workers.

5. **Norfolk Island** - This remote island in the Pacific Ocean, a former British penal colony and current Australian territory, is another unlikely place for a holiday celebration with American roots. In fact, its Thanksgiving tradition dates back to the mid-1890s, when the American trader Isaac Robinson decided to put on an American-style Thanksgiving service in the All Saints Church in Kingston in order to attract some visiting American whalers to the celebration. His plan worked, and parishioners on the island—otherwise best known for its namesake pine tree—continue to celebrate the holiday today, bringing fruits, vegetables and cornstalks to decorate the church and singing American hymns on the last Wednesday of November each year.

6. **Grenada** - Every October 25, people on this West Indian island celebrate their own Thanksgiving Day, which marks the anniversary of a joint Caribbean and U.S. military invasion of Grenada in 1983. The troops' arrival restored order after an army coup ousted and executed Maurice Bishop, Grenada's socialist leader, and put the island under martial law. While stationed on the West Indian island that fall, U.S. soldiers told local citizens about the upcoming American holiday and some of its traditions. To show their own gratitude, many people in towns and villages hosting the soldiers invited them to dine and celebrate with them, even surprising them with such non-native island foods as turkey, cranberry and potatoes. Today, the Grenadian Thanksgiving features formal ceremonies of remembrance in the cities, but largely goes unmarked in more rural areas.

7. **The Netherlands** - It's sometimes forgotten that of the English settlers who traveled to the New World on the Mayflower, some 40 percent spent the years 1609 to 1620 living and working in the Dutch city of Leiden. As a result, some have claimed that the Pilgrims' first Thanksgiving celebration was actually inspired by Leiden's annual commemoration of the breaking of the Spanish siege in 1574. In any case, the people of today's Leiden continue to celebrate their ties with the Mayflower's passengers by holding non-denominational church services on the fourth Thursday of November.

8. **Puerto Rico** - After Puerto Rico became a territory of the United States in the late 19th century, its residents enthusiastically adopted many of the traditions of the holiday. They celebrate it on the same day (fourth Thursday in November) and embrace the same Black Friday shopping craziness on the following day. But Puerto Ricans have put their own twist on the traditional Thanksgiving Day feast: There is usually turkey—whether a roasted, seasoned pavo-chón or a turkey stuffed with mofongo (a mashed plantain dish)—but roast pork is also a common item on the menu, accompanied with more plaintains, rice and beans. *By Sarah Pruitt - History.com*

CARBOHYDRATES AND BLOOD GLUCOSE

Balanced carbohydrate choices are important.

Carbohydrates (carbs) are essential for energy and fiber intake. It's important to distinguish the type of carbs you choose for the health benefits and more desirable blood glucose levels. There are different types of carbs - simple and complex. Both types of carbs have a different impact on blood glucose levels. Understanding this impact can help you make a better food choice.



Simple and Complex Carbohydrates



- **Simple Carbohydrates**
Sugars are the most basic form of carbs. They lack fiber, are digested quickly, and raise blood glucose levels rapidly.
- **Complex Carbohydrates**
Starch and fiber are complex forms of carbs. They slow the digestion process and cause a slower rise in blood glucose levels.

- **Eat more of these complex carbohydrates**

- Vegetables (fresh, canned, or frozen)
- Fruits (fresh, canned, or frozen)
- Legumes (beans, peas, lentils)
- Whole wheat bread and other whole wheat products
- Whole grains (brown rice)
- Oatmeal
- Low-fat dairy milk

- **Eat less of these simple carbohydrates**

- Sugar-sweetened beverages (soda, sweet tea, and juice)
- White bread and refined flour products
- Chips and crackers
- Cakes and pies
- Cookies
- Candy



LifeSteps
BUILDING A HEALTHY LIFE
ONE STEP AT A TIME

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

Quick Tip

Pair carbs with protein and fat in a meal or snack to further minimize their impact on blood glucose levels.

Spirit Wear Fridays – November

Wear camo / outdoor gear



November 1

November 8

November 15

November 22

Snap a selfie with just you or with your friends wearing your camo or best outdoor gear and send it to Jeremiah Fleischman 419-769-1859



NOVEMBER MEETING

RESCUE TRAINING

When:

November 21st, 2024

Where:

PERT Training Lab Room 135

Time:

1st Shift 0630 - 1030

2nd Shift 1430 – 1830

3rd Shift 0230 - 0630

NOVEMBER 20, 2024

CHILI

COOK-OFF

BRING THE HEAT!

PLANT 2 OPS AREA

TROPHIES FOR FIRST PLACE WINNERS!!

10AM-12PM
6PM-8PM
(11/21 - DAY 4)
12AM-2AM

\$5 SAMPLES OF EACH CHILI
\$1 BOWL OF FAVORITE
ONE VOTE

\$1 ADDITIONAL VOTE

We need a minimum of 3 per shift or the event will be canceled so please sign up today!

Never Text and Walk on the Floor





NOVEMBER FOOD TRUCK SCHEDULE

2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|--------|--|--|--|--------|---------|
| | | | | 1 | 2/3 |
| 4 | 5 | 6 La MICHoacana 10-1PM 530-8PM | 7 La MICHoacana (Day 4) 12-2 | 8 | 9/10 |
| 11 | 12 | 13 LOADED GASTRO 10-1 530-830 | 14 LOADED GASTRO (Day 4) 12-2 | 15 | 16/17 |
| 18 | 19 | 20 CHILI COOK OFF | 21 | 22 | 23/24 |
| 25 | 26 THE TAMALE GUY (Day 2) 12AM-2AM 10AM-1PM 530-8PM | 27 | 28 HAPPY THANKSGIVING | 29 | 30 |
| | | | | | |

Shoe Mobile Schedule 2024

Saf-Gard

6 a.m.-10:30 a.m.,
11:30-4 p.m.

December 11th

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

Shoe Mobile Schedule 2025

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

Red Wing

6 a.m.-10:30 a.m.,
11:30-4 p.m.

Saf-Gard

6 a.m.-10:30 a.m.,
11:30-4 p.m.

Safety Shoe End-of-the Year Notice

- If you want to use up last year's voucher money, your order must be placed by Noon on Friday, December 13.
- All information must be included on the order form or shoes will not be ordered.
- All fields on the order form must be filled out or the shoes will not get ordered.
- Must include GMIN
- Must include name of Group Leader
- Must include STYLE, SIZE, WIDTH, and PRICE
- Must include AMOUNT of voucher money you have available
- The Saf-Gard shoe truck will be here on Dec. 11.

If you have any questions – please let me know
Alexandria English

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| | |
|--------------|----------------|
| January 21st | January 16th |
| | February 27th |
| April 22nd | April 3rd |
| | May 15th |
| | June 26th |
| July 22nd | August 7th |
| | September 18th |
| October 21st | October 30th |
| | December 11th |

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 online website
- or 3) Contact me for any special needs.

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