



DEFIANCE, OHIO

December 12, 2024

POWERNEWS

Defiance Mission Statement...
"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (December 12)...

1787 Pennsylvania becomes 2nd state to ratify US constitution

1791 Bank of North America opens at Carpenter's Hall, Philadelphia

1822 Mexico officially recognized as an independent nation by US

1858 1st Canadian coins circulated (1 cent, 5 cent, 10 cent & 20 cent)

1870 Joseph Rainey (South Carolina) becomes 1st African American to serve in US House of Representatives

1897 Rudolph Dirks' 1st "The Katzenjammer Kids" cartoon strip appears in NY Journal

1899 1st case of plague on Oahu, Hawaii

1899 George F Bryant of Boston patents the wooden golf tee

1901 Guglielmo Marconi sends the first transatlantic radio signal, from Poldhu in Cornwall to Newfoundland, Canada

1913 Hebrew language officially used to teach in Palestinian schools

1915 1st all-metal aircraft (Junkers J-1) test flown at Dessau, Germany

1925 Arthur Heinman coins term "motel" from motor hotel; opens Motel Inn, San Luis Obispo

1930 Baseball Rules Committee greatly revises the rule book; a ball bouncing into the stands is not a home run, now a double

1946 'Tide' laundry detergent introduced

1946 United Nations accepts six Manhattan blocks as a gift from John D. Rockefeller Jr.

1957 Willem J. Kolff and his team at Ohio's Cleveland Clinic removed the heart from a dog and replaced it with a pneumatic pump which kept the dog alive for 90 minutes, proving the viability of the artificial heart

1963 Frank Sinatra, Jr returned by kidnappers after his father paid the \$240,000 ransom demanded

1963 Kenya (formerly British East Africa) declares independence from the United Kingdom

1968 Arthur Ashe becomes 1st black person be ranked #1 in tennis

1974 50-year-old Georgia Governor Jimmy Carter announces his candidacy for the Democratic nomination for President [1]

1975 Sara Jane Moore pleads guilty to trying to kill US President Gerald Ford (serves 32 years)

1976 Quarterback Joe Namath plays his last game with the NY Jets

1977 "Saturday Night Fever", film starring John Travolta, with music by the Bee Gees, premieres in NYC

1988 "Rainman" directed by Barry Levinson and starring Dustin Hoffman and Tom Cruise premieres in New York (Best Picture 1989)

1988 NYC Subway system adds new stations (Z line)

2020 UN Chief Antonio Guterres urges world's leaders to declare "climate emergency" to avoid catastrophic global warning on 5th anniversary of Paris Climate Accord

2022 Emma Tucker appointed editor-in-chief of The Wall Street Journal, first woman to lead the paper

By On This Day in History

Plant 2 Baskets for uniforms

Team, please feel free to utilize the baskets on the East Hall next to the Cafeteria for Dirty Uniforms until the Elevator work is completed.

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

SPEAK UP! FOR SAFETY

Customer safety is a 24/7 priority for everyone

To report an issue:
Hotline: 877-866-7776
Email: gmsufs@navexglobal.com

vsp | gm

Meet your new vision benefits plan for hourly employees! Beginning January 1, 2025, VSP Vision Care will administer the Hourly Vision Plan Benefits. Don't worry, your benefits are still the same! VSP will provide you with...

- Thousands of in-network choices and a wide selection of frames, contacts, and savings on lens enhancements
- Plus, an extra \$100 to spend on Featured Frame Brands or an Extra \$100 towards any frames at Visionworks.

Get to know VSP to learn how to maximize your vision care benefit – <https://bit.ly/4hpL89W>

If you have questions, call Customer Service at 1-800-877-7195. VSP is ready to help!



General Motors African-American Networking

- **Dwennimmem:** "Ram's horns"
- **Symbolism Strength & humility, even the strong need to be humble**
- **From the Akan people of West Africa, Ghana**
- **A bird's eye view of two rams butting heads**



We Are

In the spirit of DWENNIMMEN –
Courageously humble, yet intellectually strong in our quest to find new roads

2024 Defiance GMAAN Chapter Leads



Derrick Parson:
Chapter Champion



Edward Hogan Jr.:
Chapter Site Leader



LaWanda Blessingame:
Chapter Support

Defiance GMAAN Pillar Leads



Jessica Williams:
Talent Pillar Lead



Eric Rogers:
Market Pillar Lead



Roger Giasby:
Culture Pillar Lead

GMAAN: OUR PURPOSE

VISION

- All our members are developed, retained, inspired, valued, engaged and safe. (D.R.I.V.E.S).

MISSION

- To be a resource leveraged by GM to provide a competitive advantage in attracting, developing and retaining African Ancestry employees while engaging our communities to drive GM business priorities/performance.

What are ERG(s)? What does ERG(s) do?

GM's employee resource groups (ERGs) build connections through shared identities and open dialogue. ERGs help strengthen employee satisfaction and educate our broader community. ERGs are fully open to any employees interested in joining, and we're proud that one in three GM employees participates in an ERG.

Our other Defiance Chapters ERG's & Leaders



Mary Boyd
Justin Zimmerman
Jeremiah Fleischman



Mary Boyd
Rachel Peters



David Argumedo
Rene Amador

GMAAN Informational Meeting Wednesday, December 4



Spirit Wear Fridays – December Holiday Wear



December 6

December 13

December 20

Snap a selfie with just you ,or with your friends, wearing your hap – hap happiest holiday wear and send it to Jeremiah Fleischman. 419-769-1859

DID YOU KNOW..

GM People Services Can Help You With...

Making Tax Withholding Changes

Fix Missing Holiday Pay or Vacation Time

Deciphering Paystub Codes or Wage Breakdowns

Assistance Navigating Workday

Providing Employment Verification Letters

Contact People Services

1.800.584.2000

gmnapeopleservices.us @gm.com

Scan to Download Contact Card





Fun Christmas Facts

- The tallest Christmas tree ever displayed was in Seattle, Washington. It measured 221 feet tall.
- Buying all the gifts from the “12 Days of Christmas” song would cost you a ton of money. The most expensive being “Swans a Swimmin” -- about \$6,300.
- When the candy cane was invented in Germany, it was made into a J for Jesus. The red stripes symbolize his blood.
- Black Friday is not the busiest shopping day of the year. The two days before Christmas are.
- One-third of the 20 highest grossing movies were re-released during the Christmas season, proving that going to the movies after opening gifts is a popular tradition.
- It is a tradition in Japan to eat KFC for Christmas. Orders must be placed two months in advance.
- Jingle Bells was originally a song about Thanksgiving in 1857. It was also the first song ever played in space by astronauts, Walter Schirra Jr. and Thomas P. Stafford.
- 1 in 3 men wait until Christmas Eve to do their shopping.
- Christmas trees usually grow for close to 15 years before they can be sold.
- Rudolph the Red-Nosed Reindeer got his start as an advertising gimmick for Montgomery Ward in 1839.
- Paul McCartney earns \$400,000 a year from his “Wonderful Christmastime” song, which is widely regarded as the worst song ever recorded.
- More than 400,000 illnesses are caused by spoiled Christmas leftovers.
- Christmas used to be illegal. Oklahoma was the last U.S. state to declare Christmas a legal Holiday in 1907.
- The original location for the 1947 Miracle on 34th Street movie was the N.Y. Macy’s in Herald Square. However, for the remake in 1994, Macy’s refused to participate therefore the fictional store Cole’s was created.
- Toys for Tots was founded in L.A. 5,000 toys were collected during the first drive in 1947. A handmade doll was the first donation.
- Bing Crosby’s version of “White Christmas” is the highest-selling single of all time.
- It only took six weeks for Charles Dickens to write “A Christmas Carol.”
- Americans purchase 1.6 billion Christmas cards every year.
- Visa cards are used about 6,000 times every minute during the Christmas season.
- Franklin Pierce was the first President who put up an official White House Christmas tree.
- Christmas lights were so expensive that they used to be rented rather than sold. An electrically lit tree was a status symbol in the early 1900’s.
- The first Salvation Army collection kettle took place in San Francisco’s Oakland Ferry at the foot of Market St. It was a large crab pot with a sign that read “Keep The Pot Boiling.”

- The biggest display of lights ever made is in Australia. It has 1,194,380 LEDs covering 3,865 sq. meters. David Richards has used his home to raise \$20,000 for SIDS and Kids ACT since 2011.
- The top six Christmas tree producing states are Oregon, North Carolina, Pennsylvania, Michigan, Washington and Wisconsin.
- The city of Vancouver, Canada claims to be the birthplace of the first “ugly Christmas sweater” party.
- From performers to maintenance workers, approximately 220 people are hired for the Disneyland Christmas Parade.
- The first Christmas celebrated on American Land was in 1539 in Tallahassee, Florida. There were no trees or presents, just a religious mass.
- The word “Merry” in Merry Christmas was not always accepted because being merry used to signify slight intoxication.
- The highest grossing movie about Christmas since 1980 is Jim Carrey’s “How the Grinch Stole Christmas.” It came out November 2000 and pulled in \$260,044,825.
- The Charles W. Howard Santa Claus School in Midland, MI hosts 130 Santas each year where they gather and learn about the history of St. Nick, popular toys and Santa etiquette.
- In 1980, the highest selling Christmas toy was a Rubik’s cube for \$1.99. It now retails for \$10.
- The abbreviation X in X-Mas is not an abbreviation. It actually stands for “Chi”, meaning Christ in Greek.
- The first batch of eggnog originated from medieval Britain’s drink “Posset” -- a hot milky ale-like drink.

By Shari’s Berries

Make Safety a **Family Holiday Tradition**

By following these safety tips:

Trees and Decorations

Christmas Tree: Keep it well watered and away from heat sources.

Decorations: Ensure sharp or breakable decorations are out of the reach of small children.

Lights and Candles

Burning Candles: Place them on a stable surface, away from items that can catch fire and extinguish them before leaving the room.

Holiday Lights: Check the label to ensure they have been tested for safety, follow the intended outdoor or indoor use and throw out damaged sets.

Other

Working Smoke Alarms: Have one on every floor of the home and in every bedroom, test them every month and change the batteries every year.

Ladders: Select the correct one for the job and place it on level and firm ground.

NSN (National Safety Network) logo
USCPSC (United States Consumer Product Safety Council) logo
 Social media icons for Facebook, Instagram, Twitter, and YouTube.
 Find more safety tips at CPSC.GOV



ON-SITE

Wednesday, December 18
10am-1pm &
5:30pm-8:30pm
Thursday, December 19
(Day 4)
12am-2am

EATING HEALTHY THIS HOLIDAY

Prioritize Your Protein

Lean proteins provide essential nutrients to muscular tissues, increases your body's response to burn calories, and gives a feeling of fullness!

Examples: Turkey, roast chicken, lean cuts of red meat, low-fat dairy, seafood, and tofu or other vegetarian options.



Register for the Defiance Facebook Group



GENERAL MOTORS
DEFIANCE



Private Facebook group for current hourly, salaried, and contract employees.

Employees can join to receive important business updates, plant recognitions, safety protocols, and additional plant information.

When registering, you must request access using your own personal Facebook account and you will be prompted to enter your GMIN and answer additional questions for identification purposes.

This is a private group and only current Defiance employees will be permitted to join.

To sign up visit: www.facebook.com/groups/GMDefianceTeam/

DEFIANCE UNIFORM REP NEW PHONE NUMBER

vestis **Rich Becker**
(419)-389-7409

*Text or Call Rich directly
with any issues. Texting is best.

Fill Up On Vegetables

- Have the majority of our carbohydrate sources come from leafy greens and other vegetables.
- Give your vegetables a try before adding enhancers. Extra butter, sugar, or salt may not be necessary and could be decreasing your foods nutritional value.

Examples: Salads, roasted Brussels sprouts, collard greens, corn, and carrots.



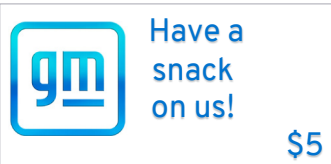
Don't Complicate the Complex Carbohydrates

- Carbohydrates provide energy that the body needs!
- Choose healthier options that your body can use to help restore energy levels.

Examples: Baked white and sweet potatoes. Stuffing with wheat bread and casseroles with vegetables as the main ingredient.



GM Defiance Recognition Program



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!

general motors

Final Tips for Success

- Fit in your favorites.** Savor the desserts or sweets you enjoy but keep it as a small portion of your meal plan.
- Balance is key.** There's nothing wrong with indulging in a festive dinner. Just ensure your surrounding meals are nutrient-dense. Eat a light lunch before and a healthy breakfast the next morning.
- Slow down.** It can take 20 minutes for your brain to realize you're full. Eat slowly to help prevent overeating and maintain portion control.
- Find healthy alternatives.** Substitute applesauce for oil in baked breads or cakes, yogurt instead of mayonnaise in deviled eggs, and sliced almonds for crunch instead of fried onion crisps.



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



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