



# POWERNEWS

Defiance Mission Statement...

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

## On this day in history (May 29)....

1700 First mastectomy performed in North America at Hôtel-Dieu de Québec by royal doctor Michel Sarrazin on Sister Marie Barbier de l'Assomption (operation is successful)

1721 South Carolina formally incorporated as a royal colony

1787 "Virginia Plan" by James Madison and Edmund Randolph proposed to the Constitutional Convention advocating for a national government with three branches - legislative, executive, and judicial

1790 Rhode Island becomes last of original 13 colonies ratifying US Constitution

1848 Wisconsin becomes 30th US state

1849 Lincoln says "You can fool some of the people all of the time, and all of the people some of the time, but you can not fool all of the people all of the time."

1886 American pharmacist John Pemberton begins to advertise his patent medicine - Coca-Cola in Atlanta, Georgia

1900 Trademark "Escalator" registered by Otis Elevator Co.

1912 15 young women are fired by Curtis Publishing in Philadelphia for dancing the "Turkey Trot" during their lunch break



1916 Official flag of President of the United States adopted

1919 Albert Einstein's Theory of Relativity, that when light passes a large body, gravity will bend the rays confirmed by Arthur Eddington's expedition to photograph a solar eclipse on the island of Principe, West Africa

1919 Charles Strite files patent for the automatic pop-up toaster

1942 Bing Crosby records Irving Berlin's song "White Christmas", with the John Scott Trotter Orchestra and the Ken Darby Singers, in just 18 minutes; becomes world's best-selling single (estimated 100 million copies sold)

1943 Meat and cheese rationed in US

1949 Candid Camera, TV comedy show, moves to NBC

1951 1st North Pole flight in single engine plane-CF Blair

1967 Elvis and Priscilla Presley hold a wedding reception at Graceland for friends and family not at the original ceremony

1978 US 1st class postage rises to 15 cents (13 cents for 3 years)

1980 Larry Bird beats out Magic Johnson for NBA rookie of year

2015 "Jurassic World", directed by Colin Trevorrow and starring Chris Pratt and Bryce Dallas Howard premieres in Paris

*By On This Day in History*



## JUNE BLOOD DRIVE

The Red Cross will be on-site **Tuesday, June 10**. To schedule a

donation time or to volunteer at

check-in table, please see

Alex English's email from May 28, or

contact your group leader.

If you have any questions contact

Heather Troyer @

[heather.troyer@gm.com](mailto:heather.troyer@gm.com)

### **\*ATTENTION\***

**Lee Karnes will be onsite Monday, June 2nd at 8:30AM!**

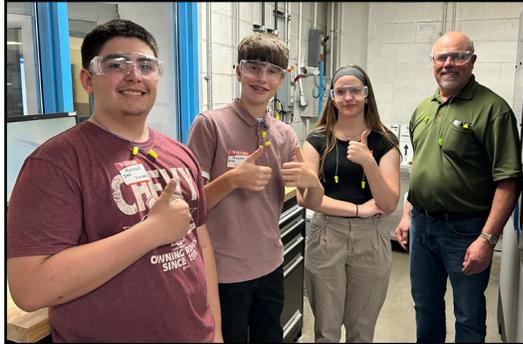
**She will be returning to the 6:30AM Wednesday schedule as well. Thank you!**

### **GROUP LEADER REMINDER:**

**2025 Monthly Folders are in the Teams Files. You can add any Employee Recognition to these folders and it will be added to the Plant TVs.**

## Defiance Middle School Job Shadow

On Friday, May 16 the team hosted three Defiance Middle School Students for Job Shadowing. They spent the day shadowing several different engineers, a stop in the pattern shop, metallurgical lab, 3D Printer and a plant tour. I appreciate all the folks that spent time with these students to show the great jobs that are available here in Defiance.



Watching the 3D Printer is; Marshall Muncy, Grayson Chafins, Katherine Palczewski and Dave Schepler. Marshall is the son of Paula and Haskell Muncy. Katherine is the granddaughter of retirees Sheila and Bob Palczewski.



## 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.

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.

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

## DEFIANCE UNIFORM REP PHONE NUMBER

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

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



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](http://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](mailto:gmspeakupforsafety@usa.g4s.com)

## Register for the Defiance Facebook Group



- 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.**

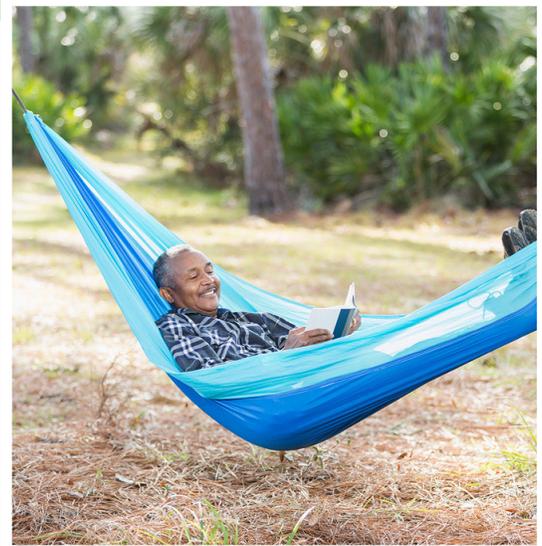
To sign up visit: [www.facebook.com/groups/GMDefianceTeam/](http://www.facebook.com/groups/GMDefianceTeam/)

# Self-Care

Mental well-being includes your emotional, social, and psychological well-being. It is essential to your overall health and quality of life.

Self-care can play a role in maintaining your mental well-being. See below for self-care ideas.

- **Practice gratitude.** Remind yourself daily of things for which you are grateful. Be specific. Write them down or replay them in your mind.
- **Try a relaxing activity.** Explore meditation, mindfulness, or breathing exercises.
- **Schedule times for healthy activities you enjoy,** such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.



# Go the Distance

Get more miles in on your well-being journey with LifeSteps.



Stay motivated and reach more milestones with tools and support from **LifeSteps!**

- **Health Assessment** – Get personalized health recommendations and customize your LifeSteps experience.
- **Biometric screenings** – Learn important health numbers and be better equipped to make decisions about your well-being.

Visit [Lifesteps.com](https://lifesteps.com) today.

Need to register?



\*The LifeSteps Wellness Program is offered to all GM U.S. hourly employees and their dependents age 18 and older. The Program is also available to all GM U.S. salaried employees, including their enrolled dependents age 18+ in the U.S. Salaried Medical Plan. GM contract workers are not eligible to participate in the LifeSteps Wellness Program.



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