

DEFIANCE, OHIO



June 5, 2025

POWERNEWS

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (June 5)....

- 1805 First recorded tornado in "Tornado Alley" (Southern Illinois)
- 1846 Telegraph line opens between Philadelphia and Baltimore
- 1851 Anti-slavery novel "Uncle Tom's Cabin" by Harriet Beecher Stowe first published in serial form in "The National Era"
- 1872 Republican National Convention meets in Philadelphia
- 1876 Bananas become popular in the US at the Centennial Exposition in Philadelphia
- 1888 US Democrats nominate Grover Cleveland for president
- 1917 10 million US men begin registering for draft in WW I
- 1920 First rivet driven on Bank of Italy headquarters at 1 Powell in San Francisco (later Bank of America)
- 1937 Henry Ford initiates a 32 hour work week
- 1940 A synthetic rubber tire is exhibited in Akron, Ohio, by Goodyear Tire & Rubber Company
- 1944 After receiving favorable weather reports, General Eisenhower decides to proceed with the D-Day invasion on June 6



1956 "Milton Berle Show" last airs on NBC-TV

- 1956 US Federal court rules racial segregation on Montgomery buses anti-Constitutional
- 1964 Rolling Stones 1st US concert tour (with Bobby Goldsboro & Bobby Vee) debuts in San Bernadino, California
- 1965 "Wooly Bully" by Sam the Sham & Pharaohs hits #2
- 1968 Palestinian Sirhan Sirhan assassinates Robert F. Kennedy, shooting him 3 times and wounding 5 others at the Ambassador Hotel in Los Angeles, California. Kennedy dies the next day.
- 1976 Teton Dam in Idaho bursts, causing \$1 billion in damage and

- resulting in 14 deaths
- 1981 AIDS epidemic officially begins when US Centers for Disease Control reports on pneumonia affecting five men in Los Angeles
- 1981 George Harrison releases "Somewhere in England", his ninth studio album, includes John Lennon tribute "All Those Years Ago" (Featuring Paul and Ringo)
- 1987 "Nightline" presents its first "Town Meeting," the subject is AIDS and the show runs until 3:47 AM
- 1988 Longest champagne cork flight is 177 feet 9 inches in New York
- 1998 A strike begins at the General Motors parts factory in Flint, Michigan, that quickly spreads to five other assembly plants (the strike lasted seven weeks)
- 2019 Ohio doctor William Husel charged with 25 counts of murder for prescribing potentially fatal doses of opioids in Franklin County
- 2023 Australian woman Kathleen Folbigg is pardoned after 20 years in prison for the murder of her four children, after new genetic research found evidence of gene disorders in the children

By On This Day in History

**Give Blood,
Help Save Lives**



JUNE BLOOD DRIVE

The Red Cross will be onsite **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

HAPPY RETIREMENT

Congratulations to the following production employees who retired on June 1st. We wish you a long & happy retirement!

Chad Cattell

34.1 years of service
DOH: 1/21/1997

Chad Ellerbrock

32.1 years of service
DOH: 3/10/1997

Brian King

31.4 years of service
DOH: 1/10/1994

Richard Westrick

34.8 years of service
DOH: 9/19/1995

Lloyd Wilson

24.7 years of service
DOH: 8/14/2000



Pictured Above: Gary Hoehn, Richard Westrick, Chad Ellerbrock, Mitch Wilson and Rob Egnor



What is Wellbeats?

This innovative platform offers on-demand video streaming for all things fitness and well-being anytime, anywhere. Designed to cater to your preferences and schedule, wellness is always within reach. Classes for all ages, levels, abilities, and interests.



Popular Wellbeats On Demand Classes

- **Fit Flow & Flexible: Core** - Fuses traditional yoga movements with core training
- **Golf Ready Circuit** - Improve your game by increasing your mobility and strength
- **Turn It Up** - An energetic hybrid dance class
- **Garlic Lemon Shrimp and Broccoli** - Learn how you can make any recipe work for you as you follow along this Wellbeats cooking demo



How to Access Wellbeats

Log into your LifeSteps account on LifeSteps.com

Click on "Your GM Benefits" to access the Wellbeats card

- Click on Direct Link language on the Wellbeats card
- To view more details regarding this service before accessing, click on Wellbeats Details

Enter your first and last name, email address, and (optional) your phone number

- Create a password
- Review and accept Terms of Service
- After initial login, you can access Wellbeats from LifeSteps.com without the use of login credentials

Access 1000+ virtual fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests

(Optional for Personal, Spouse, or Dependent access) Download the Wellbeats app

- Search Wellbeats from your device app store and download
- Enter the email and password created in Step 3

LifeSteps Giveaway Alert

Kan Jam Disc Toss Game

Ways to enter the prize drawing

Register to LifeSteps.com

Complete your Health Assessment

Biometric Screening

Vision Screening

Take the survey

Global Health Week Participation



Scan the QR code or go to LifeSteps.com to create your account



Toledo Linktree



You must send me a message after completing the Health Assessment
petronela.burr@gm.com | 419.779.4195

Let's Build Event and Bedding Drive



LET'S BUILD EVENT @ DEFIANCE GM
JUNE 14TH AT 9AM



An event Hosted by GM Defiance and Let's Build to **Build 30 twin beds for kids** in the Defiance County and a **bedding drive** to stock these beds with the needed supplies listed below. Your Support makes a difference, see how you can support this great cause below.

COLLECTING DONATIONS NOW THRU JUNE 13TH

Donation Items Needed :

Only NEW ITEMS

- Twin Sheet Sets
- Twin Blankets and Comforter Sets
- Standard Pillows
- Standard Pillow Cases

You can HELP by:

**Sign up to BUILD Beds
DONATE Twin Bedding**



CONTACT: ALEX ENGLISH

JUNE FOOD TRUCK SCHEDULE

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
					31/1
2	3 LOADED GASTRO 10-1PM 530-8	4 LOADED GASTRO (DAY 3) 12-2AM	5	6	7/8
9	10 DROP ZONE PIZZA (DAY 2) 12-2AM 10-1PM 530-8	11 wanna Make'er Loaded (DAY 3) 12-2AM 10-1PM 530-8	12	13	14/15
16	17	18	19 Holiday! 	20	21/22
23	24 THE TAMALE GUY (Day 2) 12-2AM 10-1PM 530-8PM	25	26 ROLLIN' SWEETS (Day 4) 12-2AM 10-1PM 530-8PM	27	28/29
30					



P.E.R.T.

JUNE MEETING

Medical and Trauma, Scenarios

When:

June 27th, 2025

Where:

PERT Training Lab Room 135

Time:

1st Shift 06:30 - 15:00



STAY SAFE THIS SUMMER!

 Use sunscreen

Take a first aid kit 

 Play in shaded areas

Wear lightweight clothing 

 Wear a helmet

Use insect repellent 

 Avoid intense activity on hot days

Wear sunglasses 

 Take breaks

HYDRATE! 

Tonya Huss UAW Communication Coordinator tonya.huss@gm.com
Kevin Nadrowski Communication Manager kevin.1.nadrowski@gm.com