



POWERNEWS

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

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

1665 England installs a municipal government in New York City
 1665 New Amsterdam legally becomes an English colony and renamed New York after English Duke of York
 1770 Patent for 'Spinning Jenny' first multiple spinning machine, that would revolutionise cotton spinning, granted to English weaver James Hargreaves
 1787 Delegates to the Constitutional Convention (held in Philadelphia, Pennsylvania) agree to requirement providing a senator must be at least 30 years old
 1849 Gas mask patented by Lewis Haslett (Louisville, Kentucky)
 1851 Abass I of Egypt signs a contract with Robert Louis Stevenson to build a railway in Egypt, first stage opens 1854 between Alexandria and Kafer Eassa - first railway in Africa
 1902 Horn & Hardart open the first automat, where food and drink are served through vending machines, in the US at 818 Chestnut St in Philadelphia, Pennsylvania
 1903 Niagara Falls, Ontario incorporated as a city
 1908 Lusitania crosses Atlantic in record 4 days 15 hours (NYC)
 1917 US Secret Service extends protection of the President to include his family
 1920 Farmer Labor Party organized (Chicago)
 1922 Browns pitcher Hub Pruett strikes out future Baseball Hall of Fame slugger Babe Ruth 3 consecutive times as St. Louis beats New York Yankees, 7 - 1 at Sportsman's Park, St. Louis
 1923 Harry Houdini frees himself from a straight jacket while suspended upside down, 40 feet (12 m) above ground in NYC
 1931 Al Capone is indicted on 5,000 counts of prohibition and perjury
 1934 Black-McKeller Bill passes causes the break-up of William Boeing's empire into Boeing United Aircraft [Technologies] and United Airlines
 1935 Senator Huey Long of Louisiana speaks continually for 15½ hours in then Senate's longest speech (150,000 words)
 1939 Baseball Hall of Fame is dedicated in Cooperstown, New York
 1939 Shooting begins on Paramount Pictures' "Dr. Cyclops," the first horror film photographed in three-strip Technicolor

1942 Anne Frank gets her diary as a birthday present in Amsterdam

Right: a happy Anne Frank sitting at a school desk in 1940, unaware of the honors to come



1954 Bill Haley & His Comets release the hit single "Rock Around the Clock"
 1965 Sonny & Cher make their 1st TV appearance on "American Bandstand"
 1967 "You Only Live Twice", 5th James Bond film starring Sean Connery, screenplay by Roald Dahl, premieres in London
 1967 In the case of Loving v. Virginia, United States Supreme Court unanimously strikes down laws against interracial marriages
 1970 Rocker and blues singer Janis Joplin debuts in Kentucky
 1975 Hank Aaron smacks his first home run in Milwaukee since 1965 as his new team, the Brewers beat Oakland A's, 9-7
 1976 "Yes, Yes, Yes" single by Bill Cosby hits #46
 1977 Groundbreaking ceremony for John F. Kennedy Presidential Library and Museum in Boston, Massachusetts; architect I. M. Pei's design would take over 2 years to build
 1978 David Berkowitz, also known as Son of Sam serial killer sentenced in NY Supreme Court to 25 yrs to life
 1979 Kevin St Onge throws a playing card a record 185 ft-1 inch; record broken in 1992
 1980 Ronald Reagan says he will submit to periodic medical tests
 1981 "Raiders of the Lost Ark" (the first Indiana Jones film) directed by Steven Spielberg, starring Harrison Ford, with story by George Lucas premieres
 1981 Baseball players begin a 50 day strike, their 3rd strike
 1982 750,000 anti-nuclear demonstrators, rally in Central Park, NYC
 1987 US President Ronald Reagan challenges Mikhail Gorbachev to "tear down" the Berlin wall
 1989 "Doctor Doctor", TV Comedy starring Matt Frewer, debuts on CBS-TV
 1990 "Mariah Carey" debut album by Mariah Carey is released
 1994 Cab Calloway suffers a massive stroke at his home in White Plains NY
 1997 "Batman and Robin" directed by Joel Schumacher, starring George Clooney, Arnold Schwarzenegger and Chris O'Donnell premieres in Los Angeles
 2000 "X-Men" 1st film based on comic book series, starring Patrick Stewart, Hugh Jackman, and Ian McKellen premieres on Ellis Island in New York Harbor
 2007 "Transformers", directed by Michael Bay and starring Shia LaBeouf and Megan Fox premieres in Sydney
 2012 World Health Organization concludes that diesel exhaust causes cancer

By On This Day in History

KEEP MOVING



June 2025



Exercise Recommendations

The American Heart Association recommends adults get at least 150 minutes of moderate-intensity, or 75 minutes of vigorous-intensity, aerobic exercise per week.



Moderate-intensity exercises include brisk walking (2.5 mph), mowing the lawn, and biking



Vigorous-intensity exercises include hiking, shoveling, playing tennis, running and wheelchair sprints



Physical Activity Benefits



The benefits of exercise goes beyond progression in your workouts:

- Helps improve overall mood
- Improves sleep quality
- Maintenance of a healthy body weight
- May help prevent heart disease and type 2 diabetes
- May help prevent certain forms of cancer
- Maintaining and increasing muscle mass

Five Ways to Stay Active This Summer

Staying active doesn't have to be a chore. Use your imagination and find fun ways to keep moving.

- 1 Stretch, walk, or move during your breaks
- 2 Take a short walk after meals
- 3 Park further away from your destination and walk
- 4 Go for a hike or a bike ride
- 5 Plant a garden and perform yard work



LifeSteps – Wellbeats

Get Ready To Swing

Warm-up exercises focused on your backside, ankle stability, and balance to prepare you for swinging sports like golf and tennis!

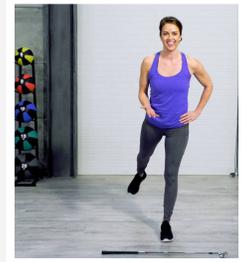
Level: Beginner

Sub Category: Golfers, Stretch, Tennis/Pickleball

Time duration: 10 minutes

[Click here](#) or search *Get Ready To Swing* on the Wellbeats platform!

Must be registered with Wellbeats



Protecting Your Health Pays Off



Be entered in up to three drawings to win an Igloo Profile II 16 qt. Cooler. There will be 1,200 winners announced. Just complete two steps at [LifeSteps](#) by December 31, 2025:*

1. Complete the Health Assessment.
2. Get a Biometric Screening.

The sooner you complete the actions the more chances you have to win. Drawings will take place this Summer, Fall and Winter.

Get started today at [Lifesteps.com](#).



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

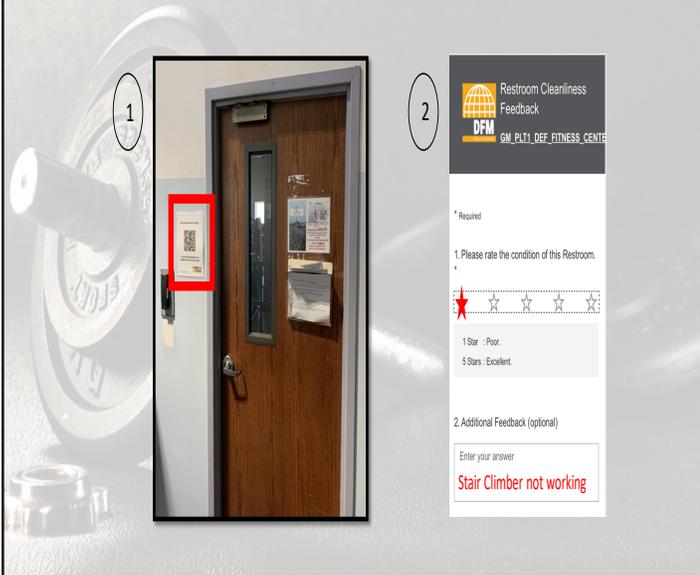


You can **HELP** by:
Sign up to **BUILD Beds**
DONATE Twin Bedding

CONTACT: ALEX ENGLISH

FITNESS CENTER REPAIR!

See a machine in need of repair? Please scan the QR code outside of the "IN" door -> Rate it a 1 with a description of what needs repaired!



OPTICIAN HOURS

Monday
8:30 AM – 4:00 PM

Wednesday
6:30 AM – 4:00 PM



Spirit Wear Fridays – June

Wear your favorite vacation shirt/jacket/apparel



Send your Spirit Friday Pics to Jeremiah.Fleischman@gm.com 419-769-1859, justin.1.zimmerman@gm.com 330-553-0478 or eric.rogers@gm.com 716-857-1045

June 6	June 13	June 20	June 27
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GROUP LEADER REMINDER TEAMS FOLDERS

- 2025 Monthly Folders have added to the Teams Files.
- You can add Employee Recognition to these folders and the information will be added to the Plant TVs.

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



ANS REGISTRATION

Sign up for GM's SECURE Notification System!

Signing up is easy!

- Navigate to **Socrates > Company > ANS** or access the **ANS Link on HCC**.
- GM's Automated Notification System (ANS) communicates urgent information about workplace safety situations and business interruptions, such as:

- **Shift Cancellations**
- **Building Closures**
- **Severe Weather Impacts**
- **Time-Sensitive Information**

Don't be left out. Sign up today!



SCAN ME

Msg and Data Rates May Apply



Automated Notification System

Suggestion Website QR Code



Scan the code and follow the prompts to log in to your Suggestion page.

to check status of suggestions or to submit a new suggestion electronically. Please contact tonya.huss@gm.com for any issues.

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

Call Security Dispatch



7911
on a land line
OR
(419) 784-7400
via cell phone

This will ensure the quickest response time!

DEFIANCE UNIFORM REP
PHONE NUMBER



Rich Becker
(419)-389-7409

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



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