



POWERNEWS

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

On this day in history (October 2)....

- 1608 Hans Lippershey applies for patent for first known early telescope in the Netherlands
- 1789 George Washington transmits the proposed constitutional amendments (United States Bill of Rights) to the states for ratification
- 1902 Beatrix Potter's "The Tale of Peter Rabbit" is published by Frederick Warne & Co. in London
- 1910 Henry Wijnmalen flies to an altitude of 2,800 meters, setting a world record
- 1919 US President Woodrow Wilson has a stroke, leaving him partially paralyzed
- 1936 First auto alcohol plant for the industrial production of fuel alcohol from grains and potatoes starts operation in Atchison, Kansas
- 1946 1st network soap opera "Faraway Hill" begins broadcasting on DuMont Television Network
- 1950 1st strip of Charlie Brown, "Li'l Folks", later "Peanuts", by Charles M. Schulz published in seven nationwide papers
- 1955 "Alfred Hitchcock Presents" premieres on CBS television in the US
- 1956 1st atomic power clock exhibited-NYC
- 1959 Rod Serling's anthology series "The Twilight Zone" premieres on CBS-TV
- 1967 Thurgood Marshall is sworn in as the first Black Supreme Court Justice
- 1968 Redwood National Park is established to preserve the tallest trees on Earth by an act of the US Congress with 58,000 acres (later extended)
- 1970 14 members of the Wichita State University Football team as well as 17 administrators and supporters are killed in a plane crash in the Rocky Mountains
- 1980 38-year-old Muhammad Ali comes out of a two-year retirement to challenge undefeated world heavyweight champion Larry Holmes at Caesars Palace, Las Vegas. Ali is pounded unmercifully for ten rounds before his corner throws in the towel.
- 1984 Papa John's Pizza is founded by John Schnatter in Jeffersonville, Indiana; it would go on to become the fourth-largest pizza delivery restaurant chain in the United States
- 1989 TV true life drama "A Cry for Help: The Tracey Thurman Story" premieres on NBC in the US
- 1984 Richard Miller becomes 1st (former) FBI agent to be charged with espionage
- 1984 Three cosmonauts return after a record 237 days in orbit
- 1994 Legendary Miami head coach Don Shula beats Cincinnati head coach and his son David in the first-ever NFL meeting between father and son; Dolphins defeat the Bengals, 23-7

- 2001 American sitcom "Scrubs", starring Zach Braff as Dr. "J.D." Dorian, premieres on NBC
- 2005 NFL plays first regular season game outside the United States when the Arizona Cardinals defeat the San Francisco 49ers, 31-14 in Mexico City, Mexico
- 2009 "Stan Lee Day" declared by County of Los Angeles and the City of Long Beach
- 2021 Massive oil slick from a pipeline discovered off California, along Orange County coast covering 13 square miles
- 2023 US Postal Service issues a commemorative stamp honoring late US Supreme Court Justice Ruth Bader Ginsburg
- 2023 WHO approves second vaccine for Malaria, one that can be manufactured on a massive scale - R21 made by the University of Oxford *By On This Day in History*

5 STEPS TO HELP YOU

FIGHT FATIGUE!

FATIGUE WILL AFFECT YOUR ALERTNESS, YOUR PERFORMANCE, YOUR HEALTH, YOUR MOOD, AND YOUR SAFETY ...

- 1

TAKE FREQUENT BREAKS

TAKE 1 MIN EVERY 20 MINS TO STRETCH, BREATHE, BLINK & DRINK
- 2

GET PLENTY OF SLEEP

GET 7 HOURS OF QUALITY SLEEP EACH NIGHT AND KEEP A NIGHT TIME ROUTINE
- 3

HYDRATE OFTEN

PRE-HYDRATE BEFORE BEGINNING WORK AND KEEP WATER CLOSE BY
- 4

EAT REGULAR HEALTHY MEALS

EAT A WELL-BALANCED DIET OF FRESH FOODS AT REGULAR INTERVALS DAILY
- 5

GET EXERCISE AND FRESH AIR

EXERCISE YOUR MIND AND BODY 3-5 TIMES PER WEEK TO STAY ALERT & FIT

WARNING SIGNS:

- SLEEPINESS
- IRRITABILITY
- REDUCED ATTENTION & ALERTNESS
- IMPAIRED MEMORY
- IMPAIRED JUDGMENT
- RISKY BEHAVIOR
- REDUCED STRESS TOLERANCE
- POOR COMMUNICATION
- REDUCED PHYSICAL CAPACITY

Suggestion Website QR Code



Scan the code and follow the prompts to log in to your Suggestion page. You can check status of your suggestions or submit a new suggestion electronically. Please contact Tonya Huss at tonya.huss@gm.com for any issues.

OCTOBER FOOD TRUCK SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	30 Wanna Make'er Loaded (DAY 2) 12-2AM 10-1PM 530-8	1	2 HOME PLATE KITCHEN (DAY 4) 12-2AM 10-1PM 530-8PM	3	4/5
6	7 LOADED GASTRO 10-1PM 530-8	8 LOADED GASTRO (Day 3) 12-2	9 SABROSA TACO TRUCK (Day 4) 12-2AM 10-1PM 530-8P	10	11/12
13	14	15 WILLOW Lane KITCHEN 10-1PM 530-8	16 WILLOW Lane KITCHEN (Day 4) 12-2AM	17	18/19
20	21 PAVIS SUBS & BEYOND 10-1PM 530-8	22 PAVIS SUBS & BEYOND (Day 3) 12-2 THE TAMALES GUY 10-1PM 530-8	23 THE TAMALES GUY (Day 4) 12-2AM	24	25/26
27	28 Wanna Make'er Loaded (DAY 2) 12-2AM 10-1PM 530-8	29	30 SMOTHER IT GOOD FOOD (DAY 4) 12-2AM 10-1PM 530-8	31	

*** ATTENTION ALL VETERANS ***

I am updating our Hourly and Salaried Veterans list. If you are actively serving or a Veteran, Please complete the form at the below.

Veterans' Name _____

Branch of Military _____

Service Years _____



This is for GM Defiance employees. You can complete the form and return it to the Suggestion Office in the Training Center or you may put it in one of the Suggestion boxes throughout the plant. You can also email the information to tonya.huss@gm.com

Deadline is October 31st.

HOME PLATE KITCHEN MINISTRIES

Chef Nick & Team

OPTION 1 \$10
BAKED POTATO BAR & DRINK

Topping Options:

- Taco Meat
- Cheese Sauce
- Bacon
- Butter/Sour Cream

OPTION 2 \$11
SALAD BAR & DRINK

OPTION 3 \$13
HEART MEAL & DRINK

- Salisbury Steak in Brown Gravy
- Mashed Potatoes & Gravy
- Corn

BOTTLES

- Pepsi
- Mountain Dew
- Diet Pepsi
- Diet Mountain Dew
- Water

OCTOBER 2, 2025
(DAY 4) 12-2, 10-1, 530-5

PLANT 1 INNOVATION CAFE



We have a NEW vendor today GM so lets make sure we give them a big GM Welcome!! Menu above. (PLANT 1 INNOVATION CAFÉ!)



The Let's Build Beds organization has reached out to us to see if we have anyone who would like to volunteer or learn more about what they do. The information is below regarding the meetings that they have. I personally have volunteered at a Let's Build event and also have

delivered some of the beds to kids. It's very heartwarming to see how appreciative the kids are when they finally have a bed to call their own.

So if you're looking for a worthy cause to donate some time, please consider Let's Build Beds.

Sue Scott
GM Defiance
Financial Dept
419-769-1692

The Plant's Next Blood Drive is October 28, 2024.

How to prepare to give blood

 Make an appointment	 Get a good night's sleep	 Hydrate
 Eat a healthy meal	 Complete a RapidPass®	 Relax



PAINT THE SITES PINK!

Friday, October 10, 2025



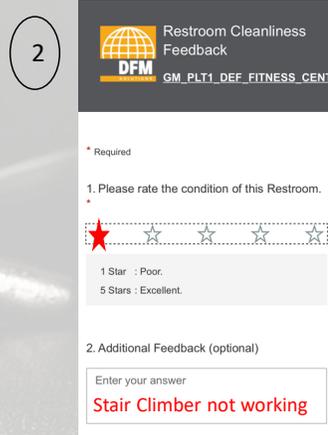
Join GM Women and wear pink to support Breast Cancer Awareness Month.

Small Pink Ribbon Stickers will be handed out at the beginning of each shift at all of the plant entrance gates

Larger Ribbons will be provided to write the names of family and friends that are currently battling or have previously battled breast cancer. Ribbons will be displayed on the board in the Ops area.

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!



Applebutter Festival Volunteers Needed



Friday School days for the Kids October 3, 9am to 3pm

1. Gate volunteers
2. Processing apple cider.
3. Making apple butter
4. Sorghum Molasses processing
5. Kettle Corn making
6. Sawmill
7. Concession Stand

Saturday October 4, 9am to 5pm

Gate volunteers shift: 2 volunteers 9am to 1pm, 2 volunteers 1pm to 5pm

6 to 10 volunteers 9am to 1pm, volunteers 1pm to 5pm

1. Processing apple cider.
2. Making apple butter
3. Sorghum Molasses processing
4. Kettle Corn making
5. Sawmill

Sunday October 5, 11am to 3pm

Gate volunteers: 2 volunteers 11am to 3pm,

6 to 10 volunteers 11am to 3pm

1. Processing apple cider.
2. Making apple butter
3. Sorghum Molasses processing
4. Kettle Corn making
5. Sawmill

You can contact Foyle Solether by email at

foyle.solether@gm.com or phone at **419-576-7621**

OPTICIAN HOURS



Monday

8:30 AM – 4:00 PM

Wednesday

6:30 AM – 4:00 PM

Tonya Huss

Communication Coordinator

419-784-7727

tonya.huss@gm.com



Kevin Nadrowski

Communication Manager

313-498-5464

kevin.1.nadrowski@gm.com

