

DEFIANCE, OHIO



November 13, 2025

# POWERNEWS

Defiance Mission Statement...

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

## On this day in history (November 13, 2025)....

1789 In a letter to Jean-Baptiste Le Roy, Benjamin Franklin writes "in this world nothing can be said to be certain, except death and taxes"

1839 1st US anti-slavery party, Liberty Party, convenes in NY

1851 The Denny Party lands at Alki Point, the first settlers of what would become Seattle, Washington

1875 Harvard-Yale game is 1st college football contest with uniforms

1875 National Bowling Association organized in NYC

1900 Baltimore Orioles (now NY Yankees) enter baseball's American League

1907 French bicycle maker Paul Cornu flies the first twin-rotor helicopter, lifting 1.5 m (5 ft) off the ground for 20 seconds

1927 New York - New Jersey Holland Tunnel, 1st twin-tube underwater auto tunnel, opens

1930 WA Drake's "Grand Hotel" premieres in NYC

1931 Hattie Caraway (D-AK) appointed first US woman senator

1933 First modern sit-down strike by Hormel meatpackers in Austin, Minnesota

1940 Walt Disney's animated film "Fantasia," starring Leopold Stokowski, The Philadelphia Orchestra, Mickey Mouse, and ballet-dancing hippopotamuses, premieres at the Broadway Theatre, NYC

1942 Minimum draft age lowered from 21 to 18 in the US

1946 Scientist Vincent Schaefer produces the first artificial snow by dropping pellets of dry ice from an airplane into a supercooled cloud over Mt. Greylock, Massachusetts

1954 Dentist Fred Slack invents false fingernails after cutting his nail at work and creating an artificial nail using dental acrylic resin and aluminum foil

1955 1st live telecast from non-contiguous foreign country-Havana Cuba

1979 Ronald Reagan announces his candidacy for US President in NYC

1980 US spacecraft Voyager 1 sends back first close-up pictures of Saturn during its fly-by

1982 Vietnam Veterans Memorial opens in Washington, D.C., featuring the names of over 58,000 US soldiers killed or missing in the Vietnam War

1995 "GoldenEye", 17th James Bond film released, starring Pierce Brosnan for the first time, Robbie Coltrane and Judi Dench as M

1997 "Lion King" opens at New Amsterdam Theater NYC

2002 Eminem releases the single 'Lose Yourself' from the soundtrack of "8 Mile", the first rap song to win the Academy Award for Best Original Song

2014 Chandra Bahadur Dangi, the world's shortest man, who

is 54.6 cm (1 ft 9.5 in) tall, meets the world's tallest man, Sultan Kösen, standing 251 cm (8 ft 3 in) tall, at an event in London for Guinness World Records Day

2017 World's earliest winemaking is uncovered in Khramis Didi Gora, Georgia, in clay pots from 6,000 BC

2023 Kenya holds its first national tree-planting holiday, aiming to plant 100 million trees as part of a climate change initiative to plant 15 billion trees by 2032

2024 World's largest coral, larger than a blue whale and 300 years old, is found off the Solomon Islands in the southwest Pacific Ocean

By On This Day in History

## Engineering Job Shadow



On Friday, November 7th the plant hosted an Engineering Job Shadow. Cast Melt Team Leader, Brian Niese's daughter, Mackenzie visited for for the event. Pictured above are Matthew Beall (Pandora-Gilboa), Brian & Mackenzie Niese (Continental).



**Suggestion  
Website QR Code**

Scan the code and follow the prompts to log in to your Suggestion page (same login information as your Socrates page). You will be able to the check status of your suggestions or submit a suggestion electronically. Please contact me at [tonya.huss@gm.com](mailto:tonya.huss@gm.com) for any issues.

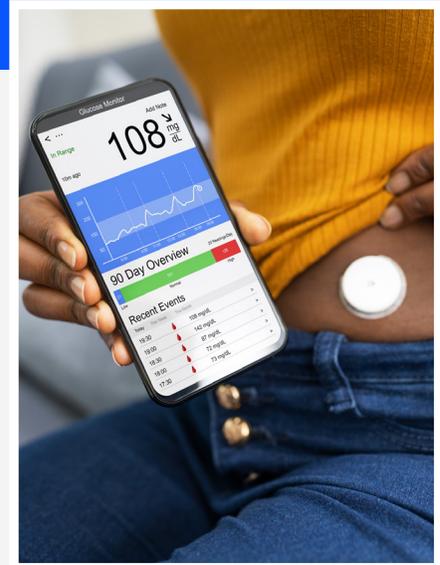
# Type 1 Diabetes

**Type 1 Diabetes** occurs when the immune system destroys insulin-making cells in the pancreas.

This type of diabetes cannot be prevented. The condition is usually diagnosed in children and young adults, so it used to be called juvenile diabetes.

## Healthy Habits:

- Balance your insulin dose with the foods you eat.
- Stay active and monitor your blood sugar.
  - Your doctor will tell you when and how often to check your glucose levels, but most people are told to check before, during, and after all activity to find out how it affects them.



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Source: WebMD.com, Type 1 Diabetes. <https://www.webmd.com/diabetes/type-1-diabetes>.  
Accessed 9/2/2025.

The LifeSteps 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 Program.

# Type 2 Diabetes



**Type 2 Diabetes** occurs when the body becomes resistant to insulin or does not produce enough, leading to high blood sugar.

Most people develop **prediabetes** before type 2 diabetes, where blood sugar levels are higher than normal but not yet within the diabetes range.

## Healthy Habits:

- Cut back on refined carbs, especially sweets
- Add veggies and fruits to your diet
- Eat more fiber
- Exercise - aim for 30-60 minutes every day

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Source: WebMD.com, <https://www.webmd.com/diabetes/type-2-diabetes>.  
Accessed 9/2/2025.

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**Tonya Huss**  
Communication Coordinator  
[tonya.huss@gm.com](mailto:tonya.huss@gm.com) 419-784-7727



**Kevin Nadrowski**  
Communication Manager



[kevin.1.nadrowski@gm.com](mailto:kevin.1.nadrowski@gm.com) 313-498-5464



## Holiday Decorating Safety

- 1 Replace any worn light strings.
- 2 Read manufacturer's instructions for number of light strands allowed to connect & indoor / outdoor ratings.
- 3 Use clips, not nails, to hang lights so the cords do not get damaged.
- 4 Follow manufacturer's instructions and labels for ladder use.
- 5 Always maintain a 3-point (2 hands and a foot, or 2 feet and a hand) contact on the ladder when climbing.

Source: Occupational Safety and Health Administration, National Fire Protection Association



# DEFIANCE OPERATIONS

*One Team - Innovating the Future*

We're excited to introduce a new way to celebrate the great work happening across our team — the **GM Defiance Pint Glass!**

This custom-designed glass featuring the GM Defiance logo is now available as a recognition item. Whether it's for outstanding performance, going above and beyond, or simply showing appreciation, this pint glass is a versatile and meaningful way to say, "thank you."

**How to Get One:** Team members can stop by the **Plant 2 Quality Systems Office** and see **Curtis Switzer** to pick up a pint glass for recognition purposes.

Let's continue to celebrate the wins — big and small — and keep building a culture of appreciation and pride in our work!



## NOVEMBER FOOD TRUCK SCHEDULE

2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

					1/2
3	4 LOADED GASTRO 10-1PM 530-8	5 LOADED GASTRO (Day 3) 12-2	6 SABROSA TACO TRUCK (Day 4) 12-2AM 10-1PM 530-8P	7	8/9
10	11 <b>HOLIDAY</b>	12 Willow Lane Kitchen 10-1PM 530-8	13 Willow Lane Kitchen (Day 4) 12-2AM	14	15/16
17	18 HOME PLATE KITCHEN (Day 2) 12-2AM 10-1PM 530-8PM	19 La MICHoacana 10-1PM 530-8PM	20 La MICHoacana (Day 4) 12-2	21	22/23
24	25 Wanna Make'er Loaded (Day 2) 12-2AM 10-1PM 530-8	26	27	28	29/30

Plant 1 Cafe



# Veteran of the Month Parking

## Honoring Our Heroes

- **Beginning in November**, we are proud to announce the addition of Veteran of the Month Parking Spaces in both Plant 1 and Plant 2.
- These designated spots are a small way to show our appreciation for the brave men and women who have served our country.
- Each month, a veteran will be recognized and honored with a reserved parking space.
- **Who Is Eligible?**
  - Any employee who is a U.S. military veteran. Please confirm your eligibility with Mary Boyd, Joy Vogelsong or Crystle Hagler
- **Selection Process:**
  - A **random** drawing will be held each month to select the Veteran of the Month from the pool of eligible employees.

Let's celebrate our veterans and their dedication —  
both to our country and our workplace.

**P** Look for Veteran of the Month signs in Plant 1 and Plant 2 adjacent to 10-min parking



## NOVEMBER MEETING

### RESCUE TRAINING

**When:**

November 20th, 2025

**Where:**

PERT Training Lab Room 135

**Time:**

1st Shift 0630 - 1030

2nd Shift 1430 – 1830

3rd Shift 0230 - 0630

## Shoe Mobile Schedule

### Safe-Gard

Thursday, December 11

6 a.m. - 10:30 a.m.

11:30 a.m. - 4 p.m.

\*SHOE TRUCK WILL BE CLOSED FOR LUNCH FOR ONE HOUR.

## Call Security Dispatch



7911 on a landline

**OR**

(419) 784-7400

via cell phone

*This will ensure the quickest response time!*

## DEFIANCE UNIFORM REP PHONE NUMBER

 **vestis Chris Rigby**

**(419)-389-7409**

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

## Recognize a Team Member

Would you like to recognize a team member? You can send a photo and details to [tonya.huss@gm.com](mailto:tonya.huss@gm.com). It will be shared in a future PowerNews issue. The employees permission is required to share their story and photo.

## Spirit Wear Fridays – November

Wear camo / outdoor gear



November 7

November 14

November 21



Send your Spirit Friday Pics to [justin.1.zimmerman@gm.com](mailto:justin.1.zimmerman@gm.com) 330-553-0478 or [brandy.thompson@gm.com](mailto:brandy.thompson@gm.com) 419-769-2175 (Plant 2 ops area Friday's 8:15am for pic)