



POWERNEWS

Defiance Mission Statement...

"ONE TEAM - INNOVATING THE FUTURE"

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

1623 Virginia enacts the first American temperance law
1750 First American Shakespearean production, an altered Richard III, is performed in New York City
1766 Antonio de Ulloa takes possession of Louisiana Territory from the French
1836 Samuel Colt's Patent Arms Manufacturing Company manufactures first pistol, 36-caliber "Texas" model, in Paterson, New Jersey
1841 First continuous filibuster in the US Senate begins, as the Democratic minority attempt to run out the clock on a bill to establish a national bank, lasts until March 11
1849 Zachary Taylor sworn in as 12th US President
1856 Georgia becomes 1st state to regulate railroads
1868 Stapler patented in England by C H Gould
1868 US Senate organizes to decide charges against President Andrew Johnson
1872 American engineer George Westinghouse patents triple air brake for trains
1877 Rutherford B. Hayes publicly inaugurated as 19th President of the United States
1894 Seattle authorizes 1st municipal employment office in US
1904 Nikola Tesla describes the process of the ball lightning formation in Electrical World and Engineer
1917 US President Woodrow Wilson is inaugurated for a second term
1923 Montana & Nevada become 1st states to enact old age pension laws
1924 Frank Carraway, becomes 1st to bowl 2 successive perfect 300 games
1933 FDR proclaims 10-day bank holiday in the US in attempt stem bank failures and restore confidence
1933 Germany's Nazi Party wins majority in parliament (43.9%-17.2M votes)
1934 Mother-in-law's day 1st celebrated (Amarillo, Texas)
1935 1st premature baby health law in US (Chicago)
1955 Elvis Presley makes his 1st TV appearance on a local video broadcast of the popular radio program "Louisiana Hayride" from the Shreveport Municipal Auditorium in Shreveport, Louisiana
1956 "King Kong" 1st televised
1960 Elvis Presley ends his two years of service in the US Army

1971 "Stairway to Heaven" by Led Zeppelin is first performed live at Ulster Hall, Belfast, by Robert Plant, Jimmy Page, John Bonham, and John Paul Jones
1981 Men's Figure Skating Champions in Hartford won by Scott Hamilton (USA)
1985 About 700 grain farmers from America's Midwest rally in Washington, D.C. at the Agriculture Department and march to the White House, demanding higher guaranteed prices for their products in pending farm legislation
1991 Reggie Miller (Indiana Pacers) begins NBA free throw streak of 52 games
1994 Jeffersson Airplane/Starship singer Grace Slick arrested for pointing a gun at a cop
1997 Tommy Lasorda, Nellie Fox and Willie Wells inducted into the National Baseball Hall of Fame
2002 American reality TV program "The Osbournes" premieres on MTV, featuring the family of rock singer Ozzy Osbourne
2013 Willcom announces the world's smallest mobile phone, weighing 32 grams
2015 Harrison Ford crash-lands his 1942 Ryan Aeronautical ST3KR aeroplane in California
2019 Major study into the MMR vaccine involving over 650,000 children in Denmark finds it does not increase the risk of autism
2019 Second-ever person "cured" of HIV after stem cell transplant treatment in London, England results published in "Nature"
2023 Caitlin Clark records 30 points, 17 assists, and 10 rebounds in the Big Ten tournament final for Iowa against Ohio State

By On This Day in History

Happy Retirement!

Congratulations to Tim Burke who retired on March 1st. We wish you all the best!

OPTOMETRIST HOURS MONDAY MARCH 9

Optometrist will be leaving the office Monday, March 9 at 12:45 for a Dr. appointment. Regular hours will resume Wednesday, March 11 at 6:30am.

INTERNATIONAL WOMEN'S DAY

International Women's Day (IWD), celebrated annually on March 8, originated from early 20th-century labor movements in North America and Europe, with the first national observance in 1909 and the first international, multi-country celebration in 1911. Established to campaign for suffrage, better pay, and working conditions, the date was finalized as March 8 to commemorate a major 1917 women's strike in Russia.

International Women's Day
Key Historical Milestones

1908 (USA): 15,000 women march in New York City demanding shorter hours, better pay, and voting rights.

1909 (USA): The Socialist Party of America declares the first National Woman's Day on February 28.

1910 (International): At the International Conference of Working Women in Copenhagen, German activist Clara Zetkin proposes an annual, international women's day to promote rights.

1911 (First International Event): Over one million people in Austria, Denmark, Germany, and Switzerland celebrate the first IWD on March 19.

1917 (The March 8 Connection): On March 8, 1917 (Feb 23 in the Julian calendar), Russian women in Petrograd hold a "Bread and Peace" strike, prompting action toward international, consistent recognition.

1975 (UN Recognition): The United Nations begins celebrating March 8 as International Women's Day, later adopting annual themes to promote equality and progress. *Cal State LA - LibGuides*

Today, International Women's Day (IWD) serves as a global day of awareness, celebrating the social, economic, cultural, and political achievements of women while calling for accelerated action toward gender parity. *Southern New Hampshire University*

Practicing gratitude...

is recognizing and appreciating the good in our lives. Practicing gratitude is linked to greater happiness, lower stress, better sleep, improved self-esteem, and stronger connections with others.

Consider the ideas below for gratitude journaling:

- Make a list of the good things in your life
- Write down three things you are grateful for daily
- Identify items you are grateful for by using your five senses, for example:
 - I am grateful for the sunlight through my window.
 - I am grateful for calming music that helps me relax.
 - I am grateful for the taste of my favorite fruit.



General Motors

Confidential

Source: heart.org

LifeSteps - Wellbeats Spotlight

Gratitude Meditation

Enjoy this quick meditation to help focus on the energizing and healing power of gratitude.

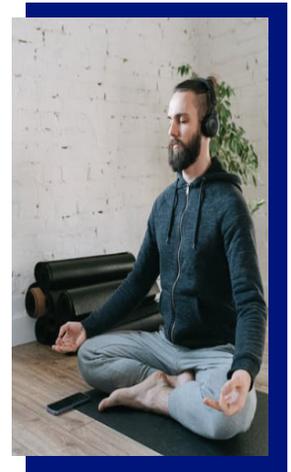
Equipment: No Equipment

Time Duration: 5 minutes

Intensity: Light

Class Level: Beginner

Search [Gratitude Meditation](#) on the Wellbeats platform!



Always consult your Wellbeats provider before participating in any program. GM assumes no responsibility for any website or other third-party website connected with this content or your engagement with any associated system. The LifeSteps Program is funded by GM LLC, which employees and their dependent are 18 and older. The program is also available to all GM LLC global employees, including their vendor employees, who are 18 years old. All GM LLC Salaries Medical Plan GM employees are eligible to participate in the LifeSteps Program.



Wellbeats registration starts at lifesteps.com. Scan the QR code to watch a video and learn how to register for Wellbeats.

WORKPLACE OF CHOICE SURVEY

What is the Difference Between Anonymous and Confidential?



Anonymous	Confidential
<p>Hourly 2026 WOC Survey</p> <ul style="list-style-type: none"> • No way for anyone - including the person/vendor conducting the survey - to identify individual participant responses. 	<p>Salaried 2026 WOC Survey</p> <ul style="list-style-type: none"> • Individual participant responses can be identified but are only known to a small group in GM's analytics team to conduct analyses. No data will be shared with any GM leaders that could identify any respondent or small group. Any examination of results, or circulation of summary reports, will be based upon aggregated responses from 5 or more employees.
<p>In time, we will strive for a consistent survey experience across hourly and salaried employees.</p>	



MARCH MEETING

Medical & Trauma Scenarios, Patient Packaging, Rescue

When:

March 27th, 2026

Where:

PERT Training Lab Room 135

Time:

1st Shift 06:30 - 15:00



Defiance Castings Workplace Safety Policy

At GM Defiance, we are committed to protecting our employees, contractors, and visitors; establishing sound design, engineering, manufacturing, and distribution practices that support compliance while driving aggressively toward the elimination of occupational injuries, illnesses, disabilities, and fatalities. Safety is a core value and a shared responsibility aligned with the GM Global Workplace Safety Policy and GM's corporate strategy across ICE, EV, AV, and Software & Services. Our Values and Behaviors guide how we work, make decisions, and protect one another.

At GM Defiance, We are committed to meeting all requirements of the Global GM Global Workplace Safety Policy which includes the following:

- Provide a workplace that is in compliance with all applicable occupational safety and health laws and regulations and in conformance to company Global Workplace Safety System (WSS) standards.
- Being committed to the foundation of GM's Corporate Strategy of culture and safety through living Values that Return People Home Safely. Every Person. Every Site. Every Day.
- Promote a culture of accountability through their Leadership, whereby all personnel are expected to understand their roles and responsibilities within the Workplace Safety System and contribute to workplace safety improvements.
- Speak Fearlessly! Promote the use of the Employee Safety Concern Process and the Speak Up for Safety process for escalation as needed. GM does not tolerate retaliation in any form for reporting a concern in good faith, according to the GM Non-Retaliation Policy.
- Provide employees with the right and expectation to stop their activity in case of unmitigated risks.
- Provide qualified resources and adequate budgets to manage Workplace Safety activities.
- Openly report and communicate accurate Workplace Safety data.
- Support our Health and Safety efforts beyond the workplace, including our homes and communities.
- Develop, implement, sustain, regularly assess, and improve the Site Workplace Safety System to achieve continual improvement of safety performance.
- Conduct applicable hazard identification evaluations and use the hierarchy of controls to manage risks to provide a safe workplace.
- Provide knowledge to employees through accountability from operations for proper training and awareness initiatives.
- Communicate this Policy to all stakeholders, enforce it at all levels of the site organization, and post required regional/country policies as applicable.

We Live Values that Return People Home Safely... Every Person, Every Site, Every Day.

Approved by:

Site Leader Name and Title: Derrick Parson - Plant Director

Site Leader Name and Title: Robbie Egnor - Shop Chairman

Signature(s): Derrick Parson

Robbie Egnor

Date: Feb 26, '26

MARCH 2026

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



THE SHOE TRUCK IS COMING!

The world's best boots come to your door in the world's biggest shoebox on wheels.



Premium footwear by Red Wing Shoes delivered right to your feet by people who understand the difference great fit and quality make.

The Shoemobile will be loaded with a customized inventory of work shoes and boots specifically designed for your particular working environment to meet all your safety footwear needs.



Staffed by Red Wing certified fit specialists who will select the right product and the right fit, right on the spot.

GM Defiance

April 21

6:00am – 10:30am
11:30am – 4:00pm



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Spirit Wear Fridays – March



WACKY SOCKS



International Women's Day

GIVE TO GAIN

#GiveToGain | #IWD2026



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

Mar 6 - IWD

Mar 13 - St. Paddy's Day

Mar 20

Mar 27

3 CAUSES OF ACCIDENTS



I didn't think
I didn't see
I didn't know

BE ALERT - DON'T GET HURT



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