



POWERNEWS

WE WILL MANUFACTURE BENCHMARK CASTINGS WITH PRIDE, LETTING SAFETY, QUALITY, COST, AND ON TIME DELIVERY TO OUR CUSTOMER BE OUR GUIDE.

February 10, 2017

**Please remember to
lock out.**



It can save your life!



**The need is constant.
The gratification is instant.
Give blood.**

Blood Drive

Conference Room

Wednesday, February 15

12:00 PM to 6:00 PM

*Please call the EAP office at Ext.7750 or 7285 to schedule an appointment.

Profit Sharing:

Profit Sharing payments will be made on **February 24**, and in accordance with the UAW-GM National Agreement. All eligible UAW-GM team members will receive a maximum profit sharing payout of **\$12,000**.

Cindy Estrada
UAW Vice President

Cathy Clegg
GMNA Manufacturing & Labor Relations
Vice President



February 2, 2017 marks the one year anniversary of our fellow co-worker Terry Bondenbender's death. It is a tragic loss that we will never forget. Please keep his family in your thoughts and prayers at this difficult time.



2017 LIFESTYLE CHALLENGE

1ST ROUND OF THE 2017 LIFESTYLE CHALLENGE!

MAR 23RD WEIGH-IN!!!

✓ **THOUGHT OF THE ISSUE:** EXERCISE PROGRAMS ARE GOING WELL AND MEMBERS ARE LOSING THE LBS AS EXPECTED. ONE REPORTED MEMBER HAS ALREADY LOST 14LBS OF STORED ENERGY! REMEMBER, FITNESS IS A VITAL PART OF YOUR HEALTHY LIFESTYLE, AS WELL AS EATING BETTER!!! I DON'T EXPECT ANYONE TO EAT COMPLETELY HEALTHY (I DON'T), BUT LIMITING THE INTAKE OF THE CRAZY CALORIE FOODS WILL MAKE A TREMENDOUS DIFFERENCE OVER TIME. STOP BY THE FITNESS CENTER OR LEAVE ME A MESSAGE AND WE CAN SET UP A TIME TO TALK ABOUT BEING "CALORIE AWARE" AND START YOU IN THE RIGHT DIRECTION! MY FIRST GOAL IS TO MAKE IT REASONABLE (STARVATION IS NOT A GOAL).

FEBRUARY'S 4 MINUTE WORKOUT CHALLENGE: 4 EXERCISES – 1 MINUTE TO COMPLETE EACH EXERCISE.

✓ **FEBRUARY STRENGTH WORKOUT GOAL:** 6-8 PUSH-UPS, 8-10 SIT-UPS, 2 PULL-UPS, 10 SQUATS (COMPLETE DAILY - SHOULD BE EASY! TOO EASY??? COMPLETE A SET OF EACH EXERCISE AT EACH BREAK OR TURN THE EXERCISES INTO A 4 MINUTE CIRCUIT-REPEAT EACH EXERCISE UNTIL YOUR 4 MINUTES ARE COMPLETE)

✓ **END OF FEBRUARY COUCH TO 5K CARDIO WORKOUT GOAL:**

5 Min Warm Up - (25:00 RUN) - 5 Min Cool Down

✓ **END OF THE YEAR GOAL:** 36-48 PUSH-UPS, 48-60 SIT-UPS, 10 PULL UPS, 60 SQUATS (COMPLETED IN 4 MINUTES)
END OF THE YEAR GOAL: A 1.5 MILE RUN IN 12:30 SEC OR COMPLETE A 5K IN 30 MINUTES.

✓ **5K RACES & CHALLENGE UPDATE**

LOCAL 5K RACE – 3/18/2017 BLARNEY SHAMROCKIN SHUFFLE – TOLEDO, OH

5/13/2017 KALIDA BAND 4 MILER – CLOVERDALE, OH (ENTRY FORMS IN FITNESS CENTER)

LIFESTYLE CHALLENGE MEMBER WEIGHT LOSS GOAL IS TO BURN 883LBS OF STORED ENERGY(FAT) BY THE END OF THE YEAR

Good Luck to Our Transfers:

Scott Ballard- Ft. Wayne
Richard Jones- Ft. Wayne
Edward Neff- Ft. Wayne
Scott Schroeder- Ft. Wayne
John Smith- Ft. Wayne
Douglas Brinkman- Charlotte
Brian Ashley- Springhill,
Curtis Switzer-Bedford
Chris Skinner- Ft. Wayne
Matt Epple- Bedford
Kyle O'Neill- Bedford
Dan Pilarz- (promotion)- Warren Tech
Matt McCullough- (promotion)- Toledo
Alia Gerken- hired at Bedford



Pictured above Alia Gerken, Chris Skinner, Kyle O'Neill, Curtis Switzer, Dan Pilarz, and Matt Epple.

New Legal Services Plan to Begin Opening Cases:

The new Legal Services Plan is called the UAW-FCA-Ford-General Motors Legal Services Plan (“Plan”). Effective Wednesday, January 25, the Plan will begin taking new cases. A new case can be opened by calling this toll-free number: **800-482-7700**.

Eligible participants in the Plan will include active and retired UAW-represented employees at FCA, Ford and General Motors and their surviving spouses.

What legal services or matters will be covered by the Plan? The Plan will offer an “office work” benefit, which will provide services for the following types of legal matters:

- wills and trusts
- powers of attorney
- purchase or sale and other uncontested issues regarding residential real property
- deeds
- uncontested family matters
- credit reporting
- contracts for goods or services
- residential leases
- birth or marriage certificates
- name changes

“Office work” services will include advice, document preparation, document review, factual and legal research, and correspondence. No representation will be provided by the Plan in court or in any litigation situation.

In addition to office work services, the Plan does provide UAW members and retirees with full representation, including attendance at hearings, for Social Security disability applications, suspensions and terminations.

For many legal matters that are not covered under the new Plan, or that require court activity, Such matters will be referred to outside private cooperating attorneys, who will provide legal services to Plan participants at a reduced legal rate.

Precision Sand Team Recognition:

Jessica Hoch, 2nd shift Precision Sand Group Leader, would like to recognize her team for achieving the record of most cores on a shift. The Mod 3 core team produced 432 cores in a shift in November of 2016. In January, the Mod 4 team hit 434 cores in a shift. She would like to thank both Mod 3 and 4 for their hard work and dedication. Great job!!



Mod 3 Core room: Dan Perez, Stephanie Reinheart, Chris Elston, Jadene Vance, Yemi Ojiougu, and Joy Mehlman, (not pictured- Perry Rau).



Mod 4 Core Room - Todd Smith, Lori Loreda, Rick Bunting, Butch Overmeyer, John Martinez, Mike Thrasher, and Mark Long



Steps in the Process of a suggestion:

1. Obtain a Quality Network Suggestion Plan submission form.

2. Write your idea on the form, filling in all required information. Be as precise as possible.

The following items must be provided:

Each suggester's name and GM Identification Number. There is room on the back of the first page of the suggestion form for additional names of suggesters/team members.

Supervisor's name and telephone number.

Part numbers, part names, machine name and locations, and other similar details, when appropriate.

The description of the current condition or problem. Be as specific as possible.

The recommended improvement (how to solve the problem). Be as specific as possible.

A statement or estimate of the benefit, cost savings, or improvement that could result from the idea.

Sketches, drawings, and copies of any documents that will help explain your recommendation for improvement.

The signature(s) of the suggester(s).

3. Discuss the suggestion with your supervisor. Suggestions must be submitted to the suggester's supervisor for discussion, possible refinement, signature and date. After the supervisor signs and dates the suggestion form, the suggester must

submit the original copy to the Suggestion Activity. A suggester and supervisor cannot be the same person.

4. Take the original copy of the suggestion form to the Suggestion Activity for further action.

The official submission date is the date the supervisor enters on the form. If the Suggestion Activity's date stamp on a suggestion is more than eight working days later than the date entered by the supervisor, the official submission date becomes the date stamped by the Suggestion Activity.

5. Understanding Adopt/Non-adopt Decisions. Adopt/non-adopt decisions are made at the following levels: Supervisor, Joint Resource Team or Joint Facility Team.

If the suggestion is adopted, implementation is initiated; savings or benefits are determined and approved by the appropriate decision-making level. The Suggester(s) will be notified as to the amount of the implementation recognition award. All monetary awards are included in your paycheck with applicable taxes withheld.

If the suggestion is non-adopted, Suggester(s) are notified by the appropriate decision-making level and the reason for non-adoption will be explained. There is a time limitation if a suggestion is non-adopted. The suggester(s) retains the right for award consideration if the idea is implemented any time within one year following the notification of non-adoption.

Suggestions outside the authority of the supervisor to adopt or non-adopt are forwarded by the Suggestion Activity to a Joint Resource Team, or a Joint Facility Team, as appropriate, for evaluation.

EMERGENCY SIGNALS:

Fire: 5s . 5s . 5s . 5s . 5s

Leave Area as Directed

Tornado: 30s . 30s

Take Shelter

Evacuation: 15s . 15s . 15s

Exit & Assemble

All Clear: 60s

Return to Work

For emergencies, dial **7911** from an in-plant phone or dia **1-877-782-9621** from a cell phone

Deadline for articles is 3:00 p.m. Monday

How to contact us:

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