

May 5, 2017



POWERNEWS

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

Worker's Memorial Day April 28, 2017



- 9/2/51 Leroy Hunt**
- 8/16/67 Furl Stallard**
- 8/5/68 Doyle Price**
- 3/21/69 Jerry Edwards**
- 7/23/70 Bernard Meyer**
- 10/22/71 Robert Vogelsong**
- 12/13/72 Joseph Konrad**
- 1/14/77 Jimmie Lyles**
- 12/22/80 Carlos Olvera**
- 6/1/81 Ben Warnement**
- 1/20/83 Clarence Webster**
- 9/16/85 James Kent**
- 9/9/86 Frank Dixon**
- 9/13/88 Eugene Childs**
- 6/16/90 David McCreery**
- 9/11/93 Jimmy Jones**
- 2/2/16 Terry Bodenbender**



Outdoor Grilling BBQ Safety

Tips by Nationwide

It happens every year. The weather gets warmer, more people use outdoor grills – and incidents of grill-caused fires go up. Each year, outdoor grilling causes an average of 8,900 home fires, according to the National Fire Protection Association.

- * Grill outside and away from any structures
- * Make sure your grill is stable. Only set up your grill on a flat surface, and make sure the grill can't be tipped over.
- * Keep your grill clean. Remove grease or fat build-up from both the grill and the tray below the grill. If you are using a charcoal grill, allow the coals to completely cool off before disposing of them in a metal container.
- * Before the season's first barbecue, check the gas tank hose for leaks by applying a light soap and water solution to the hose and then turning on the gas. If there is a propane leak, the solution will bubble. Other signs of a propane leak include the smell of gas near the barbecue or a flame that won't light.
- * If you are using a gas grill and the flame goes out, turn the grill and the gas off, then wait at least five minutes to re-light it.
- * Never leave a lit grill unattended. Don't allow kids or pets to play near the grill. Never try to move a lit or hot grill, and remember the grill will stay hot for at least an hour after use.
- * Clothing can easily catch fire, so be sure your shirt tails, sleeves or apron strings don't dangle over the grill.
- * Have baking soda on hand to control a grease fire and a fire extinguisher nearby for other fires.

If you don't have a fire extinguisher, keep a bucket of sand next to the grill. Never use water to put out grease fire.

Recipes

Chipotle Barbecue Sauce

1 cup ketchup 1/2 cup packed brown sugar 1 finely chopped chipotle pepper in adobo sauce, plus 1 tablespoon adobo sauce 1 tablespoon lemon juice 1 tablespoon white wine vinegar 1 teaspoon dried oregano leaves 1/2 teaspoon ground cumin 1/2 teaspoon chili powder 1/4 teaspoon onion powder Chopped cilantro, if desired



Sriracha Ginger Barbecue Sauce



1 cup ketchup 1/2 cup packed brown sugar 1/2 cup Sriracha sauce 1 tablespoon lemon juice 1 tablespoon white wine vinegar 1/4 teaspoon ground ginger

Sesame seed and chopped green onions, if desired

Sweet and Smoky Barbecue Sauce

1 cup ketchup 1/2 cup packed brown sugar 2 tablespoons cayenne pepper sauce 1 tablespoon lemon juice 1 tablespoon white wine vinegar 1 tablespoon liquid smoke

Chicken

4 boneless skinless chicken breasts 1 tablespoon vegetable oil

1 In medium bowl, stir ingredients for desired barbecue sauce(s) until well blended.

2 Heat gas or charcoal grill. In small bowl, spoon 1/2 cup desired flavor barbecue sauce for brushing chicken. Reserve remaining barbecue sauce for serving with chicken breasts.



3 Brush oil on both sides of chicken breasts. Place chicken on grill over medium heat. Cover grill; cook 5 minutes. Turn chicken, cook 5 to 7 minutes longer or until juice of chicken is clear when center of thickest part is cut (at least 165°F). Brush both sides of chicken breast with barbecue sauce during last few minutes of grilling. Serve with reserved barbecue sauce.

Good Luck to our transfers!

Craig Wagonhauser- Fort Wayne
 Michael Wolford- Fort Wayne
 Jeffrey Haney- Fort Wayne

Exercise and Mental Health

Everyone knows that regular exercise is good for the body. But exercise is also one of the most effective ways to improve your mental health. What is even better is you don't have to be a fitness fanatic to reap the benefits! Research indicates that modest amounts of exercise can make a difference. So no matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

A few major mental health benefits of regular exercise include:

Sharper memory and thinking: The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.

Higher self-esteem: Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful. You'll feel better about your appearance and, by meeting even small exercise goals, you'll feel a sense of achievement.

Better sleep: Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep.

More energy: Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise a day, and increase your workout as you feel more energized.

Stronger resilience: When faced with mental or emotional challenges in life, exercise can help you cope in a healthy way. Regular exercise can also help boost your immune system and reduce the impact of stress.

Source: <https://www.helpguide.org/articles/exercise-fitness/emotional-benefits-of-exercise.htm>

The Defiance HIT Chapter made a donation of supplies to the Path Center on April 21, 2017. Thank you to all who supported this event.



Pictured above with Path Center employees- Dan Deleon, Mary Pacheco, Sonia Mendez, and Julio Perez



The **Get Wise** event is **Thursday, May 11**. If your daughter/granddaughter is participating, be sure to remind them of the dress code. There will be a plant tour, which requires long pants and closed toe shoes. If they have on flip flops, skirt or shorts they will not be able to participate in the tour.

*Thank you to everyone who donated and helped with the bake sale.

How to contact us:

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**Articles
due
the 1st
Monday
of the
month.**

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 plant emergencies, dial **7911** from an in-plant phone or **419-784-7400** from a cell phone.