



# DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"

## HELPING FOR THE HOLIDAYS



**ADOPT-A-FAMILY:** Thank you to everyone involved with the **Adopt-a-Family/Giving Tree**, whether you bought gifts, collected or donated cash, helped load up the vehicles or encouraged participation in your teams. It will surely make a difference in uplifting the holiday season for 13 Michigan families. A special shout out to the volunteer drivers and to **Kelly Scribner (UAW Zone)** and **Adrianna Czoskowski (LR/HR)** for their work organizing, sorting, collecting, bagging and tagging all of the items.

**THANK YOU FOR YOUR SUPPORT**



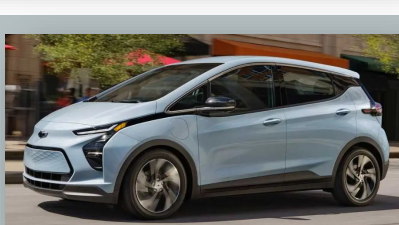
**TOYS-FOR-TOTS:** Thank you to everyone that participated in this year's toy drive. A special thanks to our Orion Assembly U.S. Marine Veterans **Ivan Sanchez (Chassis TL)** and **Dylan Goff (Trim Team Member)** for taking up the task in supporting Orion for the U.S. Marine Corps and for their service to our country.

If you or anyone you know is a U.S. Marine working at Orion Assembly and would like to support our annual Toys-for-Tots drive, please visit the UAW Work Center to leave your name and info., or contact your district committee person.

**THANK YOU FOR YOUR SUPPORT**



### GM EXPECTS EVS TO BE SOLIDLY PROFITABLE WITH \$50B REVENUE IN 2025



*The company says it will increase its EV production to one million units annually across five North American assembly plants.*

Source: Marc Webb - [motor1.com](#)

### GM'S FIRST EV STATIONS INSTALLED IN DEALER COMMUNITY CHARGING PROGRAM



Source: Sebastian Blanco - [caranddriver.com](#)

## Driving My Wellness

December 2022

Building a Healthy Life, One Step at a Time

### Eating More Vegetables

Most Americans don't eat enough vegetables even though we know they have many health benefits. A diet rich in fruits and vegetables has been proven to provide numerous health benefits, such as reducing your risk of chronic diseases and keeping your body healthy.

Current dietary concerns include eating too many calories, added sugars, and saturated fats; not eating enough whole grains, fruits, and various colors of vegetables. If you're looking to add more vegetables into your diet, instead of making big changes, it may be better to start with a few smaller ones.

#### Easy ways to incorporate vegetables during the holidays

- **Eat your greens first** - Ensure that you eat your greens by enjoying them as a starter.
- **Snack smarter** - Snacking on vegetables can help to meet your daily intake needs.
- **Make vegetable-based soups** - Soups are an excellent way to consume multiple servings of vegetables.
- **Experiment with veggie noodles** - Veggie noodles are a great way to get more veggies in your eating plan.
- **Blend into a smoothie** - Smoothies make for a refreshing breakfast or snack.
- **Try a lettuce wrap or veggie bun** - Using lettuce as a wrap or certain veggies as buns in place of tortillas and bread is an easy way to eat more veggies.

Source: EatWell.com 5 Easy Ways to Eat More Vegetables Every Day  
<https://www.eatwell.com/getfile/78772665-5-ways-to-eat-more-veggies-every-day/> Accessed 09/29/2022  
Dietary Guidelines for Americans 2020-2025 9th Edition  
[https://www.dietaryguidelines.gov/files/default/files/2021\\_03/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/files/default/files/2021_03/Dietary_Guidelines_for_Americans_2020-2025.pdf) Accessed 10/14/2022

### UAW Local 5960 Veterans Committee

Presents

### Blind Draw Corn Hole Tournament

December 17, 2022 @ The Union Hall



- Doors Open @ 11 a.m.
- Bags Fly @ Noon
- \$20 per person
- Cash Prize: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place
- 50/50 Drawing (**All proceeds go to Toys for Tots**)
- Bring a Toy Donation (Voluntary)
- Bring Your Own Bags or House Bags Will Be Provided