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Feb. 7, 2023

DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"

The Black Pioneers of the Automotive Industry

Whether breaking color barriers or inventing critical safety features, these are some of the Black pioneers that revolutionized the car world.

ANDREW SHELDON • JANUARY 31, 2023 • 30 COMMENTS



GARRETT MORGAN: INVENTOR OF THE THREE-POSITION TRAFFIC SIGNAL

Source: Andrew Sheldon - YourAAAToday

SIT DOWN STRIKE CELEBRATION

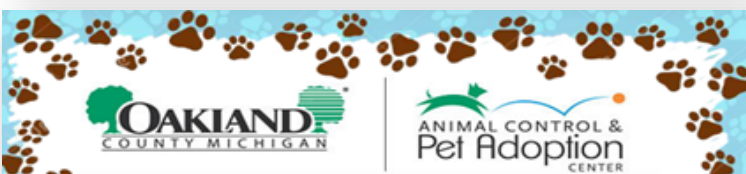


Come join us in a celebration of this historic event in plant on Wednesday, February 8, 2023 at lunch time.

Column # D-38



"Over 44 days in 1936 and 1937, members of the fledgling United Auto Workers union managed to bring an auto behemoth to its knees in a sit-down strike that became one of the most decisive victories in American labor history. Exhausted by the industry's dangerous demands and sharpened by the Great Depression over 100,000 auto workers changed labor history without picketing their plant. The workers weren't on vacation, they were on strike. Instead of walking out, they simply sat down and refused to leave."



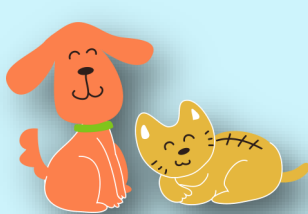
A message to the Orion Team: We did very well with the donations of the cat and dog tags! We raised **\$318.00** along with all the items being placed in the bins at each gate.

The animals will be kept comfortable and well fed.

Remember the bins will remain in place though out the month of Feb., so you still have time to bring in items.

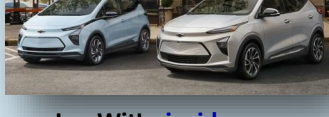
Thank you very much from the Animal Shelter Charity Committee! ❤️

Barbara Brown
EAP/Work Family Representative



February Body Shop Purple Pineapple Awards

NO, IT'S STILL CHEAPER TO DRIVE 100 MILES IN AN ELECTRIC CAR



Source: Jon Witt - [insideevs.com](#)

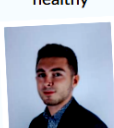


WILL FERRELL RETURNS FOR GM AND NETFLIX SUPER BOWL COMMERCIAL

Source: Jay Traugott - [carbuzz.com](#)

HEALTHY U

Tips to keep your heart healthy



with John Caufield
 LifeSteps Program Coordinator

Did you know?

Physical activity is one of the most effective tools for strengthening the heart muscle.

The American Heart Association recommends 150 minutes per week of moderate intensity aerobic activity or 75 minutes per week of vigorous aerobic activity. Here are some examples to get you started:

Moderate Aerobic Exercises:

- walking briskly
- dancing
- playing doubles tennis
- raking the yard
- swimming
- chair aerobics

Vigorous Aerobic Exercises:

- jogging or running
- fast cycling
- fast swimming
- shoveling snow
- strenuous fitness classes
- arm bike machine

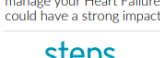
LIFESTEPS PORTAL

Daily Habits Plan — Heart Failure

If you have Heart Failure, you are part of the 6 million adults who work to diligently manage this condition. This Daily Habit is designed to help you manage your Heart Failure by focusing on several activities you can do that could have a strong impact on your heart health.

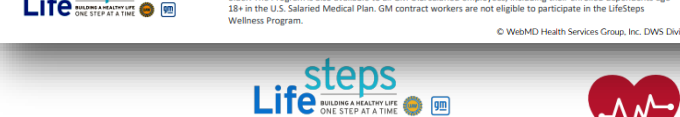


Scan the QR Code to get started in the LifeSteps Portal today!



*The LifeSteps Wellness 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 Wellness Program.

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love your heart. take care of it.

Join LifeSteps for American Heart Month by coming to our Heart Health Screening Event. We will be offering activities and blood pressure and cholesterol checks!

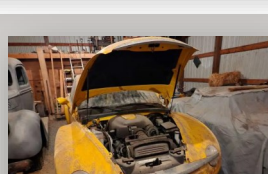
February 15th, 9 am - 2 pm
Auxiliary Cafe

Please complete your Health Assessment at [www.lifesteps.com](#) before your screening

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2005 CHEVROLET SSR BARN FIND WITH 950 MILES HAS NEVER SEEN A CAR WASH

Source: Angel Sergeev - [motor1.com](#)



Our Union-Made Super Bowl Party Shopping Guide