

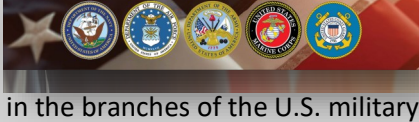


# DIGITAL DATELINE

**"BUILD IT LIKE WE OWN IT"**

## HAPPY VETERANS DAY:

As we take the time to honor those that served our country in the branches of the U.S. military, UAW Local 5960 and GM Orion Assembly would like to thank each of our veterans for your service.



## UAW VETERANS COMMITTEE

The Veterans Committee seeks members who are willing to represent the interest of all active and retired UAW veterans and their families. This committee is dedicated to advocating for the political and social concerns of veterans.

This is accomplished through leadership, guidance, and education on matters of concern, such as:

- ★ The Agent Orange Act of 1991
- ★ The Persian Gulf Conflict
- ★ Dependent care
- ★ Disabilities
- ★ Benefits and others

The men and women who came to the aid of our nation when they were called upon are a valuable resource to the entire labor movement. If you want to build and enhance the dignity that all veterans have earned by serving their country, the Veterans Committee encourages you to participate.



## UAW/GM DEPARTMENT 2023 NEGOTIATIONS:

Contract demands are now being accepted for submission through Friday, November 18, 2022.



- Demand forms are located in, and can be returned to the UAW Work Center (Blue Drop Box)
- Resolutions will be presented and reviewed at the Dec. 4th union meeting
- Contact the UAW Local 5960 Bargaining Committee for questions or assistance



## SUPPORTING THE COMMUNITY THIS HOLIDAY SEASON:

In the spirit of giving we are going to be running multiple giving events at the same time this year for the holidays. As part of the Lighthouse's Adopt-A-Family program, UAW Local 5960 & Orion Assembly will sponsor 10 local families through our "Giving Tree". The tree will go up today and the family tags will begin going up on Monday.

- All unwrapped GIFTS AND TAGS must come back on December 13<sup>th</sup>, for the drop off of December 15<sup>th</sup>

## Coats for Kids

We are collecting Coats, Hats, and Gloves to help the families at Grace Center of Hope stay warm this winter.

Please bring in any new or lightly used coats, hats or gloves to donate. Donation bins at all three gates and at the Display area next to the GA Office on the A Aisle.

Donations ending December 1<sup>st</sup>.

## Donations Needed !!

Are you a wrapping paper hoarder? Do you have wrapping paper you can spare?

Help us to raise money for the Coats for Kids fundraiser by donating wrapping paper

Drop off any donations at the IT office or in the UAW offices

Tommy Ragatz or Jackie Dziadzio

From now until December 1<sup>st</sup>

## HERE ARE THE 2024 CHEVY SILVERADO EV 3WT AND 4WT FEATURE LISTS

Source: Jonathan Lopez - [gmauthority.com](https://gmauthority.com)

## Natural Gas Pipeline: Tie-in to New Line

- This weekend, the contractors will be tying into a new gas line that was recently installed.
- The new gas line was needed as the current/existing line was sitting under where the paint shop was going to be.
- You may see a flame burning on property after 1<sup>st</sup> shift ends on Thursday, 11/10. That is intentional as the gas needs to be burned off before the lines can be tied in properly.
- Natural gas is expected to be back on before start of production on Monday, 11/14.

## 7 EASY WAYS TO SAVE YOUR HANDS

### GIVE YOURSELF A [micro]BREAK

Pick a movement. After completing a job task, add that movement into your routine. Continue to switch it up throughout the day!

#### Forearm Stretch

Give your carpal tunnel a break with this great stretch. Your hands will thank you.

Straighten elbow, lift hand & extend fingers upward.

Pull back on palm & fingers with opposite hand until a stretch is felt in the palm & bottom of forearm.

Hold for 10s. Switch!

#### Extensor Stretch

This movement targets the tendons and muscles on the top of your arm. Not only is this great for your hands, but your elbows will thank you, too.

Straighten elbow & bend wrist down.

Pull back on hand until stretch is felt on back of hand & top of forearm.

Hold for 10s. Switch!

#### Thumb Stretch

Cripping, squeezing, and using pinch grip all affect the thumb. Let's give it a break!

Extend one hand out, palm up. Take your other hand and bring it underneath your outstretched hand to the thumb side.

Grab hold of thumb and pull down and back.

Hold for 10s. Switch!

#### Finger Stretch

This is a great move if you type, use power tools, use a mouse or use a tight grip through our life days...for everyone!

Spread fingertips wide.

Press fingertips together, while pushing heels of hands apart as far as possible. You should feel this stretch in the front of your fingers.

Hold 20-30 seconds.

#### Hand Mobility

For a little extra fun...Make shadow puppets on the wall while doing these.

Spread the fingers

Make a "claw"

Make an "alligator mouth"

Thumbs UP with fingers FLAT

Thumbs UP with fingers TUCKED

Repeat 5 times on both sides

#### Nerve Flossing

Just like flossing your teeth, this self-care is recommended daily!

Stand with arms in a T-shape, palms toward the ceiling.

Squeeze your shoulder blades DOWN and BACK for this movement.

Slowly bend wrists back.

Don't hold but repeat 5 times.

#### Hand Biomechanic Break

This move is a great biomechanic rest for your hands if you have been doing the same task for a prolonged period of time.

Clasp hands together LIGHTLY.

PULL one hand forward (flexed) with the other.

Repeat back and forth for 20-30 seconds