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Dec. 8, 2022

DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"

TRANSFER APPLICATIONS: Per the 2015 Local Agreement, UAW Local 5950 and Orion Assembly, Pg. 21 Section 9: All transfer applications on file will be automatically canceled the **second Monday of January of each year**. Management will post a notice of cancellation the **Frist Monday of December of each year**. Transfer applications are defined as **63B's & IDT's (Inter-Departmental Transfer)**.



ALL TRANSFER APPLICATIONS ON FILE WILL BE CANCELED EFFECTIVE JANUARY 9, 2023.

COATS FOR KIDS:

On Tuesday this week, representatives from **Orion Assembly** and **UAW Local 5960** delivered the coats collected at Orion to **Grace Centers of Hope** in Pontiac, MI.



All of the women that live there were very excited about all the new coats for the children as well as adult sizes. Co-chairs of this year's coat drive, **Jackie Dziadzio** (Orion IT Manager) and **Tommy Ragatz** (UAW Local 5960 District 2 Committee Person), along with **David Michael** (UAW Communications) were given a tour of the building and met several of the women. The center is fully funded by private donations with an annual budget of \$8 million per year.

Grace Centers of Hope has a one year program for the women to go through where they learn life skills and go to classes to get their GED. They also operate a fully licensed,



state certified Day Care next to the housing and education complex where the 25 children that live there attend. Once they complete the one year program, the center owns 57 homes in the surrounding neighborhood where they can live for two more years while they continue to re-build their lives.

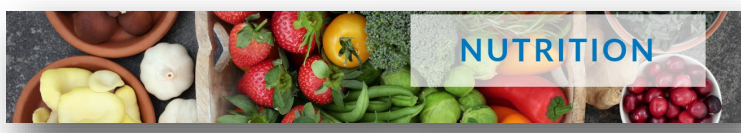
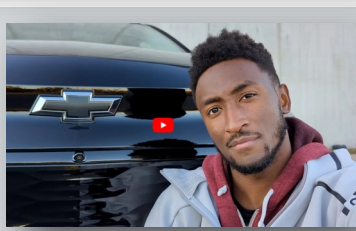
Through your kindness and support, Orion delivered 108 coats, 5 pairs of snow pants, 22 hats, 16 pairs of gloves, plus enough money to send 31 more new coats to the center from **Costco**. **THANK YOU FOR YOUR SUPPORT.**



Body Shop November Purple Pineapple Awards

THE 2023 CHEVY BOLT EUV IS THE BEST DEAL IN ELECTRIC CARS!

Source: Marques Brownlee - [@AutoFocus](#)



NUTRITION

Macronutrients

There are three macronutrients your body needs to function properly.

- Protein:** Every part of the body is made up of protein. Some examples of protein are meat, eggs, fish, dairy products, soy, nuts, and seeds
- Carbohydrates:** The body breaks down carbohydrates into the fuel it requires. Some examples are whole-grain bread, pasta, rice, most vegetables, and legumes
- Fat:** Some fat in your diet is required to provide energy, utilize vitamins, and to build healthy cells and nerves. Some examples are nuts, avocado, and olive, vegetable, and canola oils

Portion Sizes

Eating correct portions is integral in having a balanced diet and staying healthy.

- Fill one half of your plate with vegetables and fruits
- Fill one quarter of your plate with grains
- Fill one quarter of your plate with lean protein
- Instead of full-fat dairy products, select low-fat, fat-free, or non-dairy alternatives

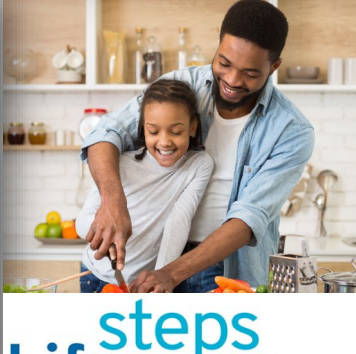
Tip: Replace white rice with a whole grain such as brown rice or quinoa.

Healthy Eating Habits

Choosing healthy eating habits can improve your nutrition.

- Listen to your body.** Your body will give you cues when it is hungry, such as your stomach growling
- Eat slowly.** By taking time in between bites, your body will digest the food more thoroughly
- Remember that food is fuel.** By eating a variety of foods, your body, and all of its systems, may run more efficiently
- Moderation is key.** Your everyday food consumption can include treats along with nutrient-rich choices
- Drink water with your meal.** Drinking water during meals can help aid in the digestion of vital nutrients

Tip: Start by setting small goals and track your progress weekly to reinforce new lifestyle changes.



Life steps
 BUILDING A HEALTHY LIFE
 ONE STEP AT A TIME



There is still time to donate now through **12/14/22** in the Collection Boxes located at Gate 2, 3, 4 and Nerve Center

OR

SCAN the QR code to link to Amazon Wish List now through 12/9/22

Select your donation, check out, and choose shipping address: **Noble Baird – Toys for Tots**. Your donations will be sent direct to GM Orion's partnered location.

Fill us with new unwrapped toys!!



UAW Local 5960's Annual Children's Christmas Party

Sunday, December 11, 2022

1 p.m. – 4 p.m.

Arts & Crafts!
 Food & Fun!

Santa Claus!

Balloon Twisting *

Face Painting!

UAW Local 5960
 180 E. Silverbell
 Lake Orion, MI 48360

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: 1st, 2nd & 3rd 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