



DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"

general motors **WOMEN+** March 8th International Women's Day
 March 8th, 2023 = Embrace Equity

March 8th
Let's Paint GM PURPLE
 Paint Orion PURPLE - Wear your favorite purple apparel on Wednesday, March 8 and for Tuesdays the rest of the month of March in honor of Women's History Month! **March 8th**

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality.
 Collectively we can all #EmbraceEquity #IWD2023

March 8th **Supporting International Women's Day** March 8th
 #EmbraceEquity #IWD2023

International Women's Day is celebrated on March 8th around the world, in many different countries and in many ways. It is a day to celebrate women, their achievements and impacts and to bring awareness to the still present gender parity gap.

International Women's Day was first celebrated in New York City in 1908 and by the United Nations in 1975. Over the last 50 years much progress has been made but according to the *Global Gender Gap Report 2022* it will take **132** years to close the gender gap globally. Some regions, governments, and companies are ahead of the curve, but parity does not exist anywhere in the world today.

What can we do?

- ▶ Embrace equity to bring about faster change.
- ▶ Be mindful to create **inclusive** teams at every level and in every aspect of society.
- ▶ Encourage diversity in STEAM education and other under-represented areas.
- ▶ Break down barriers, recognize and change our biases.

Some day we won't need to think about **embracing equity**, it will just happen, but today is not that day.

Collectively across the globe, we are **one team**, we can work together for positive change in the world.

#EmbraceEquity #IWD2023
Global Gender Gap Report 2022 | World Economic Forum | [weforum.org](#)

THE MOST AND LEAST POPULAR CAR BRANDS AMONG WOMEN IN THE US *Some 55% of all new Buick buyers are female, well above the 41.2% industry average*



Source: Brad Anderson - [carscoops.com](#)

New Faces of Automotive Enthusiasm: Patrice Banks, Girls Auto Clinic
 Source: Rebecca Jones - [caranddriver.com](#)

Recharge
 Easily spot GM's healthy food options.

It's now easy and convenient to choose healthy options while at work. GM has created a new labeling system to help you make informed choices at vending and markets. Choose items that are labeled "Best" or "Better" to support your nutrition goals.

"Best" definition for GM Recharge Program:

Recharge **Limit beverages to:**

- Water
- Nonfat or 1 percent milk
- Non-dairy, low-fat, no sugar added beverages, or milk-substitutes (e.g., almond, oat, soy)
- 100 percent fruit or vegetable juice
- Low-calorie options of no more than 50 calories per 12-ounce serving (includes diet and sports beverages; excludes energy drinks)

Similarly, healthy food or snack items (per serving):

- 250 calories or less (nuts and seeds exempt)
- No more than 35 percent of calories from total fat (no more than 10 percent of calories from saturated fat; nuts and seeds exempt)
- Zero trans fat
- Less than 30 grams of carbohydrates per 8-ounce serving (whole fruit exempt)
- Less than 240 milligrams of sodium per serving

"Better" definition for GM Recharge Program:

Recharge **In addition to "Best" beverages, limit beverages to:**

- 2 percent milk
- Low-calorie options of no more than 50 calories per 12-ounce serving (includes diet and sports beverages; excludes energy drinks)

Similarly, healthy food or snack items (per serving):

- Meets 4 out of 5 "Best" guidelines

HEALTHY BITES

Crispy Rice with Tofu and Vegetables

Servings: 4
 Ingredients: 14

For the rice:

- 2 cups water
- 1 cup brown rice

For the tofu and vegetables:

- 3 cups prepared rice
- 1 pound tofu
- 1 cup frozen corn (unthawed)
- 1 cup frozen peas (unthawed)
- 6 scallions (sliced including white and green parts)
- 1 carrot (shredded)
- 1/4 cup fresh basil leaves
- 1/4 teaspoon salt
- 2 tablespoons vegetable oil

1. To make the rice, cook rice according to the directions on the package. Set aside to cool and dry out.
2. Put the tofu, corn, scallions, carrot, basil and salt in the bowl and mix well.
3. When the rice has fully cooled, add it to the bowl with the tofu and mix well.
4. Put the skillet over medium high heat and when it is hot, add the oil.
5. Add the rice and tofu mixture; reduce heat to low and press down the rice mixture with a spatula. Cover and cook 10 minutes. Press down again to help form a crust. Flip portions of the rice so that you get chunks of crispy rice. Cook until crispy, up to 20 minutes.

Source: MyFitLife.com. Crispy Rice with Tofu and Vegetables. © 03/2023. Image: Pexels.com. **LifeSteps** ONE STEP AT A TIME

Access to Fitness Center

- Orion has a Fitness Center located along A Aisle, just north of the Gate 4 restrooms/locker rooms
- Fitness Center is open for any employee of Orion Assembly to use
- Access to the Fitness Center is via an ID badge reader
- See Security for access to the Fitness Center
 - They will program your GM issued badge so you can access the Center



The Ultraviolette F77 Finally Makes Its Way To Eager Customers

The highly anticipated electric motorbike is offered in three variants, and pumps out up to 40 horsepower.



10 PICKUP TRUCKS THAT WILL LAST 500,000 MILES

If your goal is to take your work-horse to the coveted 500,000-mile mark, these 10 pickups are your best bet

Source: Eugenia Akhim - [hotcars.com](#)