



DIGITAL DATELINE

“BUILD IT LIKE WE OWN IT”



UNDERSTANDING GM'S AV INITIATIVE: Orion is a key player in GM's drive to develop and deploy autonomous vehicles. But what is GM's AV strategy and how does the work the Orion team is performing help the company contribute to the vision of Zero Crashes, Zero Emissions and Zero Congestion. Check out this GM site devoted to our efforts. Orion and the Cruise AV we build is featured prominently here. [Zero Congestion with Self-driving Vehicles | General Motors \(gm.com\)](#)

2022 EVACUATION DRILL

When: Wednesday June 22nd 10:05am

Expectations:

- **Get off Mobile Equipment and Bicycles, Remove Key, Set Brake. Walk to nearest Exit**
- **Do not gather belongings, proceed immediately to the Evac site.**
- **Communicate to the area leader if you are not in the assigned Evac area for accountability.**
- **Simulate real world conditions, do not run.**
- **Be watchful for any mobile equipment.**

EVACUATION/TAKE SHELTER EMERGENCY SIGNALS The plant alarm system emergency signals are as follows: 3 Pulse Tone - indicates "EVACUATION" Rising and Falling Tone - indicates "TAKE SHELTER" Steady Tone - indicates "ALL CLEAR"	PLANT EVACUATION INSTRUCTIONS When evacuation signal sounds, leave your work area via the evacuation route. 1) Stop all equipment and proceed on foot in a safe manner. 2) Upon leaving the building, assemble at your designated area. 3) Keep yourself at a safe distance from the building and emergency operators at all times. 4) Return to your work area only after "all clear" sounds or when instructed to do so.		PLANT EVACUATION ASSEMBLY AREAS 1 GATE 3 PARKING LOT 2 GATE 4 PARKING LOT 3 FINAL PROCESS YARD 4 HAULAWAY YARD 5 VEHICLE STORAGE 6 TRUCK TRAFFIC ROUTE 7 SOLAR PANEL YARD 8 COOLING TOWER 9 BODYSHOP PARKING 10 RETENTION POND 11 GATE 2 PARKING LOT
TAKE SHELTER INSTRUCTIONS When take shelter signals sounds: 1) Stop all equipment and proceed on foot in a safe manner to the nearest take shelter 2) Return to your work area only after "all clear" sounds or when instructed to do so.			LEGEND EXIT - EVACUATION ROUTES TAKE SHELTER LOCATIONS EVACUATION AREAS EMERGENCY CONTACTS PHONE: #248-377-5252 RADIO: CH#1 SEC-ERT-EMER

CHEVY BOLT EV DISCOUNT OFFERS \$5,900 OFF IN JUNE 2022



Source: Vince Brown - [www.gmauthority.com](#)

Driving My Wellness June 2022 Building a Healthy Life, One Step at a Time

MOVE U

Using the F.I.T.T. Principle to Maximize Your Workouts
 with Don Judkins
 LifeSteps Program Coordinator & Certified Exercise Physiologist

Did you know?
 Changing up your exercise routine can keep it exciting and help your progress

- The F.I.T.T. Principle is a concept to keep in mind anytime that you are engaging in a workout.
- You can adjust how often, how hard, and how long you workout to fit your individual goals and fitness level.
- A well-designed program following the F.I.T.T. Principle can keep you consistent with your workouts, efficient with your time, and constantly making strides towards your goals.

Next time you plan out an exercise regimen, consider the following:

- Frequency - how often you exercise
- Intensity - the amount of effort that must be invested in a specific exercise
- Time - how long each individual session should last
- Type - what type of exercise will you be doing

ACSM's Guidelines for Exercise Testing and Prescription, 10th Ed. 2017. Linda S. Pescatello, Ross Arena, Deborah Blake, Paul D. Thompson. Wolters Kluwer | Equipment: Williams & Wilkins, Philadelphia, PA.

Healthy Bites

Easiest Banana Ice Cream

Servings: 3
Ingredients:

- 2 1/2 bananas (can use 2-3 bananas)
- 3 tablespoons 1% milk
- Chocolate syrup (optional)

Directions:

1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and taste like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).

Source: USDA MyPlate. Easiest Banana Ice Cream | MyPlate.gov
 Source: Image From Canva

The LifeSteps Wellness Program is offered to all General Motors U.S. hourly employees, their spouses and dependents age 18 and older. The Program is also available to all GM U.S. salaried employees, including their spouses and dependents age 18+ who are enrolled in the U.S. Salaried Health Care Program. GM contract workers are not eligible to participate in the LifeSteps Wellness Program.

LifeSteps BUILDS A HEALTHY LIFE ONE STEP AT A TIME

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UNION-MADE TOOLS FOR FATHER'S DAY



Source: [Labor411.org](#)



2023 CHEVROLET CORVETTE Z06 NFT AUCTION HAS WINNER GETTING A REAL CAR

Source: Anthony Alaniz - [motor1.com](#)

UAW LOCAL 5960

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