



DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"



MISSION ACCOMPLISHED: Congratulations to (L-R) Frank Sakorafos, Carl Montrosse, Jr. and Warren White for being in the first group at Orion to complete the **STARC (Skilled Trades Readiness Certificate) program** and receive their *journeyman's card* as skilled trades electricians. The new tradesmen were recently recognized by UAW and plant leadership.



ORION FAMILY DAY: Thank you to everyone that participated and volunteered for **Orion Family Day** last week. It was a great day for the plant and family members that got to experience what actually happens here at **Orion**. There were over 330 people that took the tour and many more that took part in the outside activities. Also, a big shout out to Body Shop team member **John Lucas**, for delivering **Pop-po's BBQ** and **Aruba Freeze** food trucks! Thank you **John!**

T-SHIRTS: There are several Orion Family Day t-shirts that have not been picked up. Please see **Ashley Gotch** in the **UAW Work Center** during **last break today & tomorrow**.



UAW LOCAL 5960: Thank you to everyone who participated, donated and helped to make the recent paint party a success. Our membership really showed up when it counted to help out a fellow member in need. Being part of a Union really is an extension of family. To get involved in the future, please go to the **UAW Local 5960** website [uaw5960.org](#) to sign up for a standing committee.



Driving My Wellness

August 2022 Building a Healthy Life, One Step at a Time

UPCOMING EVENTS AT ORION

August 24th

- 10am -2 pm
- Wellness table and help completing your Health Assessment for the Prize Drawing.


August 31st

- The winner of the prize drawing for a 28qt IGLOO cooler will be announced!

Contact your LifeSteps Program Coordinator
Riley Bayer
riley.bayer@gm.com
 517.304.1014

HEALTHY U

Healthy Cooking on a Budget
 with **Courtney Bonvissuto**
 LifeSteps Program Coordinator & Dietetic Technician



Eating healthy doesn't have to come with a hefty cost.

- Plan out a few meals or create a menu for the week to help save money.
- Don't shop hungry, grab a snack before heading to the store.
- Consider purchasing non-perishable foods in bulk. It costs more upfront but will save money over time.
- Buy generic or store brand. They contain similar ingredients and are just as nutritious when compared to name brand foods.
- Use what you have before purchasing more (eat leftovers, take monthly inventory of pantry and fridge items to use first).

Need help with recipes? Be sure to check out the LifeSteps Virtual calendar for "Cooking with Court" Recipe demonstration videos

Source: MyPlate. Healthy Eating on a Budget. <https://www.myplate.gov/eat/healthy/healthy-eating-budget>. Accessed 06/15/2022


2022 Chevrolet Bolt EUV Review: Cheap, Cheerful, And Cheap

The Bolt EUV's \$35,000 starting price, 247-mile range, and excellent driving character are more than enough to overshadow a flimsy cabin.



UAW LOCAL 5960


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WELCOME TO OUR NEW WEBSITE

In an effort to better communicate with members, this new site is easier to navigate and brings you more info from your union

[Scroll down for more](#)



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