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Aug. 22, 2022

DIGITAL DATELINE

“BUILD IT LIKE WE OWN IT”

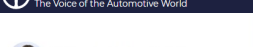
Mobile Equipment & Bicycle Safety Communication:

- Only operate mobile equipment that you have been trained to operate
- Always follow requirements of transporting, storage and stacking of materials
- Do not cut corners
- Always travel in the direction that allows for the best visibility
- Always come to a complete stop at stop signs
- Do not use electronic devices, headphones, earbuds or bone conducting headsets while driving
- Always turn mobile equipment off, remove key, and set parking brake when mobile equipment is parked or left unattended and out of sight



A Week With: 2022 Chevrolet Bolt EV

Chevy's much maligned economy EV finally gets some love.



Jeff Zurschmeide, Executive Editor
 Aug. 17, 2022



GM VEHICLES WOULD BE ELIGIBLE FOR EV TAX CREDIT ON JANUARY 1ST, 2023



Source: Sam Mceachern - gmauthority.com

general motors

SOCRATES Company - Personal - Services -

Empowered Women Empower Women June 23rd, 2022

To Celebrate *International Women in Engineering Day*, we sat down with a family of successful engineers at GM — three happen to be women.

Today marks International Women in Engineering Day, which brings awareness and recognition to the outstanding contributions from women across science, technology, engineering and math fields, otherwise known as STEM. For Rechargeable Energy Storage Systems (RESS) Launch Lead, Alison Holland, Women in Engineering Day offers a moment to reflect on the efforts of those who paved the way in this traditionally male dominated field — and she doesn't have to look far. Three of Alison's five immediate family members work at General Motors, forging their way in the engineering field. Her mom, Kathy, senior manager of Manufacturing Engineering Body Product Interface, and dad, Dave, Orion Assembly Paint launch manager started the trend. Meanwhile, her sister Chelsea Rood followed a similar engineering track before shifting into her latest role as a strategic business planning manager in GM's Customer Care and Aftersales organization.



As the RESS Launch Lead, Alison plays a critical role in establishing contiguous RESS production at Factory ZERO for Ultium battery packs, which are the foundation for our journey toward an all-electric future.

"My mom is a manufacturing engineer, so I was raised with the mindset that women can and should have a role in defining solutions for sustainability, manufacturing, transportation and any other engineering space," shared Alison.

Growing up in a family of engineers, she's no stranger to the idea that people solve problems more effectively when organizations include those with diverse opinions, and she believes teamwork is key in any successful initiative.

Alison also shared her greatest influence in pursuing engineering: support and inspiration from her mom. Kathy has worked with GM for over 35 years and sees firsthand how support for diversity and encouragement for women to take on engineering and manufacturing roles creates a better workplace. She started at GM as an intern, and after graduation, started at Pontiac East Assembly. Throughout her career, she has taken on roles of increasing scope in both operations and engineering such as leading body shop launches for the C7 Corvette Stingray, the Chevrolet Volt and the Cadillac CT6 just to name a few. In addition, she supported the HUMMER H3 and GMC HUMMER EV Pickup launches.

"Ofentimes, women get steered away from engineering, and more specifically manufacturing roles, as they are made to feel that they need to choose between a career and family life," said Alison, reflecting on her mom's experience. "But seeing my mom balance many challenging roles and making it a priority to be at a soccer game or school event for me and my siblings, proved to me that this is not the case."

Chelsea, who has three daughters of her own, shared how being a parent helped her reflect on the tremendous impact her mom and dad had on her own career path. "I realized you can do both: forge a successful engineering career and be a mom. Though it may not always be an even split between work and home, having the support and encouragement from your family makes all the difference. My dad is my mom's biggest supporter, and my siblings and I saw that growing up."

In Alison's experience, her parents' motivation from the start is what made her journey to engineering possible. It's also why she believes encouraging girls from a young age is so important in shaping the next generation of leaders. "Supporting RESS, which is redefining the relationship between transportation and sustainability, is how I feel I'm doing my part," she said. "I'm proud to be a woman in engineering and to support sustainability advancements for future generations."

Happy International Women in Engineering Day to all the women and allies that empower our vision of a world with zero crashes, zero emissions and zero congestion! To learn more about how GM is working to support, empower and engage our talented team of women, visit the [GM Women ERG community on Yammer](#).



T-SHIRTS ON SALE: Due to multiple requests, Family Day t-shirts can now be ordered and shipped directly to you. Click on the pic of either shirt to order.

UNION-MADE PALEO DIET

Source: labor411.org



Driving My Wellness

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

Healthy Bites Stuffed Bell Peppers

- Servings: 5**
- Ingredients:**
- 5 bell peppers (red, orange, yellow, or green)
 - 1 pound ground beef, 90% lean
 - 3/4 cup brown rice
 - 1/2 can diced tomatoes, low-sodium
 - 3 tablespoons lemon juice
 - 1/4 teaspoon cinnamon
 - 1/4 teaspoon allspice
 - 1/4 teaspoon ground black pepper
- Directions:**
- Cut a circular hole in the tops of the bell peppers. Remove seeds and membrane and set aside.
 - In a large bowl, combine remaining ingredients and stir until completely mixed. Fill the bell peppers with meat mixture.
 - Place the stuffed bell peppers in large stock pot on stove, with the tops facing up. Add 1-inch water to bottom of pot and cover.
 - Place heat on medium, keeping covered for 30-40 minutes until rice is done. Serve.



Source: USDA MyPlate. Stuffed Bell Peppers . <https://www.myplate.gov/recipes/supplements/nutrition-assistance-program-step/stuffed-bell-peppers>. Accessed 06/15/2022. Source: Image from Carve



UAW LOCAL 5960

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