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Oct. 24, 2022

DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"

GET A FLU SHOT.

During this pandemic, it's more important than ever to protect you and your family.



TUESDAY, OCTOBER 25, 2022

10 a.m. – 12 p.m.

Orion Assembly HRD



Don't miss our flu shot clinic



UPCOMING BREAST CANCER AWARENESS ACTIVITIES



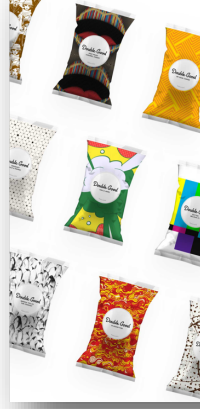
Popcorn Fundraiser

Support Orion Assembly's Making Strides for Breast Cancer

Online Sale

October 24th-27th

Support your department sales by using the specific QR code



BODY SHOP QR CODE



QUALITY DEPT QR CODE



MATERIAL DEPT QR CODE



ME & IT DEPTS QR CODE



PAINT DEPT QR CODE



IE & LAUNCH DEPT QR CODE



Feel free to share with friends, family and social media!!!



2024 GMC SIERRA EV DEBUTS IN DENALI

TRIM WITH 754 HP, 400-MILE RANGE *The Denali*

Edition 1 arrives first, and it costs \$108,695.

Source: Christopher Smith - [motor1.com](#)

CADILLAC'S \$300,000 PRODUCTION VERSION OF THE ALL-ELECTRIC CELESTIQ IS HERE, AND WE CAN'T LOOK AWAY



Source: Basem Wasef - [robbreport.com](#)

Driving My Wellness

October 2022

Building a Healthy Life, One Step at a Time

FREE HEALTH SCREENINGS

Please **complete** your online **health assessment** before your screening. Go to [lifesteps.com](#) or download the app

"Wellness At Your Side" connection code: lifesteps



October 25th + 26th
8 AM - 12 PM



Paint Shop Cafeteria

Looking for more information or have questions? Visit [LifeSteps.com](#) or email riley.bayer@gm.com



Healthy Bites

Orange Beef & Vegetable Stir-Fry

Servings: 4

Ingredients:

- 1 egg
- 1 pound (16 ounces) lean beef steak (e.g. round, sirloin), sliced against the grain into thin strips
- 2 tablespoons cornstarch
- ½ cup (4 ounces) orange juice
- 3 tablespoons reduced-sodium (lite) soy sauce
- 1 tablespoon unseasoned rice vinegar
- 1 tablespoon honey
- 1 tablespoon peanut, canola, or avocado oil
- 3-4 scallions (green onions), thinly sliced (about ½ cup)
- 4-6 cloves garlic, minced (about 1 tablespoon)
- 1 tablespoon minced or grated fresh ginger (or about 1 teaspoon dried ginger)
- 2 (12-ounce) bags frozen stir-fry vegetables



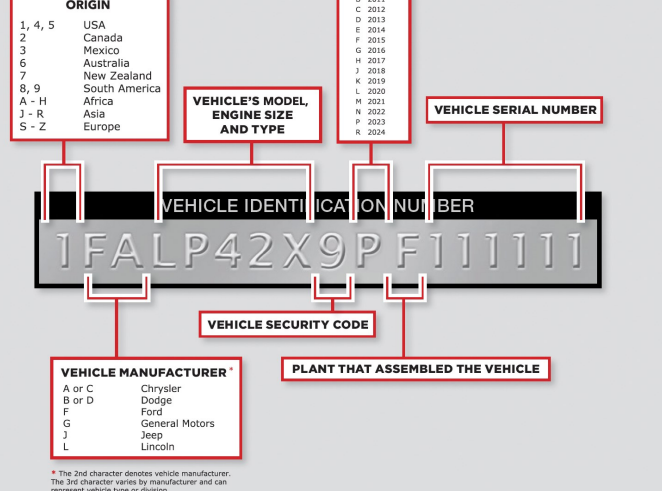
Directions:

1. Add the egg to a medium bowl and beat lightly.
2. Add the steak to the bowl with the egg and toss to coat.
3. Sprinkle the cornstarch over the steak and toss to coat.
4. In a separate small bowl, whisk together the orange juice, soy sauce, vinegar, and honey to make a sauce. Set aside.
5. Heat a large wok or sauté pan over medium-high heat.
6. Add the oil and heat until shimmering.
7. Add the scallions, garlic, and ginger. Cook, stirring constantly, until fragrant, about 30-60 seconds.
8. Add the steak to the pan and continue cooking, stirring often, until lightly browned, about 4-8 minutes.
9. Add the sauce and bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
10. Add the stir-fry vegetables and cook until the vegetables are heated through, about 4-6 minutes.
11. Serve warm, on its own or over a cooked grain if desired.



DO YOU KNOW WHERE YOUR VEHICLE WAS ASSEMBLED AND WHAT YOUR VIN # MEANS?

What's in a VIN?



* The 2nd character denotes vehicle manufacturer. The 3rd character varies by manufacturer and can represent vehicle type or division.