



DIGITAL DATELINE

“BUILD IT LIKE WE OWN IT”

SECURITY PROCESS UPDATE

For everyone's protection and safety we are reestablishing the security bag check process beginning Monday, May 1.

Thank you for complying with our site safety and security policies.

May is Military Appreciation Month

show your support by participating in this month's activities:

- POW / MIA Table**
 - Displayed in the Cafeteria May 1-31
- Veterans Appreciation Photo Submissions**
 - Send photos + service information by May 12
 - eMail to david-carlos.michael@gm.com + madeline.keller@gm.com
 - Display photos across plant communications channels May 15-31
 - Raffle a submission to receive a Veterans Decorative Plate on May 31
- Fundraising for American Sportsmen for Veterans**
 - May 10: Cotton Candy sale in Aux Café
 - May 24: Popcorn sale in Aux Café

Include photo of service member

Info. to include w/ submission

- Service member's name
- Your name & relationship to service member (if not yourself)
- Dates of service
- Rank
- Branch
- Unit
- Station

Construction Updates – 05/03/23 (1 of 2)

- Body Shop – Substation install, concrete floors, ground prep for new addition on east side

- Paint Shop – Continuing siding installs, decking installs, penthouse install

Construction Updates – 05/03/23 (2 of 2)

- Materials/Facilities – Fire Protection Loop Install
 - New Fire Protection Loop to be installed in the coming weeks
 - New loop needed to relocate the existing system before installation of new GA East ASRS can begin
 - Manifold system (shown to the right) will be installed between S66 and S67
 - JLL workstations to be relocated
 - Piping to be installed from S line to FF line along columns 62-67
- Facilities – Trailer City Take Shelter Mock Drill
 - Contractors at Trailer City will perform a mock Take Shelter Drill on 5/8/23 within the 9-10 am time
 - The Take Shelter alarm will NOT sound during this drill as this is for the contractors ONLY
 - Contractors will enter at Gate 2 and muster in the lobby area until the drill is over
- Facilities – Installation of new EV charging stations
 - Prep work to begin on 5/8 to trench and install conduit for power lines for the new 22 charging stations
 - (23) current parking spots will be cordoned off to allow this work to be completed properly from 5/8 until middle of May
 - Chargers will be physically installed week of 5/22
 - Actual power on estimated to be from end of May to middle of June

These (23) parking spots will not be available when the work begins

ELECTRIC VEHICLE PARTS ASSEMBLY, DISTRIBUTION AND OFFICE FACILITY

1,100 T64 SP
87 BLDG'S
800 TRAILER SPACES
185 TRAILER SPACES

AUBURN HILLS CONSIDERING \$200M EV PARTS PLANT FOR FORMER PALACE SITE, WOULD SUPPORT GM'S ORION ASSEMBLY PLANT

Source: wxyz.com

ELECTRIC DUMP TRUCKS! ELECTRIC CEMENT MIXERS! AND MORE AT ACT EXPO

The annual electric truck trade show gave a glimpse of EVs to come.

Source: Mark Vaughn - autoweek.com

May 2023

DRIVING MY WELLNESS

Building a Healthy Life, One Step at a Time

Keep a Healthy Space

Sometimes self-care means setting boundaries and saying “no.” By setting boundaries with people and putting your well-being first, you can become more confident, build healthier relationships, and be more in-control of your well-being.

Keeping a little space can help you find your healthy place! To get started, follow the tips below for setting boundaries.

Tips for setting boundaries

Start with a plan. Take time to think about what your boundaries are. Write them down to help process your thoughts and communicate them better when needed.

Speak clearly. If you need to set a boundary with someone, do it clearly, calmly, firmly, respectfully and in as few words as possible. Do not justify or apologize for setting boundaries.

Say no. Learn how to say “no” to others and “yes” to you. Try, “thank you, but I’m not able to take that on right now,” “thanks for thinking of me, but I have to say no,” or just a simple “no.”

Stay consistent. Keep your boundaries up! To make sure people continue to respect your barriers and personal space, it is important to maintain them.

Self-Care Activities

Self-care may help improve your mood and it doesn't take money or time to be effective. Some examples include:

- Journaling at the start of your day
- Taking a 24-hour social media break
- Practicing deep breathing
- Planting a home garden
- Going to bed 30 minutes earlier
- Prioritizing sleep
- Staying hydrated and eating a balanced diet
- Connecting with nature through outdoor walks

Source: https://www.cdc.gov/healthyweight/healthy_living/healthy_lifestyle/physical_activity/index.html Accessed 12/15/2022

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

Union-Made Spring-Cleaning Supplies