

POWERLine



"Published for the people of GM Toledo Transmission and UAW Local 14"

MAY 3, 2018

Sun Safety

Joe Hofbauer, GF6 Maintenance Manager, GF6

There is no such thing as a healthy tan, according to dermatologists, who look at a tan and see a sign of injury. Tanned skin will forever contain cells whose genetic structures have been permanently damaged by the sun.

"Sunscreens provide protection by absorbing, reflecting or scattering the sun's rays."



The sun gives off invisible rays of ultraviolet light. Ultraviolet B (UVB) rays are short, high-energy wavelengths that are absorbed by the epidermis, the outermost layer of the skin. When you burn, the skin responds to UVB rays by producing chemicals called inflammatory mediators, some of which seep down into the dermis, the skin's middle layer. These chemicals irritate the tiny blood vessels in the dermis, which swell and create the surface redness of the burn.

At the same time, the UVB rays affect the genetic material of the epidermis, which causes the damage that may lead to skin cancer. Other UVB rays can affect the immune system and interfere with the skin's ability to repair itself. Finally, UVB radiation attacks the skin's melanocytes (pigment cells). The melanocytes react by stepping up production of melanin and sending melanosomes to the skin's surface to act as a filter against the sun's rays actually damage the DNA of the pigment cells. This kind of genetic damage causes both freckling and the mottled brown of age spots. More seriously, it contributes to the development of melanoma and other skin cancers.

Ultraviolet A (UVA) rays - longer than UVB rays - can also do lasting damage. They penetrate the skin more deeply than UVB rays, affecting the DNA of the cells in the dermis, attacking cell membranes, and changing the proteins that make up collagen and elastin, which support the skin's fibrous structure. By undermining these parts of the skin, UVA rays lead directly to wrinkles and sagging of the skin. They also contribute to the loss of support for the skin's tiny blood vessels, which become permanently dilated. This shows up as a general ruddiness or visible spider veins on the nose, cheeks and chin. UVA rays also play a role in the development of skin cancer.

In the past, the ozone layer in the atmosphere provided a blanket of protection from the sun's damaging rays. The ozone layer in the atmosphere has been thinning over the past several years due to air pollution. As a result, the sun's damaging rays can reach earth more easily and there has been an increase in the incidence of skin cancers.

Protecting the Skin

To protect against damage from the sun's rays, it is important to avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest; to wear protective clothing; and to use a sunscreen with an SPF of 15 or higher.

The Shadow Rule

Another way to determine when to stay out of the sun is by

following the shadow rule: "Short Shadow- Seek Shade." The intensity of UV rays is directly related to the angle of the sun or altitude above the horizon.

Sunscreen

Sunscreens provide protection by absorbing, reflecting or scattering the sun's rays. They may also contain chemicals that interact with the skin to protect it from UV rays. Sunscreens are rated according to their effectiveness by the sun protection factor (SPF). A product's SPF number helps determine how long the product will protect you before you need to re-apply it - how long you can stay in the sun without burning. For example, you may normally burn in 20 minutes. If you apply an SPF 15 sunscreen, you'll be protected for about 300 minutes, or five hours (SPF 15 x 20 minutes = 300 minutes). A person with lightly pigmented skin who burns in 10 minutes would be protected for only about two-and-a-half-hours with SPF 15 (SPF 15 x 10 minutes = 150 minutes).

GREAT STRIDES

CYSTIC FIBROSIS FOUNDATION



About Our Walk

Location: Oscar Bunch GM Powertrain UAW Family Park

For 30 years, Great Strides - the Cystic Fibrosis Foundation's largest national fundraising event - has supported the Foundation's mission to cure cystic fibrosis and raise awareness for this rare, genetic, life-shortening disease that makes it difficult to breathe and shortens lives.

Registration is free, but walkers are encouraged to raise funds. Your support will help accelerate innovative research and drug development, as well as advance care and advocacy. We are working every day to build on this incredible momentum, and we won't stop until there is a cure for all people living with CF.

Sign up to walk in Great Strides today and join us as we take steps towards a cure.

Let's LACE UP. WALK.
CURE CYSTIC FIBROSIS.

To donate go to: http://fightcf.cff.org/site/TR/GreatStrides/76_Metro_Detroit_Detroit?pg=entry&fr_id=6603

Walk Details

Date: 5/5/2018

Check-in: 10:00 AM

Walk: 11:00 AM

Distance: 5k

Chapter: Michigan, detroit@cff.org,
248-269-8759

Event Location: Oscar Bunch GM
Powertrain UAW Family Park,
Toledo, OH

Pre-Retirement Classes

Classes are held at the Local 14 Union Hall
3 different starting times
8:00 AM - 12 Noon - 4:00 PM
Class Length: Approximately 2 Hours

CLASSES:

UAW Retiree Medical Benefits Trust
Thursday, May 3, 2018

Fidelity Investments
Friday, May 4, 2018

Social Security
Tuesday, May 8, 2018

Questions? Call the Work / Family Office
419-470-5130

May Retiree

Name	Years Service
Gary Wonderly	39



Pictured (l-r) Jeff King, Shop Chairman, Gary Wonderly and Eric Gonzales, Plant Executive Director

The Heat is on for Your Suggestions

More chances to win with Your Ideas



Your participation in Suggestion Program allows you yet another chance at winning. The summer months are almost here, so it's time to turn up the heat and start grilling you for those hot ideas. This is your chance to enjoy the great outdoors while barbecuing on your new Broil King Grill. There will be a total of eight winners receiving a Broil King Signet 320B LP grill valued at \$500. The only qualification required to be included in these drawings is to be a participant on a suggestion that has been submitted sometime in 2018. If you have not been included on a suggestion yet, now is the time. We will have drawings on successive weeks starting on April 30th through May 21st. Your 2018 suggestion could be the thrill that makes you the Broil King of the grill.

First Week's Winners

Name	Dept.
Laurayne Hayden	F331
Tony Grabarczyk	0G01

Voice of the Customer Wall Relocated

The 6RWD/8SPD Voice of the Customer Wall which was previously located east of the 6RWD Assembly Team Center has been relocated to the wall south of the East Gate (photo below). The Voice of the Customer Wall is quality focus and provides the warranty status for 2 MIS Cost Per Vehicle and 12 MIS Incidents Per Thousand Vehicle, as well as, the top focus warranty items for both metrics. The quality performance of the plant regarding quality disruptions and the breakdown of the internal parts per million responsible categories is also shown.



Feral Cats



If you spend time outside the plant, chances are that you have seen at least one wild or feral cat. Currently there is a large population of feral cats at the Toledo Plant. We are used to thinking of cats as pets, but feral cats are wild animals and with all wild animals, it is important to remember that they can bite and rabies is possible. While animal bites are rarely life-threatening, if they become infected, you can develop serious medical problems. Also, the cat feces and urine are causing hygiene issues in some areas.

This month, to humanely address the increasing number of feral cats at the plant, we will work with Humane Ohio to initiate a Trap-Neuter-Return (TNR) program. The TNR program involves the following steps:

1. The cat is trapped in a live trap.
2. The cat is taken back to the Humane Ohio facility here in Toledo and is spayed or neutered.
3. The cat will be vaccinated for rabies and an ear will be tipped.
4. Tame cats will be put up for adoption and feral cats will be returned to our property and released.

This is not a one-time fix but an on-going process. However, for the TNR program to be effective we will need everyone's cooperation. First and foremost, **DO NOT feed the cats**. Cats will congregate at feeding locations increasing the likelihood of fights and disease transmission among animals. Also, never release a trapped cat. The traps will be placed in sheltered areas and will be checked daily. A cat will never spend more than 24 hours in the trap.

If the program is successful, over time the cat population will decrease and become healthier. We will provide regular updates on our progress and please remember to avoid contact and interaction with any unknown animal. Even animals that appear friendly can bite if provoked.

Lost and Found...did you lose a Fitbit in RWD?



A Fitbit has been sitting in the RWD Reliability TC for some time and we are looking for the owner. See Dan in the Employee Communications office to claim your Fitbit.

How to contact us...

Communications Coordinator - UAW: Daniel Macut
Email submissions to daniel.macut@gm.com
Phone: 419-450-0947

Member UAW - LUCA Local Union Communication Association
Deadline for POWERLine is 3:00 p.m. Tuesday.

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