

Beyond Grand Rapids

GMAC 3.9% APR financing offered for well-qualified buyers of GM Certified Used Vehicles

GM Certified Used Vehicles (GMCUV) announced a new nationwide GMAC rate incentive program on select GMCUVs.

The new rate incentive offer, effective through January 5, 2009, provides well-qualified buyers with 3.9% APR financing for terms up to 60 months from GMAC Financial Services on 2004-2009 models of Chevrolet Impala and Silverado, Pontiac G6 and GMC Sierra vehicles purchased from participating GMCUV dealers.

Well-qualified customers also can receive GMAC 4.9% APR financing for terms up to 60 months on 2004-2009 models of Chevrolet Trailblazer, Suburban and Tahoe, Buick Lacrosse, GMC Envoy, Yukon and Yukon XL vehicles at participating GMCUV dealers.

Consumers can go to www.gmcertified.com to learn more about GM Certified Used Vehicles, locate the closest GM certified dealer, or search the industry's largest available certified pre-owned inventory.

Fast Facts about GM Certified Used Vehicles

- GMCUVs has an inventory of 60,000-plus vehicles
- They are high-quality, reconditioned vehicles
- They are available at participating Buick, Chevrolet, Pontiac and GMC dealers
- All models are six years old or newer
- All models have 75,000 miles or less
- All models are reconditioned to stringent GMCUV quality standards and must undergo a rigorous 117-point inspection and reconditioning process
- All models are supported by a fully transferable five-year/100,000-mile powertrain limited warranty with no deductible (whichever comes first from vehicle's original in-service date), a 12-month/12,000-mile (whichever comes first) bumper-to-bumper warranty, a Carfax vehicle history report, a three-day/150-mile customer satisfaction guarantee, and 24-hour roadside assistance and courtesy transportation during the term of the powertrain warranty

Cars made of recycled throw-aways

Empty water bottles, old carpeting and even old jeans are ending up in cars — and not just thrown in the backseat or trunk. They're being recycled and turned into car parts, such as insulation and instrument panels, as automakers increasingly use recycled parts to cut costs and waste.

Recycled plastics typically don't take paint as well as new plastics, which is why designers have kept them under the hood or body carriage and behind tires.

In the Cadillac XLR, CTS and STS models, GM uses a mix of new plastic and recycled tires as insulation to keep engine noise out of the vehicle interior.

GM is using recycled nylon from old hotel carpeting to make the exterior mirror casings for crossover vehicles, like the GMC Acadia and Buick Enclave crossover vehicles. They also use plastic from recycled water jugs and the front panels of vending machines in the instrument panel of the 2009 Chevrolet Equinox.

Source: Detroit Free Press, Sept. 21, 2008

Motor Trend Sport/Utility of the Year Contender: Traverse

"Chevy's new three-row crossover [the Traverse] proves among the more pleasant surprises in this year's Sport/Utility contest. The Traverse is the fourth General Motors' model built on its Lambda chassis architecture, others being the Buick Enclave, Saturn Outlook, and GMC Acadia.

"Times have changed," says senior editor Ron Kiino. "We're criticizing a Honda instrument panel and center stack and praising a Chevy's." It's true: The Traverse's IP and controls are clean and workable. The interior plastics and materials are attractive and appear durable. . . ."

Source: motortrend.com/blogs, October 7, 2008

Toyota's plunge into big pickups veers into Texas-size ravine

Until recently, workers built pickups by the thousands at the sprawling Toyota truck factory south of San Antonio. No longer. Opened with great fanfare only a couple of years ago, the plant halted production on August 8 after demand collapsed for its Tundra full-size pickups, amid sky-high fuel prices and free-falling home values. Production won't restart until at least November.

Source: USA Today, September 22, 2008



AutoKnow



General Motors Vision Statement: GM's vision is to be the world leader in transportation products and related services. We will earn our customers' enthusiasm through continuous improvement driven by the integrity, teamwork and innovation of GM people.

Managing Stress When Life Seems Overwhelming

Are you feeling trapped, out of control, uncertain of your future? When life seems overwhelming, it's natural to feel stressed. There are no easy answers or simple fixes, but there are a few things you can do to help cope with the situation.

- 1) **Reach out to the people in your life who love you.** Don't be afraid to ask for emotional support or to discuss your concerns.
- 2) **Try not to panic or make hasty decisions.** Take some time to learn your options and discuss them with family and, if needed, a professional counselor.
- 3) **Use positive self-talk.** We have no control over many of the unpleasant events in our lives. However, we can change what we say to ourselves, and this has the strongest impact on how we feel. Consciously reject thoughts of bitterness, anger, or despair. Avoid catastrophizing ("This is the worst thing that could happen.") or projecting ("My life will never recover from this setback."). Instead, focus on the things you can control and remind yourself of your social support system. Try to believe in yourself and your ability to move on.
- 4) When you start feeling overwhelmed:
 - **Shift emotional gears.** Looking at a photo of a family member or a pet helps you revisit the good feelings associated with the picture.
 - **Take deep breaths** from your stomach. Breathe slowly and deeply in through your nose and out through your mouth. At the same time, visualize yourself on a beach or in another pleasant place.
 - **Stretch.** Stand and raise your arms above your head. Stretch in each direction, holding for a few seconds. This helps increase blood flow throughout your body.
- 5) **Exercise daily and learn to laugh.** Both of these release endorphins (feel-good hormones) throughout your body. So take your dog for a walk and rent a comedy video or talk to a friend with a good sense of humor.
- 6) **Do not increase your alcohol consumption.** After the initial buzz wears off, alcohol is a depressant and will intensify feelings of despair and anxiety.
- 7) **Seek professional help.** If you feel unable to cope, contact your EAP representatives, who are here to help you and your family through this difficult time. They can listen and provide referrals for counseling, financial problems, and other concerns. Please feel free to contact **Angie VanArnam** at 246-3151 or **Clint Evans** at 246-3175, or stop in to their offices. Professional counselors are also available for immediate assistance at 774-2346.



Angie VanArnam



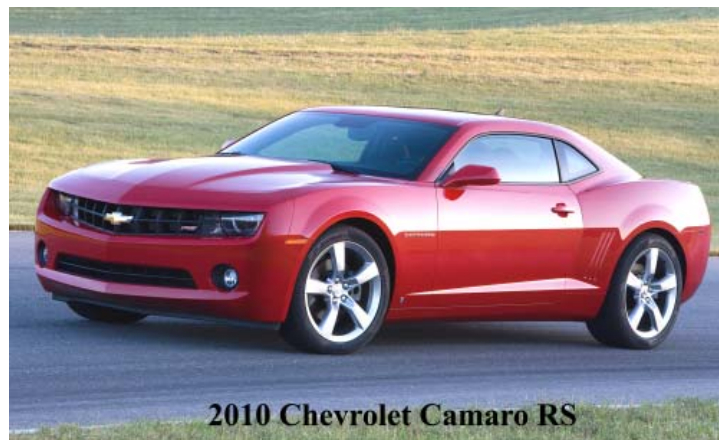
Clint Evans

Chevy Announces Pricing for 2010 Camaro

Chevrolet has announced pricing for the all-new 2010 Camaro. Pricing starts at \$22,995 MSRP for the V-6-powered LS model and \$30,995 for the V-8-powered Camaro SS. Customer ordering opened on October 13, with production scheduled to begin in mid-February 2009 at Oshawa Assembly, with dealership deliveries shortly thereafter.

Fast Facts

- More than 600,000 enthusiasts have requested information on the Camaro since its production was announced.
- The Chevy.com/Camaro website carries information regarding early ordering, along with vehicle packaging information, a specification sheet, and anticipated frequently asked questions about the ordering process.
- Accessories – including 21-inch wheels and tires, ground effects and stripe kits, and even a classic-styled Hurst shifter – can be ordered and installed at the dealership. In some cases, the cost of the accessories and their installation can be rolled into the monthly payments.
- Camaro LS and LT use a 3.6L engine with variable valve timing to optimize performance and fuel economy. It's rated at an estimated 300 horsepower and 273 lb.-ft. of torque.
- A six-speed manual transmission is standard with the 3.6L engine; a Hydra-Matic 6L50 electronically controlled six-speed automatic, with TAPshift control, is available. LS and LT models are estimated at 27 mpg in highway driving.



2010 Chevrolet Camaro RS

October is Energy Awareness Month

October brings good weather to work around the house, along with mild days and good sleeping weather at night. It's a great time to fix up your doors and windows; sealing air leaks now can save you money on your home heating bills all winter.

If you're planning to add insulation in your attic, fall is the best time to do the job because you avoid roasting or freezing while working in your attic. Plus, the savings start almost as soon as the job is done.

We can also save energy at work by fixing doors and closing up the building. This time of year the building is self-heating. The lights and manufacturing equipment make enough heat inside the building to keep us warm. By holding the heat inside, we can stay comfortable without buying natural gas to heat the building. Closing the doors and windows stops the heat from escaping during cool fall nights. It cost about \$1,000,000 in natural gas to heat the Grand Rapids Metal Plant for the 2007–2008 heating season. This is about \$6,250 per day for heat.

Fall weather brings big temperature swings with some really nice warm days plus some frosty cold nights. Plan for cool temperatures over night and in the morning, followed by warm afternoons and evenings. When you come to work, be ready for temperature changes. Having a jacket or sweatshirt will help you be comfortable when it's cool. By dressing in layers, you can adjust as the temperature warms up during the day.

October is *National Energy Awareness Month*, which reminds us that conservation of energy resources saves our money and reduces the stress on our environment.

Around Grand Rapids

Direct Deposit

Wouldn't it be nice to always have your check deposited in your account on payday and to have one less thing to worry about? Employees who have the convenience of direct deposit know they don't have to wait for the check to arrive in the mail when they're absent on payday. As a matter of fact, there are many things they can stop thinking about because their check is automatically deposited to either their checking or savings account in the bank of their choice.

To sign up to become one of the many employees who enjoy this convenience, get a Direct Deposit Form from one of the Common Form Centers around the plant, complete it, and mail it in to the address indicated or use one of the envelopes provided, along with either a voided check or a pre-printed deposit slip.

Direct Deposit is good for you and for the company. It's convenient, it's safe, and it's a sure thing. Just try it, you'll like it!

Emergency Number Still in Use

Please note that the 1-800 call-in (option #7) for emergencies only will continue through the end of this year.

Safety Corner

Know Safety, No Accidents

	2007	Through 10/16/08
First-aid Injuries	454	255
Recordable Injuries	65	35
Lost Work Days	6	2
Near Misses Reported	232	330

Seat Belt Use

We all know that injuries from automobile accidents have reduced drastically since the implementation of seat belt laws in North America. According to Transport Canada, five lives are saved with every 1% increase in seat belt usage.

In 2007 there were 11 lift truck-related vehicle incidents at GM facilities. In six cases seat belts were worn, resulting in NO injury. All lift truck personnel are now required to wear a seat belt while operating their lift truck. So please wear your seat belt the way it is meant to be worn.

UAW-GM QN Suggestion Corner

	10/03/08-10/10/08	YTD
*Awards Paid:	43	962
\$ Paid Out:	\$ 8,889.87	\$ 275,765.93
Savings to GM:	\$ 33,949.05	\$1,548,130.40

Participation rate through September: 95%

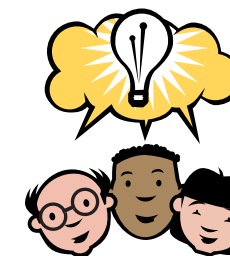
*Tangible and intangible awards

4th-Quarter Suggestion Program Focus:

Team Suggestions

The Suggestion Department is having a promotion during October, November, and December. Any team suggestion submitted during these months will be entered into a drawing at the end of the 4th quarter for prizes of \$500 to each team. Four teams will be drawn for a total prize money of \$2,000. A team suggestion is three or more employees on a suggestion form. Please include your GMIN on all suggestions.

Think "team"



United Way Drawing Winners

\$50 gift certificate to Meijer: **Michael Gardner**, WEMR

Parking spots*:

November	Ronald Seif	TDO
December	Shawanda Smith	Engineering
January	John Paepke	Press Room
February	Frank Abraham	Material Handling
March	James Levy	Blanking
May	Barbara Carter	WEMR
June	Larry Buroccki	Quality
July	Karen Hastidt	Press Room
August	John Ellis	Press Room
September	Keith Van Ham	TDO
October	Robert Rector	WEMR
November	Garry Aernouts	Material Handling

*Please contact **Jim "Boo Boo" Store** at 3114/Nextel 1779 to get your parking spot.