

# FISH & TIPS

First Quarter  
2018  
Twenty-First Edition

## On The Hook

### Sockeye salmon *Oncorhynchus nerka*

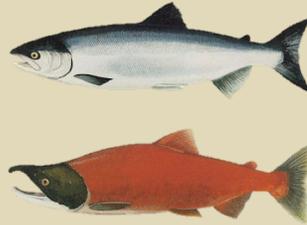
#### ALSO KNOWN AS:

Red salmon, kokanee salmon or blueback salmon

#### SOURCE:

Russia, Kamchatka

Sockeye salmon is an anadromous species of salmon found in the Northern Pacific Ocean and rivers discharging into it. They can grow up to 84 cm (2ft 9in) in length and weigh 5-15lbs. Juveniles remain in freshwater until they are ready to migrate to the ocean, over distances of up to 990 miles. Sockeye salmon are semelparous, dying after they spawn. Their coloring is silver with blue tinge while living in the ocean. When Sockeye return to spawning grounds their bodies become red and their heads turn green.



## Congratulations!

### Employee of the Month

#### Mary Hawkins; December '17

*'Mary was chosen because of her positive attitude and reliability. Mary joined JJ's Logistics team in Sept of 2015 and in a short time showed she has strong character and discipline. She is an essential member of our team processing invoices for drivers, and doing what's necessary to get them out on time. As well as assisting with order entry and customer service. Mary's dedicated service and pleasant attitude are greatly appreciated by all.'*

- Rick Tormo, Director of HR

## Make This!

### Sockeye Salmon Tartare

#### You'll Need:

- |                          |                           |   |
|--------------------------|---------------------------|---|
| - 2 lbs sockeye          | - Kosher salt             | - Fresh ground pepper                     |
| - 2 Tbsp fish sauce      | - 1 Tbsp olive oil        | - 1 medium garlic clove, minced           |
| - 1 medium lemon zest    | - 1 Tbsp chopped chervil  | - 2 Tbsp diced tomato, skinned            |
| - 1 Tbsp chopped chives  | - 1 Tbsp chopped cilantro | - 1 Tbsp chopped tarragon leaves          |
| - 1 Tbsp chopped shallot | - ½ tsp fresh lemon juice | - Taro chips or toasted baguette to serve |

#### How To:

- 1) Dice the salmon into ¼ inch cubes and place in a large bowl. Season with salt and pepper.
- 2) Add the fish sauce, olive oil, garlic and lemon zest and gently fold to combine.
- 3) Add tomato, herbs, shallot, and lemon juice and gently fold to combine. Taste and season with additional salt, pepper and lemon juice as needed.
- 4) To serve place a small round cookie cutter on a plate, and pack it gently with the tartare, or spread the tartare thinly on the plate. Garnish with microgreens and serve with taro chips or baguette slices.

#### Cookie Burnett; January '18

*'What can we say that hasn't been said already about Ms. Edith Burnett? For almost 20 years, Cookie has exhaustingly served the family of JJ McDonnell through the Admin & Accounting Department. She is quick witted, diligent and is always there when you need her. Her dedication, organization, and attention to detail and care for the well being of JJ and it's many employees is unmatched. She isn't afraid to tell you when you're wrong either, but always in a respectful manner. We are all fortunate to have you here Cookie – Thanks for all you do!'*

- Rick Tormo, Director of HR

## Thanks To All

Thank you to all who participated in our recent local Community efforts. This quarter we participated in many opportunities, including a canned food drive. Everyone's donations were appreciated as we delivered a lot of non perishable foods to those in need. A collection bought new coats for local elementary school students as well as a coat drive which got us all cleaning out our closets and helping those in our community. We could not be more proud of the big hearts of each and every employee to help our local community.

Look for more in the coming year!



## Did You Know?

We are now BRC certified! BRC stands for: British Retail Consortium and it is a leading consumer protection organization. This level of certification guarantees standardized quality, safety and operational criteria for manufacturers and food service organizations.

#### BRC Facts:

- Only 20 BRC certified companies in the USA that handle seafood
- 2 are 'local' located in Virginia

# Hooked on Health

Fishing for Better Employee Health

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## Get Your Best Sleep!

We all know the importance of a good night's rest. Not only is this the first chance for most of us to truly take a breather it also helps your body recover from all the events of the day. Some of the benefits of sleep include: boosting your immune system, healing damaged cells and recharging your heart and cardiovascular system. Here are some tips to make the most of your snooze.

### 1. Give yourself a bedtime

Pick a time at night when you typically start feeling tired and go to sleep every night at that time – even on weekends. This helps keep your biological clock in order so you'll sleep more soundly. If you must change your sleep pattern do so in 15 minute increments to help your body adjust.

### 2. Move, move, move!

Did you know, regular exercise relieves insomnia? People getting aerobic exercise 4 times a week improved their quality of sleep, and were less tired throughout the day. However, strenuous activity 2-3 hours before bed can raise your body temp and make falling asleep more difficult.

### 3. Unwind

Make the time for a nightly 'unwinding ritual' like reading, taking a warm bath or shower or listening to soothing music. These activities help ease the transition from wakefulness to drowsiness. Try not to use electronics too close to bed time, they can keep you awake longer.

### 4. Smoke and drink no more

Smokers are four times less likely to feel well rested after a night's sleep than nonsmokers due to the stimulating effects of nicotine and withdrawal pangs through the night. Alcohol, while it can help you fall asleep, can reduce REM sleep and can even suppress breathing.

### 5. Build a cave

Your bedroom should be cool, dark and quiet for a solid nights sleep. Ideal temperature is around 65 degrees. Turn off the tv, use low wattage bulbs and get blackout curtains to keep the room dark.

### 6. Nap – the right way

Naps help restore alertness, increase productivity and can be used as a mini escape from reality. Try to limit it to 10-30 min a day, in the afternoon. Too long of a nap can throw off your sleep schedule.

### 7. Say no to supersizing

Consuming large meals could cause you to struggle to fall asleep due to digestion and heartburn. If you absolutely need a snack choose one with a healthy combination of carbs and calcium or protein to boost serotonin. A banana with a little peanut butter will do wonders!

### 8. Dich the pets & kids

In bed only! Pets and children generally are not sound sleepers, if they're sharing your bed chances are you're being disturbed multiple times a night, which makes it difficult to achieve REM sleep.

### 9. Stress less

Manage your stress by meditating and relaxing before you get in bed. Write down your concerns, delegate tasks and create to-do-lists for the next day so you can free your mind.

### 10. Strike a (healthy) pose

What's your go-to sleep position – back, side, stomach? Sleeping on your back should be your #1 pick because it prevents neck and back pain and reduces acid reflux.

*If you're a back sleeper:* Make sure to have fluffy pillows to support your neck and back

*If you're a side sleeper:* Get a thick/firm pillow to support the space above your shoulders

*If you're a stomach sleeper:* Use a thin pillow (or better yet, no pillow at all) to help with your spine position and alleviating pressure on your joints and muscles.

## Milestones...

Your contribution to the company is greatly appreciated. Happy Anniversary!

Chris Phelps	5 years on 1/10/18
Arnuflo Avarrete	5 years on 2/18/18
Leonel Tobar	5 years on 3/18/18
Mario Godoy	5 years on 3/25/18

## Positive Quote



## Exercise Your Mind!

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2			3				8	
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			1		3		6	2
1		5					4	3
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8	9			6	5	1		7