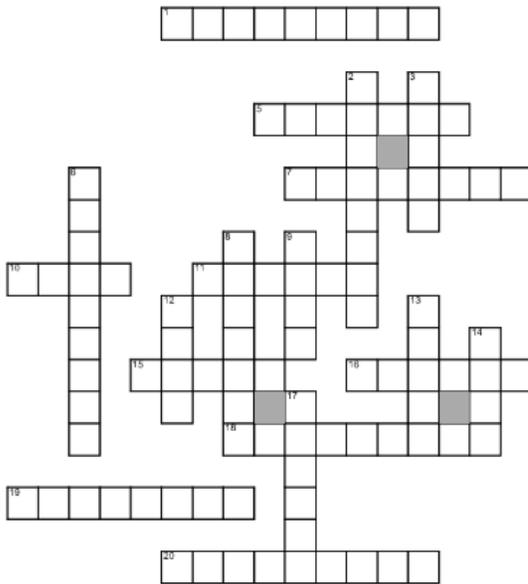


FISH & TIPS

First Quarter
2021
Thirty-Third Edition

Crossword Puzzle... JJ Style!

Marine Ecosystem



Across

1. colorful animals have stinger
5. large shell on back is a reptile
7. What has large pointy sword on their nose
10. Goes in large groups
11. Large predator smells blood from far
15. two shells closed can eat
16. huge mammals live in the ocean
18. small creature curly tail males give babies
19. Loving mammal that loves stream when swimming
20. colorful fish lives in a anemone

Down

2. looks like a star like to stick on to thing
3. large mammal have flippers use to walk prey on fish
4. alike to a crab but much large
6. large tail that could sting
8. small people love to eat
9. known as killer whale are black and white
12. large plant under the sea
13. Red has claws has a shell
14. long like snakes live deep under the ocean
17. medium fish relative is a trout

Employee of the Month

Mark Garner; September '20

Mark has been a part of the J.J. McDonnell team for less than 1 year however he has proven himself to be a valuable part of the team! He quickly took ownership of the shrimp project when it began and established a protocol with training the associates on the machine. Mark ensures we meet the daily production and is a good example to all the processing team members. Mark always has a positive attitude and has shown solid leadership on the night shift with consistent protocols and expectations. He is a true team player and demonstrates our company values continuously.

Degu Wesero; October '20

Degu has been with J.J. McDonnell for just over a year. He is a hardworking team member that loves his job and executes his responsibilities without the need of supervision. He is a team player that is always present and constantly seeking ways to excel his performance in order to get the job done! Degu is a one man team on his shift from 4pm – 12am and never complains. He goes above and beyond in order to get his job done and helps out wherever needed. He is definitely an unsung hero and we want to thank him for a job well-done!

Jaz'mine Archer; November '20

Jaz'mine is an asset to J.J. and the Admin Team. She is professional and very pleasant person to work with. She will help out other teammates without being asked. If Clarissa asks for help in A/P with filing invoices too be paid or matched she just does it without reservations, and always with a smile. She is stepping into her new role in A/R and is performing better than expected.



Get to Know Neville 'Moe'

Neville, aka Moe is a new addition to the JJ McDonnell family. He has 25 years of experience in manufacturing, distribution and big box retail. He joins us as our Director of Warehouse Operations.



Q: If you could live anywhere where would it be and why?

A: St. Michael-Barbados. It's relaxing and fun, my children loved it when we visited a few times.

Q: What is your favorite sport and team?

A: Basketball-- LA LAKERS & Football—NY GIANTS-- cause I am a Brooklyn boy for life.! LOL

Q: Aside from necessities, what one thing could you not go a day without?

A: Starbucks Dark roast coffee...gotta have it

Q: If you had a warning label what would it say?

A: No Hugs Allowed need 2-ft of space!

Q: What is your favorite holiday and why?

A: Christmas! I love seeing the look on my kids' faces and how truly grateful they are when we share a pray from the KJ Bible-John 13 and give them their gifts. It would bring tears to my eyes, which they never see dad cry.. so they see a sensitive side to Dad.

Hooked on Health

Fishing for Better Employee Health

First Quarter
2021
Thirty- Third Edition

Spring Clean Your Health

Spring! The sun is shining, birds are chirping, and flowers are blooming. It feels like the refresh button has been pressed, and what better time to reevaluate your habits and make some positive, healthy changes!

- 1) Add Extra Fruits & Veggies – Spring and summer is a great time of year to enjoy in season fruits and vegetables to your plate. Visit local farmers markets and take a little extra time in the produce section of your grocery store next visit.
- 2) Be Mindful of Overindulgence – Cookouts and outdoor gatherings open the door for overindulgence we often do not think about. Alcohol can quickly add calories and carbs to your intake. If you do choose to have a drink limit to one or two.
- 3) Stay Hydrated – When its warmer outside your body can lose more moisture through sweating. Also, if you drink a glass of water before your meal it may save you from going for that second helping or high sugar dessert.
- 4) Get Moving! – Getting enough physical exercise is important and getting outside is even better. Try to get 20 minutes of physical activity a day – that is as easy as a walk around JJ on your lunch break!
- 5) Soak Up the Sun – Sunlight can release serotonin and helps boost your mood, and it helps the skin produce vitamin D which is great for bone health.
- 6) Reset Your Sleep Schedule – Try to keep away from devices/screens right before bed, this will help your brain know it is time for sleep. Getting up the same time each day will quickly signal a routine to your body and will help you stick to it!

Happy Anniversary!

Thank you for being a dedicated member of our team and the JJ family!

This quarters Milestone Anniversary* Announcement goes to...

Juan Alfaro	2/12	25 years
Jose Fuentes	1/27	5 years
Pablo Pereira	1/27	5 years



*Milestone anniversaries are 5, 10, 20, 25+ etc. years

Continue Staying Safe!

Help keep yourself, your coworkers and our customers safe by following these guidelines while at JJ.



Protect your health.

Laugh A Little



HOW MARYLAND ARE YOU?

I'D OLD BAY...

+8 ICE CREAM	+3 POTATOES	+7 COCKTAILS
+1 WINGS	+10 DONUTS	+6 PRETZELS
+6 YOGURT	+5 BROCCOLI	+8 MANGOS
+4 SALAD	+4 HAM	+6 SHRIMP
+4 FRIES	+6 HOT DOGS	+3 SALMON
+2 EGGS	+4 TACOS	+3 BEANS
+2 CHILI	+4 TUNA	+4 TOFU