

# FISH & TIPS

First Quarter  
2019  
Twenty-Fifth Edition

## On The Hook

### Walleye

*Stizostedion vitreum*

#### TYPES:

Yellow Pike

#### SOURCE:

A freshwater fish that is native to most of Canada and the Northern United States. The common name of Walleye comes from the fact that the fish's eyes point outward, as if looking towards a wall. The angle of their eyes allows anglers to 'eyeshine' at night when feeding mostly occurs.

Adult Walleye migrate to tributary streams in the late winter or early spring to lay eggs, over rock and gravel and some open-water reef. A large female can lay up to 500,000 eggs and there is no care provided by the parents to the eggs. The eggs are slightly adhesive and attach to the cervices between rocks, incubation generally lasts between 12-30 days. Around 40 to 60 days after hatching juvenile Walleyes eat fish almost exclusively.



## Employee of the Month

### Kevin Benitez; November '18

*'Kevin joined the JJ McDonnell team in July of 2018, and quickly made an impact on the Warehouse Department. He is a positive and upbeat employee that always shows up ready to work. Kevin's eagerness to learn and excel at his position shows. He is constantly asking questions to ensure he learns and follows through with proper procedure. Kevin is a great asset to JJ, we are fortunate he joined our team. Congratulations!'*

### Chris Rubino; December '18

*'Chris started here at JJ in October, 2016 doing reporting for the purchasing department. He was then promoted to a Junior Buyer, purchasing oysters. Chris continues to excel in his endeavors here and was recently promoted to Buyer taking full responsibility for purchasing fish from the great lakes and the Mediterranean. With Chris' degree in Environmental Science and Policy he has been a great addition to our buying team and is the master of purchasing oysters. Congratulations, Chris!'*

### Mary Hartley; January '19

*'Mary joined JJ in April of 1990 as our Accountant, as well as being responsible for the Administrative Department, IT, telephones and anything else she needed to be in the early days of JJ! Now our Director of Finance, Mary is truly a valuable team member that selflessly contributes to the company with an unmatched work ethic. She is always looking for the best way to accomplish a task and streamline efficiencies. A much deserved recognition and congratulations to you, Mary!'*

## The FISH Project

JJ McDonnell is proud to partner with the Institute of Marine and Environmental Technology, McCormick, United Way and the Maryland Food Bank in the development, processing and distribution of Bronzini to local families in need. The FISH Project launched in 2018, and we processed and delivered the fresh Bronzini to charitable organizations like the Franciscan House and Maryland Food Bank. They then prepared a healthy, nutrient rich meal for those less fortunate in our community. Our sales team and buyers visited IMET for a first hand look at the next round of Bronzini being raised for distribution this summer.



Visit our website [jjmcdonnell.com](http://jjmcdonnell.com) or give us a call 410-799-4000

- Human Resources

# Hooked on Health

Fishing for Better Employee Health

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## Burn Easter Candy Calories!

Certain times of the year we HAVE to indulge in delicious candy, and Easter Candy often falls into this category. Don't worry, we are here to help! Here are some fun suggestions on how to burn those calories from treats for the upcoming holiday.  
(calorie burn based on 150lb person; via Eat This, Not That)



## Happy Anniversary!

Thank you for being a dedicated member of our team and the JJ family! This quarters Anniversary Announcements go to...

Elvis Solis      01/06/19      15 years

## Laugh A Little



## Did You Know...

The wicked Sea Witch, Ursula from Disney's The Little Mermaid is not an Octopus? She is a mythical hybrid of a human and an octopus!

## Relieve Some Stress!

We all have stress in our lives... whether it is caused from our job, our family, obligations or hardship. Here are some helpful ways to start to decrease the stress and live a happier life!

- 1) Go for a 10 minute walk – walking in a green space (park) will put your body into a state of mediation, allowing for self reflection
- 2) Breathe deeply – breathing exercises help you relax because they make your body feel like it does when you are already relaxed
- 3) Buy a plant – house plants can help induce your relaxation response
- 4) Step away from the screen – uninterrupted computer use has been linked to stress, lost sleep and depression
- 5) Turn off your phone – your cell is stressing you out, and talking on it can even raise your blood pressure
- 6) Turn on the music – classical music has a soothing effect that can lower blood pressure and decrease stress hormones
- 7) Turn it up – cranking up the music on your drive home has shown to help those in the midst of a stressful event
- 8) Treat yourself – eat (1) candy or sweet treat, this can help lessen the production of the stress hormone, glucocorticoid.