

Fish & Tips

Fourth Quarter
2018
Twenty-Fourth Edition

On The Hook

Scallops

Pectinidae

TYPES:

Sea Scallops & Bay Scallops

SOURCE:

Scallops inhabit all the oceans of the world, with the largest number of species living in the Indo-Pacific region. Most species live in relatively shallow waters from the low tide line to 100m. Scallops can be found living within, upon, or under either rocks, coral, rubble, sea grass, kelp, sand, or mud. The shell of a scallop consists of two sides or valves, a left valve and a right one, divided by a plane of symmetry. Most species of scallops rest on their right valve, and consequently this valve is often deeper and more rounded than the left. Scallops have 10-100 small eyes along the edge of their mantles, they rely on their eyes as an 'early warning' threat detection system sensing the changes in light and movement.



Employee of the Month

Tim Mundy; August '18

'After joining the JJ Team in June of 2010 as a warehouse teammate, Tim moved through the ranks in receiving, managing the live room, moved to our first QA Technician role and ultimately landing in the sales department as a newly created Sales Expeditor. Wherever Tim has moved to, he strives make a positive impact. He is highly respected by the customers he interacts with as well as his teammates. He is always willing to chip in where needed.'

George Bautista; September '18

'After joining the team in July of 2015 as processing room teammate, George continued to learn the aspects of what is now called the Production Room. Continuously striving for improvements, he was soon promoted to a lead role, managing all production operations for the day shift. He routinely leads by example, being soft spoken, fair and professional.'

Hollie Fiorito; October '18

'Joining the JJ team just over a year ago in November of 2017, Hollie brought new energy to the marketing efforts. She's continued the focus on product highlights, always keeping on top of all social media outlets. This year she chaired our very first Seafood Fest; organizing vendors, product offerings and facility tours. The event was such a success we hope to continue it annually. Her energy and outward personality is infectious.'

- Rick Tormo, Director of HR

Ugly Sweater Contest!

On December 13th we celebrated the holidays with our Holiday Luncheon. A special thank you to all who brought homemade goodies for your JJ Family! It was a great time to sit by the fire and enjoy sitting down and relaxing with coworkers we may not get to see daily! To add to the excitement of the holidays we held an Ugly Sweater Contest. We saw some very creative sweaters and beanies, it was great to see so many people get into the spirit.

- 1st Place Winner – Ugliest Sweater
- 2nd Place Winner – Most Creative
- 1st Runner Up – Most Original
- 2nd Runner Up – Beyond Ugly Sweater
- 3rd Runner Up – Funniest Ugly Sweater

- George Bautista
- Laura Pease
- Michelle Smith
- Ken Mundy
- Daniel Jacinto



Contest participants (listed left to right, top to bottom): Pedro, Ellise, Sandra, Rosie, Laura, Mary, Daniel, George, Tim, Len, Ken, Michelle, Tatiana, Hollie, Jackie, Jason, and Rick.

Hooked on Health

Fishing for Better Employee Health

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Start 2019 Healthy!

The holiday season is often filled with large meals, sweets everywhere you turn and overindulgence. By the time January arrives everyone is ready to get back to eating less glutenous food. Don't be intimidated by living a healthy lifestyle, start small, do something each day and gradually work up in both your exercise routine and eating habits.

The guide below is a beginners look at how easy it is to make a positive change, for you!

January 2019 | Healthy Living Guide

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 jumping jacks	2 eat at least 1 fresh fruit	3 10 crunches	4 swap soda with water	5 10 second plank
6 try a new veggie	7 10 calf raises 10 knee push ups	8 bake with whole wheat flour	9 15 jumping jacks	10 swap something fried for something baked	11 15 crunches 15 minute walk	12 eat a salad for dinner
13 15 squats	14 eat 2 fresh fruits	15 15 second plank	16 have a veggie with every meal	17 20 jumping jacks 20 minute walk	18 try a new fruit	19 20 crunches
20 eat seafood for dinner	21 20 knee push ups	22 go meatless	23 25 jumping jacks 25 second plank	24 record all the food you eat today	25 25 crunches	26 food prep healthy lunches for the week
27 25 minute walk 25 calf raises	28 try a green smoothie	29 30 minute walk	30 swap processed food for fresh	31 30 crunches		

Solve This...

FIND THE MITSAKE

1 2 3 4 5 6 7 8 9

Laugh A Little



Easy Desk Exercises – In less than 3 minutes!

- 1 Livin' On A Prayer**
Palms together, fingers pointing up, push hands down.
10 seconds
- 2 Like A Prayer**
Palms together, fingers pointing down, pull hands up.
10 seconds
- 3 Can't Touch This**
Hands together, fingers interlaced, extend arms with palms reaching forward.
10-20 seconds
- 4 Thriller**
Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.
10-12 seconds/side
- 5 Pump It Up**
Arms above head, grab ahold of opposite elbows, lean side to side.
8-10 seconds/side
- 6 Straight Up**
Fingers interlaced, pull arms over head with palms reaching up.
10-15 seconds
- 7 I'm Your Boogie Man**
Arms at sides, roll shoulders up and back.
3-5 seconds, 3 times
- 8 Get Back**
Sit down, place hands on lower back for support, lean back.
10-15 seconds
- 9 The Twist**
Cross one leg over another, take opposite arm to knee, twist towards open side.
8-10 seconds/side
- 10 Shake, Rattle & Roll**
Arms at sides, shake hands out.
8-10 seconds

Visit our website www.jjmcdonnell.com or give us a call 410-799-4000