

Fish & Tips

Second Quarter
2020
Thirtieth Edition

What's Happening at JJ?

If you have not been in the office for a bit things may look a little different. From the social distancing signs and tape marks throughout the office, the plexiglass between workstations and of course, everyone wearing a mask – we have changed a bit in the past few months. All of the extra precaution, temperature checks, and distanced meetings are meant to protect each and every one of us at JJ. Together we will get through this and be a stronger family!

We celebrated our 75th Anniversary at last months cookout! What a great day, and in true form of years past it was a hot one! This year instead of breaking out the grill we enjoyed a delicious lunch from Famous Dave's, and refreshing Ice Cream treats from one of our customers – Berliner.

(See back for pictures from this year's event!)



J.J. McDONNELL
Excellence in Seafood

Employee of the Month

Larry Eldridge; February '20

Larry has been with JJ since March 2017. In his desire to excel, he has embarked on a steady course of growth in the processing room where he is now the 2nd Shift Processing Lead! Larry is a quiet, calm and knowledgeable employee that is always ready to do what is required of him and beyond. He has a genuine upbeat and positive personality that helps to make him a great team player!



Get To Know... Mary Hawkins

I've been apart of JJ McDonnell for nearly 5 years in the logistics department helping where needed.. It has been nothing short of exceptional. Family at JJ has been very supportive & loving which I'm forever grateful for.



Question: What is on your bucket list?

Answer: To travel to other countries and explore.

Q: If you could have a super power what would it be?

A: To rid of this Covid19 🙏

Q: What is your favorite season?

A: I love summertime... warm sun & lots to do

Q: What is the one thing that can instantly make your day better?

A: A friendly greeting with a smile always makes my day better.

Q: What makes you feel most accomplished?

A: When my children show kindness and humble themselves towards others will always be my #1 accomplishment

Q: What is the scariest thing you have ever done and why did you do it?

A: Attempting to learn how to swim, terrifying for me. 🤩

Q: A genie gives you three wishes – what are they?

A: 1) For my family to stay healthy. 2) For my family to have faith and truly be happy. 3) To just live life to your fullest.

Q: What is the best vacation you ever took and why?

A: Traveling through the mountains to Western MD visiting with family

On The Hook!



Yellowtail Snapper

Found in warm waters during the summer months, this fish is known for its brightly colored scales. Its firm white flesh and mild flavor allow multiple cooking preparations for the summer months. Have you tried it?

Hooked on Health

Fishing for Better Employee Health

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Summertime Tips – To Keep All Year!

- 1) **Stay Hydrated!** – Beat the summer heat, during the summer months aim to drink 6-8 glasses of water each day.
- 2) **Remember Your Sunscreen** – Even on a cloudy day there are UV rays out there that can cause your skin to burn, think about lotioning up even on days when you're not at the beach or pool.
- 3) **Eat a Seasonal, Colorful Diet** – Many of us crave fresh fruits and vegetables once our at home gardens start producing. Make it a point to include one fruit or vegetable with each meal not only during summer but throughout the year.
- 4) **Get Your Vitamin D** – Also known as the 'sunshine vitamin' it helps the body to absorb calcium and supports both the nervous and immune systems.
- 5) **Exercise More** – While the hot days of summer may have us wanting to be in the AC more we should all take advantage of the nice morning and evening weather. Take a walk with the dog, or join your kids at the pool for a swimming race.



Happy Anniversary!

Thank you for being a dedicated member of our team and the JJ family!
This quarters Milestone Anniversary* Announcement goes to...

Ellise Carter	06/05/20	20 years
Adam Sonntag	05/28/20	5 years
Jorge Guzman Rivera	06/19/20	5 years



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

Employee Appreciation Cookout!

