CELEBRATING THE FLOWERS SPIRIT

We honor 45 team members who exemplify the Flowers Spirit of leadership, team work, caring, and volunteerism. By your nominations, you helped choose them. Now meet our 2015 Spirit Award recipients.

The 2015 L.S. Flowers Spirit Award recipient not only exemplifies the Flowers Spirit of leadership, service, motivation, and caring for others. His story is one of personal redemption and recovery.

Calvin Zeigler was homeless several years ago before turning to the Salvation Army, a local organization called Union Mission Phoenix Project, and a 12-step program to help him get his life back on track. He’s been sober more than three years now.

Since he began working for Derst Baking Co. in Savannah, Ga., in 2013, he’s changed positions and moved from the continuous production line to the conventional line as production needs have changed at the bakery.

Through all those changes, Shea Brock, Derst HR director, said Calvin has been gracious and willing to learn and help the bakery in any capacity. “He never complains. He stays positive, doesn’t waste time, and is focused on his job,” Shea said.

Others in the bakery have noticed Calvin’s desire to pay it forward now that he’s firmly back on his feet. Paula Kessler, ESS director, got to know Calvin through Salvation Army events before he joined the team at Derst. The same positive energy she noticed in the community, she now sees at the bakery.

WHAT sets us apart?

There is a quality about Flowers team members that sets us apart from our competition. If you’ve worked for Flowers for any length of time, you know what we’re talking about.

We care about our coworkers, our company, and our communities. We strive to be the best and do what’s right. And we go the extra mile, even if no one is there to see it.

That’s just the way we roll.

Three of our 2015 Spirit Award recipients (from top): Jermaine Bowie, Denton; Joann Clay, Tasty; and Ketta Sanon, Lakeland.
“Calvin is an outstanding person,” she said. “He’s a motivator and he’s just a pleasant person to be around.”

Bakery President Gary Cartee echoed her sentiment: “He comes to work every day with a great attitude and does a wonderful job. He encourages others and inspires everybody to do their best.”

Mark Walker, the production superintendent who hired Calvin and nominated him for the Spirit Award, acknowledged the bakery production schedule is challenging but added, “For him to donate his personal time to help others — it’s inspirational.”

Calvin, a moulder operator, spends his spare time volunteering for those organizations that helped him so much when he was getting back on his feet.

The Salvation Army helped him find a place to live, so one of Calvin’s passions is working with its disaster recovery team providing water and supplies to natural disaster survivors, including tornado and flood victims in Alabama and Pennsylvania.

As soldiers of the Salvation Army, Calvin and his wife, Stephanie, ring bells for the Red Kettle drive and support the Angel Tree for Holiday Hope during the Christmas season. Calvin sits on the Salvation Army Savannah Advisory Board, representing the homeless community.

A frequent public speaker on behalf of the Union Mission Phoenix Project, he advocates for HIV/AIDS awareness and leads a recovery group where he encourages individuals to stay on track and be positive despite their struggles.

Calvin Zeigler, a moulder operator, spends his spare time volunteering for those organizations that helped him so much when he was getting back on his feet.

The Salvation Army helped him find a place to live, so one of Calvin’s passions is working with its disaster recovery team providing water and supplies to natural disaster survivors, including tornado and flood victims in Alabama and Pennsylvania.

As soldiers of the Salvation Army, Calvin and his wife, Stephanie, ring bells for the Red Kettle drive and support the Angel Tree for Holiday Hope during the Christmas season. Calvin sits on the Salvation Army Savannah Advisory Board, representing the homeless community.

A frequent public speaker on behalf of the Union Mission Phoenix Project, he advocates for HIV/AIDS awareness and leads a recovery group where he encourages individuals to stay on track and be positive despite their struggles.
Flowers’ Spirit Awards recognize team members who live the Flowers Spirit — on the job and in their communities. The program was inspired by Langdon S. Flowers (1922-2007), chairman and company leader known for his kindness and support of others.

Team members around the country nominate and select a coworker to be their subsidiary’s Spirit Award recipient. Nominees must be full-time employees in good-standing with the company. They also must:

★ Encourage or motivate others on the job.
★ Show leadership or strong team qualities.
★ Exhibit a positive attitude in all circumstances.
★ Express sincere caring and respect for others.
★ Be a person of integrity and moral character.
★ Volunteer in the community.
★ Live the Flowers Spirit on the job and off.

Spirit Award recipients are honored at each bakery. Flowers Foods donates $250 to each recipient’s charity of choice and $100 to the charity of the team member who nominated the recipient. Flowers also donates $1,000 to the L.S. Flowers Spirit Award recipient’s charity.

FACT: Since its inception in 2002, nearly 550 Flowers team members have been honored with a Spirit Award.

**WE SALUTE OUR SPIRIT AWARD RECIPIENTS**

**ALEXANDRIA WILLIAMS**  
Production Supervisor  
Bailey Street Bakery  
Charity: Genesis a New Life

Alexandria was recognized for her incredibly positive attitude. She started a food drive at the bakery called “Women Making a Way.” This effort encourages women to donate food for shelters across Atlanta.  
Nominees by Kent Tyler, Production Operator  
Nominator’s Charity: Genesis a New Life

**JOHN SCHWARZ**  
Vice President/Sales  
FBC of Bardstown  
Charity: Knights of Columbus

John earned this honor for his strong work ethic and commitment to his job. He serves in a number of roles at his church. He’s also a member of the Knights of Columbus, and is involved with various charities.  
Nominees by Tommy Brewer, Sales Manager  
Nominator’s Charity: St. Jude Children’s Hospital

**MARION ALLRED**  
Breakperson  
FBC of Batesville  
Charity: Wounded Warrior Project

Known for her positive attitude and community volunteerism, Marion was one of the first members of the bakery’s Community Involvement Team, which has raised more than $4,500 for the local food pantry and other groups.  
Nominees by Lori Driver, ESS Director  
Nominator’s Charity: The Humane Society of Independence County
Steve is always in high spirits, an extremely hard worker, and leads by example. Outside work, he lends a hand with such projects as rebuilding local parks and also serves on the Dyslexia Assn. of Greater Baton Rouge board.

Nominated by Linda White, Admin. Associate  
Nominator’s Charity: Port Allen Middle School

Mark displays integrity and a positive attitude. He gives every coworker he meets a compliment, and always lends a helping hand. When Birmingham was hit by an F5 tornado in 2011, Mark quickly went to destroyed neighborhoods offering help.

Nominated by Carlean Adams, Human Resources Director  
Nominator’s Charity: UAB Comprehensive Cancer Center

Ketta has worked at the Lakeland, Fla., bakery for only a short time, but is an effective leader and communicator. Whenever there’s a charity event, Ketta is involved. She also volunteers with Helping Hands Outreach, which provides holiday and birthday gifts to the needy.

Nominated by Beth Glidewell, Production Helper  
Nominator’s Charity: Helping Hands World Outreach

José is an active member of the Warriors for Christ Street Ministry in El Paso, which collects food and clothing for local homeless shelters. His willingness to help others is evident both in the community and at work.

Nominated by Victor Romero, Director of Engineering  
Nominator’s Charity: St. Jude Children’s Hospital

Shawn displays great enthusiasm, commitment, and accountability on the job and kindness to everyone. A veteran, he participates in Fallen Heroes of Georgia events, works with American Street Riders to help needy families during the holidays, and uses his antique cars for fundraising events.

Nominated by Duane Hack, National Accounts Director  
Nominator’s Charity: Wounded Warrior Project
OUR 2015 SPIRIT AWARDS

KATHRYN DEAN
Administrative Assistant
Franklin Baking Co.
Charity: Riley’s Army

Kathryn does whatever she can to help all bakery staff. She’s always upbeat and does a terrific job keeping her composure under stress. She leads by example and strives to promote a pleasurable work environment.

Nominated by Billy Morrison, VP of Sales, and Chris Garden, Branch Sales Manager Nominator’s Charity: Alzheimer’s Assn., Eastern NC Chapter

BRUCE WYATT
Vice President of Sales
FBC of Henderson
Charity: Illuminators Educational Foundation Scholarship

Bruce enjoys sharing his baking knowledge with new employees. When someone has a tough question, Bruce always delivers an insightful answer. He shines the brightest when working with new sales employees, which reveals his passion for the baking industry.

Nominated by Sara Coburn, Human Resources Director Nominator’s Charity: Las Vegas Cocker Rescue

ESTHER TREVINO
Sanitor
Holsum Bakery of Tolleson
Charity: Susan G. Komen

Coworkers describe Esther as gracious and an exceptional role model. She helps the elderly and others. Once, she received a call from an elderly woman who got tired running errands and needed help. Esther got out of bed, dressed, drove to her and took her home.

Nominated by Joanne Vargas, Production Supervisor Nominator’s Charity: Muscular Dystrophy Association

VALERIE SCHAUT
Parts Room Clerk
Holsum Bakery of Phoenix
Charity: St. Jude Children’s Hospital

Valrie loves helping others succeed both at work and in the community. She’s active in her church, and hosts a weekly Celebrate Recovery meeting to support church members as they work to overcome addiction.

Nominated by Nichole De Parra, Assistant Director of Human Resources Nominator’s Charity: St. Jude Children’s Hospital

MARVIN DAWSON
Legal Contracts Manager
Home Office
Charity: Guide Right, Kappa League

Marvin gives time back to local youth. He’s president of the Thomasville High School Tip-off Club, mentors young boys through the Guide Right Kappa League, and serves on numerous charitable boards, including CASA Kids Program of Family Enrichment.

Nominated by Leny Garcia-Hill, VP of HR and Diversity Nominator’s Charity: M.N. Williams Boys & Girls Club

DAVID HARRIS
Director of Logistics
FBC of Jacksonville
Charity: Garden View Baptist Church

David is an inspiration to others. Over the past year, he has put forth an amazing effort to fulfill his work obligations while battling cancer, maintaining his upbeat and friendly personality in the face of an extreme challenge.

Nominated by Tracy Hodges, Shipping Clerk Nominator’s Charity: Shiloh Metropolitan Baptist Church

DAMIAN KING
Shipping Clerk
FBC of Jamestown
Charity: Faith Tabernacle Church

Damien is well-known for his volunteer efforts through church. He visits the elderly in a local nursing home, cooks meals for the homeless, and participates in charity car washes. Despite battling cancer, he gives back to the community and performs his job.

Nominated by Carlton Williams, Shipping Supervisor Nominator’s Charity: Macedonia Family Resource Center

KELLY HARPER-FUGATE
Production Technician
FBC of Knoxville
Charity: Alzheimer’s Association

Always having faith in her team, Kelly’s positive outlook motivates her coworkers. She takes that leadership into the community by mentoring youth. She encourages children to excel in the classroom and teaches them skills necessary to succeed.

Nominated by Sammena Mason, Production Technician Nominator’s Charity: City Center Youth Sports

JULIE HOGUE
Production Lead
FBC of Lafayette
Charity: Miles Perret Center Cancer Services

Julie is training to become a supervisor because of her work ethic and leadership capacity. She also has been active in the National Guard for seven years and volunteers with Miles Perret Cancer Services, providing emotional support to people living with cancer.

Nominated by Amber Richard, Human Resources Associate Nominator’s Charity: Ladies Auxiliary
OUR 2015 SPIRIT AWARDS

WILFREDO PORTILLO
Pan-O-Mat Operator
Leeland Baking Co.
Charity: St. Jude Children’s Research Hospital

Dedicated and hard-working, Wilfredo lends a hand to help all his coworkers. Despite facing severe obstacles and personal loss, he always maintains a positive attitude, which inspires others.

Nominated by Corey White, Production Lead Nominator's Charity: Susan G. Komen

MINDY GERVAIS
Human Resources Generalist
Lepage Bakeries
Charity: American Lung Association

Coworkers consider Mindy the go-to coordinator for events—from retirement parties to barbecues. She does an excellent job organizing functions that bring the team together. Outside work, Mindy raises funds for the American Lung Association and participates in its 180-mile charity bike race.

Nominated by Ron Jaques, Administration Associate Nominator's Charity: The Jimmy Fund

DAVID MOORE
Dough Table Operator
FB of London
Charity: Full Faith Church of God

David and his wife Teresa started a non-profit, Heavenly Helpers, that collects donations to help families recover from tragedy. David is always in high spirits and makes an effort to help those around him. In addition to their own 5 children, he and Teresa have adopted 4 and are now raising 5 foster children.

Nominated by Ralph Smith, Filling Prep Operator Nominator's Charity: Merrimac Missionary Baptist Church

PHILIP DINNELLA JR.
Maintenance Engineer
FBC of New Orleans
Charity: Our Lady of the Gulf Coast Church

As an engineer, Philip makes sure the bakery’s equipment is running properly and the team is happy. When a machine is down, he’s the first engineer on the scene. When someone is down, Philip is the first to cheer them up.

Nominated by Bertha Dordain, General Production Operator Nominator’s Charity: St. Jude Children’s Hospital

KEITH DEXTER
Vice President of Operations (Retired)
FBC of Modesto
Charity: Modesto Gospel Mission

With 40+ years of baking behind him, Keith arrives at work as enthusiastic as ever. He works to build personal relationships with his coworkers and has encouraged many to volunteer with the local mission by serving food to the homeless. Keith retired in December 2015.

Nominated by Danielle Schnepper, Human Resources Director Nominator’s Charity: Covenant House of CA

CARMEN GEMETTE
Production Superintendent (Retired)
FB of Montgomery
Charity: Montgomery Area Food Bank

Nominated by the entire team, Carmen is the spirit of the bakery. He is very respectful and always goes the extra mile. Every year, he covers his house and yard with more than 100,000 Christmas lights and asks visitors for a small donation to the local food bank. Carmen retired in December 2015.

Nominated by FB of Montgomery Nominator’s Charity: Montgomery Area Food Bank

PHILIP DINNELLA JR.
Maintenance Engineer
FBC of New Orleans
Charity: Our Lady of the Gulf Coast Church

With his personable manner, welcoming smile, and leadership skills, David is an influential leader at the Roanoke distribution center. He and his wife, Debbie, have fostered 32 children in the past 7 years, and they were honored by the city’s social services.

Nominated by Thelma Johnson, Administrative Associate Nominator’s Charity: Providence Bible Church

AARON BLACK
Engineering Supervisor
FBC of Newton
Charity: Christ Centered Recovery Program

Aaron thrives off the success of those around him. He’ll do anything he can to make sure coworkers are happy and working efficiently. He has drive to help those in the community, volunteering with his church’s discipleship program for recovering addicts.

Nominated by Engineers Dale Hawks, Mike DeYoung, Jerry Stanley, Char Vue, David Seay Nominator’s Charity: Lifespan

CARLA TORY
Divider Operator
FBC of Norfolk
Charity: Union Mission Ministries Camp Hope Haven

When the Norfolk bakery has a charity event, you can count on Carla being there. She also participates in numerous charity walks and volunteers at a local summer camp. In her spare time, Carla assists a former coworker who is now disabled.

Nominated by Kristofer Kline, Human Resources Director Nominator’s Charity: Virginia Beach SPCA
OUR 2015 SPIRIT AWARDS

KENT HICKEY  
Director of Sales  
FBC of Ohio  
Charity: American Heart/American Stroke Assn.

Coworkers say Kent has the will to work like no other. After long hours on the job, he takes the time to visit business partners at the hospital or at home. Outside work, Kent serves as a minister at his church.

Nominated by Benjamin Holaday, Sales Manager Nominator’s Charity: American Lung Association

JERRY JACKSON  
Maintenance Engineer  
FBC of Opelika  
Charity: Women’s Hope Clinic

Jerry puts his skills to good use. From fixing bakery machinery to assisting neighbors with electrical work, Jerry’s always there to help. At the Women’s Hope Clinic, he volunteered to do all the electrical work when the clinic was remodeled. When anyone needs a handyman, Jerry’s the one who’s called.

Nominated by 14 coworkers  
Nominators’ Charity: Women’s Hope Clinic

MOLLY TOALTOAN  
Administrative Assistant  
FBC of Oxford  
Charity: CF Foundation

After receiving news that her niece had cystic fibrosis, Molly became a strong advocate for the Cystic Fibrosis Foundation. She has organized charity events, including an annual BBQ, 5k races, and motorcycle tours, raising more than $20,000 for the foundation.

Nominated by Bonnie Hammond, Production Superintendent Nominator’s Charity: Wardogs Making It Home!

Luis Hernandez  
Engineering Supervisor  
FBC of San Antonio  
Charity: Down Syndrome Association of South Texas

After working at the bakery for 10 years, Luis has worked his way up to engineering supervisor, in part because of his strong work ethic. Away from work, Luis and his family support local events benefitting the Down Syndrome Society of San Antonio

Nominated by Ron Porter, Director of Engineering, Nominator’s Charity: United Way of San Antonio

TINA KEARNS  
QA Food Safety Leader  
Specialty Blending  
Charity: MEA’s Mission

Coworkers describe Tina as knowledgeable and approachable. When assisting others, she strives to help them learn and develop. Tina is involved with MEA’s Mission, which provides clothing, furniture, and other items to more than 1,600 people in need every year.

Nominated by Patricia Davison, Lab Tech Nominator’s Charity: Last Hope Animal Rescue

RANDY JOHNSON  
Director of Engineering  
FB of Suwanee  
Charity: Susan G. Komen of Greater Atlanta

Randy values his coworkers and is well respected. He is dependable, and a good communicator and leader. Outside work, Randy and his family participate in Susan G. Komen events that help fund breast cancer research.

Nominated by Jason Barrow, Human Resources Director Nominator’s Charity: North Gwinnett Cooperative Ministries

JOANNE CLAY  
Warehouse Shipper Lead  
Tasty Baking Co.  
Charity: Bianca’s Kids

“Tastykake Jo,” as she’s called, has earned the respect of coworkers through her hard work, knowledge, and the care she shows others. She focuses her volunteer efforts on Bianca’s Kids, which grants wishes to needy and foster children struggling with issues, giving both time and energy to supporting its “Day of Joy” and other events.

Nominated by Doug Hollinger, Branch Sales Manager Nominator’s Charity: Bianca’s Kids

PHILIP ALLEN  
Oven Operator  
FB of Texarkana  
Charity: Texarkana Thunder AAU Basketball

Philip is always willing to work any job or hours, and is known to give days off to coworkers. For more than 15 years, he’s volunteered with the boys and girls AAU basketball teams, which give children the chance to obtain college scholarships. Six of his players have received full scholarships, which he considers a great reward.

Nominated by Michael Arnold, Production Superintendent Nominator’s Charity: Hospice of Texarkana

FRANKIE PONDER  
Mixer Operator  
FBC of Thomasville  
Charity: American Cancer Society

During difficult situations, Frankie is always positive, encouraging, and shows concern for others. His entire shift nominated him for this honor. Frankie has been a youth coach at the YMCA for more than 10 years and has mentored many children on character, personal worth, and the importance of teamwork and sacrifice.

Nominated by his entire shift  
Nominators’ Charity: M.N. Williams Boys & Girls Club

7 June 2016
OUR 2015 SPIRIT AWARDS

TAMMY ANDERSON
Production Supervisor
FBC of Tucker
Charity: Flat Rock Community Church

A member of the team for a short time, Victor has made his mark as a role model, taking the job seriously but always having a smile. He focuses his volunteerism on a local homeless shelter. He's also involved in his church, mentoring youth.

Nominated by Harold Cross, Engineering Technician
Nominator's Charity: First Baptist of Villa Rica

TAMEKIA MAIDEN
Production Helper
FBC of Tuscaloosa
Charity: April Richardson #22

Tamekia is described as the bakery’s “cheerleader,” positive, motivating and a great supporter. She's among the first to lend a shoulder or kind word and believes in “paying it forward” and “living with purpose.” Tamekia is active in her church and her neighborhood.

Nominated by Eddie Scott, Production Helper, and Barbara Brooks, Breakperson
Nominator's Charity: Fire International

TRAVIS McGEE JR.
Shipping Superintendent
FBC of Tyler
Charity: Goodwill Industries of East Texas

Travis is honest, hardworking, and has a take-charge, can-do attitude that is contagious. Outside of work, he gathers clothes for donations to Goodwill and other charities. He's active in his church and also assists the elderly with their transportation needs.

Nominated by John Brady, Director of Distribution
Nominators' Charity: Rose Capital Little League Challenger Division

Who will be honored this year?

Likewise, getting a job at Derst was an opportunity Calvin is still thankful for. “Derst provides me with insurance, a 401k, and helps me plan for my future — I've never had those things before,” he added.

Working with Derst gives Calvin another opportunity. “Integrity means doing the right thing, even when no one is looking, holding onto your morals and commitments,” he said. “That's what Derst is all about, and that's what I want to do, too.”

2015 L.S. Flowers Spirit Award Recipient
Calvin Zeigler

He also sponsors three men in a 12-step program to support sobriety.

“It is an honor to help the Union Mission because they’ve helped me so much,” Calvin said. “They gave me a chance to get my life together, find balance, and really learn how to live.”

Likewise, getting a job at Derst was an opportunity Calvin is still thankful for. “Derst provides me with insurance, a 401k, and helps me plan for my future — I’ve never had those things before,” he added.

Working with Derst gives Calvin another opportunity. “Integrity means doing the right thing, even when no one is looking, holding onto your morals and commitments,” he said. “That’s what Derst is all about, and that’s what I want to do, too.”

Watch for nomination forms in September and help select your 2016 Spirit Award recipient!