CELEBRATING THE FLOWERS SPIRIT

We honor 46 team members who exemplify the Flowers Spirit of leadership, team work, caring, and volunteerism. By your nominations, you helped choose them. Now meet our 2016 Spirit Award recipients.

2016 L.S. Flowers Spirit Award Recipient: Donna Masusock

Donna Masusock, sales specialist at Tasty Baking Co. in Philadelphia, received the 2016 L.S. Flowers Spirit Award, Flowers Foods’ highest employee honor.

Donna, who has been with Tasty for almost five years, troubleshoots technical problems for the entire team, plus independent distributors who have issues with their handhelds. She may be seen helping contractors pull wiring, while she still is taking phone calls to help colleagues with computer, cell phone, copier, or printer problems.

Donna always wants to learn more about the systems she works with and strives to find ways to improve processes. If she doesn't know how to resolve an issue, she finds a solution, or helps find the right resource.

She also is very helpful in training employees on new equipment, and she juggles it all with a smile.

Coworkers describe Donna as conscientious, reliable, respectful, willing to go the extra mile, and supportive, not only with technical issues, but in whatever way may be needed.

Outside of work, Donna volunteers with PACT, People + Animals = Companions Together, supporting military personnel and people with sick family members who need to find long-term foster placement for their animals.

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.

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Four of our 2016 Spirit Award recipients (from top): Frank Garcia, San Antonio; Thelma Orozco, Leland; Rod Pass, Jamestown; Brenda Richmond, London.

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their pets. She has supported military members on deployment and one person who needed to be hospitalized.

Always an animal lover, Donna was devastated as a child when her sister and brother-in-law had to give up family pets for military deployment, so she jumped at the opportunity to foster for PACT as soon as she learned of the program a few years ago. The family’s first foster assignment was for two dogs for a woman relocating from New Mexico to Boston for medical treatments. When she arrived, the woman had a third dog designated for a separate foster program, one where she’d have no contact until she could pick her animals up again. Donna didn’t hesitate to accept the third dog as well. She remembers, “Anya was so grateful and appreciative. I couldn’t imagine leaving my pet with a total stranger and not being able to have contact and updates.”

Subsequent fosters have been for a woman in the Navy – when a 9-month deployment turned into 13 months – and her current foster for Nathan, a man serving abroad in the Air Force.

In both situations, the pets would have gone to

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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 600 Flowers team members have been honored with a Spirit Award.

**OUR 2016 SPIRIT AWARDS**

**We Salute Our Spirit Award Recipients**

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**CONEGRATULATIONS!**

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**Cynthia Bennett**
Parts Room Clerk Helper
Bailey Street Bakery
Charity: Redeemed Biker Church

Besides doing her job well, Cindee chairs the safety committee; leads the hydration program; and handles engineering’s paperwork. She’s a member of the Patriot Guard Riders, a motorcycle group honoring fallen military heroes, first responders, and veterans at memorial services, and is involved with Southeastern Protective League, which promotes recycling efforts. Nominated by Amy Thomas, Sanitation Nominator’s Charity:
Amanda Flipper AME Church

**Mohamed Berete**
Production Supervisor
FBC of Tucker
Charity: SOS Clean Water

Mohamed is trusted by his coworkers and peers, showing a positive attitude, and being willing to help in any way. He has traveled to other bakeries to troubleshoot or help set up new equipment. He volunteers for SOS Clean Water construction projects, developing safe drinking water in developing countries. Nominated by Ambibola Samo, Breakperson Nominator’s Charity: St. Jude Children’s Hospital

**Richard Caldwell**
Shipping Supervisor
Tuscaloosa Organic Baking Co.
Charity: Arts ‘n Austism

Richard is an inspirational coworker who treats everyone with respect and a helping hand. He has provided assistance at other bakeries, and he is always asked back if they need assistance again. Nominated by Anthony Walker, Food Safety & QA Coordinator Nominator’s Charity: Porter St. Paul CME Church
OUR 2016 SPIRIT AWARDS

Arthur ‘AJ’ Catanese
Branch Sales Manager
FBC of New Orleans
Charity: St. Jude Children’s Hospital

AJ’s service as an independent distributor has helped him with his job as a branch sales manager. He travels to remote depots to host cookouts and took the lead in developing the bakery’s prospective distributor program. Outside work, AJ volunteers for an annual bicycle rally that delivers bikes to needy children. Nominated by James Tuller, QA/QC Coordinator
Nominator’s Charity: American Diabetes Association

Larry Clements
ESS Director
FB of Cleveland
Charity: Greater Chattanooga Christian Services

Larry helps the Cleveland team prevent and treat injuries through educational materials and doctor referrals. Outside of work, he is active with youth baseball and serves on the board of Greater Chattanooga Christian Services. Nominated by Billy Williams, HR Director
Nominator’s Charity: LifeLine

Robert Corbin
Production Superintendent
FBC of Modesto
Charity: Nineveh Outreach

Robert leads with a light touch, combining humor and kindness with a positive outlook that builds up those around him. He volunteers for his church and its youth programs and the bakery’s Modesto Gospel Mission outreach.
Nominated by Kyle Glover, Director of Distribution; Steve Cordell, Shipping Supervisor
Nominator’s Charity: Boys & Girls Club of Stanislaus County

JoAnn Davis
Quality Control Leadperson
FB of Montgomery
Charity: American Cancer Society

This is the second time the Montgomery team has honored JoAnn with a Spirit Award. Her calm, humble nature uplifts others and she always offers encouraging words to those who are having down days. Outside of work, JoAnn volunteers time with Meals on Wheels through her church. Nominated by Shirley King, Bake Shop Helper
Nominator’s Charity: Flowers Disaster Relief Fund

Leroy Davis
Production Technician
FBC of Villa Rica
Charity: National Alliance on Mental Illness

Leroy is a good team player, always aiding fellow coworkers. Off the job, Leroy participates in Conucopia Ministry, which supports the elderly in nursing homes, and hosts food and clothing drives for people living in shelters. Nominated by Ghundy Edmonds, Production Superintendent
Nominator’s Charity: American Kidney Services

Nichole DeParra
HR Assistant Director
Holsum Bakery
Charity: Salvation Army Christmas Angels

Nichole strives to help fellow employees learn and grow within the company, and she encourages them to get involved in charitable giving as well. She volunteers for local food drives, the Salvation Army Christmas Angels program, and other local initiatives.
Nominated by Shannon Knoop, HR Administrative Assistant
Nominator’s Charity: Christian Family Care

My Duong
Shipping Helper
Holsum Bakery of Tolleson
Charity: Susan G. Komen

My helps ensure new employees have proper training to safely and successfully do their jobs, and her positive attitude is contagious. She helps organize fundraisers for coworkers in times of need, and she volunteers for TLC Addiction and Recovery Center. Nominated by Gerald Knight, Shipping Helper
Nominator’s Charity: Choices

Frank Fernholz
Regional Sales Manager
Tucker Sales
Charity: St. Paul’s Food Pantry

Frank has a can-do attitude at work and can be counted on to offer guidance to other members of the sales team. He volunteers for Project Spammy in Guatemala, Habitat for Humanity, and a local food pantry. Nominated by Mike Cooney, Regional Sales Manager
Nominator’s Charity: St. Paul’s Food Pantry

Ruby Fields
Production KRD Operator
FB of Texarkana
Charity: Wake Village Church of God

Ruby is always dependable, positive, and willing to help her coworkers, whether on the job or outside of work. She volunteers for CASA, has raised several children who were not her own, and is training to become a foster parent. Ruby also volunteers for her church’s community outreach programs.
Nominated by Becky Simpson,
Administrative Associate
Nominator’s Charity: Los Angeles Dream Center
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Frank J. Garcia  
Production Supervisor  
FBC of San Antonio  
Charity: St. Francis Cabrini/ San Francisco De La Espada Mission

Frank is kind, respectful, and helpful with colleagues at work, even if he is dealing with a tough issue. The same is true outside of work. He is active in his church and ACTS retreats. **Nominated by** Christi Felps, Assistant HR Director  

**Nominators' Charity:** Chapel Hill UMC – Recovery at San Antonio

Diego Gil  
Sales Systems Director  
FBC of Miami  
Charity: Dolphins Cancer Challenge

At work, Diego is always willing to help people with computer issues, even if it’s not his job. Diego is a rider with the Dolphin Cycling Team, raising money to help cancer victims. He also participates in the Alzheimer’s Walk and Relay for Life. **Nominated by** Carmen Poll, HR Administrator  

**Nominator’s Charity:** Diabetes Foundation

John Gilmer  
President  
FBC of Denton  
Charity: American Cancer Society Cancer Research Institute

The bakery honored John with its Spirit Award posthumously. A man who led with his head and heart, he was a valued team member who encouraged everyone to be their best. Active in the business community, John’s nomination included remarks from Denton’s mayor and the Economic Development Partnership and Chamber of Commerce. **Nominated by** Brenda Kelsey, Assistant Controller  

**Nominator’s Charity:** St. Jude Children’s Hospital

Martin Hernandez  
Director of Distribution  
FBC of El Paso  
Charity: Ronald McDonald House

Martin is an excellent leader who stays ahead of issues, strives to think of ways to improve the department, and cares about his team on a personal level. Martin gives back to the community through a variety of service activities and donations. **Nominated by** Jo Anne Avila, MRP Controller  

**Nominator’s Charity:** El Paso Diabetes Association

Kent Hickey  
Director of Sales  
FBC of Ohio  
Charity: American Heart/ American Stroke Association

Kent never takes shortcuts at work, always shows integrity, and is a positive role model for those around him. He is extremely charitable, supporting the company’s charitable efforts, and doing community service projects. He also is a minister for his church and is involved in outreach for the church. **Nominated by** Jamie Wilson, VP of Sales  

**Nominator’s Charity:** The Gold Hope Project

Alex Irvin  
Production Supervisor  
FBC of Henderson  
Charity: Veterans Village of Las Vegas

Alex is helpful to all departments at the bakery, and employees know they can count on him to be fair. He also is an effective trainer. Away from work, Alex has organized several coworkers to help make and deliver lunches for the homeless. He also collects and delivers supplies to a domestic abuse shelter. **Nominated by** David Brecht, VP of Operations  

**Nominator’s Charity:** Children’s Harbor of Birmingham

John Jackson  
Parts Clerk  
FBC of Birmingham  
Charity: Children’s Harbor

Some describe John as quiet, but he’s the first to offer support to anyone at the bakery who needs help, even if it means staying late. He approaches everything with a positive attitude and focuses on doing the job right. He brings that same spirit to community efforts. He cooks and sells BBQ plates to raise funds so children at a local daycare have money for field trips and other activities. **Nominated by** HR Department  

**Nominators’ Charity:** Children’s Harbor

Ricky Jefferies  
Account Manager  
FBC of Jacksonville  
Charity: Boys & Girls Club of Deland

An illness that resulted in the loss of a leg didn’t keep Ricky down. He returned to work with renewed enthusiasm. He has coached youth football for a decade and now is organizing a youth softball league. You often will find him at a local hospital providing encouragement to recent amputees. **Nominated by** Robert White, VP of Sales  

**Nominator’s Charity:** Juvenile Diabetes Foundation

Jamel Jefferson  
Production Utility Helper  
FBC of Opelika  
Charity: St. Jude Children’s Hospital

Sixteen co-workers signed Jamel’s nomination, showing his helpfulness, positive attitude, and team spirit have impacted others. Despite a full-time job and longer commute than many, Jamal is working on a master’s in child psychology. He’s been a motivational speaker for teenagers, teaching them the benefits of good work ethics. **Nominated by** Carrie Carr, Utility Helper  

**Nominator’s Charity:** St. Jude Children’s Hospital

5 April 2017
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<table>
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<tr>
<th>Nominator's Charity:</th>
<th>Recipient</th>
<th>Description</th>
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<tbody>
<tr>
<td>Hospice of the Comforter/FH Foundation</td>
<td>Valerie Johnson</td>
<td>HR Associate</td>
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<td>Silver Grove Baptist Church</td>
<td>Gary J. Johnson</td>
<td>Oven Operator/Rolls</td>
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<tr>
<td>The Union Mission Ministries</td>
<td>Kris Kline</td>
<td>HR Director</td>
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<tr>
<td>Toys for Tots</td>
<td>Nick Lee</td>
<td>Engineering Technician</td>
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<td>American Cancer Society</td>
<td>Ervin ‘Byrd’ Lewis</td>
<td>Production Supervisor</td>
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<td>Community Free Health Clinic</td>
<td>Pacifique Luntadila</td>
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<td>Trigeminal Neuralgia Association</td>
<td>Heather Marcott</td>
<td>Line Lead</td>
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<td>Cumberland Children’s Center</td>
<td>Shonda Miller</td>
<td>Production Feeder/Packer</td>
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<td>Fathers &amp; Flashlights</td>
<td>Jason Muirhead</td>
<td>Director of Sales</td>
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Benjamin Obeng
Production Technician
FBC of Bardstown
Charity: Bardstown United Methodist Church

Benjamin inspires others with his upbeat attitude, words of encouragement, and through his personal journey. A native of Ghana, Africa, he holds a master's degree in international relations and worked in Japan before coming to the U.S., where he's working on a master's degree in divinity. Benjamin is very active in his church and helps counsel people going through difficult times. Nominated by Jerry Pile, ESS Director Nominator's Charity: The American Cancer Society

Thelma Orozco
HR Assistant
Leelani Baking Co.
Charity: The Leukemia & Lymphoma Society

Thelma is a great asset to the bakery — always lending a hand to everyone and going above and beyond her responsibilities. She works to get employees involved with donation drives for underprivileged children and the Houston Food Bank. Nominated by Robert Martinez, ESS Director Nominators' Charity: The Rose

Rodericke Pass Sr.
Maintenance Technician
FBC of Jamestown
Charity: New Hope Missionary Baptist Church

Rod is encouraging, helpful, and compassionate. If anyone is facing an issue, he tries to connect them to helpful resources in the community. He gets to know people, and leads others by how he conducts himself. Rod holds many roles at his church, including helping with outreach. He also has helped improve a local neighborhood by planting gardens, holding health fairs, and offering GED programs. Nominated by Ted Keeling, Maintenance Technician Nominator's Charity: He Cares

Michael Rehn
Sales System Coordinator
FBC of Bradenton
Charity: Camp Bayou Outdoor Learning Center

Mike is a true team player who wants to help his peers. He takes great pride in making sure no one fails, and he uses his strong PC knowledge to help everyone. Outside of work, he supports the local schools as a speaker, helping educate kids. Nominated by Nancy Cusimano, Executive Administrative Assistant Nominator’s Charity: Alzheimer’s Association

Brenda Richmond
Production Helper, Gem Donuts
FB of London
Charity: American Cancer Society

Her supervisor said Brenda deserves a “hardest worker” award for never giving up. She always smiles and has a positive attitude and is encouraging to new employees. She also helped raise two grandchildren after their mother became ill, and she’s well known in the community for her dedication to others. Nominated by Margaret Sawyers, Production Helper Nominator’s Charity: Laurel Creek Health Care Center

Divina Riley
Production Technician
FBC of Knoxville
Charity: Mabuhay Deseret Foundation

Divina is a hard worker, willing to learn new tasks and do any job asked of her. She takes pride in doing a good job and is always upbeat and smiling. Divina is currently working to adopt her nephew in the Philippines so she can give him a better life in the U.S. Nominated by Kristen Clark, Production Technician Nominator’s Charity: Wounded Warrior

Earl Rogers
Sanitor
Alpine Valley Bread
Charity: Friends of Scouting, Boy Scouts of America

Earl demonstrates teamwork and initiative in handling his daily duties, training new team members in proper cleaning procedures and always looking for ways to improve the cleaning process. Outside work, he's been involved with the Boy Scouts for 25 years and is a committee member of Troop 0057. Through the Scouts, he provides community services to the elderly and others. Nominated by Sarah Vidales, HR Director Nominator’s Charity: Child Crisis Arizona

James Smith
Mixer Operator
FB of Winston-Salem
Charity: American Cancer Society

James has a great attitude at work and is always upbeat and positive. He is a great role model who leads by example. He also is willing to work any hour or day he is needed. Outside of work, he is involved with the youth in his neighborhood, giving them snack cakes and counsel about the importance of school, hard work, and respecting your job and coworkers. Nominated by Anonymous Nominator’s Charity: American Cancer Society

Rick Stolarik
Engineering Superintendent
FBC of Batesville
Charity: White River District Boy Scouts of America SAIL

Helpful, easy to work with, and a good communicator, Rick is respected for his contributions and leadership. He looks for ways to prevent equipment breakdowns and accidents. A member of the bakery Community Involvement Team, Rick helps plan fundraisers. He’s active with the Boy Scouts, is a volunteer firefighter, a member of the 4-H Club support staff, and works with youth at his church. Nominated by Tracy Middleton, Engineering Supervisor Nominator's Charity: Arkansas Children's Hospital Foundation
Albert Tryan Jr.
Production Superintendent
FBC of Thomasville
Charity: Gatlin Creek Baptist Church Circle K

Joel Wood
Vice President/Operations
Franklin Baking Co.
Charity: Gateway Community Church

Melinda Wall
Production Helper
Durst Baking Co.
Charity: Hospice Savannah

Michael Washington
Production Helper
FBC of Lafayette
Charity: St. Theresa Catholic Church

Larry Brewer
Vice President/Engineering
Flowers Foods
Charity: Autauga County Interfaith Care Center

Joel’s empathy and supportive nature have made him a positive influence on his coworkers, who look to him as a leader with high standards, character, and positive behavior. Outside of work, he’s involved with his church’s outreach program and teaches Sunday school.

Nominated by Wade Burnette, ESS Director Nominator’s Charity: Good Samaritan Counseling

Melinda is always positive and uplifting and tries to help coworkers having a bad day. She’s involved with her church’s support of the Boys & Girls Club. She also helps patients at Hospice House and residents at a local nursing home.

Nominated by Shannon Smith, Breakperson Nominator’s Charity: Susan G. Komen

Mike is a very hard worker who always is humble, upbeat, and willing to go the extra mile for anyone in need. He is active in his church and has been a member of St. Peter Claver for more than 20 years. Nominated by Amber Richard, HR Assistant Nominators’ Charity: Christ the King Mission Church, Jr. Daughters Annunciation Court #114

Larry travels the country for Flowers, he demonstrates that he truly believes that people are Flowers’ greatest asset and he is constantly looking for new ways to invest in team members. Outside of work, Larry is a coach and umpire for Upward Basketball. He also teaches Sunday school, works with a men’s ministry, and at a male sex offender camp in rural Alabama.

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2016 L.S. Flowers Spirit Award Recipient

Donna Masusock

Donna Masusock’s family reunites their first PACT for Animals foster pets with Anya, a woman who relocated to Boston from New Mexico for medical care.

animal shelters if not for Donna and her family. Giving up the animals after spending so much time with them is difficult for Donna, wife Karen, and their 9-year-old twins, Anna and Liam, but they know the sacrifices they make for other people’s pets are worth it. Nathan texted Donna every morning for the first few months of his deployment to say “thank you.” For Donna, watching the excitement on the pet’s face and the pet parent’s face when they are reunited also makes it worth it.

Whether it is at work or at home with extended four-legged family, Donna’s generosity and kind spirit are evident in all that she does.

Donna was nominated for the Spirit Award by Terry Salber, director of distribution, and Sara Gavaghan, associate brand manager. Their Spirit Award donation was given to ACCT Philly.