Chris Henderson, second from left, is congratulated for receiving the Flowers Spirit Award for the home office by, from left, Brad Alexander, chief operating office; Ryals McMullian, president and CEO; and Steve Kinsey, chief financial officer and chief administrative officer.

Chris Henderson is Role Model for Kids

Chris Henderson’s positive can-do outlook in the IT department at Flowers Foods’ home office in Thomasville, Georgia, reveals the characteristics that make him such an inspiring role model for the youth of Thomas County.

“Chris exhibits a positive attitude in all circumstances,” said his supervisor, Tony Edwards. “His favorite words are, ‘Well, let’s look at the bright side.’”

At the Marguerite Neel Williams Boys and Girls Clubs of Southwest Georgia, Chris is known as “the fist-bump man,” because of the way he greets every teenager and asks about their day. He started going to the club at age 6 and began volunteering as a high school student. The many volunteer roles he fills include greeter, front desk clerk, tutor, cafeteria clean-up worker, STEM project mentor.

Jerry Pile – Creating a Safety Mindset

Jerry Pile, ESS manager at FBC of Bardstown, has driven a culture of safety that earned the bakery the American Bakers Association’s Safety Recognition Award for Excellence in Workplace Safety Performance.

Jerry’s colleagues credit him for shifting Bardstown’s safety mindset through training he provides via the bakery’s Management and Safety Committee.

“Jerry’s energy and drive motivates others to be more safety conscious,” Bardstown General Manager Billy Donaldson said. “There is no challenge he will not tackle – whether it be assisting in HR, manufacturing, or any department that needs it.”

But Jerry, who also is the pastor of Woodlawn United Methodist Church, doesn’t just talk the talk. He also walks the walk, ensuring each employee has the tools and training they need to perform their jobs safely.

Events honoring the LS Flowers Spirit Award recipients have been postponed due to COVID-19.
**We Salute Our Spirit Award Recipients**

The Flowers Spirit Awards recognize employees who are a positive force at work and in their communities. The program was inspired by the kindness and generosity of Langdon S. Flowers, past president and chairman of the board of Flowers Foods. The company donates $250 to each recipient’s charity of choice. Flowers donates an additional $1,000 to each L.S. Flowers Spirit Award recipient’s charity.

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. They also must:
- Encourage or motivate others.
- Show leadership, strong team qualities, integrity and moral character.
- Exhibit a positive attitude and respect for others.
- Volunteer in the community.

Thirty-two Spirit Award recipients were honored at their locations in 2019. Of those, two were selected to receive the L.S. Flowers Spirit Award.

<table>
<thead>
<tr>
<th>Carlean Adams</th>
<th>Mike Brock</th>
<th>Dennis Cabello</th>
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<tr>
<td><strong>HR Business Partner</strong></td>
<td><strong>Area Sales Director</strong></td>
<td><strong>Maintenance Engineer</strong></td>
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<td><strong>FBC of Birmingham</strong></td>
<td><strong>Franklin Baking Company</strong></td>
<td><strong>Holsum Bakery of Tolleson</strong></td>
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<tr>
<td>Charity: Empowerment Word Church</td>
<td>Charity: Salvation Army</td>
<td>Charity: Shriners Hospitals for Children</td>
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Carlean works in human resources because helping people is her thing – and it shows. She is very helpful to her teammates. Her mother and two siblings died from colorectal cancer, leading Carlean to become active in raising money for colorectal cancer treatment and research through the annual Rumpshaker 5K. After a co-worker was diagnosed with breast cancer, Carlean began participating in annual breast cancer walks to raise money and awareness. Carlean is active in her church and volunteers in its annual day of service.

Mike demonstrates concern about the well-being of other employees. He is the first to help in any situation and enjoys cooking ribs for warehouse functions and for those who are recuperating from illness or hospital stays. He opened his home to a co-worker during a difficult time and gave a gift card for back-to-school clothes and supplies to a family in need. Mike has been a Christmas season bell ringer for the Salvation Army for many years.

Dennis is known at the bakery for his positive attitude and the kindness he shows others. He is quick to welcome new employees and ensure they feel comfortable and accepted. Throughout the year, Dennis volunteers in his community, helping pick up trash and clean up parks. He also helps his elderly or disabled neighbors with upkeep on their homes.

<table>
<thead>
<tr>
<th>Mark Adams</th>
<th>Vera Butler</th>
<th>Ramona Cannon</th>
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<td><strong>Production Helper</strong></td>
<td><strong>Production Operator</strong></td>
<td><strong>Production Operator (Scaler)</strong></td>
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<td><strong>FBC of London</strong></td>
<td><strong>FBC of Norfolk</strong></td>
<td><strong>FBC of Batesville</strong></td>
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Mark has a positive attitude and leads by example. He is especially supportive of new employees and encourages his team members to be helpful. Mark’s empathy extends into the community; he anonymously sponsors field trips and events for children for low-income households so they can have the same experiences as their peers.

Vera is an excellent team player who is willing to lend a hand to her team members who need assistance. Vera volunteers at her church and at the Union Mission, working in the kitchen and serving food to the community.

Ramona demonstrates kindness and support when her coworkers are struggling. She is an active volunteer on her bakery’s Community Involvement Team (CIT), helping with the many fundraisers the CIT holds to benefit community organizations. In the community, she recently helped organize a fundraising walk for a boy diagnosed with cancer. The event raised $4,000 to help offset medical and transportation costs.

**MEET OUR 2019 SPIRIT AWARD RECIPIENTS**
Chris Henderson
planner, community service project participant, basketball coach, mentor, and security guard.

The club’s purpose is to promote the health, social, educational, vocational, and character development of boys and girls, and to help young people improve their lives by developing values and skills that build self-esteem.

Chris demonstrates those values to young people not only at the club, but throughout all of his work with youth. Chris also volunteers as a youth basketball coach and officiator at the YMCA and helps with Hands on Thomas County, the Thomasville Community Resource Center, and A Talent Hunt program, which supports young people in the performing arts. He is a member of Omega Psi Phi Fraternity, serving for the past three years in the “Omega Gents” mentoring program.

A colleague once asked Chris how he ever had time for himself and he replied, “I don’t, but I love what I do.”

Chris chose Hands on Thomas County to receive his charitable donations.

MEET OUR 2019 SPIRIT AWARD RECIPIENTS

Oracio Castillo
Production Supervisor
FBC of El Paso
Charity: St. Jude Children’s Research Hospital

Oracio thinks positively, acts proactively, and can be counted on to bring new ideas to the table. Oracio is an advocate for local charities that provide food and toys to children in need during the holidays.

Shaun Cavett
Production Supervisor
FBC of Cleveland
Charity: Celebrate Recovery

Shaun genuinely cares about his colleagues, cheering people up when they seem down and asking after their wellbeing if they’ve been out of work. He also works to understand everyone’s jobs to better support those he supervises. He volunteers with his church’s Celebrate Recovery for Teens ministry, which works on the front line of the opioid epidemic.

Harley Collins
Production Technician
FBC of Jamestown
Charity: He Cares Ministry

Harley brings to his job a positive attitude and strong work ethic, remaining upbeat despite taking on a six-day schedule or a 12-hour shift. He has volunteered twice a week for the past five years with the He Cares Ministry to secure and prepare food items to be delivered to those in need. He also volunteers several times a month with a similar food program through his church.

Mercy Diaz
Assistant HR Business Partner
FBC of Miami
Charity: St. Jude Children’s Research Hospital

Mercy has integrity and high moral character. She takes initiative to help others and always has a positive attitude. She shows compassion and respect for everyone in the bakery. Mercy is very involved in her church community, serving as coordinator of religious education and working with the youth group.

Jaime Flores
HR Business Partner
FBC of Modesto
Charity: Modesto Gospel Mission

Jaime maintains a positive attitude regardless of how difficult a situation may seem. She leads the bakery’s volunteer efforts at the Modesto Gospel Mission, recruiting volunteers to work at the mission every other month, where they prepare and serve hot meals to the homeless men, woman and children of Modesto. She is a volunteer with the Sierra Vista Children’s Crisis Center, and serves as a mentor to a 9-year-old girl. They meet once a week for an hour at her school. Jaime also volunteers for activities at her local church.

Maria Flores
Production Technician
FBC of Villa Rica
Charity: Dave’s Killer Bread Second Chance Program

Maria is a great role model to those around her. She operates with a high level of enthusiasm and integrity and motivates her team to learn new things. She leads by example, keeping the bakery clean and organized.

Jerry Pile
a safe work station and is following safe practices. He also steps in to fill vacancies and keep the bakery operating smoothly.

“Jerry is a man of integrity,” Billy said. “No matter what life throws at him, he rolls with it and keeps a positive attitude.”

Jerry chose The Alzheimer’s Association to receive his charitable donations.

Chris chose Hands on Thomas County to receive his charitable donations.
Alfred Garcia  
Sales System Engineer  
FBC of Houston  
Charity: St. Jude Children’s Research Hospital

Alfred goes above and beyond to help others. His work with distributors and handshelds often entails long hours, but he will invest the time needed to complete the job, including spending hours researching an issue to get it resolved. For 28 years, Alfred has volunteered as a Rite of Christian Initiation teacher for children at church.

Arturo Gonzalez  
Quality Manager  
FBC of San Antonio  
Charity: St. Jude Children’s Research Hospital

Art is a resource to many in different areas of the bakery. He has good relationships across all departments and is respected for his integrity and having an open mind. Art plays an active role in recruiting participants and organizing the bakery team’s participation in the annual Susan G. Komen Race for the Cure event to fund breast cancer research.

Jennielyn Greenwood  
HR Generalist  
FBC of Henderson  
Charity: USO

Jennielyn always has a smile on her face and is very helpful to everyone, maintaining flexibility in her schedule to be available to all three shifts. Jen led the bakery’s effort to hold a toy drive for Child Haven, a local orphanage, and on more than one occasion she has opened her home to families in need while they got back on their feet.

Chris Hines  
Production Operator/Shipping Supervisor  
FBC of Lynchburg  
Charity: Dave’s Killer Bread Foundation

Chris is an inspirational leader with a gift for bringing people together. He has strong ethical values and is always willing to go the extra mile to get job done, leading by example to inspire his crew. Chris is a mentor and a coach in local youth softball leagues.

Lionel Irving  
Wrap Operator  
Dave’s Killer Bread  
Charity: Inner City Basketball

Lionel takes pride in his job and the product that is sent to customers. He is seen as a mentor by his peers and is always willing to share his knowledge of the department and help train new hires. His calm demeanor and can-do attitude instills confidence, motivation, and teamwork. Lionel helped found Men Building Men, a youth-mentoring organization, and volunteers as a director of outreach coordination for TEAM SAFER (Together Everyone Achieves More). He also volunteers for other youth organizations including Youth Violence Prevention and Inner City Basketball.

Danny Jones  
Production Technician  
FBC of Newton  
Charity: Firefighter’s Burned Children Foundation

Danny is a great co-worker. He always has a positive attitude. He is the lead trainer for the mixer position and his expertise and patience ensure successful on-boarding for this critical position. Danny is a retired firefighter and mentors junior firefighters and assists with summer training and special events.

Christopher Jasper  
Checker Loader  
Derst Baking Co.  
Charity: American Cancer Society

Christopher always lends a helping hand. When extra help is needed, he is one of the first people to come forward. He trains new employees, and his ready smile and positive attitude makes them feel welcome and part of the team.

Sean Jenkins  
Production Helper  
FBC of Thomasville  
Charity: St. Jude Children’s Research Hospital

Sean shows genuine interest in the well-being of co-workers and maintains a positive attitude. He was helped in his life by a positive mentor and he pays it forward by encouraging and mentoring others.

Latony King  
Breakperson  
FBC of Montgomery  
Charity: St. Jude Children’s Research Hospital

Latony’s line and shift have a reputation for the best teamwork in the bakery and a lot of the credit goes to his performance as a break person. Outside of work, Latony is a volunteer firefighter for his community and his county.

Frank Kron  
Production Technician Lead  
FBC of Knoxville  
Charity: DKB Second Chance Program

Frank is dedicated to his job and sets an example for others to follow. He is dedicated to turning out high-quality product and is willing to learn every aspect of every job to ensure the production line operates smoothly.
Lishanda Leary
Inventory Control Supervisor
Bailey Street Bakery
Charity: The Eastside Church of Atlanta

Lishanda is a team player with a positive can-do attitude and an infectious smile. She participates in work days and core group activities for her church. She also is a volunteer with Hosea Feed the Hungry.

Phyllis Lee
Wrap Operator
FBC of Tyler
Charity: The American Cancer Society

Phyllis welcomes and helps train new employees. Phyllis is the first to step up and organize food and other donations when there is an illness or death in a team member’s family.

Jodelin Louis
Shipping Clerk
FBC of Lakeland
Charity: United Way of Highland City, Fla.

Jodelin’s happy personality brings a smile to the faces of all he meets. A senior pastor, he is active in all of his church’s ministry, including leading a prison reform outreach program, volunteering in Haiti and the Bahamas to help orphaned children and make hospital visits, and working in the church’s food pantry.

Eric Maholmes
Assistant HRBP
FBC of Oxford
Charity: Oxford Arts Alliance

Eric always has a smile on his face and is never too busy to help an employee. Eric has served for six years on the board of the Oxford Art Alliance, which provides art and music lessons to youth and adults. He also volunteers with the Oxford Area Chamber of Commerce and serves as chairman of the board.

Librado Ponce-Marquillo
Production Supervisor
Alpine Bakery
Charity: Salvation Army

Libo is a motivating influence at work and always responds to employee concerns in a positive manner. Libo volunteers at homeless shelters and participates in many community outreach events including foods drives and community clean-up.

Ana Millan
Production Packager
FBC of Crossville
Charity: Cumberland County House of Hope

Ana always has a smile on her face and a kind word for her colleagues. She works well with new hires and demonstrates through patience and attitude that she cares about them and the jobs they are learning. Ana is active in her church and donates to House of Hope and Cumberland Children’s Center.

Shifraw Nuguese
Production Breakperson
FBC of Tucker
Charity: Debre Bisrat St. Gabriel Ethiopian Orthodox Church

Shifraw received an overwhelming number of Spirit Award nominations by his bakery colleagues for the positive environment he has created for his team. At his church, he organizes events to raise money for the poor and to help individuals who are struggling.

“Sonny” Pelot
Area Sales Director
FBC of New Orleans
Charity: St. Jude Children’s Research Hospital

Sonny is respected by his coworkers, independent distributors, and customers for his positive “can-do” attitude. Sony moved from FBC Batesville to New Orleans to be closer to his grandchildren and he is very active in the community through volunteering on their school’s community improvement projects.

Michael Rehn
Sales System Engineering
FBC of Bradenton
Charity: Shriners Healthcare for Children – Florida

Michael is a team player, taking time to help those around him as well as in other areas of the bakery – and the company – that need his expertise. For example, he took on the handheld computer job responsibilities for the Miami bakery, saving Miami considerable expense in hiring and training a new employee. Michael is always one of the first to volunteer for community events and visits elementary schools to talk about Flowers Foods.

Derek Sanders
Shipping Supervisor
FBC of Lenexa
Charity: USO

Derek is a team builder who treats people with respect and inspires his team to stay positive in the face of adversity. No matter how busy his day is on the shipping dock, he frequently helps with after-school activities at a local school.

Camilo Vega
Production Supervisor
FBC of Suwanee
Charity: St. Jude

Camilo sets a positive example for his team and colleagues throughout the bakery through his dedication and integrity. He is always willing to lend a hand to members of his team and does so with a positive attitude. He is very involved in his daughters’ Girl Scout troop and making the annual cookie sale a success.