



In Life There is Love or Fear; I Choose Love

—Sally Lake

Former MGA board member Sally Lake died February 1, 2010, after an exceptionally brave fight for life over the past 5 years.

Sally joined MGA's board in 2002 while she was serving as vice president of marketing for Spartan Stores, and our board and staff members were immediately inspired by her energy and enthusiasm for everything she did.

At that time, Sally told us one of her favorite quotes was from an Olympic Gold Medalist: "Winners in life are motivated to give more than is required and to do it with a cheerful spirit." She clearly reflected that outlook as she challenged us, the other board members and herself to always do the best that we could for MGA, the food industry and each other.

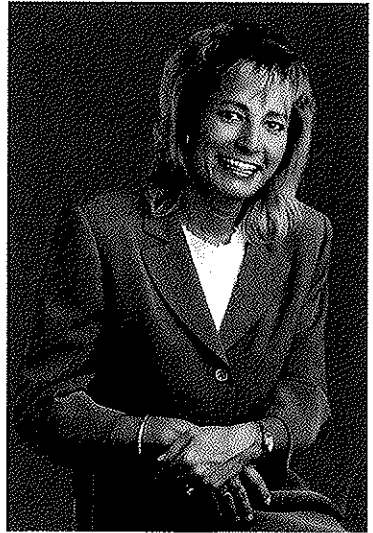
Sally took her board member responsibilities seriously. When she said she would contact someone on our behalf, or seek someone out for financial support, we knew she meant it. It was not unusual for her to call

me the very next day with an update.

One of my favorite memories of Sally is from our annual meeting at Crystal Mountain in 2005. We had a golf cart rally and had several holes set up with different events and different foods. One hole was set up to 'Smear the Deer' where you had to hit a deer decoy with a golf ball, using only one club. Sally jumped out of the golf cart, kicked off her shoes and teed up. She hit the deer every shot, and she hit it well. I overheard one of our other members say, 'who knew that cute little thing could swing a golf club!'

I told Sally about the comment later, and she got that big smile of hers and then let out the best laugh. She was such a good sport. Of course, those of us who knew her well had expected her to win the contest, having seen her on the golf course.

I like to think of Sally as having it all: a loving family,



a great career, friends who adored her, business colleagues who respected her, great looks and a sense of humor that was delightful. She also had a profound strength of character, passion for life and a deep sense of faith that sustained her, and those who knew her, throughout her life.

I admired her and hope she knew it. Sally Lake was one in a million, touching countless lives. I will miss her and am honored to be one of the many people whose lives were enriched by having known her.