



“Disability is not inability”



Joining (financial) forces can lead to very beautiful things...

Bake for Life opens new bakery!

We saw with our own eyes how our donation of € 12,500 benefited the Bake for Life (BFL) foundation. Together with other sponsors a tidy sum of money was raised. This made an all-out effort possible to build a new bakery in Soroti, Uganda.

In January 2010 the time had come! The bakery opened its doors and the production of bread got going. By now, a few months have passed and we are dying to know how the bakery is currently doing.

Marleen Pater, BFL chair, has just returned from Uganda. She is wildly enthusiastic and gives us the latest news. “Soroti is the fifth BFL bakery, so we can put all the experience we gained with the previous bakeries to good use. This means that we needed a sizeable bakery so that disabled people are not hampered in their movements inside the building.”

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Here is the second Kaak Group newsletter about our cooperation with the Bake for Life foundation. With a lot more contents than the first edition as there is lot of news to report! For example, you will find a retrospective of the first sponsor project in this newsletter: the realisation of a new bakery in Soroti (Uganda), a travel account of Jan and Carina Kaak who were allowed a personal glimpse last November of the work of Bake for Life and information about a truly grand project that the Kaak group would like to realise together with you in the coming years. Enjoy reading this newsletter!



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"It also means wood-fired ovens, proofing cabinets and deep-frying so that power failures do not affect production. In addition the routing in the bakery is of course important. It is nice to see that all disabled people have been assigned a specific task". Marleen thinks that this makes the tasks for the workers simpler and easy to carry out. This also enables them to handle a higher production. "Currently there is a staff of 10 disabled people in the bakery. Initially they still lived with the sisters but after three months they started living on their own. Their job as a baker enables them to earn their own money and to build an independent life for themselves!"

And this is how we have come full circle: BFL helps disabled youth to find a job and the inhabitants of Soroti and its environs get the opportunity to buy/sell high-quality bread. BFL works like a drop in the water. It causes ripples to spread and expand, leading to other beautiful things in their turn ...

Off to Uganda with Bake for Life!

On Friday 13th November 2009 Jan and I are off to Uganda. Together with the Bake for Life foundation (BFL) (and 9 other sponsors) we're on our way to see several of their projects with our own eyes. For the two of us it's the first time we embark on something of this scale. I am still beset by doubts. What are the chances that we will contract all kinds of diseases? What sort of medical care have they got over there? Aids? Malaria? What sort of risks does one take when travelling through the country? Is it wise to go on a trip like that with 3 young children at home? Fortunately, Jan is much more relaxed! And so eventually take-off is at 11.30 am according to schedule.

We land at 8.40 pm at Entebbe airport in Uganda. It has already got dark when they come and pick us up to take us to the hotel by bus. There isn't much to see yet but we do smell Africa for the first time! After a delicious breakfast with a lot of tropical fruit we are taken to the "Kwyeeg women group" by bus. These women receive microcredits from BFL which they then use to bake and to sell bread products from their own homes. Getting there is an adventure in itself. There are hardly any asphalt roads in Uganda. We travel along dirt tracks with a deep red colour and in my experience there are only lots of potholes, cracks and craters. We cannot help having a deep respect for our bus driver who manages to take us to our destination safe and sound.

Warm welcome

We arrive at an old school building where we receive a very warm welcome. Women and children decked out



The population welcomes us in the traditional way

in the most wonderful clothes dance and sing around us and they all want to touch us for just a few moments! We go inside and all the products made by these women are displayed there. The





Taking care of each other



women are proud and they show their gratitude for having been given the opportunity to set up their own business with the aid of BFL funds. We listen to their stories full of admiration and we are deeply impressed by these people! Then it's time for lunch.... They prepared a meal for us on wood fires and in big blackened pans. There is no cutlery and we have to eat with our hands. My fear of getting an upset tummy after one day in Uganda is unfounded: the food is different but tasty and nobody is complaining about stomach cramps!

Sisters of St. Francis

At 2 pm we all get into the bus again and continue our trip to Nkokojeru where we will meet "the Little Sisters of St. Francis". They manage the BFL bakeries and are in charge of the organisation over there. Again a warm welcome

here! Here we meet the (for the greater part) disabled children and of course the sisters. Our accommodation with the nuns is very austere, but the bed is clean (single beds, for after all this is a convent!). Jan has been given a pillow that feels more like a big pebble and his legs turn out to be too long for the bed. The shower jet is tiny and cold, but the atmosphere is wonderful and in the coming days we are very happy to adjust ourselves to the situation. At least we have running water, which cannot be said for the sisters and children!

Proud

We are expected in the convent church at 8 am the following day. We are heartily welcomed by the priest and again there is a lot of wonderful singing. After breakfast we are shown round the bakery together with the children and the sisters. Everything is in full progress and the smells are to die for. We see young people without arms, hands or legs who take part in the baking process in spite of their handicap! It is so good to see this! What moves us most is the pride with which they talk about their work. They are so happy that they can work here and earn their own money. It gives them confidence and a chance of a better

future! And you can see it in their eyes. It is for the first time that we hear the slogan "Disability is not inability" here. Roughly speaking it means that their disability does not mean that they are unable to make a valuable contribution to Ugandan society.

From the bakery we proceed to the sleeping quarters of the children who are in the care of the sisters. The poverty there hits us in the face. Apart from a bed with a grimy blanket their only possession consists of a small iron box in which they can keep their personal effects. Despite these miserable circumstances (as perceived by us) the children are cheerful and full of care for each other and they laugh and play a



Huts made of mud and reed



Meeting the local population



lot. They're beautiful children and we deeply respect the sisters who take such good care of these children with so much love!

Boda boda trip

After lunch we all climb onto the back of a "boda boda" (moped). The ride takes us through the woods (Uganda is unbelievably green and fertile!) and lots and lots of small villages. After 45 minutes we arrive at Lake Victoria. Here is a small fishing village where we as white people form a veritable attraction. Because of his height, Jan is enormously popular and on each hand he's got at least three children! We are taken aback by the primitive and

poverty-stricken circumstances in which these people eke out a living. It does make for a few smashing photographs, though....

Upon our return to the sisters we are all dying for a shower. We're covered in red dust all over! Alas, however, we turn the taps without a drop of water coming out. So, this is also an aspect of Africa.... Fortunately, after a few hours a number of jerry cans with water are brought. Using wash-tubs and small cups we try to scrub off the dust. This results in a few hilarious moments.

The next day we're off to Jinja at 10.30 am. There we spend the night in the "Nileporch". This is a hotel with "luxury" tents where we have hot running water and a magnificent view of the Nile. At the end of the afternoon we go for a trip through the jungle on quads. From all nooks and crannies children come running to wave and shout at us. We are invited to have a look at their huts made of mud and reed. Inside there are grubby sleeping mats and a few pots and pans. There is no running water, no toilet or anything smacking of any form of hygiene.

In the morning we leave by bus for the nearest town to buy some paint. We will need this to paint the newest BFL bakery in Soroti. Construction activities have almost been completed and in January 2010 they will start using it. What to us is a just short trip to the DIY



Contributing enthusiastically in spite of disability

store is a whole day of consultations and negotiations with the shopkeeper over here and having to wait until the (mixed) paint is ready! Nobody is in a hurry and there is a marked absence of stress! The thing that does strike us is that the shops which have a reasonably acceptable appearance are all run by Indians.

Singing and dancing

During our trip to Soroti we stop in Budaka for a longer period of time. In Budaka there's also a BFL bakery. We are welcomed by singing and dancing children. We are given a lengthy tour of the bakery and the compound. Here, too, a lot of activity is going on: baking



The BFL shop looking spruce

is in full swing (donuts this time) and they enthusiastically show us how everything is organised. After a delicious lunch and a singing and dancing performance by the children we continue our trip to Soroti. We visit two more BFL shops en route. Here the products made in the bakeries are sold. The shops look spruce and are easily recognizable by the BFL colours and logo! And even more importantly: they are doing well!

On arrival in Soroti we again receive a fantastic welcome. Even if this is the fourth time, we cannot help feeling moved by their happiness, sincerity and impressive speeches. Young disabled persons tell us what BFL means to them. They were rejected by their families because of their disability. But if you look beyond their mutilated bodies they are just young people who have ample other qualities. BFL offers them the chance to make use of and develop those qualities! And here again we hear "Disability is not inability"!

The brush and a lick of paint

Then it's time for some action! Everybody (including all disabled people) helps to unload the cans of paint. The children are elated! Tomorrow is the day, then we will really get cracking



and will give the new bakery a lick of paint. At last we can do something in return for these fantastic people.

The next two days we all join forces to paint both the interior and exterior of the bakery. Even the sisters are wielding rollers. The final result is very rewarding: a splendid bakery sporting the BFL logo on its front!



Soroti, Oeganda

Farewell

After a fond farewell to these special people we fly back to the Netherlands the following day. Compared with all the talking on the outward journey we are all very quiet now. Our heads are full of everything we have seen, heard and tasted. How are we going to share this experience with other people? I don't think I'm exaggerating if I say that this trip has done something to Jan and me. We are still trying to get to grips with it and act on it. We have been able to see with our own eyes what a difference our donations can make. BFL is a small, effective organisation with just volunteers working for them. Every penny is carefully spent. This trip makes us yearn for more! For us it's the beginning of a closer cooperation with BFL in which we can realise many more of this sort of splendid projects!





“Our” bakery in Africa, let’s go for it together!

In our cooperation with BFL we came across various other sponsors. One of them is Patisserie Wouter de Graaf from Spakenburg. Wouter has been supporting BFL for many years and travelled to Uganda together with Jan and Carina Kaak in November 2009. On one of the last evenings in Uganda during a conversation both men turned out to have the same ideas. Would it be possible to build a complete bakery in Uganda with our own company under the BFL flag?

The ideas developed into serious conversations which were continued in the Netherlands. Now, a few months after the joint Uganda trip, the hour has come. On Monday 14th June Wouter de Graaf and Jan Kaak signed a covenant at a festive meeting! In it both companies state the intention of setting up two bakeries in Africa (Uganda/Kenya) within five years with the BFL objective to train disabled and deprived young people to become bakers so that they can support themselves.

Our part of the required amount will be raised by the joint Kaak Group companies. This will again be realized by using the end-of-year present budgets for this, and our employees will also contribute, but of course we hope wholeheartedly that our business relations (customers, suppliers) will also support this good cause!

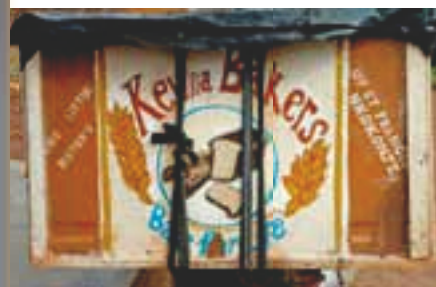
*The kick-off for Kaak Group management
teams on Wednesday 30th June 2010*



Your gift

So, at this stage we would like to ask our suppliers to consider a gift to BFL instead of any end-of-year presents.

Please visit www.kaakgroup.com/bakeforlife for more information. It would be fantastic to make this wonderful dream come true together with you!



 **Kaak Group**
TOTAL BAKERY CONCEPTS

Kaak Group,
Postbus 16, 7060 AA Terborg
Varsseveldseweg 20a
7061 GA Terborg The Netherlands
T +31 (0)315 339 111
F +31 (0)315 339 355
E info@kaak.nl

www.kaakgroep.com