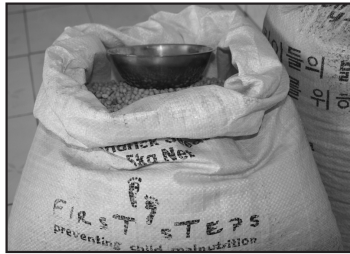


# First Steps: Gifts of Kindness

First, a big Thank You! Your donations go a long way.



Soybeans are shipped from Canada to North Korea to make soymilk. A cup of soymilk costs 2.7 cents per cup including shipping.

Donate \$ \_\_\_\_\_ towards soybeans.



Micro-nutrient Sprinkles cost 2.7 cents per sachet. They prevent malnutrition starting in the womb. Sprinkles are given to pregnant and nursing mothers, as well as babies from 6-24 months.

Donate \$ \_\_\_\_\_ towards micro-nutrient Sprinkles.



20-litre stainless-steel milk cans are vital for storing and transporting soymilk from production centres to the children we serve in various schools. They cost \$100 each.

Donate \$ \_\_\_\_\_ towards milk cans.



The VitaGoat is powered by combustible fuel (wood, coal, etc.). It processes soybeans directly into soymilk and provides about 1500 cups of soymilk per day to hungry children. The main difference from the VitaCow is that the VitaGoat runs without electricity. The cost of the VitaGoat is \$4000.

Donate \$ \_\_\_\_\_ towards a VitaGoat.



VitaCows process soybeans directly into soymilk providing children with a warm and protein-rich drink. The VitaCow is powered by electricity and can produce 2000 cups of soymilk per day to feed hungry children. The cost of the VitaCow is \$7000.

Donate \$ \_\_\_\_\_ towards a VitaCow.

name \_\_\_\_\_  
 address \_\_\_\_\_  
 city \_\_\_\_\_ prov. \_\_\_\_\_ postal code \_\_\_\_\_  
 phone \_\_\_\_\_ email \_\_\_\_\_

Please make cheques payable to First Steps and forward to: 3260 West 5th Ave. Vancouver, B.C. V6K 1V4 Canada  
 BIN: 878227511 RR0001. Gifts are acknowledged with an official receipt for income tax purposes.  
 For further information contact us at: 604.732.0195 or www.firststepscanada.org

# FIRST STEPS news

SPRING 2012

## Drawing each of us to Himself in service Susan Ritchie

Dear supporters and partners in prayer,  
 What could be better than to serve an unchanging God who hears our prayers, who works in and through us and in the lives of people in North Korea to draw each of us to Himself.

Unlimited needs sometimes seem overwhelming . . . they also provide opportunities to be involved in the lives of children and adults in ways that are tangible . . . and to share on a deeper level. It means we can bring hope in Jesus' name and witness His love and blessings.

During a First Steps' visit to

*"But you, Lord,  
 sit enthroned forever;  
 your renown  
 endures through all  
 generations."*

Psalm 102:12

North Korea in March, some sense of change was undeniable, yet still miniscule for the more than 80,000 children we serve daily. Heat was virtually non-existent, and the electrical supply spotty at best. During the long cold winter, institutions that house children were mostly unheated, so the children spent their entire day bundled up in winter clothing trying to stay warm. The children and their caregivers were so excited by and thankful

for the scarves, hats, gloves, socks that were generously knitted by First Steps volunteers – a welcome addition to the bitter fight against the cold.



Susan delivering a Clini-case of much-needed medical supplies.

At clinics, we heard stories about how micro-nutrient Sprinkles is helping to improve the immunity of children against diarrhea and pneumonia, two big causes of child mortality. We were also able to deliver more Clini-cases filled

with essential medical supplies and medicines.

As we visited the children and sites that together we support with food processing technology (VitaCows and VitaGoats), we were made aware of some successes but also some pressing needs. In Nampo and in Wonsan, the two main cities that we serve, the water pipes have deteriorated to the point where a population of 300,000 and 400,000 respectively, largely rely on water from wells. We were asked to help drill wells for a couple of our soy production facilities, as currently they are transporting water to the facilities. As the infrastructure deteriorates, the hardship increases.

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Thankfully, since our visit in March, six containers of goods have either arrived or are due to arrive, so we plan to visit (June 12 – 19) to confirm the arrival of soybeans (3 containers), 10 VitaCows (1 container), micro-nutrient



Yummy treats from Canada.

Sprinkles (1.5 million sachets in 1 container) and dried soup mix, dried apples, canned foods and knitting etc.

(1 container). Many thanks to each one of you who contributed to this effort with your prayers and your resources. May you be encouraged and filled with hope for the children. And on behalf of the team that will



Micro-nutrient Sprinkles for mothers.

depart for Korea shortly, may I ask that your prayers go with us?

## 100 days of mourning ends Phil Schafran

On March 25th, we were scheduled to be in Nampo but were told that it was the 100th and final day of formal mourning for the recently deceased leader, Kim Jung Il. There were planned tributes in Pyongyang, as well as in every major city in North Korea (DPRK).

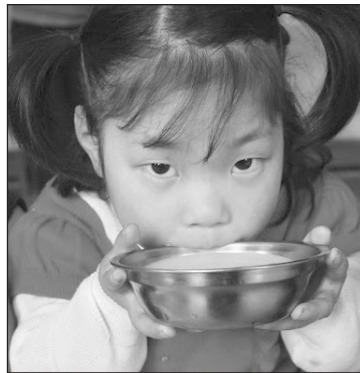
We were confined to our hotel rooms, so we met for a time of prayer. We had the television on in the room and could hear the tribute taking place. From our window, we also saw the smoke rising from the military salute taking place in Kim Il Sung square, a few blocks from our hotel. At exactly 12 noon, every person in the country bowed for 3 minutes in honour of their departed leader.

We prayed for DPRK's people, especially all the workers who take care of

First Steps children in the schools, baby homes and orphanages, and also for the children. We prayed as well for First Steps supporters who pray and give faithfully for soymilk and Sprinkles for tens of thousands of children. We also prayed for the DPRK and its new leadership. God has the whole world in His hands, including the DPRK.



Mourners walk past photo of Kim Jung Il.



A delicious bowl of soy milk.

## Thank You!

You are helping First Steps feed 80,000 children today.

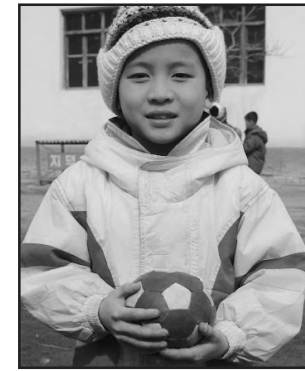
Thanks to our gracious, generous and committed donors, First Steps is feeding over 80,000 children each day through its soymilk program.

While visiting soymilk operations and children in March, we saw (as well as heard from doctors) that the children are healthier than in our few previous trips. Also, the children are putting on more weight.

## Liking math, soccer and soymilk

Andrew Harris

Lee Tae Bok is a 10 year-old boy who is in grade 4 at Wonson Primary Boarding School (orphanage). His favourite subject is mathmetics and his favourite sport is soccer. Before coming to Wonson Primary Boarding School, Tae Bok lived at the Wonson Baby Home (orphanage).



Lee Tae Bok

Like many other children here, Tae Bok has no siblings or parents. Weighing 50 pounds and standing 3'5" tall,

Tae Bok wants to be a scientist when he gets older. Tae Bok is very grateful for the soymilk he receives from First Steps and says it helps him to grow and keeps him healthy.



Children in Wonson playing happily.

## All decked out

The weather in North Korea in the winter can be very cold and most facilities have little or no heat. The children just love getting special clothes to wear especially when they look this great! These children attending Wonson Primary Boarding School are all decked out in hand-knit scarves made by First Steps volunteers. They are very happy that they are staying warmer.



So proud of their new scarves!



Val with a very happy young girl.

## Playing with kids a highlight Val Day

When we arrived at Wonson Primary Boarding School, the playground was full of children dressed in new winter jackets and wearing toques and scarves hand-knitted by First Steps volunteers. They looked warm and were excited to see our van pull in. Very quickly we were interacting with them even though there was a language barrier. I had a lot of fun teaching them a game I played when I was a child. They caught on quickly and enjoyed spending time with us. We also did some skipping and even Andrew and Phil joined in jumping the rope.

When we took photos of them, they were so delighted and would gather around to see their own faces on the screens of our cameras.

Playing with the children that day was a highlight of my trip.

Even though there wasn't a blade of grass or playground equipment on the grounds, these children had hope in their eyes because of the work First Steps is doing. They seemed to know they were warmer, healthier, and had food in their stomachs because of what First Steps brings them. As we drove away from that school my prayer was that they felt the love and concern we have for each one of them and sensed God's love shining through our actions and prayers.

*"Let the little children come to me and do not hinder them, for the kingdom of God belongs to such as these."*

Luke 18:16