

## Gifts of Kindness



**Soybeans** are shipped from Canada to North Korea to make soymilk. One cup of soymilk costs just 3 cents, including shipping.

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



**Micronutrient Sprinkles** are sachets containing a blend of vitamins and minerals that are added to food. Sprinkles prevent anemia and rickets and lower the rates of diarrhea and pneumonia, the leading causes of death in children under two years of age. A \$50 donation to the Sprinkles program provides nine months of sachets for a pregnant and nursing mother and 18 months of sachets for a baby (6 to 24 months).

Donate \$ \_\_\_\_\_ towards micronutrient Sprinkles.



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

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



The **VitaGoat** is powered by *combustible fuel* (wood, coal, etc.). It processes soybeans directly into nutrient-rich soymilk and provides about 1,500 cups of soymilk per day to hungry children. The cost of a VitaGoat is \$5500.

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 a VitaCow is \$7000.

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

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

Please make cheques payable to First Steps Health Society and forward to: 3260 West 5th Ave. Vancouver, B.C. V6K 1V4 Canada  
 BIN: 821724036 RR0001. Gifts are acknowledged with an official receipt for income tax purposes.  
 For further information contact us at 604.732.0195 or visit our website at [www.firststepscanada.org](http://www.firststepscanada.org)

Please Recycle or Pass Along. Contact us at [info@firststepscanada.org](mailto:info@firststepscanada.org) to receive First Steps Newsletter by email.



Summer 2018



## Abounding in Grace

In May, as a team of five visited North Korea we were overwhelmed by God's abounding grace. He prepared the way - all we had to do was keep pace. Heightened sanctions prevented us from shipping

our VitaGoat soymilk equipment by sea. We had no choice but to fly it in. Miraculously, both our equipment from Thailand, and our team flying in from Canada and Australia, made it on the same flight from Beijing to Pyongyang. Unprecedentedly, the equipment cleared customs upon arrival, allowing the VitaGoats to fly with us to Samjiyon the very next day!

During the visit, we confirmed the distribution of micronutrient Sprinkles in the northern part of the country and delivered two VitaGoat machines. Surprised officials in Pochon and Yonsa counties were delighted to receive the equipment that will enable them to produce soymilk for the children.

Pochon County, in Ryanggang province, is a new First Steps partner location. Pochon is located in a steep, narrow valley between Samjiyon and Hyesan.

The mountains are bare and nothing but the hardest cabbage and potatoes will grow there. A river winds through the valley, where locals bathe and wash their clothes. The rugged landscape is reflected in the faces of those who live here. Last summer, after

two years of traveling the mountainous road through Pochon, we were able to stop and speak with local officials. Subsequently we shipped soybeans and Sprinkles. In May, we delivered a VitaGoat and learned how vital this support is: forty percent of children in this area do not meet the national standard height due to malnutrition. A doctor at the polyclinic said, "Thank you so much for coming to Pochon County for the children's sake."

Some of you will remember Yonsa in North Hamgyong province. In 2016, Yonsa was devastated by Typhoon Lionrock. At that time, your support provided food, Sprinkles and roofing. This May, First Steps visited several new beneficiary locations and we were the first guests to have lunch in their new guesthouse. Our meal was made from the best of what they had from the surrounding mountains and fields: potato soup and mountain vegetables, as well as rice which cannot grow there. We learned that due to the limitations of the local diet, children have greater iron deficiency. One official was moved by our ongoing support. "I'll never forget how you came during our most difficult time. We all remember the things you brought." As we left, children ran after our bus and people stopped to wave. It felt like the whole town was saying thanks.

We give thanks for God's grace and for your ongoing support, allowing us to together continue this work and provide for the children of North Korea.

Susan Ritchie  
 Executive Director

**“And God is able to make all grace abound to you, so that having sufficiency in all things at all times, you may abound in every good work.”**

2 Corinthians 9:8

## Yonsa – Two Years After the Flood

In May, a First Steps team visited two polyclinics (general medical clinics), two schools, a hospital, kindergarten and daycare in Yonsa county. All were rebuilt following the flood in 2016 that washed out most of the infrastructure in the county.

In Namchak-Ri, the primary and middle schools had been rebuilt using First Steps roofing. The Vice Principal Ri Yong-Chun shared that the old school's

roof had leaked, exposing the children to the elements and making them prone to illness, causing great concern. He thanked us warmly for the help.

While visiting a class of Grade 2 students, we asked if they knew where we were from. The students shouted in unison, "Canada!" When the schools were rebuilt, the teachers were told that the roofing had come from supporters in Canada - information that had clearly been shared with the kids.

At the Yonsa People's Hospital the doctors told us, "Sprinkles are very good. Pregnant women really like the Sprinkles."

At the Namchak-Ri Polyclinic Dr. Chu Song-II shared that after the flood, they gave Sprinkles to all the children



Dr. Chu Song-II at the Namchak-Ri Polyclinic with Sprinkles.

up to age five because they were so malnourished and vulnerable. "After the flood, we were able to recover because we received so much help. Thank you for helping us in our great time of need," he said.



The team enjoyed spending time with this class of Grade 2 students.

## Burning the Midnight Oil in Wonsan

At Bongchun Children's Foodstuff Factory in Wonsan, our partners work through the night in order to supply fresh soymilk to children in the morning. With limited electricity they make soymilk in a room lit by just a few light bulbs. Despite challenges, this factory daily provides nutritious soymilk to 20,000 children in daycares, kindergartens, elementary schools and orphanages! Producing a high-quality product benefits the children and also means that the factory is eligible

to receive incentives and additional support from the government.

Making soymilk is a multistep process. The beans are soaked overnight, ground into a slurry and then cooked in a VitaCow. The cooked soymilk is next poured through a filter press to remove the soy by-product. Nothing is wasted - the soy by-product is used in other food items such as tofu and bread.



Pouring cooked soymilk through a filter press at Bongchun Children's Foodstuff Factory.

## North Korea: Meet Paul Keegan from Australia!

First Steps supporter Paul Keegan joined the DPRK visiting team in May. We asked him to share a bit about his experience.

**1. What would you want to share with other First Steps supporters about your experience?**

I would say get involved with whatever gifts and talent God has given you to advance the kingdom of God. Visit the mission field.

A visit to North Korea gives you an understanding of what God is doing through First Steps and your part as a supporter. It is inspiring to see first-hand the people who are touched by God's love.

First Steps is one of the most efficient organizations I have had the pleasure of experiencing. First Steps has clear goals and objectives and the faith and conviction to work in a country most would not dare go to.

**2. Is there a moment from the visit that stood out to you?**

As we were visiting a preschool in Hyesan, an elderly lady who had a grandson at this preschool made her way forward to Susan to thank her for the soybeans that have been delivered to the school. I knew this lady's heart was special.



Paul loading Sprinkles onto a truck at Samjiyon airport.

**3. What aspect of Korean culture do you find interesting and appealing?**

Things I like about Korean culture are the respect and honour that most people possess for their family and for their nation. Something has to be said about a nation where people are working not only for themselves but for their brother and their country in unison. I have great hope for the people of North Korea.

**4. Is there anything you feel you understand better about Korea after the visit?**

After my visit with First Steps to North Korea I have an appreciation for the administration details before the visit. The organizational skills of the office are second to none with obscure details being able to be recalled instantly during meetings in North Korea. This is a credit to the office staff and volunteers. Well done.

## A Soymilk Mustache!

The kindergarten children in Hyongjesan are happy to receive soymilk again after a break earlier this year caused by a lack of electricity and supplies. This young boy at the Hyongjesan Sopo #1 Kindergarten was eager to get the attention of First

Steps team members, Max and Sam (both 18 years old). When the boys showed him a photo of his soymilk mustache, he couldn't stop laughing! All the children at his table joined in laughing and it ended up being a very silly snack time.

