

First Steps: Gifts of Kindness



Soybeans are shipped from Canada to North Korea to make soymilk. One cup of soymilk costs just 2.7 cents, including shipping.

Donate \$ _____ towards soybeans.



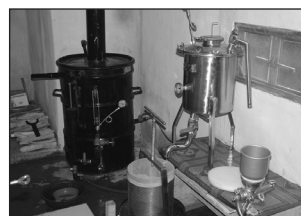
A \$50 donation to the micronutrient Sprinkles program provides 18 months of sachets for a baby (6 to 24 months) and 1 year of sachets for a pregnant and nursing mother. A lack of nutrients in the diet impacts growth and brain development. Sprinkles prevents rickets and lowers rates of diarrhea and pneumonia, the leading causes of death in children under 2 years of age.

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. 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 main difference from the VitaCow is that the VitaGoat runs without electricity. The cost of a 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



Fall 2015



Arriving at Pyongyang's new international airport for the first time, a First Steps team visited North Korea from August 5 – 15. The group included Susan Ritchie, Kayla Black, Brooke Goossen and 16-year-old Shaunti Bains – incredibly one of First Steps' longest-serving supporters. The group immediately launched into its busy schedule, travelling to Wonsan on the east coast (a five-hour journey by bus) and then returning three days later to visit the remaining First Steps sites accessible from Pyongyang.

this new complex will serve the community well and that many children can find love and community in their new home.

In addition to Wonsan and the surrounding area, First Steps visited Hyungjaesan and Nampo to check in with our partners and beneficiary schools. It is always a blessing to meet face-to-face with those whom we have a connection, and see first-hand how your faithful support is blessing and changing lives.

Shaunti, founder of the PitterPats Club, was a happy surprise for our partners. As a 16-year-old who has been dedicated to First Steps' mission of eradicating malnutrition in North Korea for the past 10 years and now had flown half way around to world to meet those she has helped, she was welcomed with an air of respect and wonder.

First Steps continues to work to reach more and more children and mothers and we are encouraged by the latest developments in Kangwon province. If God's vision for this work seem small or slow or if we don't sense significant change, "...though it tarry, wait for it, because it will surely come."

Susan Ritchie
Executive Director

“THOUGH IT TARRY, WAIT FOR IT...”

HABAKKUK 2:3

Some new developments have begun to open up in Kangwon province, of which Wonsan is the capital. On this visit we met with local officials and doctors in Munchon about expanding the Sprinkles program into the province's second-largest city.

We were also able to visit the new Wonsan orphanage complex. The Baby Home (orphanage) and Kindergarten Orphanage were completed since our previous visit, and the remaining Primary and Secondary Boarding Schools (orphanages) are currently being built. We hope and pray that

New Partner! Jo Jong Sook



Jo Jong Sook

Meet the new Director at the Waudu Kindergarten & Daycare Supply Centre, Mrs. Jo Jong Sook, who has been director for one year now and has been doing an amazing job managing the soymilk factory and 12 employees!

Mrs. Jo has taken innovative measures to streamline the soymilk operation and with a new

VitaGoat boiler, has increased production from 200L/day to 1000L/day! "The goat boiler is very efficient," said Mrs. Jo. Staff are currently working two shifts per day with six employees working during the day and six working during the night. Mrs. Jo has moved the VitaGoat boiler into another room to keep the production area cleaner and cooler. This is a great new idea and we will now encourage other factories to follow suit!

When we asked Mrs. Jo about herself, she explained that she used to work as the head of a garment factory, but is now happiest when she is producing soymilk and she wants to make lots of it! Although originally from a small town in the countryside, she has lived in Nampo since getting married 20 years ago. Her husband is a ship's engineer and together they have one son who is 16 and loves to play soccer.

Student Spotlight: Jeong Cheol-Bom

While at the Secondary Boarding School (orphanage) in Wonson, our special guest, 16-year-old Shaunti Bains, was able to meet some students her age! Although it was summer vacation for students, their break is much shorter than in Canada and most students still have homework and other activities they must attend to.

We asked if anyone in the class liked or was good at English and one young man confidently



Although Cheol-Bom, 17, is the tallest boy in his class and one year older than Shaunti, as you can see he is considerably shorter—due to stunting.

stood up! With some nervous laughter and many curious onlookers, Shaunti was able to have a short chat in English with Jeong Cheol-Bom! He explained that his favourite class was math and that his hobby was basketball. He asked Shaunti how old she was and discovered that she is one year younger than him! It was an entertaining time for the entire class.

Meet Keen Teen Shaunti Bains:

Shaunti Bains joined us on our latest trip to North Korea. Shaunti, 16, has been a volunteer with First Steps since she was six years old and is the founder of the PitterPats Club. We asked her a few questions about her time in DPRK.

Q: What was the highlight of your trip?

Shaunti: Meeting the people who make the soymilk. They are so dedicated and care very much about the children who receive the soymilk.

Q: What was the most challenging thing about being there?

Shaunti: We were so busy that by the end of the day I could barely keep my eyes open. That's how tired I was.

Q: How will this trip influence the future of the Pitter Pats Club?

Shaunti: I'm really not sure. It all

depends on how people let the information, stories, and photographs we brought back influence them.

Q: Do you have any stories you'd wish to share?

Shaunti: Every day Susan, Kayla, Brooke and I visited the soymilk factories and met the children in the orphanages and daycare places, and watched the VitaCows and VitaGoats actually working. We saw all the bags of Canadian soybeans and even saw a SuperCow machine



Shaunti Bains sifts Canadian soybeans.

operating. We saw big tins of milk being delivered on bicycles to the children.

Q: What are some things we could be praying for?

Shaunti: Pray that there are enough soybeans for the number of children, that the machines function properly, and that the people of DPRK can know God's love for them.

Soymilk machines provide recipe for success

Before soymilk can be delivered to children in orphanages, kindergartens and daycares, it first must be produced in a factory. In some places like the TongChon County Food Stuff Factory, workers arrive as early as 3 a.m. due to limited times when they can use electricity! They must have the soymilk ready by 9 a.m. to be delivered for 10. This is important due to the fact that the soymilk needs to be delivered and consumed quickly or else there is a potential for spoilage due to a lack of refrigeration.

The first step in the soymilk-making process is soaking the beans. They are usually soaked for

around eight hours. This causes them to moisten and expand. Next, the soybeans are poured into a grinder and ground up. The resulting mash is then heated to 110°C for seven minutes. This is done using a VitaCow or VitaGoat. A VitaCow runs on electricity. While this requires less physical effort for the workers, electricity is not always available. A VitaGoat, however, does not require electricity. It operates on wood, coal or dried corncobs.

Finally, the heated liquid is poured through a mesh filter bag to separate the okara from the soymilk. Okara is a by-product that can be used to make a variety of

soybean-based foods such as tofu. The finished product is not only tasty, but it contains vitamins, minerals, amino acids and protein. The soymilk is then stored in stainless steel milk cans for immediate delivery.



Workers making soymilk.

Picture perfect clinic visit with Brooke Goossen:

One of my most vivid memories from our latest monitoring visit was the Sopo Poli-Clinic. Generally, during our clinic visits, we speak with Sprinkles beneficiaries to hear their stories, get feedback on the intervention, and take their photo to share it with you and then return with a printed copy for them next time we visit.

During this visit, we first met with pregnant women. We got carried away talking with them while

the mothers with their newborn children began getting anxious to have their photo taken, too. They started to peek into the room we were in.

Eventually one woman, holding her baby close, was edged into the room to talk to us by one of the male doctors. It turns out that she was his wife! Both parents were so proud of their beautiful baby and so happy to have received Sprinkles. I had a blast capturing

this family portrait. As I was clicking away I forgot I was in North Korea and I remember thinking how some things are universal – no matter where in the world children are born, parents are extremely proud and full of love to share!



Happy day for doctor's family.