

until our sons ended up on the same soccer team. So, social associations were renewed, one thing led to another



and Han heard about First Steps. Han's a downtown banker and a member of the Canada-Korea Business Association.

Canada-Korea Business Association president, Lindsay Hall, and director, Han Kang, presenting a donation to First Steps

After checking First Steps out and lobbying on our behalf, he invited Andrea and I to make a presentation about First Steps to the CKBA board. Soon after, the CKBA announced its decision to adopt First Steps and support us for one year.

Not only has the CKBA provided generous donations, but members have

volunteered their time in various ways: Special thanks to everyone for all your help and for the positive PR - the announcement

about the CKBA adopting First Steps came at a luncheon where the Canadian ambassador to the Republic of Korea was present.

Although we are small, with the backing of the CKBA we feel empowered with added incentive to achieve the goal of doubling our program to feed 800 infants within the year.

Phyllis Metcalfe  
Phyllis Metcalfe is 80 years old, still gets around in her '62 Falcon and never seems to miss a

beat. She's a very active member at First Baptist Church in Vancouver and I attribute her Christian effervescence to her hardy Winnipeg upbringing. Her spirit shines right through. She heard about First Steps and was the first person to ask us to formally speak about how we are aiming to provide Pabulum for infants in DPRK at her Harrington Circle. She is a continual source of encouragement and support for us.

These are just of a few of our donors stories shared with you. Every one of our donors has a story and we wouldn't be taking further steps without each and all of you. We really do appreciate your support so very much.

### Yes, I want to help First Steps feed a child.

[ ] I have enclosed my gift of \$90 to feed an infant for one year  
[ ] Here's a special gift of \$\_\_\_\_\_ to help.

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. BN: 87822 7511 RR0001. Gifts are acknowledged with an official receipt for income tax purposes. For further information email Susan Ritchie at: susanrit@hotmail.com

# FIRST STEPS NEWS

MAY 2003

## Update On First Steps in North Korea (DPRK)

by Susan Ritchie, Executive Director

It has been a very hard winter for North Korea (DPRK). Dwindling food aid and virtually non-existent heating fuel have meant more empty stomachs and relentless, bitter cold for its people, contributing another enormous human hurdle to a nation that has already suffered more than a decade of misery.

It's difficult for us to imagine what life is like for those in North Korea. What little food there is must usually be eaten cold because there is little fuel or electricity. Feeding infants has been especially challenging, but reports back on First Steps' initial shipment of Pabulum to North Korea have

been very encouraging - and the point that's made time and again is the ease with which Pabulum can be mixed with water and doesn't require heating.

**F**irst Steps delivered enough Pabulum to feed 400 infants at 8 daycare centres and one pediatric hospital in Kangdong County (see map) in November last year. First Steps directors Susan Ritchie and Andrea Rose went to the DPRK to monitor

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Opportunity to meet some of First Steps' donors  
New developments to increase our aid

Update On North Korea con't

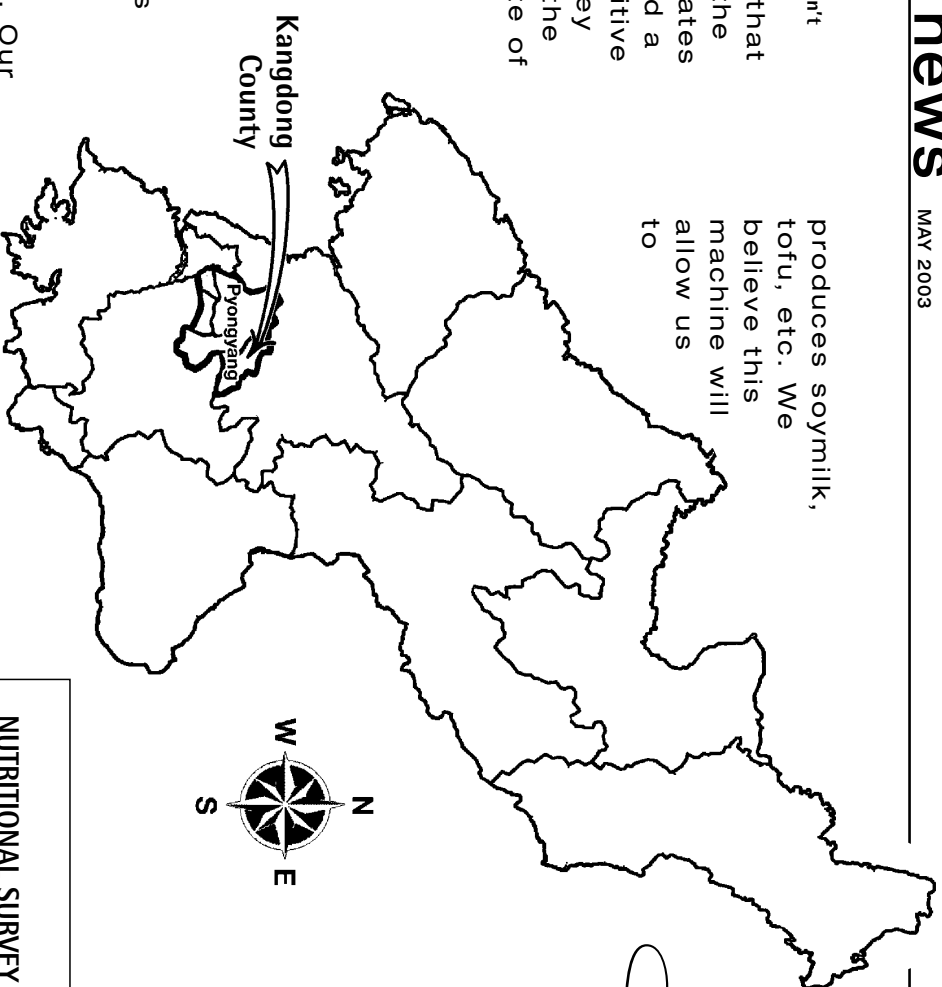
distribution of that shipment and the feedback indicates Pabulum has had a significant positive impact. A survey conducted by the DPRK's Institute of Child Nutrition was full of enthusiasm for Pabulum (see Nutritional Survey In A Nugget).

First Steps has interpreted this response as a request for continued and increased help. Our next shipment of Pabulum is due to leave Vancouver at the end of May.

Our goal for this year is to double the number of malnourished infants we can feed from 400 to 800 children.

The good news is that First Steps is fast tracking its long term goal of sustain-ability. In this regard, we have made contact with a Canadian company which builds a super energy efficient machine that

produces soy-milk, tofu, etc. We believe this machine will allow us to



feed many more young children and build on-the-ground sustainability in North Korea.

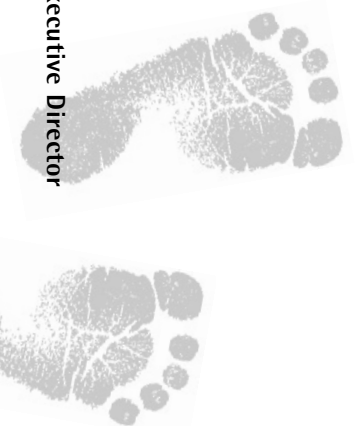
To all those who support First Steps, we want to thank you, and to ask for your continued support. At this critical time it is with your help, that we are all making a difference.

Please don't be shy about telling your friends about First Steps, either!

**NUTRITIONAL SURVEY IN A NUGGET**

The preliminary results of a nutritional survey of Pabulum conducted by the DPRK's Institute of Child Nutrition (ICN) from Nov. 1 to Dec. 31, 2002 are as follows: Eighty infants aged six months were divided into two groups of 40. The group that was fed Pabulum had a bigger weight and length increase, as well as better motor function and hemoglobin status (likely due to the iron content) than the control group. The conclusion is that Pabulum is great. The ICN has stated that with an increase in supply they would expand their study of how it is benefiting the young children of the DPRK.

*Bojipde Spect*  
by Susan Ritchie, Executive Director



One of the most interesting aspects of directing First Steps is the opportunity it provides to meet new people, to relate experiences and exchange ideas. But the best part is often the wonderful human coincidence that brings it all together. Here are some recent stories:

**J**i-won Park is a very special person. The young South Korean student was attacked and strangled in Stanley Park a year ago. She barely survived, came out of a coma and is now severely disabled, confined to a bed or wheelchair and unable to speak. The only way she can communicate is by facial expression and raising one arm in response to yes-or-no questions. I have been providing interpretation services for the family ever since the attack and I have come to know Ji-

Won, her mom Jacki Lim, and brother David Park very well.

One Sunday when Ji-Won was over at our house for lunch, she overheard me talking about First Steps with one of our other guests who had made a donation and was asking questions about what we were doing.



Ji-Won Park (centre) with Andrea Rose (left) and Susan Ritchie (right).

When Ji-Won went home, her mother and brother talked about what they'd done and said at lunch. Then Ji-Won began crying when they talked about the hungry children in North Korea. Through a lengthy discussion and series of yes-or-no questions, Ji-Won was able to relate to

her mother and brother that she wanted to make a donation to First Steps.

Ji-Won wore a beautiful smile the day Andrea Rose and I went to Pearson Hospital to accept the cheque. It was a huge encouragement to receive her donation and to know that Ji-Won is our supporter. I try to keep her updated on our work and she expresses her interest with big smiles, as well her concern for the children.

Han Kang first met Han Kang at I UBC when we both attended there back in the early 80s. Both of us being Korean speakers, we had a way of bumping into each other from time to time. But it had been awhile,