



July 2011

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience...and over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body, you were called to peace... And whatever you do, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." Colossians 3:12, 14-15 and 17

CFK Confirming team visits DPRK in March

From March 19-29, a 5-member CFK confirming team visited the DPRK to check on the proper distribution of several shipments that had arrived over the winter months. During ten productive days in country, we visited 20 of our 29 supported facilities, talking with the staff and patients, and visiting patient rooms, pharmacies, storage rooms, and onsite greenhouses. Shipments that had arrived since our Fall



Confirming team and MoPH guides visiting Kaesong Provincial Pediatric Hospital

visit included eleven tractor sets; two-20' and 3-40' containers including canned meat, other food, vitamins, and supplies; six greenhouse construction kits, and hundreds of blankets. We hand delivered nearly 100 doctor's kits to the dedicated staff of many rural health care facilities. Just in time for spring planting, we also delivered a variety of vegetable seeds, and also bags of inexpensive soy and mung bean inoculant – a naturally occurring bacteria powder generally present in soil that helps bean plants transfer nitrogen from the air to the roots where it can be used by the plants as fertilizer. Treating seed with inoculant before planting into stressed and depleted soil has proven over the past several years to increase yields by 30-50%.



Receiving Doctor's Kits

CFK Visits Changyon TB Rest Home

One of the highlights of the March visit was the opportunity to visit for the first time a new TB rest home established late last year in Changyon County. The first known indigenous Korean house church (The Songchon/Sorae Church) was started in this area in the early 1880's in the home of the Suh brothers.

While it is difficult to know if any Christian remnant remains in the area, it was a joy to reflect on early Christian work in this region as we took the long road to Changyon that wound through rolling cornfields and ended at a cluster of small buildings nestled at the top of a bluff overlooking the West Seacoast. With painting and other renovations underway at the time of our visit, the facility was just beginning to build capacity and was housing about



With the staff of Changyon Rest Home

a dozen patients. We learned about their most critical needs (water, greenhouse, tractor) and explained about CFK, our donors and why we come to help. We presented doctor's kits to each of their doctors and nurses, and we hope to begin to help them address their other pressing needs as soon as possible.

As we traveled from place to place, we heard from nearly every director how long and cold the winter of 2010-11 was, and how worried local farmers and those dependent on the Public Distribution System (PDS) were because of looming food shortages. In a visit to the Kaesong Provincial Pediatric



Hospital – a place where we have been working since 2002 – and where we have completed extensive renovations in years past, we saw over a dozen small children (2 years and younger)



A doctor and mother at Kaesong Provincial Pediatric Hospital caring for her malnourished child

lethargic and suffering from moderate to severe malnutrition. Over the spring months, rations sizes were cut from around 380 grams of food/person/day down to 190 grams/person/day – in other words, from about half the calories needed to sustain life (in March), to about a quarter of the

calories needed for life (by May). PDS rations were expected to drop to zero by the end of June when all stored food stocks are expected to run out. With little to harvest from June – late August, and with many families having little to no other means of support outside what is provided through the PDS, at least 6 million people (a quarter of North Korea's people) will be significantly affected. Already we saw evidence and heard reports of many collecting "alternative foods" – weeds, wild grasses, etc. to fill their empty stomachs.

USNGO's Recommend a USAID Food Program

Similar to 2008-2009, CFK, together with four other US non-governmental organizations (NGOs) who have a long history of working in the DPRK (Mercy Corps, Samaritan's Purse, World Vision and Global Resource Services) have requested approval from the US Agency for International



Development (USAID) for a single year emergency assistance program for DPRK this year as part of an effort to meet the most basic and critical food needs for the 6 million most vulnerable North Koreans (children, pregnant/nursing mothers, elderly, chronically ill, disabled). If such a program is initiated, similar to the last program, we would expect to hire staff to live and work in the DPRK for the next year+ engaged in careful management and oversight of a large-scale food aid program.

Please keep this urgent matter in your prayers, as the lives and health of many North Koreans hangs precariously in the balance. We continue to monitor this situation carefully, and are sending as much additional food as we can through our private efforts – but the need is far greater than what can be provided through private efforts, and our funds are low at present. We are deeply concerned that TB and other diseases will only continue to spread, despite our best efforts, as a result of so many already



A severely underweight child hospitalized for malnutrition

vulnerable people struggling for half a year or more to survive on little to no food. Please pray and help as much as you can.

May Technical Team Focuses on 3 Projects

From May 10-24, CFK sent in a technical team of sixteen people who worked alongside counterparts from the Ministry of Public Health (MoPH), and with the surgical, lab and other medical staff and volunteers from the National TB Reference Hospital to work on three distinct projects: Operating Room renovations; Greenhouse construction; and ongoing TB Reference Lab training in partnership with Stanford University and the Bay Area TB Consortium.

OR Renovations

Six talented and dedicated team members worked daily to fully renovate and re-equip the operating suite of this hospital – which had not been functional for some time. Work included installing electrical panels, wiring, outlets, overhead lights, hot and cold running water, scrub and washing sinks, heating/AC units, windows and doors, tile and overhead surgical lights. The operating suite and recovery room at this hospital are now completely transformed. By the time of our departure, all the critical installations were completed, and equipment and surgical instruments needed in the OR were also delivered. We were especially grateful for your prayers for health and protection for the team, and for your support that has made this project possible.



Renovations underway



Greenhouse Construction

While these renovations were ongoing, three members of the team of sixteen were engaged, alongside dozens of North Korean colleagues, in constructing a new passive solar greenhouse



US and DPRK greenhouse foremen

designed to produce year round and expand the local food production capacity of this hospital. This team, including volunteers and a representative from our partner, Engineering Ministries International, has been working from China and the US for the last 5 years in developing and improving the design of this greenhouse. It was

exciting to watch the greenhouse take shape before our very eyes with each passing day – beginning with foundation enhancement work, and continuing through the building of the perimeter walls, pouring the bond beams, installing the trusses, and finally, installing the plastic during our final hours onsite. The hands-on construction was extremely helpful for the design team as they helped problem solve construction questions in the context of local conditions and challenges.



Building the south wall of the greenhouse

many old friends, and learn more about how beneficial the greenhouses are in the winter production of fresh food and in expanding local food production overall.

In our visit to Unpa, we also saw four varieties of seeds that we had hand delivered to them in March growing vigorously in their greenhouse. Some of these vegetable varieties were new to them – and they were delighted at the strong growth of the plants, and at the prospect of tasting something new. We were gratified to hear that despite the extremely cold winter, the water systems installed last Fall in Hwangju and Unpa did not freeze, although a drought of snow and spring rain has



One month old spinach, beets, and cabbage thriving in the Unpa greenhouse



The greenhouse team at Hwangju TB Rest Home

TB Reference Lab Training

While the OR renovation and greenhouse teams worked at their respective sites at this hospital, a team of seven lab trainers from Stanford University and the Bay Area TB Consortium, and longtime CFK volunteers continued intensive TB and clinical lab training activities at the National TB Reference Laboratory, also co-located on the grounds of this same hospital.

We continue to marvel at all the progress made at this facility in the past 2 years. While it will take time, specialized expertise, and considerable financial resources to build the

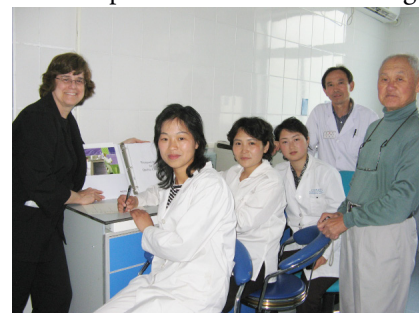
We were also able to make visits out to three rural hospitals/ rest homes that have already built, or were in the process of constructing, this same type of passive-solar greenhouse (Sariwon, Hwangju and Unpa). It was a joy to visit these places again, see

capability of the lab staff such that the lab can become fully accredited, we are confident that it can be done, and are working hard to this end in partnership with the Ministry of Public Health.

We remain grateful for our partnership with Stanford and the Bay Area TB Consortium, for a travel grant and other support provided by NTI's Global Health and Security Initiative that will carry these activities through to the end of this year, and for the sacrificial help of other expert volunteers who give of their time and many talents to mentor the staff and provide individualized and intensive training. We are working to keep training costs to a minimum, and many of the experts involved are donating their time - using vacation time from work to share their skills and expertise with the lab staff. Even so, travel and supplies costs are significant, so jointly with Stanford, we are urgently seeking additional sources of funding to continue ongoing training critically needed at the lab such that it can reach full accreditation as soon as possible. This is no small task; building the skills and capacity of a TB reference lab team from scratch is a little like taking a group of individually talented college players and turning them into a medal-winning Olympic national team.



TB Lab training in progress



Clinical lab training in progress



Lab staff with CFK/Stanford/BATC trainers

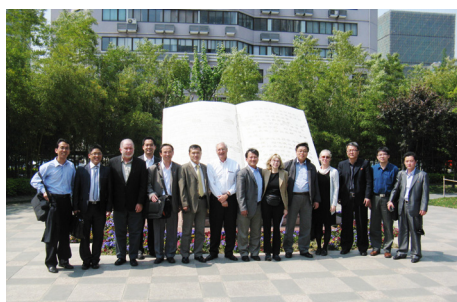
Before our departure, the lab staff was left with multiple homework assignments and exercises to work on over the summer months, and we hope to see considerable progress so that we can deepen and expand the training at the lab in the Fall, in conjunction with our planned technical and confirming visits.

North Korea already suffers from some of the highest TB infection rates in the world, and case numbers continue to rise at an estimated 10% or more each year – so there is no time to waste in addressing more fully this devastating disease that is impacting so many lives and families.

Shanghai Lab Visit

As part of the training process, Stanford University School of Medicine, with funding from Stanford's Asia Pacific Research Center and the Global Action Development Fund, organized

a study tour for senior lab staff members and our colleagues at the Ministry of Public Health to visit the Shanghai Center for Disease Control, Fudan University Medical College, and Shanghai's TB Reference Laboratory in late April. CFK met the DPRK delegation in Beijing, and while there, we were able to meet with donors and colleagues living in Beijing, before accompanying the team to Shanghai for the meetings. It was a highly productive visit, giving the North Korean delegation a vision for the future, and helping them build relationships with others who have successfully walked a similar road to theirs, and who may be able to assist their progress.



North Korean delegation and Stanford BATC team with Shanghai colleagues

Fellowship and Joy of Work

When we are in North Korea, we gather together each morning as a team for a time of worship, to read and reflect on the Word, and to pray over our day, for each other, and for the work and challenges we face. It is often a very special time of worship and fellowship – where we focus on the One who binds our hearts together in love and unity – despite the many differences in our backgrounds, nationalities, training, skills, and roles. On the technical visit this time, we worked our way through Colossians, Philemon and 1 Thessalonians. At times we can really identify with some of the hardships and difficulties that Paul, the Apostle, experienced as he was writing his letters. And yet, we are also reminded and encouraged by his constant overwhelming gratitude and praise to God no matter what hardships he faced in any particular circumstance. It often feels like we move through one set of challenges only



CFK team's morning devotions in Pyongyang

to be faced by new ones – yet our Lord promises to provide wisdom and all that is needed to do His work if we will humbly seek him and follow His ways. In our human frailty, we often fall short – yet, He in His grace meets us in our weakness. Praise be to God for His faithfulness,



A moment of joy with our colleagues in March

for your prayers and support, and for the joy that we share in the journey.

Near-term Projects

Looking ahead to the Fall, we anticipate another multi-part technical visit that will include ongoing training at the Lab, and two water/solar panel distribution system installations at TB facilities in Kaesong. We are grateful for a new grant that will supply double-paned windows, doors, tile, roofing materials and other supplies such that several hospitals/

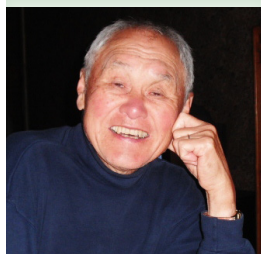


New patient quarters under construction at Unpa

rest homes can complete renovations that will greatly improve patient housing before winter weather sets in. We are working with Chinese suppliers now to source and send the needed materials.

In His Own Words...

Contributed by:
Dr. Choong Hyun Park
Retired Microbiologist



This was one of the most rewarding and exciting experiences in my life since I felt deeply and surely that it was our Lord who allowed me to go. The trip was beyond my expectation; accommodation was quite comfortable and our environment was always amiable, probably attributed to our colleagues friendliness. This trip was very meaningful for me since my parents were born in Pyongyang and educated by the American missionaries who planted Christian faith in the Park family. Because our team was mostly serious Christians, the relationship among us was very congenial, joyful, and easy to carry on our daily tasks with a heart of thanksgiving instead of complaints. I felt we all belonged to one family in spite of diversities. There is no doubt that the pivotal element that united us was the love for our Lord. What surprised me was the extent of CFK's involvement for TB mission in NK. I had heard about its activities before but did not realize its vast range of assistance by such a small organization. Here I learned that it doesn't have to be a big organization to produce a big outcome. If the task is for God's glory, there is nothing to worry about!



Choong helping to train clinical lab doctors at the National Tuberculosis Reference Lab

We also hope to raise funds to send more private food and nutritional supplement shipments to help facilities cope with the influx of malnourished and sick patients. Transportation at rural facilities remains a significant challenge, so we also hope to send three-wheeled cargo motorcycles to help address these needs (our supplier requires us to place a minimum



Donor representative Natalie Oh with TB patients

order of 20 units due to export licensing issues – we currently have enough funds on hand to send 4 units). We are grateful for recent grants that will allow us to purchase the T Dwight Linton Memorial Vehicle – we are in the process now of finalizing the details of the purchase and hope that the vehicle can be ready for our use

this Fall. We still hope to begin constructing a warehouse in Black Mountain this year, but additional foundation work that will be needed for the structure has raised the anticipated construction costs to around \$100,000, so we still need to raise about \$72,000 before we can begin the construction.



The spot for our proposed warehouse construction site

As this work continues to expand in the DPRK, the need for resources – prayer, human and financial resources – grows as well. At present, our general fund is again precariously low. Please pray with us that the Lord will continue to provide all that is needed for this work, and give as you are able. Please also pray that we will be faithful stewards of all that He provides.

Thank you for your partnership – may you be blessed to know that your prayers, encouragement and support is touching and transforming in big and small ways the lives of tens of thousands of North Koreans in the name of Jesus.

Made With Love... and Binding Hearts Together

We are so grateful for the many hands that sew and knit blankets, hats, scarves, and many other beautiful things that are such a tangible and practical reminder of God's love, and your love. The card and photo of the donor that goes with each item is nearly always received with a delighted smile and expression of sincere thanks. We wanted to share with you the story of one such special gift:

In February, CFK received a quilt made by hand over the winter months by two friends who live in a remote and very cold part of Alaska—they asked us to hand deliver it on our next visit to a deserving person in North Korea. On a cold day in March, it was our privilege to deliver this quilt on their behalf to a dedicated pharmacist whom we have known for over ten years—she works in one of CFK's supported TB hospitals, preparing the daily medication for TB patients. When we walked into the pharmacy that day—it was just above freezing, and she was shivering from the cold. As we delivered the quilt to her, we told her about our friends, and their gift to her. We told her that they are people who love Jesus, and that they had made this quilt to reach out in His love to her. Trembling in that cold room, she had tears in her eyes as she gratefully accepted the warm quilt and whispered her thanks.

Whether it is a baby hat for a newborn, a quilt to keep patients warm in a hospital, a scarf, mittens, or a doctor's hat, thank you for your labors of love, and know that each stitch reminds them of Christians who have not forgotten them, and One who loves them more than we ever could.



Heidi Linton delivering photos of the quilt recipient to Alaskan quilt makers



OR suite construction team in the nearly completed operating room

“...See to it that you complete the work you have received in the Lord.” Colossians 4:17

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Communications Updates

We are grateful for the hard work of two interns working in the CFK office this summer. They have helped us establish a presence on Facebook (search "*Christian Friends of Korea*") and set-up a new donor interface program developed by FiveTwo Foundation. Please visit us at www.donate.cfk.org.

CHRISTIAN FRIENDS OF KOREA

Christian Friends of Korea is a tax-exempt, non-profit organization founded in 1995 to share the Gospel of Jesus Christ through humanitarian, educational, and religious programs. Contributions to CFK are tax-deductible to the extent allowed by law. CFK also accepts stock or in-kind donations. Please make all checks payable to "Christian Friends of Korea."

If you are interested in supporting the work of CFK or to request information or materials, please contact us.

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"Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ..." Colossians 4:2-3



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Above: May 11, 2011...construction of the passive-solar greenhouse begins at the National Tuberculosis Reference Lab in Pyongyang...Below: nearly finished greenhouse...May 23, 2011

