



Tri-Kin Trailways



April 2024
 Volume XI Number 1
 (Our 56th issue since
 December 2009)



Burundi

It may be a new country as far as these newsletters are concerned, but Burundi, a country just to the south of Rwanda (which was featured in the December newsletter) is in another world than Rwanda. Burundi is unique, especially by the fact that it is listed as the poorest country in the world. Poverty is rampant and getting carts to those who need them is critical, but World Vision has persevered and many carts have been delivered.

Approximately 80% of Burundi's population lives below the poverty level. Killings, disappearances, torture, ill-treatment, and arbitrary arrests have frequently, and recently, been documented by international rights groups. Famines and food shortages have occurred



throughout Burundi's history, most notably in the 20th century, and according to the World Food Program 56.8% of children under age five suffer from chronic malnutrition. Although extremely poor, Burundi is rich in minerals. The soil contains deposits of gold, nickel, copper, cobalt, tantalum, tin, tungsten and other rare metals used to make high tech devices such as smartphones and computer parts. Government corruption is hindering

the development of a healthy private sector as companies seek to navigate an environment with ever-changing rules. As an example, in March 2014 Burundi's president banned jogging because he feared it might be used as a "cover for subversion".

Following independence, the country experienced political assassinations, ethnic violence, and cyclical periods of armed conflicts. Several governments were installed following military takeovers and government overthrows. The United States established diplomatic relations with Burundi when it gained its independence from Belgium in 1962. Today, the majority of U.S. foreign assistance in Burundi consists of efforts to improve the health status of the Burundian people.

The largest city is Bujumbura, but Gitega is the capitol. The country's only asphalt runway is at the Bujumbura airport. Geographically the country is bordered by Rwanda to the north, Tanzania to the east and southeast, and the Democratic Republic of the Congo to the west; Lake Tanganyika lies along its southwestern border.

As of October 2021, Burundi was estimated by the United Nations to have a population of 12,346,893. The population growth rate is 2.5 percent per year, more than double the average global pace, and a Burundian woman has an average of 5.1 children, more than double the international fertility rate. Roughly 85% of the population are of Hutu ethnic origin, 15% are Tutsi and fewer than 1% are indigenous Twa. Relations between Burundi and Rwanda have

ranged from being very friendly to very hostile, and are regularly shaped by the relations between Hutu and Tutsi in general.



The white color of the flag represents peace, green represents the nation's hopes placed on future development, and red symbolizes the suffering of the nation during its freedom struggle. The three stars in triangular configuration stand for the three ethnic groups of Burundi.

Examples of people who desperately need what we can provide



All it takes is roughly \$250 which will buy the parts we need for our volunteers to build a cart for one of these leg disabled people. Many of them have been hidden in back rooms all of their life because their family is too ashamed to let them be seen. No school, no job, no social contacts. They just need our help to participate in every-day activities we all take for granted.



An Update of the Worldwide Status of Polio ~Background

New active cases of Polio were eliminated in the United States in 1979, but the after-effects (called Post-Polio Syndrome, or PPS) are far from being eliminated. In the US. Post-polio syndrome affects people who have had acute episodes of poliomyelitis and occurs 10-40 years or more after the original illness, According to one estimate, 25% to 50% of the 300,000 polio survivors in the United States may develop the syndrome.

Polio spreads from person-to-person through contact with fecal particles through contamination



of hands, changing diapers, eating utensils, food, and water (often tiny, invisible amounts) from an infected person. It can also spread through the sneeze or cough droplets from an infected person.

In the 1950s, polio disabled about 35,000 people a year in the United States. The virus “seemed to peak” during the summer, and parents feared letting their kids play outside or in swimming pools. Former President Franklin Roosevelt contracted the disease as a 39-year-old on vacation in 1921, leaving him mostly wheelchair

bound for the rest of his life. Senator Mitch McConnell said he still has trouble on stairs, decades after receiving physical therapy for polio when he was a toddler.

During the height of the polio epidemic in the 1950s, a machine known as an ‘iron-lung’ was used to aid patients whose muscles had weakened. Although this machine helped with breathing, it was no cure, and the race was on to find a vaccine.

Jonas Salk, a researcher in Pittsburgh, developed the first polio vaccine in 1955; an injection of dead virus. Within months, polio rates in the United States and elsewhere began to plummet. Dr. Salk chose to not patent the vaccine or seek any profit from it in order to maximize its global distribution.

In 1952 Paul Alexander had contracted polio and, the Guinness World Records declared him the longest iron-lung patient ever. The need for iron-lungs is now considered obsolete and more modern breathing therapies have been developed. Mr. Alexander finished high school, earned a law degree and practiced law for many years, all while being confined in his iron-lung. Currently, he is still confined to the contraption and requires round-the-clock care at a facility in Dallas Texas. Twelve thousand people in the U.S. with paralytic polio used iron-lungs to help them breathe in 1959. By 2004, it was 39. Today just two people in the U.S. remain reliant on iron-lungs. On June 8, 1953, Martha Lillard celebrated her fifth birthday



with a party at an amusement park in Oklahoma. A little over a week later, she woke up with a sore throat and a pain in her neck. Her family took her to the hospital, where she was diagnosed with polio. To this day, Lillard is one of the last people in the U.S. who still depends on an iron-lung to survive.

Current Status ~ Worldwide

Cases due to wild poliovirus have decreased by over 99% since 1988, from an estimated 350,000 cases in more than 125 countries, to just two countries (as of last October); Afghanistan and Pakistan.



There is no cure for polio. It can only be prevented. Still to this day, many children have not been vaccinated. From conflict and displacement to the healthcare disruptions caused by the COVID-19 pandemic, to the misconception of people about the safety of the vaccine, to insecurity within the country and poor health systems are some of the reasons for failure of polio eradication campaigns in these regions.

The two pictures of young girls, one most curious about being vaccinated, and one proud of her purple finger indicating she has been vaccinated were too precious to ignore.



On July 21, 2022, the USA witnessed the first case of poliomyelitis after nearly 3 decades of its eradication. Despite the efforts to prevent any further outbreaks, a case of



paralytic poliomyelitis in a traveler residing in Rockland County New York was reported to the State Department of Health. Public health professionals are working to determine how and where the person became ill. The patient was not previously vaccinated.

Pakistan saw a landmark achievement earlier last year. In January 2023, the country had gone an entire year without detection of a single new case. It was a significant milestone in the nation's effort to eradicate the disease. But the fight is certainly not over. In April and May, there were four newly confirmed cases, a severe setback to the country's progress.

In Afghanistan, the country's health systems have been on the brink of collapse. What does that mean when it comes to protecting children from polio? It is worth noting that polio cases in Afghanistan are at an all-time low. But despite the progress, many children are still missing out on their vaccination. Immunization teams that travel house-to-house are especially effective – most of all, when run by women. That's because social norms often restrict male vaccinators from entering homes if adult male family members aren't there.

The combination of the recurrence of polio and political unrest drastically increases the need for The Trinity Project to be ready to meet the needs of those affected individuals.

Our Spotlights Volunteer for this Issue

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Our spotlighted volunteer really isn't new. Cory Barfield volunteered back when Trinity was known as PET and had just started building carts. He assembled carts, packed carts, and did some of the wood cutting.

Coy was born and spent his childhood in Lawton, OK. Lawton (just 40 miles from Texas) was a good place to grow up but after a couple of years of college, Coy decided to join the Air Force and see other parts of the world. He had an assignment to the Defense Language Institute in Monterey, CA where he learned to speak Bulgarian. Monterey was also the home of a wonderful woman, Cynthia, whom he met and married. Then the Air Force sent him right back to Texas.

While in Texas, Coy was accepted into the Air Force's Physician Assistant (PA) training program, at Sheppard AFB in Wichita Falls. After several assignments to too many Texas Air Force Bases to count, Coy and Cynthia finally got to see more of the U.S. (New Hampshire, Alabama, Illinois, and Arizona) before they landed back in Wichita Falls, where he spent three years as an instructor in the PA program.

In 1992, they moved to Spokane where Coy was assigned to Fairchild AFB. Then in 1998, he retired (for the first time) and went to work for Rockwood Clinic. He also worked for a few years at the VA Clinic and then, finally, finished his career – this time as a civilian PA at Fairchild.



Since his final retirement in 2010, Coy has discovered the joy of woodworking. He and Cynthia spent several years travelling by RV and they cherish any time they get to spend with their kids and grandkids in Port Angeles and Bainbridge Island. Cynthia says their lives are full of joy and gratitude. They have a daughter, Rachel, here in Spokane who is a Home Health Aid.

The Barfields have known Dick and Lois Carpenter for many years, but when Lois saw Coy in the Trinity shop a few weeks ago, neither of them recognized the other. Lois said her hair has turned grey and Coy's hair is, shall we just say, "missing" a strand or two.

So when you see this great guy at the Trinity shop, please welcome him. He's glad for the opportunity to serve such a worthy cause! And, the feeling is mutual. We appreciate having Coy, his wonderful smile, and his talents back here in the shop.

The Building Process

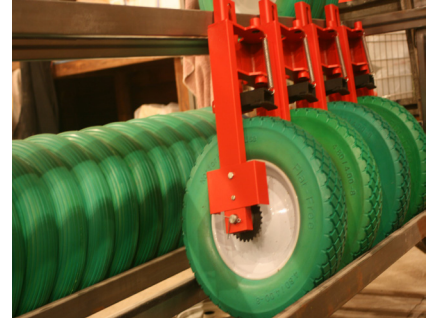
Some of the steps we go through to help those who have been dealt one of life's most serious "low-blows" (wether birth defects, polio, animal bites, land mines, or accidents)..



This all takes place in Canada (l-r) Getting a log to Robert Prinse; Robert making the rough cuts; Trailer loaded and ready to head to Washington. Not shown is the kiln drying process.



Cutting wood precisely to size, drilling holes, and finishing wood pieces is all done in Auburn or Woodinville then sent to Spokane, where it is hooked for painting, primed, and colorfully painted (l-r) ready to be hooked; painted and drying; seats ready for assembly.



Some of the sub-assemblies. (l-r) Powder coating front forks, welding the frame, front wheels on their fork..



Getting carts assembled and ready for shipment. (l-R) Church youth group - great workers; 7 built and ready to be put in their shipping boxes; 70 ready to head for their final overseas destination. Not shown is the partial dis-assembly of each cart so they fit in their shipping box.

1) You can send checks, made payable to The Trinity Project, then mail them to: PO Box 361, Colbert WA 99005-0361. You will receive a tax deductible letter shortly after the first of next year.

2) Go to our web-site: www.nwtrinityproject.org and click on the word “DONATE”. That will take you to an image like you see at the bottom of this page. Just click on the yellow button and follow the directions. (Please don’t try to click on the one below, it’s just an example to show what the “real” one on our web page looks like.)

3) Donate electronically through PayPal (even if you don’t have a PayPal account). All you need is either a credit or a debit card. You can also make this a recurring monthly donation by checking the “Make This A Monthly Donation” box.

We can’t give you financial or tax advice; that needs to come from a professional tax advisor or tax attorney, who will help you determine financial consequences of your charitable activities. What we can tell you is that if you have items such as stock, a 401(k), IRA’s, or 403(b)s, you are able to donate up to \$100,000 to be transferred directly to the Trinity Project. {Inherited stock falls in another (even better) category.} One thing you do need to keep in mind is that, to avoid taxes, the funds must be transferred directly from your account to the Trinity Project. Once you personally receive a check, tax is due. Again, different rules apply to different types of investments and timing as to when contributions to the investment were made, so please check with a tax advisor or attorney as you plan your personal charitable giving. There are many tax advantages when you give retirement assets to a qualified charity such as The Trinity Project. Giving from a traditional IRA is a fantastic option when it comes to charitable giving. When you give a QCD (Qualified Charitable Distribution) you take money that would normally incur income tax and transfer it directly to The Trinity Project. This can do two things: as the giver, you decrease your taxable income, and a QCD can fulfill the annual Required Minimum Distribution (RMD) that begins when you reach age 72. You can donate up to \$100,000 per year. This is a really good way to give if you are at least 70 1/2. With a traditional IRA, even if you take the standard deduction on your tax return.

Two additional ways of donating to The Trinity Project are through making a bequest of part, or all, of your estate, and setting up either a revocable living trust or an irrevocable trust (there are advantages and disadvantages to each).

Trinity has a Charles Schwab account which is funded for future costs for the production and shipping of Trinity carts. To get more specific details about this account, please contact Mike Larson at (509) 998-5517. This is a great way to keep from having to pay capital gains tax, and to reduce your tax liability at the same time.





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Freedom Cart Connection – Contact and Newsletter Information

For volunteer opportunities, visits to the Freedom Cart shop, or to request a presentation, please call Dick Carpenter at (509) 466-3425 or send him an e-mail at bebold@comcast.net.

For address changes and comments about this newsletter, send to 8trikin@gmail.com. Our mailing address is: the Trinity Project, PO Box 361, Colbert WA 99005-0361.

Our web-site is: nwtrinityproject.org. We are on Facebook at <https://www.facebook.com/trinityfreedomcarts/> where we always appreciate a thumbs-up.

