

## Most Recent Lippincott Update

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**November 2: Update #1 – Answers and Progress!!**



Hi,

It's been a few weeks since our last e-mail but a lot has been going on. In an attempt to not hit you with a full book we are sending out 3 updates :)

For those of you new to our newsletter, or just getting caught up, my (Lorilee's) health has really tanked since September 2016. I went from traveling, working and homeschooling to being stuck in bed, unable to sit up more than a few minutes at a time to eat and drink. Over the past year I have made some progress but kept falling back to a bedridden state. I have been diagnosed with ME/CFS and believe I have been struggling with it in a milder version for years before last September when something triggered a sharp decline in my energy levels and health and I was stuck in bed.

On the wider internet and social media I haven't talked about this... because I haven't known what to say, but I've tried to keep people updated on my condition through this newsletter. Because the condition is really not understood yet I'm unsure how to explain it. What causes it? How long will it last? What do I need to do to get better? These are the big questions but they didn't have answers.

Then, a week after we sent our last newsletter (a month ago) my new doctor in Bangkok wrote with test results.

Though the greater condition I've struggled with for years is still chronic he believes that *volatile organic compounds* were aggravating it and causing my severe symptoms. Bryon looked up the names of the chemicals he mentioned and it turns out that they are really concentrated in Phnom Penh, Cambodia because of the textile industry there. We had been through Phnom Penh multiple times over the past few years but not for more than a couple months. Last year we returned at the end of July and by the end of September my health had deteriorated to the point where I ended up in the hospital struggling to breath and bedridden.

Phnom Penh handles a lot of textile manufacturing and is also built on a swamp area, so chemicals being released into the environment are then interacting with and combining with mold to form bad combinations of toxins.

When we got the report from the doctor, about 4 weeks ago, we had just arrived in northern Thailand. We had gone to Bangkok to see the doctor because he was the closest specialist who had experience dealing with my condition in Asia (Bangkok is about a one-hour flight east of where we were living in Cambodia). After seeing the doctor we headed to north Thailand to see more friends and live cheaper while we waited for results and tried to figure out how to move forward. (Chiang Mai is another one-hour flight north from Bangkok)

I've tried a bunch of stuff to try and get better over the past year and it is so discouraging when things don't work. I was leery of chasing another rabbit trail.

However, being up in Northern Thailand has been the perfect place to get away from those chemicals so we have been hanging out here for the month.

The first couple weeks I couldn't tell if it was making a difference. The change in environment wasn't making me worse but I couldn't tell if it was making me sustainably better. I was up and down with my health. However, the last few weeks have definitely been better.

I can't walk very far yet but I'm sitting and standing in the house for long periods of time. I'm able to go much farther in the wheelchair which tired me out before. I've been able to talk with friends and socialize much longer without it wearing me out. I can work on the computer again for short times without burning out.

It feels like waking up after being groggy for the last year.

I've been, and am still leery of saying much because I know I could turn and get worse again. However, I am loving this space of being able to hang out with people and engage in life again! We are staying in a big neighborhood that is great for the wheelchair with parks to walk around and I've been able to be outside quite a bit.

Thanks so much to those of you who have prayed, sent notes of encouragement, and helped us over the past year! I'm not sure how much I will be able to improve or how long it will take, but it is exciting to have some hope again :)

**I hope you are having a wonderful week,**

**Lorilee (also Bryon, Lily and Ian)**

## **November 3: Update #2 – A Little Home in the Valley**

Hi,

After doing lots of praying and talking over the last month we have decided to move up to [Chiang Mai](#) (where we have been for the last month). My health has shown improvements being out of the industrial pollution we were around in Cambodia.

[Chiang Mai](#) is also a great place to have our home base for several other reasons:

1. CM is a medical tourism destination, so the medical care here is at a western level.
2. CM is a hub for tourism so air and land travel is easy throughout Asia. At the same time, it is a smaller city at around 200,000 so cost of living is much less than Bangkok. Now we will be closer to Laos, Myanmar and Bangladesh where we have wanted to work.



(Cambodia is still a flight away and we hope to keep working with the organizations there that we have developed relationships with)

3. Lots of humanitarian organizations working in Asia base or have offices in CM so we can work with them easier.
4. The organization that provides oversight for our work is located here in CM, so we have lots of friends here that have been helping us figure out the move and who will be around when Bryon is traveling incase me and the kids need help.

When we left China 2.5 years ago we had first planned to move to CM. However, the visa situation in Thailand is more complicated and we decided on Cambodia because of that. Now the visa situation in Cambodia is also changing and it looks like CM is also the best visa option in Asia.

(Visa's might be the most complicated part of us living overseas. Getting a job in a country, either English teaching or working for an NGO is usually a fairly straight forward process for visas. But we are working in several countries with several organizations and it makes it much trickier. We haven't fully figured out the visa in Thailand yet but we have a few options)

Why Chiang Mai is a super awesome place and you should come visit us (seriously, we love visitors):

1. Northern Thailand is mountainous and beautiful! CM is in a valley surrounded with mountains

2. You can make paper out of elephant poop (we haven't braved it yet)
3. The camping and hiking with mountains and waterfalls is supposed to be awesome. I'm hoping my health will continue improving so we can explore more.



### House:

We just found a really awesome little house that feels a bit like a closed in gazebo. 3 bedrooms on the top floor with 3 doors going out to 2 decks and 5 (!! ) doors downstairs going outside. All the walls are also covered with windows. It will be great for getting lots of good air through the house. It is also about \$130 less rent per month than we were spending in Cambodia :)

### Changes and Needs:

We are excited about this transition and how it can help both my health and our work. However, there are expenses that were unexpected with making this move.

1. **In CM we need a car.** There isn't public transit in CM. For the past month we have been taking Uber cars (about half the price of taxi's strangely enough) around town.

However, the costs add up and often times we end up waiting 20+ minutes for a pickup. We need to get a car to be able to get the family (and my wheelchair) around town for shopping and appointments. We think we can find something small and reliable for about \$4000-\$5000 USD.

2. **House.** The house we have rented we got at a great deal because it has been vacant for about a year and a half. It really needs paint and only has some furniture. We will need to get a washing machine and fridge. There is no furniture in the living room and no desks or chairs for work. Our house in Cambodia came with lots of odds and ends left by past tenants like broom/mop/trash cans/laundry baskets/fans, etc but this new house is completely bare.

I'd like to find things second hand but we haven't been able to look yet. Setting up the house will cost us \$1000 - \$2000.

3. **Move.** We are heading back to Cambodia this weekend because we need to say goodbye to friends, pick up our things, and apply for new visas (we have to do it outside Thailand). When we left a few months ago the kids thought we were coming back and didn't get a chance to say goodbye to some of their friends. We have looked for ways to transport our household things from Cambodia to Thailand but there doesn't seem to be a good way. One estimate we got was over \$3000... and what we would be shipping isn't worth that much. Instead we are going to try and bring what we can with us as luggage on the plane back and try to sell the rest while we are in Cambodia.

Bryon also has work in Cambodia that he will be doing while we are packing and waiting for visa approval. The round trip should cost us about \$1000 including luggage costs on the way back.

This year has been tight because we weren't able to do as much work as we planned because of my health. We had to cancel or postpone several projects because my health got so much worse in the spring again. We also haven't been able to fundraise for as much because it has been hard to ask for people to help us financially when we aren't able to do much work. The goal this fall has been to figure out a way to find support around my health needs to allow Bryon to get back to work full time. We don't want the unknown of my illness to constantly derail Bryon's work.

With our move to CM we hope to achieve this, and in a way, it feels like a new 'launch'. It seems my health is getting better here and our smaller house will make it easier for me to do more cooking and cleaning to take care of the kids. If we need, we can hire help for some of these tasks so Bryon doesn't have to take off work. We looked at sending the kids to school here in CM but with my improved health and the huge cost of international school we will keep homeschooling for now. However, if we need it in the future, it is an option.

**Would you consider helping us with some of these one-time costs to get set up?**

**Or, would you consider joining us?**

We are needing to raise another \$430 per month to cover our expenses. When we do media for organizations they pay on a sliding scale based on their financial ability. A few organizations have been able to cover our full costs but most get discounts of 25%-75% off. Paying at least 25% helps organizations have buy in with the project.

When you are part of our monthly support team you are helping these organizations get media and marketing support that they couldn't pay for otherwise. We have never run out of work and often can't help all the people who are asking for it.

There are very few ministries like us located overseas. Because the audience for most NGO work is in western countries, knowledge of English and western culture is important and local media companies can't provide these services. Volunteers can provide help but they are often not constant year to year and/or sometimes don't deliver any media at all after they get home from their trip because they get too busy. Finding companies in Western countries costs much more and also comes with having to pay travel.

This is our niche – long term, local (based in Asia) media and marketing help with Western knowledge and experience :)

**I hope you are having a wonderful week,**

**Lorilee (also Bryon, Lily and Ian)**

**Donate: One-time or Monthly**

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## November 4: Update #3 – Diving In



Hey,

The last two months (September and October) we took off to take some time to try out a few things for my (Lorilee's) health (beach - bad, Northern Thailand - good) and to spend some time as a family talking about how to move forward in our work while dealing with my health issues.

It has been good, and still plenty busy, but we are excited to be getting back to work.

### **Our first trip, starting Nov 3, is multipurpose:**

1. We all needed to leave Thailand to get new visas
2. We wanted a chance to say goodbye to the friends we have made in Cambodia and close off this season of our lives
3. We need to sell, or pack in airline luggage, our belongings we had back in Cambodia in storage with friends
4. Bryon is getting back to work :)

We wanted to tell you about the projects we will be working on for the next few months.



## New Hope for Cambodian Children

NHCC was the first organization we worked with in Cambodia. John and Kathy Tucker (originally from Texas) founded the organization about 15 years ago when they were here working with adult AIDS patients in hospice care and they saw all the children being left behind after the parents died. Now they are located about 45 minutes outside Phnom Penh and foster HIV orphans. They have a lovely little 'village' where the children live in smaller houses with caregivers. They get the medical care they need and they are able to get an education.

2 years ago we were able to do video and photography work for them. Last Christmas we helped them redesign their website. Now we are going to be working on a few video projects, photo and more updates to the website.

It is exciting to be a part of helping these kids and it has been exciting to work more long term with the organization. Organizations the size of NHCC don't have the ability to have someone on staff to handle web/media/marketing full time but they do need ongoing support. We can help with day to day website issues as well as provide the bigger projects because we understand their organization and know how they work.

## Shalom Mission Cambodia

We have just started working with this group. This is a Cambodian lead project to plant churches while doing community development in rural areas. We are excited to learn more about their integrated approach.

We are doing a video, photo, and a website for them. A big challenge for them has been accepting funds from people who want to support their work. Locally in Cambodia getting payment gateways that work online is very difficult. Paypal isn't in Cambodia, credit card processing through local banks is very expensive, and people can't send checks from foreign banks. Wiring has been the best way to get money through but there are larger fixed costs associated with that. We have been working with them to find a way that they can take donations through their new site that aren't too cost prohibitive.

This was a project we had scheduled for this past summer that we had to postpone due to my (Lorilee's) health.

## Alongsiders

We are thrilled to be able to partner with this organization. We first heard about this organization through a book the founder wrote called 'The Urban Halo' and then his second book 'Subversive Jesus' (both highly recommended and the second one is only 2.99 on kindle right now). They are working in slum areas (started in Cambodia but now in growing all over

the world) by helping young adults transform their communities by being mentors for at risk kids.

After reading their book we fell in love with their vision. Recently they moved their headquarters to the same neighborhood we were living in in Phnom Penh Cambodia! This month we are helping them with a video project :)

Bryon will be collecting media from these three places and working with them on site in November and then we will be processing media and doing website work once we get back to Thailand.

### **Praises:**

1. Progress on Lorilee's health. We weren't sure it would ever come, not sure how much better she can get, or if it will last, but it is a huge blessing!
2. The chance to relocate to Chiang Mai and slowly figuring out how to make that happen.
3. Getting back to work and being able to combine several reasons for this trip to Cambodia.
4. Encouragement and people who have offered support and help through all the health issues and transition.

### **Requests:**

1. That Lorilee's health won't be too affected being back in Phnom Penh for a few weeks.
2. Wisdom while working on these projects in Cambodia.
3. Visa process to be quick and uneventful.
4. Kids (especially Lily) finding more friends and getting settled in CM. Ian has several friends his age living close by that he has known for several years but we don't know any families with kids Lily's age.
5. Financial needs of a car and getting set up here in CM as well as finding people who will partner with us monthly.

**Donate: One-time or Monthly**

**I hope you are having a wonderful week,**

**Lorilee (also Bryon, Lily and Ian)**

**Visit Our Website**



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Thanks so much for being part of the project!

**Our mailing address is:** Sharing Dots, 14231 Stagecoach Ln., Blair, Nebraska 68008.