

# TWINLESS TIMES

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SPRING 2012



## President's Corner

Dear Twins,

Much has been undertaken since the Minnesota conference last July. For those that were able to attend that memorable conference, the 2012 site was announced - Dublin, Ohio (part of Columbus) will be the host city.

The Board of Directors met in Los Angeles in December to discuss a wide area of topics. These subjects included the 2012 conference, membership, fundraising and twin outreach.

Attending a conference for the first time can be a daunting experience. Much behind the scenes preparation is undertaken, such that our twins may find a welcoming and nurturing environment. Our Michelle travels to the host city and reviews hotels as prospective venues. Comparisons must be made and then presented to the Conference Committee of the Board and ultimately to the Board for approval. I am very excited about this year's venue at the Embassy Suites. From Michelle's reports, this is a hotel that truly wants TTSGI and have made it possible to host and have a truly great conference. We will also have a Memory Walk as an opportunity to unite as a group for the collective reflection of our twins. This will also be used to establish a legacy and fundraise for our organization. Many of us lost our twins at a time when this organization didn't exist. It's continuity is essential for those who have recently become twinless and for those that will sadly become twinless in the future.

In our last issue, I neglected to thank our Twinless Times editor, Margaret Daffin. I have known many of our past editors and am aware that to produce this newsletter is an exhausting process. I always enjoy receiving my copy and deeply appreciate what Margaret does to produce an edition.

Ray Boyle, President ♥

### VOLUNTEER!

If you are interested in volunteering for TTSGI, there are many opportunities available to you!

We are looking for volunteers who can assist their Regional Coordinators or help with the TTSGI website.

Please contact your Regional Coordinator using the website's "Contact Us" map in your area.

Go to: [www.twinlesstwins.org](http://www.twinlesstwins.org) ♥

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# THE EMPTY CHAIR

## “GIFTS OF HOPE”

*By Sandy Goad*

When “hurricane grief” sweeps through our lives and leaves behind emotional destruction and indescribable loneliness, hope can feel as if it has been swept away with the storm. The hope and meaning in life appear to vanish. But hope is essential to life, so we must look for it. We see the beginnings of new growth after a hurricane. Flowers begin to grow back and small seedlings begin to appear. You too can experience the hope and the promise of new growth in your life. We may not always have a map or a GPS system to guide us, but we do have the experiences of other twins who have grieved the loss of their twin and offer us tangible hope.

Hope can come from the most unexpected places and in the most surprising ways. We see hope in the stories that are submitted in our Twinless Times newsletter. We see hope when we attend a Regional Meeting or a National Conference. We even see hope in our emails and phone conversations between our members. If you have missed some of these “gifts of hope”, I would like to use the rest of my column to share a few of them with you.

### **Submitted by Paul, twin to Pete in 2000:**

“There I was, standing alone in the hallway of the Drawbridge Inn, just outside of the “meet and greet” room at my first Twinless Twins National Conference in Cincinnati. I felt dazed, confused, scared, overwhelmed with sadness, and for the first time in my life, I felt totally hopeless. What was I doing here? Pete can’t really be dead. I stared at the colorful design in the carpeting beneath my feet and my thoughts drifted to the events of the last three months. My identical twin, Pete, had died of a heart attack at the age of 46. We had just experienced a wonderful weekend visit together. Pete was on a business trip to Chicago from Dallas where he had lived for the past

eight years. I pondered our last conversation we had in my living room that Wednesday morning. We talked about our plans for the future, of Pete’s retirement in four years, and of his moving back home to Chicago to start a new phase in our lives. I remembered driving Pete to the airport with the car windows rolled down and feeling the breeze of that unusually warm February day. Then, there it was, like a kick to my stomach, the memory of what was to be our last hug.

I was jolted back into the present as people began walking past me in the conference center hallway. I remember thinking, “Is he one of the twins? Is she?” I walked over to the doorway and peeked into the quiet room. I saw the neatly arranged round tables covered with white linens and decorated with festive centerpieces. I observed the buffet table filled with bowls of snacks along with trays of cheese cubes, and wondered if I was going to be able find the courage to enter this room later.

I went back to my room and lay on the bed clutching my framed photo of Pete, and sobbed. I did not want to be here. If only I had not promised Dr. Brandt I would attend – then I could leave. My thoughts once again returned to the memories of the hospitals, the ventilating machine, and the first week of hoping that Pete would regain consciousness. Then I remembered having Pete airlifted back to Chicago where I was sure that his condition would improve. Next, the memories of the family meetings, my signing the documents to have Pete removed from life support, and then the four days of waiting for my twin to die. Finally, the still unbelievable scenes of Pete’s wake, funeral and burial. I remember marveling that I had survived these last three months. I drifted back into the huge dark hole of my hopelessness. There must be hope. There had to be hope. Dr. Brandt made it through this. The other twinless twins that I met on line made it through this. What did they have that I

didn't have that allowed them to survive this? Then, like a tiny flicker of light in a dense fog, I saw that my only chance of finding hope was at this conference. I pulled myself together and mustered as much courage as I could and headed down to the "meet and greet" room. As I neared the room I heard bursts of laughter and sounds of joyful greetings. My first thought was that I was nearing the wrong room. Surely these sounds were not radiating from twins who had lost their twins. As I entered the doorway, I noticed the nametags that people were wearing. The nametags each had two names on them – their name along with their twin's name. This was the right room. I remember thinking, "but how can this be? – they are hugging, laughing and are happy to see each other." There it was. HOPE. "Is it possible? Will I really be able to be happy and laugh again, too?" I said to myself, "Maybe? At least I now have hope."

**Submitted by Geri, twin to Sheri in 2011:**

"I feel--a vast empty space where there had never been before. Still, even though she is no longer here to share our days, I have been left with a precious gift--a lifetime of cherished memories."

**Submitted by Dawn, twin to Daryl in 2011  
from the book, *Who Moved the Sun – A Twin Remembers*, by Ron McKenzie, twin to Don**

"I am learning that I can go through life sad and miserable or I can go through life with all the wonderful memories of when we were together. Life is full of "stuff" and life is what you make of it. I know now that I will be

sad at times on this trip, but I will also be happy because I know you are going to be right there next to me. There are only two feelings in life: fear and joy. Joy is hard for me right now, but it is the right road to take. Joy will allow me to experience life with you at my side."

**Submitted by Meredith, twin to Emily in 2011:**

"I believe that a huge aspect of my confidence in me, and the faith I have to move through my life is from the immense support given from Twinless Twins. I would like to be in a position to help other twins get to the place I am in life. I never believed I would get to the point of accepting my sister has died, and living a life I know she would be proud of, but I believe Twinless Twins has given me that."

Thank you to all the twinless twins, who give us their "gifts of hope". They provide the gift that keeps on giving and help us to move forward on our journey through grief.

"I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness. We are all together, reaching out our hands for strength greater than ours, and as we join hands, we find love and understanding beyond what we could ever have imagined." ♥

## *Never Really a Happy Birthday*

Obviously, when I was born there were two of us .. one, remains. I dedicate this to the lost one:

<http://www.youtube.com/watch?v=YR1ujXx2p-I>

*Merry Christmas and Happy Birthday, twin.*

Gay Lynn Backman December 29, 1953

Gail Lee Backman December 29, 1953 to August 22, 1970

Still so painful ... even many years later.

Gay Lynn Backman, twin to Gail Lee ♥



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## NEW ENGLAND REGIONAL MEETING

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*By Mary Lou Krebsbach, twin to Kerry*

The New England Region of Twinless Twins met on October 30, 2011 in Exeter, New Hampshire. The meeting was to be held at the home of our host, Paul Marshall, but due to an unusually early snowstorm that blanketed the North East with more than a foot of snow and left much of the area without electricity, the venue changed last minute to a charming cafe in the town of Exeter. Despite the extreme weather conditions, thirteen twins and six support members attended the meeting, many traveling from Vermont, Massachusetts, Connecticut and Maine.

This was my first Twinless Twin meeting and I was greeted warmly by the group and I felt instantly connected. We had a light snack at the cafe before deciding to head back to Paul's house to continue the meeting. Due to such a large group, the support group met separately from the twinless twins to facilitate an easier dialog.

Our wonderful and very compassionate facilitator, Linda Pountney, suggested we begin by talking a little about our twin relationship and how our twin died. The

stories that unfolded were very tender and emotional. Some twins who were inseparable in childhood had lost touch in adulthood, only to reunite shortly before their twin's death. Some twins lost their twin in a sudden and tragic manner. And while some lost their twin more than twenty years ago you could feel their loss as though it were only yesterday. What struck me the most was that as unique as each twin experience and each twin loss was, we all shared the commonality of the twin bond and the accompanying pain of twin loss. It is this twin bond which gives twins the ability to empathize and understand the deep void created when a twin loses a twin. The amazing empathy and compassion the group extended to one another as the stories were being told was heartwarming. It was truly remarkable to experience such a showing of support and togetherness.

Before the meeting concluded, we enjoyed a pot luck luncheon along with a delicious barbecue prepared by Paul. And even without the candle lighting ceremony in the park that was foiled due to the weather, the day was filled with warmth and light. ♥

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### LONE TWINS HARROGATE MEETING, FEBRUARY 18TH, 2012, ST MICHAEL'S HOSPICE.

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*Janet Baird, our Affiliate Member in the UK, wrote the following about their recent Lone Twin Network meeting in Harrogate, England on February 18th:*

Ten twins met for the 5th Harrogate meeting. We began with tea and biscuits as usual at 12—Betty's tea bags of course!

Then we went around the table for short introductions which included three new twins — Anne Sanderson, Ann Worthington and Alison Equizi.

In our group we keep the introductions to five minutes maximum which means we have time to talk about events and issues—but of course, there is always time in the meeting to listen to everyone. In our business meeting we discussed the forthcoming AGM on March 24th in Nottingham and several twins said they would go. We also talked about our summer trip to the 'eco monastery' near Thirsk where Sister Julian Falkus now lives—she has moved from Stanbrook Abbey and so is now in 'our' patch! We have been invited for tea and a tour round the monastery, though of course visitors can only see certain areas. We also hope to walk in the nearby forest.

*(Continued on page 6)*



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## CANADIAN-ONTARIO REGIONAL MEETING

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by Mary Cannon

The Canadian-Ontario Regional Meeting was held on November 6, 2011, in Huntsville, Ontario, at the home of Judy Wilson (twin to Jane). Judy has been hosting our Regional Meeting for ten years now and it is always such a special time for everyone. Thanks Judy. There were five twins in attendance and also three of our spouses. We had lots of great food, great conversation, and just enjoying being with each other in sharing our twin memories.

In attendance:

Mary Cannon (husband Randy)  
Darlene Moore  
Mary Stephens  
Debbi Tranter (husband Tom)  
Judy Wilson (husband Dick)

Unfortunately, our Regional Coordinator, Doris Giroux, was unable to attend. We are already looking forward to our next get-together, hopefully sometime in May. ♥



Ruth Selig, author, and Chair

### THE BIRTH DAY PROJECT

At the December meeting of the TTSGI Board, we initiated what is being called *The Birth Day Project*. When fully implemented, this initiative would ensure that each twinless twin in the Twinless Twins Support Group International could receive a telephone call on his or her birthday from another twinless twin in the organization. As each twinless knows all too well, their birth day is

often the most difficult day in his or her entire year.

Several years ago, the Mid-Atlantic Region initiated this simple act of kindness when a young woman in that Region offered to call TTSGI regional members on their birthdays. I looked forward to that phone call on the day of Rolly and my birthday; it was a kind and thoughtful gesture that made my day go just a little easier.

To initiate the project, the TTSGI Board agreed that one of its members (me) would call each of the Board members and each of the Regional Coordinators on his or her birthday during a trial year of the Project. Any Regional Coordinator also could choose to become part of the one-year trial. Pamela Fender, Coordinator for the West Coast Region, has stepped up to the plate and asked to become part of the first year trial. At the end of 2012, the Board will review the project's first year results and will consider whether to ask all the

Regional Coordinators to call each of their members (or designate someone in the Region to take on that responsibility.)

We are currently gathering the information needed for just the first year's trial (phone numbers as well as information on who would prefer not to receive such a phone call.) Suggestions on what to say in the phone call to the twinless twin on his/her birthday are also being offered ("How is your day going" is usually a better opener than "happy birthday," for example.)

Your reactions to this initiative are welcome, as well as any suggestions for the actual phone call. Please e-mail your ideas and suggestions to Seligruth@gmail.com

Sincerely,

Ruth Selig, *twin to Rollyn*  
TTSGI Board Member  
Coordinator of "The Birth Day Project" ♥

Jill's Garden party on June 16th was also discussed—and those twins free and near enough will go. Dates for a Paris trip out to see Sheila Haywood were also on the agenda and we decided to make a definite date and then perhaps throw it open to twins from other regions.

I also mentioned the American conference in Ohio which runs for 4 days from July 12th.

We plan to meet earlier in autumn 2012 as not all the twins can go to the June meeting at the monastery.

After a relaxed lucky dip lunch and time to talk to each other we regrouped in the easy chairs for our after lunch discussion.

We looked at the work we had done on anniversaries and birthdays in the last meeting—as I have put it together as a booklet.

Everyone agreed it was valuable and Jill suggested we might put it on the Lone Twins website as a link. As two twins who had contributed were not at the meeting, we had of course to consult them first. I have now heard they are both happy for the information to go on the site so will explore the best way to do that. I feel that work we do and discussions we have at lone twins meeting are special and we have to respect confidentiality before we 'go live' with information and comments!

We had a short discussion about holidays—but most there didn't find it an issue. Twins with adult loss who had gone on holiday with their twins find some difficulty—but some useful information on group holidays was discussed.

We departed at 3pm after stalwart clearing up—and set off for various corners of Northern England. It seemed like a very worthwhile meeting. ♥



## HOW TRACEY AND DARLA ARE MAKING A POSITIVE DIFFERENCE IN THIS WORLD DESPITE SUFFERING THE TRAGIC LOSS OF THEIR TWINS

By Tracey Gerald, *twin to Stacey*

### The Grese Twins

Darla and Kelli were born and raised in Jefferson Borough, Pittsburgh. They graduated from Thomas Jefferson High School in 1991 and after a quick, humorous discussion, the twins decided to join the Navy. After swearing in, the twins left for boot camp and trained in Orlando, Florida. Following Navy Boot Camp, and after completing Hospital Corpsman School in Great Lakes, IL, they were stationed together at the Portsmouth Naval Hospital in Virginia for 2 years. Then, much to the twins' delight, they received orders to the base hospital in Naples, Italy, where they were stationed for 2 years. And following, another 2 year tour at Portsmouth. In typical fashion, the twins were promoted together and earned the same awards and commendations during their entire Navy careers. After serving their country for 6 years, the Grese Twins



THE GRESE TWINS

decided to leave the Navy and head back to the civilian life and employment. Darla gained employment at Coca Cola as a sales rep, and eventually earned her

degree as a Respiratory Therapist, while Kelli struggled to find her "fit" as a civilian.

In 2007 Darla started a career working for Sentara Norfolk General Hospital as a respiratory therapist, was involved in a committed long term relationship, started her dream career as an actress, and eventually gave birth to a son. Kelli developed depression and began treatment with the Veterans Administration Mental Health Department. Kelli's depression started and she was prescribed antidepressants and anti-psychotics from her psychiatrist that induced a hyper-depressed state. This culminated in the unthinkable act that would change Darla's very existence. It was the day that Darla would find her twin sister, deceased from an anti-psychotic overdose. Life as she knew it would never be the same nor would she.

Darla began almost immediately in keeping her twin's memory alive. Only two months after she lost Kelli, with the help of a friend, Darla organized a team to walk with the National Suicide Prevention. The Out of the Darkness Walk is a walk in memoriam and helps family and friends heal after such a catastrophic loss. Darla walked in memoriam of her twin, Kelli. Darla also assisted in founding an annual award at the Veterans Affairs Hospital in Hampton, VA. It is called the Kelli Marie Grese Memorial Award and is given to the employee that contributes selflessly to the hospital's veterans in recovery. 2011 was the maiden dissemination of the award, and was given to Ms. Judith Curtis.

### The Gerald Twins

Stacey and Tracey were born and raised in Orlando, Florida. They graduated from Colonial High School in 1988 and after a quick, humorous discussion, the twins decided to join the Marine Corps. After swearing in, the twins left for boot camp at Parris Island, South Carolina. Following Marine Corps Boot Camp, and after completing Administration School at Del Mar, Camp Pendleton, California, they were stationed together at Marine Corps Base, Camp

*(Continued on page 8)*



Lejeune, North Carolina. They were stationed there for 3 years, were promoted to Private First Class, and Lance Corporal together. After Stacey served her first tour she decided to go back to Orlando and got a job as a flight attendant for Jet Blue Airlines. Tracey stayed in the Marine Corps.

In 2002, the separation between the twins would soon begin, which was sparked by the diagnosis of lung cancer of their mother, and ultimately her death. Tracey eventually received orders to recruiting duty in Florida, but the death of their mother was more than Stacey could



**THE GERALD TWINS**

handle. Stacey began a downward spiral into depression and alcoholism. Tracey then received orders to Iraq. While Tracey was in Iraq, Stacey’s drinking grew into full blown alcoholism and when Tracey returned from Iraq, Stacey would also do the unthinkable. Seven weeks after returning home from Iraq, Stacey took her life with a fatal dose of sleeping pills. Tracey was the one who found Stacey, in her apartment and facedown in her bathroom. Stacey was gone.

In 2009, Tracey also fell into depression, was taking anti-depressants, drinking alcohol, smoking cigarettes and gained an astonishing 70 pounds. Tracey was at her wits end when she received an angelic message from her twin sister. She heard her twin’s voice in her ear, telling her to “Take her life back”. It was at that very moment that Tracey signed up for college, hired a personal trainer and lost all the weight and eventually became a personal trainer herself. Tracey graduated from college with her degree in Exercise Science in May of 2011. She also completed The Out of Darkness Suicide Prevention Walk in Stacey’s name. In helping other twins recognize the warning signs of depression, Tracey submitted educational articles to Twins Magazine (not Twinless Times) and was a featured double spread in the Spring 2010 edition, pages 38 and 39.

**Tracey’s mantra, “Everything I do,  
I do for Stacey”. ♥**





# FREQUENTLY ASKED QUESTIONS ABOUT THE MEMORY WALK

## Q: What is the Twinless Twin Memory Walk?

A: The Memory Walk is an event to raise funds to provide support for twins and other multiples who have lost their twin due to death or estrangement at any age. We are a non-profit organization that depends on charitable donations from twinless twins, their friends and family and the community to fund our organization so we can continue to reach out to all twinless twins. We would like to take this opportunity to raise funds to support our mission of "healing through helping others" so that no twin ever has to walk alone. (Donations are optional and are not required to participate in the walk.)

## Q: When and Where is the Memory Walk?

A: The 2012 Twinless Twin Memory Walk will be held at our International Conference in Columbus, Ohio between July 13-14 – exact time and date to be determined.

## Q: Do I need to be at the conference to raise money for the walk?

A: No. You do not need to be an actual participant in our walk to take part in this fund-raiser. You can still participate by collecting donations in memory of your twin for TTSGI and another twinless twin, who will be there, will carry the name of your twin on our Memory Walk. You may also choose to walk where you live with twins, family and friends or at one of your regional meetings. (Please be sure to email Margaret Daffin at [medaffin@aol.com](mailto:medaffin@aol.com) if you want you and your twin's name to be carried on our walk in Columbus.)

Many companies may have a matching gifts program. Matching gifts are a great way to increase the amount of money you can raise. You can check with your company's human relations department to see if they have such a program in place.

## Q: How is the money collected?

A. You can ask friends, family and businesses to support TTSGI with a flat donation. No donation is too great or too small. . . every amount helps. Use the donation sheet in this newsletter to keep track of your donations and please remember to give us an address for a thank you tax receipt to be sent.

There will be three ways for you to get your donations to TTSGI.

1. Your donation sheet, along with your donations can be sent to Margaret Daffin, Chairman of the Memory Walk. If possible, Margaret would like to have all your donations mailed to her by July 1st. **Please do not send cash.** Margaret's mailing address is: Margaret Daffin, 9352 Briar Forest Drive, Houston, TX 77063. Please write Memory Walk on your envelope. If you are sending your

donation sheet to Margaret, please indicate on the donation sheet if you will be attending the conference and be sure to put your twin's name along with your name on the sheet so we can walk in memory of your twin if you cannot attend.

2. Or you, your friends, family and community can donate to TTSGI on line by using our web-site at [www.twinlesstwins.org](http://www.twinlesstwins.org). The donate button is located on the left side of our home page. By clicking on that button, they can go to a secure server to make their donation. We will need their address so as to send a thank you from our organization as their tax receipt.

3. Or if you are attending the conference, you can bring the donated money and your donation sheet with you.

## Q: Are donations tax deductible?

A. Yes. All donations are tax deductible in the United States. Twinless Twins Inc. is a 501(c)(3) non-profit organization making your contribution tax deductible within the limits of the law.

If you have any other questions, you can contact Margaret about the walk at [medaffin@aol.com](mailto:medaffin@aol.com).

In twinship,

Margaret Daffin, twin to Josie  
Chairman of the 2012 TTSGI Memory Walk ♥

## TTSGI New Website Coming Soon!

TTSGI has exciting news! My team has diligently been working on a new, innovative, easy-to-navigate website. By the time you receive this newsletter it should have launched--so take a look at [twinlesstwins.org](http://twinlesstwins.org) and see what is offered.

Dawn Barnett, *twin to Daryl*  
TTSGI Website Chairman ♥

## Twinless Times Format Choice

If any of our members are interested in receiving the Twinless Times via email as a colored .pdf file instead of the regular mailed hard copy, please send your name and email address to Ray Boyle at: [boyle@firstline.com](mailto:boyle@firstline.com). He will forward this to you. Thank you.

Margaret Daffin, Co-Editor

# DONATION FORM

## TWINLESS TWINS SUPPORT GROUP INTERNATIONAL (TTSGI)

### MEMORY WALK 2012

Your Name: \_\_\_\_\_

Donations in Memory of: \_\_\_\_\_

	Name	Address	Donation
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

Please make checks payable to Twinless Twins Support Group International (TTSGI)

Conference Information:  I will be attending the Columbus, Ohio Conference.  
 I will not be attending the Columbus, Ohio Conference.

# TWINLESS TWINS SUPPORT GROUP

## 2012 CONFERENCE REGISTRATION • JULY 12-15, 2012 • COLUMBUS, OH

NAME OF THE TWINLESS TWIN: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

AREA CODE/PHONE NUMBER: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

TWIN'S NAME (IF NAMED): \_\_\_\_\_ DATE OF LOSS: \_\_\_\_\_

CAUSE OF LOSS: \_\_\_\_\_

*YOU MUST BE A CURRENT PAID MEMBER TO ATTEND THE CONFERENCE.*

ARE YOU A MEMBER OF TTSGI? YES  NO  IS THIS YOUR FIRST CONFERENCE? YES  NO

YOUR T-SHIRT SIZE: (ADULT SIZES ONLY) S  M  L  XL  2XL  3XL

**ANY GUESTS WHO WILL BE ATTENDING THE CONFERENCE WITH YOU MUST ALSO BE REGISTERED.**

NAME OF GUEST(S)

1. \_\_\_\_\_ T-SHIRT: S  M  L  XL  2XL  3XL   
2. \_\_\_\_\_ T-SHIRT: S  M  L  XL  2XL  3XL   
3. \_\_\_\_\_ T-SHIRT: S  M  L  XL  2XL  3XL

MEMBERS MAY PURCHASE ADDITIONAL TICKETS FOR THE SATURDAY EVENING BANQUET FOR ANY FAMILY OR FRIENDS WHO WILL NOT BE ATTENDING ANY OTHER PART OF THE CONFERENCE, BUT WOULD LIKE TO ATTEND THE BANQUET. COST IS \$60.00 PER PERSON.

NUMBER OF ADDITIONAL TICKETS FOR THE SATURDAY EVENING BANQUET: \_\_\_\_\_

### • HOTEL & TRANSPORTATION •

ROOM RESERVATIONS ARE MADE DIRECTLY WITH THE HOTEL. THE HOTEL INFORMATION IS BELOW - BE SURE TO TELL THEM YOU ARE WITH TWINLESS TWINS SUPPORT GROUP TO GET THE RATE OF **\$99.00 + TAX/ NIGHT.**

**EMBASSY SUITES, COLUMBUS - DUBLIN**  
**5100 UPPER METRO PLACE, DUBLIN, OHIO, 43017**  
**(614) 790-9000**  
**[HTTP://TINYURL.COM/TTCONF2012](http://tinyurl.com/TTConf2012)**

MAKE YOUR RESERVATION **BEFORE JULY 6, 2012** FOR OUR GROUP RATE.  
THERE IS A LIMITED NUMBER OF ROOMS ON HOLD!

WE RECOMMEND FLYING INTO THE PORT COLUMBUS INTERNATIONAL AIRPORT (CMH).  
(THE HOTEL DOES NOT PROVIDE SHUTTLE TO OR FROM AREA AIRPORTS)

• AUCTION/RAFFLE DONATIONS •

PLEASE CONSIDER DONATING A GIFT TO BE AUCTIONED AT EITHER OUR SILENT AUCTION OR OUR LIVE AUCTION AT THE SATURDAY BANQUET! RAFFLE PRIZES ARE ALSO NEEDED. WE RELY ON YOUR PARTICIPATION, AS THIS IS OUR MAIN FUNDRAISER FOR THE YEAR. QUESTIONS? EMAIL US AT CONTACT@TWINLESSTWINS.ORG

• COST TO ATTEND •

THE FOLLOWING MEALS ARE INCLUDED WITH YOUR REGISTRATION:

- FRIDAY & SATURDAY HOT BREAKFAST, FRIDAY LUNCH
- SATURDAY EVENING BANQUET MEAL (SEMI FORMAL)

REGISTRATION FEE IS \$199.00 PER PERSON IF RECEIVED BEFORE JULY 6, 2012. LATE REGISTRATION FEE IS \$245.00 PER PERSON.

\$199.00 X \_\_\_\_\_ # OF PEOPLE = \$ \_\_\_\_\_

AFTER JULY 6, 2012 - \$245.00 X \_\_\_\_\_ # OF PEOPLE = \$ \_\_\_\_\_

GUESTS FOR SATURDAY BANQUET DINNER ONLY - \$60.00 X \_\_\_\_\_ # OF PEOPLE = \$ \_\_\_\_\_

WOULD YOU LIKE TO MAKE A VOLUNTARY DONATION TO THE 2012 CONFERENCE ASSISTANCE FUND? (THIS IS A SPECIAL FUND SET ASIDE TO ASSIST MEMBERS WHO, WITHOUT HELP FROM THIS FUND, WOULD NOT BE ABLE TO ATTEND THIS CONFERENCE.) IF SO, PLEASE ENTER THE AMOUNT OF YOUR DONATION HERE: \$ \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

(AS TWINLESS TWINS, INC. IS A REGISTERED 501©3 TAX-EXEMPT ORGANIZATION, ALL DONATIONS ARE TAX DEDUCTIBLE WITHIN THE LIMITS OF THE LAW)

TO PAY BY CREDIT CARD PLEASE PROVIDE THE INFORMATION BELOW.

TYPE OF CARD: VISA  MASTERCARD

NAME AS APPEARS ON CARD: \_\_\_\_\_ CVV #: \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_ EXPIRATION DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

**MAKE YOUR CHECKS PAYABLE TO:**  
**TWINLESS TWINS SUPPORT GROUP**

**MAIL PAYMENT TO:**  
**TWINLESS TWINS SUPPORT GROUP**  
**C/O MICHELLE GETCHELL**  
**PO BOX 980481, YPSILANTI, MI 48198-0481**  
**TOLL-FREE: 1.888.205.8962**  
Email: [contact@twinlesstwins.org](mailto:contact@twinlesstwins.org)



**TWINLESS TWINS SUPPORT GROUP INTERNATIONAL**

**2012 DONATION FORM**

Please enter the required information below if you would like to sign up as a Donor for Twinless Twins Support Group International.

Please print **this form** and mail it, along with your check, money order, or Visa/MasterCard/Discover information to:

**Twinless Twins Support Group International**  
**P.O. Box 980481**  
**Ypsilanti, MI 48198-0481**  
**Or fax to: 1-888-205-8962**

(Alternatively, you may make your donation online at [www.twinlesstwins.org](http://www.twinlesstwins.org) and use the DONATE button in the middle of the left hand side of the home page.)

**Designate Funds – please check one:**

- General Fund
- Matching Gift
- Conference Assistance Fund (conference assistance scholarship)
- Scholarship Fund (memberships; book purchases; flexible/misc. financial assistance)

**CONTACT INFORMATION:**

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**PAYMENT OPTIONS:**

**Amount of Donation:** \_\_\_\_\_

***Canadian twins should send money orders in U.S. funds only***

- In full at this time     Check enclosed     Credit Card
- During the month of \_\_\_\_\_
- By making pledge payments of \$\_\_\_\_\_ for \_\_\_\_\_ consecutive months/years
- My company has a Matching Gifts Program. I am mailing a completed form. If so,  
Name of matching company \_\_\_\_\_  
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**Credit Card Number:** \_\_\_\_\_ (no dashes or spaces)

**Credit Card Expiration Date:** \_\_\_\_\_ (mm/dd/year)

Twinless Twins, Inc. is a 501(c)3 nonprofit tax-exempt organization and your donation is tax deductible within the limits of the law.

## IN RECOGNITION OF OUR CONTRIBUTORS SINCE FALL 2011

**Paul Angelis**

**Vincent Arthurs**

**Brea Behn** – she matched the amount donated by the Pampered Chef as a fundraiser for TTSGI – thank you to those who contributed and thank you to this wonderful organization – in memory of her twin, Brad Crouse

**Dawn Barnett** – in memory of Sarah Flower and her twin, Daryl

**Wendy Bauer** – conference assistance fund

**Steve Bergman** – in memory of his twin, Hal Bergman

**Debe Portman Bloom** – in memory of her twin, Carol Portman Marinoff and in memory of Sarah Flower

**Mary Boudreau** – in memory of Sarah Flower

**Raymond Boyle** – monthly pledge and donation for board meeting

**Carol and Jay Braden** – in memory of Ronald Caserta

**Dana Bridges** – in memory of her twin, Debbie Bledsoe

**Sandra Brown** – in memory of her twin, Sammy

**Michelle & Edward Brownlee** – in memory of Sarah Flower

**Michael Caruso**

**Betty Jean Case**

**Merna Crasper** – in memory of her twin, Verna

**Margaret Daffin** – quarterly pledge and donations in memory of her twin, Josie

**Miriam Doetsch** – in memory of Dr. Raymond Brandt

**Lea Eriksen** – in memory of her twin, Eve Eriksen Richards and Sarah Flower

**Gale Erlewine** – in remembrance of his twin, Larry Dale, who died November 12, 1999

**ExxonMobil Foundation** – for volunteer hours and matching grants by

Margaret Daffin in memory of her twin, Josie Wilson

**Edward Fisher & Kari Magill** – scholarship fund

**Dean Flower** - in memory of Sarah Jane Flower (July 31, 1964 - Sept 20, 2011), who was helped greatly by Twinless Twins after her sister Ann's death in 2001

**Eileen Friedman**

**Laraine Frost** – in memory of her twin, Judith Ann Hoefler

**Hope Glassmyer**

**GoodSearch.com** – from all twinless twin members who use this search engine – THANK YOU!

**Olivia Greco** – in memory of her twin, Penny

**John Hodge** – in memory of his twin, Charlie Hodge

**Virginia Holleman** – in memory of her twin, Betsy Katz

**IGive.com** - from all twinless twin members who use IGive to buy online – THANK YOU!

**Elaine Ingleman** - in memory of her twin, Irene

**Eileen Jensen** – in memory of her twin, Elaine Moench

**Jane Kennell**

**Leslie Kole** – in memory of her twin, Linda Kole

**Mary Lou Krebsbach** – in memory of her twin, Kerry

**Venice Lacy** – in memory of her twin, Toni Lacy

**Lillian Landry** – in memory of Sarah Flower

**Beatrice Lee** – in memory of her twin, Belle

**Kevin Lee** – in memory of his twin, Keith

**Terry Lewis-Foor** – gift in memory of Sherry L. Lewis 8-5-94 from her twin, Terry

**Nicole Lewis** – in memory of Ronald Caserta

**June Loertscher** – in memory of her twin, Jeanette Allen

**Norma McDonough** – in memory of Sarah Flower

**Alpha McPherson**

**Richard Millington** – in memory of Sarah Flower

**Mary R. Morgan** – in memory of Sarah Flower to be used for a twin's 1<sup>st</sup> conference

**Susan Mullen** – in memory of her twin son, Brian Patrick Mullen and twin to Kevin Mullen

**Kathleen Nikolay** – in memory of her twin, Kate Nikolay

**Kelli Quinn** – in memory of her twin, Karen Jeanne Quinn

**Julia Ramey** – monthly pledge

**Carol Reed** – in memory of her twin, Carol Sgarzi

**Roberto, Israel & Weiner, P.C.** – in memory of Sarah Flower

**Judith Rocky** - twin to Janice Thompson

**Margaret Ryan** – in memory of her twin, Francie Ryan

**Rebecca Sehenuk** – in memory of her twin, Jenny Schenuk

**Bella Siegel** – in memory of her twin, Sylvia Siegel

**Beverly Smyk** – monthly pledge

**Rachel Starr** – in memory of her twin, Richard R. Matz

**Mary Stephens** – in memory of her twin, Catherine "Anne" McMahon

**Nadeen Stitt** – donation for banners

**Debra Swanson** – in memory of her twin, Marcia Shives

**The Pampered Chef**

**Joan Tsotsones** – in memory of her twin, Jean Tsotsones R.N.

**Judy Carol Valdez** – in memory of her twin, Linda Ann

**Janet Vierling**

**Matthew Vierling**

**Pamela Vanaken - Destiny Rose Macedonio**

**Lucy Wagner** – in memory of her twin, Elizabeth Anne Wagner

**Suzanne Wedow** – monthly pledge

**Linda Stephens & Laura Wilson** – "Last joy in Jesus – Christmas Blessings!"

- twins who give so generously to TTSGI

**Camille Wissman** – scholarship fund, in memory of her twin, Carmen

**Susan Zanca-Burwin** – in memory of her twin, Linda Binder

We apologize if we have missed you.

Please let us know and we will recognize you in our Fall 2012 newsletter.

Contact Margaret Daffin at [medaffin@aol.com](mailto:medaffin@aol.com)

# NOMINATION PROCEDURES FOR TWINLESS TWINS SUPPORT GROUP, INTERNATIONAL BOARD OF DIRECTORS

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Elections for board of directors will take place at the annual meeting of Twinless Twins Support Group, International.

The slate will be presented by the Nominating Committee appointed by the President of the Board of Directors.

This committee will carefully select the slate based upon the qualifications established by the Board, which are as follows:

1. Must be an active member of TTSGI for at least two years and have a pattern of attendance and giving.
2. Must have been a twinless twin for at least two years and able to cope with their loss.
3. Must own and be conversant with a computer for the sake of communicating with the Board through email.
4. Must attend the annual TTSGI conference, as well as attend a winter meeting of the Board of Directors, at their own expense.
5. Must be willing to actively participate in the administrative duties assigned to them.

The nominating committee will seek recommendations for nominees to fill the office of “Board Director” beginning the first of January of each year.

We need and value the input of our membership in this process and will be receiving recommendations through **May 1st**. (An email or notice in the *Twinless Times* will share this information with our voting membership.)

The nominating committee will review the recommendations that are received by May 1st and prepare the slate which will then be presented to the President for approval.

The general membership will be notified of the slate at the conference and will be asked to vote on the slate at the general membership meeting held on the Saturday during the conference. There will be no nominations taken from the floor!

Please email your recommendations by **May 1st** to:

Dena Stitt, Nominating Committee Chair, at [denastitt@mac.com](mailto:denastitt@mac.com)

## COLLEEN AND CINDY - TWINNIE ONE AND TWINNIE TWO

By Cindy Hauser, twin to Colleen

While the five months since my twin Colleen passed has eased some of the pain, the loss I feel is almost unimaginable. I keep waiting to get my morning and nightly text and the dozens of calls/texts during the day. Not to be. We may have lived 800 miles apart but that did not hinder our closeness. Colleen fought a battle with pancreatic cancer that most of us would find impossible, but she did it with hope and dignity.

The emptiness I feel is often painful but then I remember that the last thing she would ever want would be for me to mope around feeling sorry for myself. She wrote me a letter before she died that I could not read until three weeks after she passed. In her letter she talked about the thing that worried her the most was me being “the one left behind”. We had joked about it in the past, each hoping to be the one to go first because we didn’t want to be the one left behind. Her letter, though, was very comforting and it does give me strength and purpose. But I must remember that this grieving is not all about me. Many people who loved her have experienced intense grief....my husband who loved her like a sister for 50 years, my daughter who thought of Colleen as a second mother, my granddaughter, her brother, Colleen’s partner, her BFF, the women’s basketball coach she mentored to replace her, a former student who stayed close for over 40 years, and so many others. No, it’s

not all about me though at times it feels that way.

Colleen was a well-known and respected women’s basketball coach at Fullerton College, Fullerton, California. She was there 32 years and during that time she not only amassed over 500 wins but she also thoughtfully and effectively mentored many young women. Her legacy is twofold; an athletic scholarship given every year to two deserving students moving on to the university system and the women’s basketball court has been named in



her honor: Colleen Riley Court in recognition of her outstanding accomplishments. The *Orange County Register* said it best in describing her professional accomplishments: “Riley was a Fullerton College player, coach, student, instructor, assistant athletic

director and friend of Fullerton college staff and students. Most of her life was spent at Fullerton College and her contributions have reached generations of students with her endless energy and passion for sports.” How can you put into words how proud you are of your twin when words sometimes just don’t accurately describe one’s feelings?

Then when Colleen retired, always the athlete, she began her “second career” as a senior softball player and was still the fastest runner on the team. When she was in her teens and early 20’s she played softball only to take it up when she retired. Another example of Colleen’s healthy lifestyle and athletic ability.

People may find it hard to believe but Colleen and I almost never fought even as children growing up in Michigan. (Well, ok, there were all those times she called me fatty and I called her string bean!) We moved a lot and had challenges within our family life, but we always had each other and that bond remained strong throughout our lives. In high school she was motivated, studious, athletically gifted and goal oriented. I was lazy, disinterested, boy crazy and drifting. Colleen went on to get a Master’s degree to teach and coach in the college system. I married and had a child quickly after high school. At 32, I knew I wanted more out of life so I called on my twin to listen. She encouraged me to go back to college which led to my Master’s degree and teaching in the college system also.

In later years we started traveling together every summer and developed a fascination and love for

*(Continued on page 17)*



the Amish country in Ohio and Michigan. Oh how I long for those wonderful days of driving in new, unexplored areas with her navigating and me driving. Perish the thought that we would miss even one country or quilt store!

I feel honored and privileged to have been with Colleen her last two weeks. I spent every night in the hospital with her and though she was in and out of consciousness, she knew I was there. The day I arrived she immediately sat up and put her head on my shoulder as we sat on the side of the bed; we both knew the time was drawing near. We didn't need words at that point; we knew each other's thoughts. Mine: how will I go on without her? Hers: I'm so sorry to leave you behind.

After Colleen passed I could only think about the gaping hole in my heart. But then I realized that she had actually left me enough of her heart to fill that hole. Sometimes I lose sight of that fact when the grief overwhelms me, but then I realize that is exactly what she did. Of course my life is different, never to be the same again, but I also live to honor her by participating in life just as before. She wanted nothing less and she would be so disappointed if I let my grief paralyze me. I continue to teach part-time and also raise puppies for Guide Dogs

for the Blind, two activities in which Colleen supported and encouraged me. The books I have read from *Twinless Twins* have been a gift of healing for me. Other books on grief are good, but the books offered through *Twinless Twins* are more specific to the grief process of losing a twin. I have a wonderful family and exceptional friends who are loving, supportive, and sensitive to my feelings. I always want to remember that they loved Colleen also and their grief is real. No, it's not just about me.

I know that I am biased but she was the most amazing woman I have ever known and she showed us all strength and courage, just as we would have expected from such a remarkable woman. I gain strength knowing that she is already scouting for her next recruit for the basketball and softball team she will be forming "up there"!

High in the sky flying home to Oregon after her memorial service I had some reflective time looking out the window, and it was like I could almost reach out and stroke her face again. It was both ethereal and healing but it doesn't erase the fact that I miss her so. Many years ago we developed nicknames for each other: she was Twinnie One and I was Twinnie Two (reflecting the fact that I was second born). Every morning when I wake I touch my heart and say, "Today is for you Twinnie One."



## “MY DEAR TWIN DARREN”



It has been 2 years since you left me to begin your new life with God in heaven. I miss you so very much, it hurts just saying it. I think of you often and yearn for the nights I see you in my dreams. Please don't ever forget me and watch over our family, especially Mom, she just got diagnosed with lung cancer. I love and miss you my dear twin Darren Lee Brendel! Hugs and kisses to you D-MAN -

Love ya always and forever,

Your twin, Darla ♥

# A WALK TO REMEMBER



*“I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness. We are all together, reaching out our hands for strength greater than ours, and as we join hands, we find love and understanding beyond what we could ever have imagined.”*

Although we were not able to hold a Memory Walk in 2011 at our International Conference in the twin cities of St. Paul/Minneapolis, I am happy to announce that we will be walking again in July in Columbus, Ohio sometime between July 13-14 –

date and time to be determined, so I hope that you will join us for this incredible and moving experience.

Sandy Goad, our past Memory Walk Chairman wrote: “I returned from the Twinless Twins International Conference in Denver, Colorado with great joy. I was able to witness so many twinless twins taking “big steps” toward healing. On Saturday, July 18, twinless twins across the world participated in our second Memory Walk and a balloon release. It was an incredibly beautiful sunny day! The walk gave another opportunity for all twinless twins and

their friends and family to support our mission of “healing through helping others”. Twinless twins who could not be at our conference were encouraged to walk “with us” wherever they lived and we carried many names of twins who were with us in spirit.”

As we joined hands on that beautiful Saturday afternoon in July, the Memory Walk became about each twinless twin’s healing journey and as they took each step, they didn’t have to walk alone. Some of the twins said:

*(Continued on page 19)*



(A WALK TO REMEMBER—Continued from page 18)

“The walk in Colorado was wonderful. Just walking with other twins and enjoying the beautiful weather was great. When we got to the park, we did our balloon release. What a special day it was to have our walk and release our balloons with all our special thoughts of our twin.” Sandra, twin to Sammy

“Denver was my first TT Conference. The Memory Walk and the balloon release was the highlight of my trip. Walking with all of my new Twinless Twin friends meant so much to me. The walk was so beautiful with the mountains so close. I will never forget that day.” Dana, twin to Debbie

“There's an old song called "You'll Never Walk Alone" but to be honest I never believed I wasn't walking alone until I found myself on the twinless twin walk in Denver. Feelings of love and community surrounded me. I thought "this is my tribe" and I felt supported and understood as we walked, talked, laughed, cried and looked at our balloons drifting softly into the cloudless sky.” Suzanne, twin to Sandy

Toronto Memory Walk: “Walking in the Toronto Memorial Walk made me feel engulfed in twin comfort... surrounded by twins. All of us

together, beach at our feet, family and friends to lean on... it was perfect!! Best of all, I loved making this opportunity available for people I know now, who didn't get to know my twin. Their donations, however small, touched my heart and soul.” Linda, twin to Paula

“Knowing we were helping to preserve and protect the future of our organization by walking to raise money, the twin walk was a huge success.” Art, husband to Linda

I am deeply grateful for the generosity and support of those who donated to our walk in past years. Your gift does make a difference. Because TTSGI is a non-profit organization, your gift helps us to continue to support twins and other multiples that have lost their twin due to death or estrangement.

With limited funds again this year, I know each of us has to decide what organizations to contribute to. I promise you that your donations to Twinless Twins will be used wisely. Please consider giving in memory of your twin.

Thank you,

Margaret Daffin, *twin to Josie*  
Chairman of the 2012 Memory Walk



## New Members and renewing members Jan – Feb 2012:

Shirley Aarts  
Lorraine Arcella  
Brent Babcock  
Steven Bergman  
Sandra Brown  
Larry Byars  
Donald Caserta  
Judith Cohen  
Merna Crasper  
Fred Donegan  
Ronald Fennick  
Elaine Ferguson  
Kelsey Grosse  
Elaine Igelman  
Martha Kennell  
Susan Lee  
Larry Lynch  
Jill Marland  
Alpha McPherson  
Lynda Lee Mele  
Nancy Palmer  
Alyssa Pratt  
Sally Rathje  
Margaret Ryan  
Rachel Starr  
Amy Stoner  
Tina Takach  
Mary Wetter

## AUCTION AND RAFFLE – COLUMBUS, OHIO – JULY, 2012

*By Dawn Barnett, twin to Daryl*

Please consider donating items for the conference auction. High dollar items such as jewelry, travel vouchers, condos, vacations, tt logo items and such are featured in the live auction. Other nice items will go into the silent auction to streamline the banquet. Smaller items will be available in the raffle. All these wonderful items serve to raise funds for our organization to help more twins such as yourself. The auction is our major money maker for funding the conference the following year.

We need **YOUR** involvement for the auction to be successful – both in donated items and in purchasing them at the auction or buying raffle tickets sold at the conference. You are invited to donate items even if you cannot attend the conference. Simply ship or bring your item(s) to the conference. You may mail the items directly to the hotel (sometime close to the conference date) c/o Dawn Barnett. As all who have attended in the past know it's a fun event and the future of our conferences depends on it.

Again this year, Carolyn, Sandra and I look forward to seeing you in Columbus, OH and hopefully having the best auction/raffle to date. Thank you!! Dawn Barnett, *twin to Daryl* ♥

# THE RETURN OF THE DRAGONFLY

Written in Memory of my twin Sandra Kae  
By: Sharon Rae



Sharon on left Sandy on right

We were known as Double Trouble to many ... Our mother nicknamed us this when we were very young. If one of us got into trouble the other was always there to take the blame. We are the youngest of 8 children. Oldest being a boy and then 7 girls. We loved being the babies, and being twins was extra special. The older sisters took good care of us and they made sure we were dressed alike everyday from our heads to our toes. We loved our twinship, and spent most of our time with each other, playing games, dolls and dress up. We dressed alike until our 8th grade when I decided I wanted to wear something different to school one day and Sandy (this is what I always called her) was very upset. We adjusted to this over time and still wore our hair the same and would dress alike on special occasions like our senior prom.

Our family was musical and Sandy and I would harmonize together. The first song we sang together was Johnny Ray's Cry. We sang a lot of Everly Brothers and continued to sing together in our adult life. Karaoke was one of our favorite pastimes..having fun with our kids and family.

We married and fortunately for us our husbands were very accepting of our twin relationship. We had our children within years of each other...I helped her raise her son and my daughters knew Aunt Sandy was their second mother. We had so much fun raising our families together. Our years together brought so much happiness and we never let anything come between us. We were as our friends would say two peas in a pod. We loved our life as a twin and Sandy the writer wrote several poems about us.

Growing older together was wonderful. We shared the same hobby in making dollhouse furniture, building dollhouses, and refurbishing old ones. Our houses were

shown in miniature shows and we would take First Place Ribbons. We would celebrate our achievements and start working towards the next year's entry. She would always thank me for bringing this hobby into her life. It was something we shared together until she was no longer able.

Sandy always gave the best she could with everything. She had wisdom about her that people would navigate towards. She was not selfish with herself and she was there for so many who needed her wisdom of life. I leaned on her for guidance and she leaned on me for strength.

September 24, 2010, my twin Sandra Kae passed away after fighting cancer. When she was first diagnosed she was told she had 2 months to live without treatment and possibly 6 months with treatment, she lived 1 year and 4 months.

Sandy was so brave through her illness; she never complained and held on to hope for another day. Sandy went through Chemo and Radiation at the same time making her very weak, couldn't eat, lost weight, lost her hair and wanted to sleep a lot. The fight made her weaker and weaker. She had so much hope and support from her son, family, friends and me her twin.

She lost her hair and replaced it with many baseball caps of many different colors and she would decorate them with pins, flowers, and scarves. She looked so beautiful and accepted this as a part of her illness. Sandy was in remission 3 months when she was told the cancer has spread to her brain. This was very difficult and I could see her giving up hope and moving towards accepting the fact she was dying. She would say to me she knew she was dying she could feel her body failing ... she would look at





me and say “we have no regrets”. We felt so fortunate to have had each other and our relationship was like no other we had experienced. We would talk about how blessed we had been in our lives. Being as one brought so much Joy to our lives that we passed on to our children.

Sandy knew she was dying and I remember one day I was helping her get into bed and I said, Sandy I wish I could go instead of you, she turned to me and said, you can’t – God has chosen me. She looked at me, our faces almost touching, staring into each other’s eyes and she said, I know where I am going and I will be fine ... I worry about you because you will be left behind ... I said Sandy I am going to crumble. She told me ... you must continue to walk towards God. She looked into my eyes and said; you are my rock and we embraced each other so tight, our heads locked together smelling the scent of each other, holding on as to never ... let go.

She became so weak and her last visit to her Doctor she was told there was nothing more they could do for her ... she had just weeks to live. Sandy held on to her faith that carried her thru to the end. She died 3 weeks later.

When she died it was as if my breath had been taken from me. I had not left her side for months and now I faced being alone. I withdrew from my family and friends and needed time alone with my thoughts of her. Being alone with her is when I felt safe from the pain. I could smell her, and feel her cuddling so close the way we did as children; I lost all faith in God; I was so angry, hurt and cried most of my days away. I would scream loud and clear to God telling him I wanted her back. I couldn’t live without her. Being alone for the first time in my life was so draining to me. I needed the twin bond, what was I without her...who am I, what direction do I take from here. I had to figure it out.

I was so desperate and missed her so much I couldn’t focus on anything. I needed to see her and touch her again that I started searching for answers, I needed to know what she was doing, exactly where she was, I knew she was in heaven but I needed exact answers and if she was ok, I couldn’t explain myself to others, they just didn’t get it. I searched the bible hoping to find answers but even those were confusing. I visited three different churches searching for answers. None of it helped me ... I was still desperate.

Sandy and I would often visit a botanical garden “Cox Arboretum” before she was sick and it was the last place I took her to before she died. She was in a wheel chair, and it was a beautiful day ... sun was shining and the garden was in full bloom. We went to her favorite spot and saw all the birds in their glory. The turtles were plentiful playing

in the water. We had a great day together holding hands and enjoying this wonderful day.

After Sandy died I went back to the Arboretum to walk the same path again, I went to our favorite place to see all the birds. I took my bird book hoping to see some of them. As I sat down with my book in my lap I looked all around the pond and could not find one bird but there was one turtle staring up at me. I noticed there were thousands of Dragonflies everywhere. They were flying so fast and were beautiful ... They would go near the water but never touch it. They were flying all around me and kept going to the pond back and forth. It was overwhelming. I left the gardens amazed at what I had seen.

When I came home, I got my mail, as I thumbed through it I saw the Summer 2011 issue of Twinless Times. I turned to a page and at the top it read “The Empty Chair” *The Dragonfly* — I was breathless ... I immediately sat down and started reading the article ... it was as if it was written to me from Sandra. She was a writer and the words on the page were as if she had written them, she was speaking to me. The story told how the dragonfly (nymph) leaves the pond and climbs the lily stalk to the other side. His body changes from what he knew into a beautiful “Dragonfly” never to return to the water again. He loved his new life as he flew about and found peace in his new life. Although he had promised the other water bugs below the water he would come back to let them know his experience he couldn’t do it. His new body would not allow him to go back. “I can’t return” he said, I can never go back into the water. They will have to wait until they become a Dragonfly to know the beauty and peace on the other side.

It was this very moment that I found the answer I had been searching for. She was safe and happy in her new body and new world ... It was at this moment I received the peace I had been searching for. I fell to my knees crying with relief.

I will always miss Sandy and I will always live my life in honor of her. She is my miracle of life that we shared and I hold the memories close to my heart. I will try to be all she thought I could be and remember all that she was. My life will never be the same without her but I know how blessed we were to have each other. I will remember Sandy my twin now and forever, who has left the pond we live in ... for a better place with God and eternal life. I will love and miss her, until we meet again.

Sharon Rae, twin of Sandra Kae



# TURNING GRIEF INTO GROWTH

By Grant Douglas, Digger, twin with Dougy

Where a lot of twinless twins may have trouble is discovering twinship after our twin has died.

WHY? Because before our twin died, the fact we were both living fueled the twinship.

(No one took the time to look at your twinship; we are too busy living it.)

After our twin dies our twinship slows down to a grind as we slip into the cocoon of grief (in here we lose any sight of our twin and twinship, it is a time of loss and healing, a world of chaos reigns supreme).

In this place our twinship goes into suspended animation.

Whilst in this cocoon, we struggle with the thoughts of losing our twins, their memories we share, we struggle to hold onto everything from before with a death grip.

WHY? Because we feel that maybe the only thing to survive this tragedy is our memories.

As we sit in the cocoon of loss, outside our twinship sits faithfully waiting for us. So when we emerge it can carry us onward in our twinship.

Sadly most twins in the cocoon have no idea it is waiting for them, and the danger is we can slip into a “grief holding pattern”

## GRIEF HOLDING PATTERN

There are seven stages of grief and nothing is written in stone, when it comes down to how we deal with them.

The problem that we face in this position IS GETTING TRAPPED IN THE PLACE!

One dilemma is constantly being replaced with another; it is very easy to find this place like emotional quicksand. It consumes all our energy thus not leaving us with enough to climb out.

Just outside the “Grief Holding Pattern” our twinship awaits. I think the secret is to realize where we are sitting. Once we acknowledge this we can then look out and see our twinship waiting for us, “waiting to move on”.

We twins might be generally reluctant, because in this grief and pain, it becomes a security blanket. “BETTER THE DEVIL WE KNOW THAN...?”

We might feel that if they move on we might somehow lose our twin and subconsciously our twinship.

Maybe this is why it’s not uncommon to find decades later twinless twins still roaming around in our grief.

With no perception it could be any different.

## ALLOWING GRIEF TO MOVE ASIDE

So we can grow, we need to accept a few different things; Grief should only be a transient place and not a permanent place to park our twinship.

It’s ok to reach out and discover our twinship, even without our twins physically at our sides. They still have a very important role to play in our hearts, lives and most of all our twinship.

When is it time to move out of grief and into growth (our twinship?)

This is a really PERSONAL CHOICE. For a twinless twin this is usually when they REALLY want a change and are prepared to make it happen.

No one can do this for you.

We have to do this on our own (make a conscious decision) at this time when you move from grief into growth it is nice to have a little guidance or at least some support as it is a huge change from Dark into Light.

This is where it is nice to know others who have made this decision also.

## THE CHANGE

This is where the twinless twin top up drill is invaluable - Priceless!

This little drill will quietly keep your batteries topped up, it is really a self maintenance drill.

Not many have probably ever thought about this, we eat, sleep, drink, and work.

But at what time do we actually take the time on a base level to top ourselves up?

WE DON’T — hence we don’t look after our twinship on a positive level.

We can easily find parts of our lives losing their shine forever.

When is it time for us to make a change?

When you feel it.

Unless we are pointing in the right direction, you can walk a lifetime in the wrong direction.

Digger, twin to Dougy

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## **NEWSLETTER ARTICLE SUBMISSION DEADLINES**

Spring Issue: February 10th  
Summer Issue: May 12th  
Fall Issue: August 11th  
Winter Issue: October 27th  
Submissions should be emailed to:  
[twinlesstimes@yahoo.com](mailto:twinlesstimes@yahoo.com)

**Twinless Times Co-Editors:**  
Margaret Daffin and Celia Homer



Twins of the "Tigger" Variety

## ***TWINLESS TWINS SUPPORT GROUP, INTERNATIONAL***

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### ***WRITE FOR THE TWINLESS TIMES NEWSLETTER***

All members are invited to submit articles for publication in the Twinless Times. The email subject should be "Twinless Times Submission."

Submit to: [twinlesstimes@yahoo.com](mailto:twinlesstimes@yahoo.com)

Stories about you and your twin are always welcome and rewarding to see in print. Our founder, Dr. Brandt, encouraged the act of writing as a means to healing.

We value articles about twin meetings, conferences, your healing journey, twin book reviews, poems, or words of wisdom. Photos can be emailed with your article in JPEG format. **Please be sure to identify each person in your photos.**

All articles should be sent as a Word document and we ask that you keep any article to 500 words or one page. ♥



# FRANNY — ALWAYS IN MY HEART

I have been a twin-less twin since 1994 when at the young age of 49, my identical twin sister Franny passed away from a massive heart attack. We used to always say to each other “ I don’t want to be the one that goes first”, better me, I’m weaker, or better you, you’re stronger”...

But life does weird things that we come upon. All is going so smooth and poof everything changes. I am now 67 years young – as I can’t get over that I’m not still a young woman doing the things I’ve always done.

But, it’s true...the body ages and we go on to find we aren’t the strength we think we are. We don’t have the stamina. We don’t have the muscles.

But as I have aged, missing my sister every day, knowing all our future plans weren’t going to happen, I do believe I got a bit of her softness and warmth and am calmer about many things. Nothing is that urgent to me. My love of a husband, Ed, who was mad for Franny and so thrilled always to be a part of our life, he always has felt a special kinship to our twinship that’s been lucky for me.

I’ve met numbers of twinless twins. I arranged an East Coast get-together some years after I lost Franny. That process involved me calling all those TT’s in our membership in my area. There were many. And I listened to each of their stories. What stories – the story of how they lost their twin. And then I asked them to come to our meeting. And then when we had the get-together, I heard their stories again.

We have all grieved forever – if we had a happy relationship with our twin. Some weren’t so lucky. I was!

My sadness at 67 is not having that one special girlfriend you can tell anything; call at anytime. Losing that special friend is hard in general to those people lucky enough to have a “special friend” outside of their family.

I used to think Dr Brandt was “over-emotional” in showing 43 years after losing his brother, his strong tears and emotions. But I have grown to understand that you grieve every day. You make your “passwords” , your

movies, some books you read; so many things having to do with your sister, your loss.

I have a wonderful nephew, my sister’s son who’s now 41 years old. He has a sister a few years old who has two young boys and a husband. They have helped me and I have helped them. We are as

one. But know – we always were as one. Ironic, me who never wanted the commitments, ended up with the commitments.

I’m said for my loss and always will be; but I’m so happy that I got the time I got. It was really the most wonderful thing that could have happened to me. Unconditional love at birth. It could have happened that I never knew my sister and never shared all we did. How lucky am I!

Always in my heart  
Eileen TT to Franny  
eileenfried@gmail.com ♥



# FINDING A NEW PLACE IN MY TWINSHIP

By Grant Douglas, Digger twin with Dougy

Sometimes amazing things can happen when we least expect them. I walked onto the jetty with my two little sons - they'd been so keen to go fishing, then within 10 minutes their enthusiasm faded and they were off to play somewhere else. "That'd be right" I thought to myself and laughed. So as I sat there with my line in, I just decided it didn't really matter if I caught anything or not. Maybe just the fact I was there with the water, reflections, gently patting waves and the soft roll of the pontoon, was the right place to be!

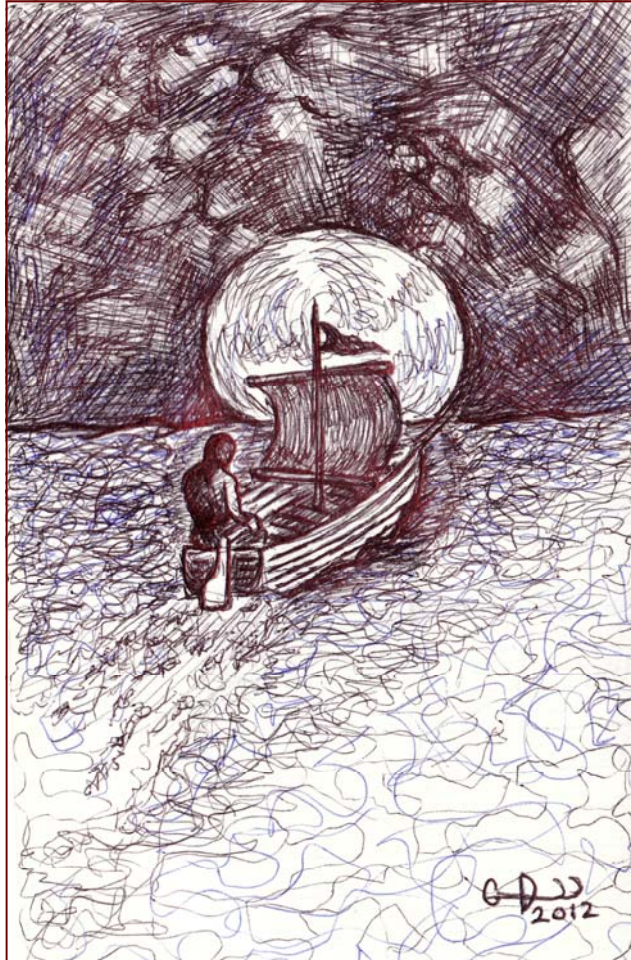
Over time I'd found that my twin was starting to visit me in my life again, but not in dreams or as some apparition, there seemed to be a really comfortable essence that I could feel, in my heart I knew it was him. Then I looked up and high above me in the air was a rainbow, so I put down the line, grabbed my phone and snapped a picture of it - there wasn't any rain about, just a couple of clouds, yet it was there ... sometimes we see things of nature, life or beauty and in some way they hit a chord with us. In the past, as these times have come and gone, they always leave me with an inner warmth, a true deep contentment, maybe they come to us or come alive in us as we see these things that touch our hearts.

I took the photo and as I did, I looked back up to the house and there was my Mum waving to me. Frantically, I waved back and threw her a big smile. ... not long after, I walked back up to the house and there she was waiting for me with a subtle smile on her face, then she said:

"Before you stood up to do something (take the photo) you wouldn't believe what I just saw. As you were fishing I could see your twin sitting next to you. I had to look

twice, but there he was sitting with you as you fished - it was strange but beautiful as I could feel a sense of contentment between you both".

Wow, I thought to myself. For a while now I could feel my twin growing inside of me as part of me, an essence that at times would be stronger then come and go - now these days he's always with me. I know that as much



as things have changed and for some time I thought to myself because I'd physically lost him, I'd lose him from my life, but really all I did was lose sight of him for a while.

My twinship had changed more than I could ever imagine and I never thought it was possible to have what my twin and I have now. We are closer than ever before - the bond has healed and he is a constant in my life and walks with me.

Now as I fished and felt these things as I do, little could I imagine that someone could see this bond, but they did - my Mum saw him as I feel him constantly, now in my life.

Some might call it a lot of things, to me it was close to a miracle - this showed me the things I always felt in my heart. WE NEVER LOSE THEM; WE JUST

LOSE SIGHT OF THEM FOR A WHILE...

One thing I do all the time is allow the pain to fall away from my loss. I can live with the loss, grow, heal, walk with a scar, but if I allow THE PAIN TO STAY it stops me and my twin from finding each other. I learnt a while ago a way for him to grow in my life again. Find bright colourful things, look at them, physically smile and whisper their name. The more I did this, the more the pain slowly dropped away and as it did, THE BOND STARTED TO MEND and little did I know it would be one of the MOST POWERFULL THINGS I COULD DO.

Believe in yourself and they will find you.

Digger twin WITH Dougy ♥





# ALONE IN THE MIRROR

Twins in Therapy



Barbara Klein



Price: \$31.46  
Hardback: 176 pages  
Published: March 2012

<http://www.routledge.com/alone-in-the-mirror-9780415893404>

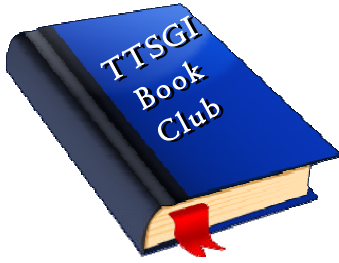
Also available on Amazon.com

**A** lone in the Mirror: Twins in Therapy - An amazing, phenomenal, thought provoking book. Dr. Klein has totally captured the essence of twin loss. For example, she explains in great detail the dynamics of how twins are raised can have an effect on them as to the depth of their loss as a surviving twin. It is clinically written in a way the lay person can understand. This is a must read for the mental health professional and is a welcome sight for those of us as twinless twins who try to explain why the loss of their twin is so difficult. Twins, twinless twins and their families will find it extremely helpful in learning all about the "twin world", so to speak.

Dawn Barnett, *twin to Daryl* ♥



**Barbara Klein**, author, "*Alone in the Mirror—Twins in Therapy*"



## RECOMMENDED TWIN BOOKS

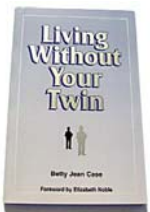
[www.twinlesstwins.org/store/recommendedbooks](http://www.twinlesstwins.org/store/recommendedbooks):



### **"TWIN LOSS"**

*By Raymond W. Brandt, PhD*

Dr. Brandt was the founder of Twinless Twins Support Group and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



### **"LIVING WITHOUT YOUR TWIN"**

*By Betty Jean Case*

Author Betty Jean Case generously makes a donation to Twinless Twins each time one of her books is purchased through us. Betty is a twin, grew up with twin siblings, and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness of twin loss.



### **"WE ARE TWINS, BUT WHO AM I?"**

*By Betty Jean Case*

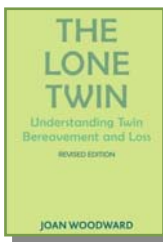
This book focuses on what it is like to be a twin, including the problems of keeping your uniqueness. Betty Jean's candor and insight into twins speaks volumes about identity within a twinship. With her usual clarity, she sheds light on this unique aspect of twinning, making reference to the many twins she spoke to.



### **"EXPLORING TWIN RELATIONSHIPS"**

*By Betty Jean Case*

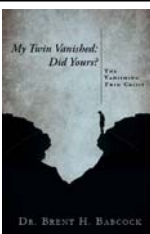
This book examines the twin relationship and all aspects of being a twin. Betty Jean has personal insight into twins and speaks with clarity; making reference to the many twins she studied.



### **"THE LONE TWIN: A STUDY IN BEREAVEMENT AND LOSS"**

*By Joan Woodward*

The reader is taken through the closeness of being a twin, including its negative aspects and twins' need to be different to one another. But what happens when twins are separated, especially by death? The text examines death and bereavement of twins, including the parental attitudes to the surviving twin, the surviving twin's guilt, coping, bereavement in childhood and adulthood. The book also covers the psychological effects in later life for children who lost their twin at birth. Throughout, the book is illustrated by the words of lone twins themselves. This book is available through the TTSGI website or through the distributor, International Specialized Book Services (<http://www.isbs.com/partnumber.asp?pnid=307963>).



### **"MY TWIN VANISHED DID YOURS?"**

*by Dr Brent Babcock*

A survivor himself of a vanished twin, Dr. Brent H. Babcock is sharing with the public for the first time his knowledge concerning the vanishing twin.

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