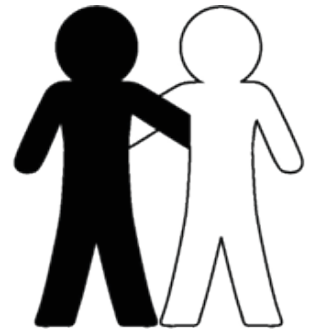


# TWINLESS TIMES



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WINTER 2014

## PRESIDENT'S CORNER

Dear Twins,

Recently our Executive Director commented to me that she had received a number of sad e-mails from new twinless twins. I asked Michelle to forward a couple to me. One was a recent loss twin from Europe seeking to become a member in our organization. I wrote this twin, and they replied that their family didn't understand their loss and felt TTSGI could understand and offer support. Having lost my twin tragically over fifty years ago, it was good to be reminded of those twins, freshly suffering, who arrive at our doorstep. It is only through the unselfish gift of time and talent from many twins that make this organization possible. As we make our way through the holiday season, for some it will be the first season without their twin. I'm glad you found us, and I hope that the twin loss journey will be easier knowing there are many making the same journey. You are not alone.

Ray Boyle, President



### IN THIS ISSUE...

PRESIDENT'S CORNER .....	1
THE EMPTY CHAIR .....	2
KEVIN'S CORNER .....	3
SAVE THE DATE! .....	3
TTSGI GUIDING PRINCIPLES .....	4
I MISS YOU A LITTLE .....	5
RED WALLET .....	6
REMEMBERING CHRISTMAS .....	7
I CALLED HER MAC .....	7
NEWS FROM UK .....	8
REGIONAL UPDATES .....	10
BOOK REVIEWS .....	13
NEW & RENEWING MEMBERS ...	14
GIVE WHILE YOU SHOP .....	15
HOLIDAY GIVING .....	16
DOUBLE THE DONATION .....	16
DONATION FORM .....	17
RECOMMENDED BOOKS .....	19
WRITE FOR THE TIMES .....	19
SUBMISSION DEADLINES .....	19
REGIONAL COORDINATORS .....	20

### 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.

Please contact your Regional Coordinator using the "Contact Us" map on the website or from the RC Listing on the back page of this newsletter.

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

### MISSION

**TTSGI provides a safe and compassionate community within which twinless twins can experience healing, understanding, and the opportunity to help others cope with the loss of their twin.**





## THE EMPTY CHAIR

by Sandy Goad, twin to Jim

### “THE BLESSING BOX”

Darcie Sims, a keynote speaker at four of our national conferences, was in a league of her own in the world of grief education. Her words continue to help us take the complex subject of grief and simplify it. Her books, videos, workshops and radio and television work continue to help thousands of people find hope on their grief journey.

As I was preparing to work on the candle-lighting service for our last regional meeting, I came across Darcie’s article on “The Blessing Box”. She said in her article, “It’s been a long time since our journey through grief began and I honestly have to say that there are some things that are beginning to fade just a little... I don’t want to lose the heart connection between us as my memory gets overloaded with day-today-stuff. So, this year, I’ve decided to create a BLESSING BOX for myself. I found a wonderful old box in the attic the other day, and I decided to bring it back to life by dusting it off and giving it a good lick of polish. It is old enough that I do not remember its original use, but it is about the size of a recipe box... just the right size for a BLESSING BOX.”

So, I began my own search for my “Blessing Box.” It turned out to be a beautiful wooden box that I had received when I graduated from High School over 50 years ago! I decided to bring it to our regional meeting. There each twin was given time to write down on a piece of paper what gift their twin had given to them and place it in “The Blessing Box”. After our group sharing time, as we stood in our circle with lighted candles, our gifts were read from our “box”. Maybe some of these gifts that were shared that day will help you remember the gifts your twin has given to you.

“My twin gave me the blessing of loyal friendship.”

“My twin gave me the sense of belonging.”

“My twin taught me courage and self-confidence to face real challenges.”

“My twin gave me the gift of faith.”

“My twin gave me the gift of laughter.”

“My twin gave me the gift of unconditional love.”

“My twin gave me validation when no one else did.”

“My twin gave me the gifts of persistence, strength and laughter.”

“My twin gave me the gift of sharing.”

“My twin gave me the ability to feel special.”

“My twin gave me the gift of gratitude.”

As we stood there in our circle with our lighted candles, I closed the candle-lighting by reading Darcie’s words that she often closed with at her grief conferences:

“May this day and everyday be days for us to laugh and sing and dance and dream. May this day and everyday be a chance to give one more hug and say one more ‘I love you.’ Wherever you go from this moment on, may love be what you remember the most.”

When I returned home, I began filling my “Blessing Box” with wonderful blessings to remember. Now when I think of a blessing in my life, I write it down and place it in my box. They become tiny messages and reminders of the joys and blessings in my life, waiting for me to cherish again and again like-

The colorful sunset at Lake Tahoe

The magic of a rainbow

The beauty of Glacier National Park shared with my husband

The warmth of my grand-dog as she cuddled close to me

The early morning hug of a daughter-in-law and son at the airport

The hug of a twin friend

The gift from a special “secret” twin angel

These gifts represent the best things in life. Why don’t you create your own “Blessing Box” this season? Commit your blessings to paper and place them in your box. When you have a bad day, open up your box and remind yourself of all the treasures in your life.

*“These memories and blessings are yours, to treasure, to cherish, to keep, to hold, to share.”*

- Darcie Sims



## KEVIN'S CORNER

By Kevin Mullen, twin to Brian

### “MY FIRST CONFERENCE”

In the late winter/early spring of 1997 while in school, I typed “Twins” in the computer search, scrolling down and found the Twinless Twins’ website with a contact name Ellen, who was doing the conference that year.

I started writing to her via email from school. After a while, I gave her my number and then had to tell my mom so we could talk. Mom talked to her and then me and the next thing I got my papers in the mail about the conference.

Mom and I flew out to Chicago a couple of months later. The conference was held at the Ronald McDonald University. The first person we met was sitting in a wheelchair. He knew we were from Vermont. Can you guess who? “Bob Yarmey”. He told us he had been to Vermont and had a friend there. To make this short, in 1997 this person turned out to be our neighbor Dick, another pilot. Bob met Dick when Dick had lived in the same hometown as my mom and mom guessed the name before Bob said it. “It’s a small world.”

That was just the beginning and meeting Dr. Brandt was wonderful. You could just feel his love for us all and there were a lot of us: Phyllis, Dena, Crystal, Michelle, Austin, Jason, Mary Ann, Michael, Terry & Margaret, just to name a few. I remember the youngest in attendance was a 9 month old baby.

We had a beautiful balloon release one day, when just the night before we had watched a scary but amazing thunder and lightning storm. I was such a nervous wreck having to tell my story the first time. I remember crying a lot. The first time, all I could say was “my name is” and my mom had to finish my story.

The conference helped so much that I was able to do a school project about Twin loss two years later. I will never forget that first year which really changed my life. I had never met another person before who could understand the pain of loss I was feeling.

**IT'S TIME  
TO SAVE  
THE DATE.**

## 2015 ANNUAL TWINLESS TWINS CONFERENCE - JULY 23-26

### CONFERENCE LOCATION:

Nashville Marriott at Vanderbilt University  
2555 West End Ave, Nashville, TN 37203

Keynote speaker: Twinless Twin, Mitch Carmody is considered one of the top speakers on the subject of grief and loss. Mitch’s workshops are the largest in the history of The Compassionate Friends (TCF). Mitch has published several articles in national bereavement periodicals, is a frequent contributor to TCF Atlanta On-line, and is currently a staff writer for Living with Loss Magazine. Through email correspondence on his website, he counsels the bereaved on a daily basis. Mitch has dedicated his life to helping those individuals and families who are trying to navigate in the uncharted territory of death, dying and the bereavement process. Through his compassionate insight and gentle spirit, he will touch your heart and hopefully give you tools to aid you on your journey.

Registration will be opening soon at our web site at: [www.twinlesstwins.org](http://www.twinlesstwins.org)

# TTSGI GUIDING PRINCIPLES: ONCE A TWIN, ALWAYS A TWIN

TTSGI has four guiding principles:

1. Once A Twin, Always A Twin
2. You Are Not Alone
3. Healing by Helping
4. Journey to Healing

The Winter Edition will focus on the second one:

**You Are Not Alone** – Twinless twins need to be heard and to know they are “not alone” in their feelings. Every twinless twin has a history and a story to tell, a sorrow to express, a pain to endure, a twin to remember, and a life to continue to live. TTSGI encourages the sharing of stories and feelings in a mutually supportive environment without judgment or unsolicited advice. Members of TTSGI offer compassionate listening and emotional support for sharing and telling these stories. Information shared among twins is held in confidence in mutually supportive group settings.

Below are two twins sharing their stories – they are both at different stages of their loss. Paula lost her twin Carla, last year and Terry lost her twin Sherry, 20 years ago. These stories are shared to demonstrate what “You are Not Alone” means.

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*\*In Memory of Carla Faye Blancett -  
April 6, 1968 to May 23, 2013\**  
By Paula Floyd, twin to Carla

My name is Paula Floyd and I was born an identical twin to Carla. She was one minute older than me, which we did not figure out until our 18th birthday. We always thought I was the older one. I was the tomboy, she was the froufrou one. WE were inseparable, even in marriage. Our husbands were best friends, our girls looked like twins, our sons looked like twins.

After her divorce, she met a man who was abusive to her, talked her into moving away from me and her kids and introduced her to hard drugs and alcohol and then beat her to the point she was placed into a medically induced coma to help her brain rest and for the swelling to go down. SHE SURVIVED! She did suffer seizures from that point on and she was totally dependent on everyone – no computers, no driving and she even had to wear sunglasses in the sun. BUT I HAD HER! I was the mother hen! If I bought myself something, I gave her half! We had just lost our father to COPD on April 29th, 2013, and then 24 days later, I lost her unexpectedly.

I always had the “twin vibe” when she was going to have

a seizure, even a couple days before she would have one, and I would not let her out of my sight. Then on May 23, 2013, my husband and I had taken my mother to the doctor. Carla was at home with her only grandchild, Liam. She was fine and I left them laughing in her bedroom sitting on her bed. Had I known what was to come, I would have never left her, NEVER! We came home to find her deceased, with her grandson just lying on her bed. We later found out she had a massive heart attack from the drug and alcohol use.

My life as I knew it was forever altered and destroyed, or so I thought. Half of my heart died along with her that day! All I wanted to do was crawl in the casket with her. I told my husband if he could not bring my Carla back that I did not need him for anything! Oh I needed him!

As of this date, October 4, 2014, I am okay. It is a day to day struggle, but I do know that she is in a much better place with my precious daddy. I have an excellent support system from my husband, my two kids, my step-daughter and Carla’s daughter Bethany. My fellow twins, take it one day at a time. BREATHE and always know we have our twins with us! These are the memories that no one can ever take away from us! I LOVE AND MISS YOU SO MUCH CARLA!

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*A Message to Twinless Twins*  
By Terry Lewis-Foor, twin to Sherry Lewis

Dear Twins,

I have wanted to write this for a long time. After seeing Mary R. Morgan on CBS Sunday Morning recently, it really got me motivated to tell all of you how much you have lifted me up over the years. I often think about July 5, 1949 when Robert Brandt died at the age of 20. This is why we exist. When I called Dr. Raymond Brandt for the first time, I knew he was genuine when I heard him cry with me on the other end. I knew I wanted to meet this man who understood my misery. I felt like dying, but I knew I had to keep going even at this early stage of two months in.

I met Dr. Brandt in July 1995 in Fort Wayne, Indiana at the second annual conference. In October 1994, Dr. Brandt told me that I became Twinless three weeks after the first conference. Soon after meeting Dr. Brandt and the other Twinless Twins, I knew then that I wanted to help him keep TTSGI going for years to come. I realized the deep loss I was feeling was normal after losing a twin and that I was not alone. Meeting other twins has

helped me realize that I don't have to feel hopeless. I can now say after 20 years of being Twinless that I still feel grieving moments at certain times and that will never go away, and I will always love and miss my twin Sherry. All of you twins inspire me to keep going forward.

Michelle and Rick Getchell will forever be very special to me, as well as many other twins and their families. Michelle and I have history losing our twins both in 1994, meeting for the first time at the 1995 conference. Both of our twins left so fast. Neither Michelle nor I would have made it to Fort Wayne without our supporting husbands getting us there. 2014 marks our 20th year living without our twins. I just want to say thank you to everyone who has supported Twinless Twins. The Annual conference is truly a family reunion for my husband, Kurt, and I.

My identical twin Sherry's murder, 8/5/1994, remains unsolved. Sherry was a real estate agent murdered while showing a home at a 1 pm appointment. I never thought 20 years later this would be unsolved. I just want justice and closure to Sherry's cold case. It's depressing to have to contact media every year to remind people that Sherry's case remains unsolved. I was devastated losing Sherry and knew I would never be the same again. I continue to be informed on progress in the case.

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## I MISS YOU A LITTLE

By Ann Perez, twin to Mary

*"I miss you a little since you have been gone.  
A few little memories keep hanging on.  
I miss you a little, I guess you could say,  
A little too much, a little too often, a little more every day."*

This beautiful country music song by John Michael Montgomery describes what I would love to say to my twin sister, Mary.

With this theme in mind, on Christmas Eve 2013, forty-five friends and relatives joined me to celebrate the second anniversary of Mary's passing. A Mass of Remembrance was said in church, followed by a Champagne Dinner in my apartment. After a friend's toast to Mary, I briefly described what it was like to be her twin and others shared the joys of being a part of Mary's life. A pair of seven year old twins told about their own life as a twin, agreeing that "It's crazy!" I was amazed to feel all the love, joy and happiness that filled my apartment.

However, I could not help but think of Mary's passing on Christmas Eve, 2011. At that grieving moment, my fear was that from then on, future Christmas Eves would be such a sad event.

Then, I remembered being at Mary's bedside, as she was passing. She said, "I can see so many white angels, yet why am I so sad?" Through my tears, I answered, "Be happy, Mary. Remember how much you love birthday parties. Tonight there is a gorgeous birthday party in Heaven. I want you to go and be my gift to Jesus." At that moment, everything on the life support became zeros. Mary turned to me, opened her beautiful brown eyes widely and did what she always did best – she smiled, as she saw God.

I now have learned that Mary's true legacy to me is that I will always have JOY, LOVE AND HAPPINESS on Jesus' birthday, and, for the rest of my life.

# YOUR RED WALLET

By Adele Martin, twin to JoAnn

Today, I found your red wallet- it is leather, beautiful, a small metal triangle reads PRADA. For a moment, I wonder, is that real? You gave me this wallet a year ago. We were in your new bedroom in New Jersey. You and I were going through your closets and dressers. Anything you knew would not be kept, you were giving to me. Or, you were having me label things to give away – to family, to your girl friends, to Goodwill – pictures, books, clothes, jackets, shoes, scarves and purses – so many purses!

Jewelry – dozens of pieces of jewelry. I teased you about how you pronounce that word: JEW--LA--REE.

I say JEWEL-REE. We banter back and forth, in mock argument. We scramble to look it up, trying to beat the other. Your dictionary confirms we are both right! We laugh and laugh – we both won that one :-)

When I found your red wallet, I smiled and then I cried. I cried that you were gone. I cried with gratitude that you WERE still “there for me” right now, providing me with a new wallet right when I needed one, right when my wallet’s trim is unraveling and the clasp is loose. My sister, My Best Friend, gives to me, GIFTS to me perfectly, just what I need, right when I need it. Thank you, JoJo.

JoJo, you’re gone, and you’re still here. You are dead and you are alive. You are a memory and you are bright energy all around me. At times, I hear your voice in my head. I hear your voice in my voice. I speak your words in my words. I hear your thoughts in my thoughts. I hear your laughter in my laughter. I feel my skin as your skin.

A few months ago, just for a moment, in my reflection, I saw you. It scared me! Then it thrilled me. You were here! Ait, you’re not here, it’s me, not you. I see your hands in my hands. I see your freckles in my freckles. When I look into my eyes in the mirror, I see your light flickering there; can that be? No. JoJo, you are nowhere and you are everywhere.

When I am cold, I wear your red shawl. When I dress up, I wear your jew-la-ree. When I see my art, I see your artistic framing skills.

I was there that morning. A card arrived in the mail. Andrew brought your mail and your special outfits to decide. How does one decide to dress the dead, when she is still alive? Virginia and Julie step out for coffee and food; Andrew joins them. I stay. I read the card to you, a sweet message from Vinnie and Nancy.

The oxygen concentrator is loud, rattling and annoying. You’re breathing, pausing... breathing, pausing... I turn and place the card on the dresser. My back is to you when I sense something, something different in the room. I turn to you and sit next to you, close to you. I take your warm hand. Your eyes are open, staring at me, but I know you’re not seeing me anymore, you’re somewhere else. You inhale... and exhale.

I say to you, mantra-like, *ILoveYouJoJo; ILoveYouJoJo; ILoveYouJoJo; ILoveYouJoJo; AndyLovesYou; DonnaLovesYou; CaraLovesYou; ILoveYouJoJo; ILoveYouJoJo; ILoveYouJoJo; ILoveYouJoJo; AndyLovesYou; DonnaLovesYou; CaraLovesYou*, over and over again.

I’m sobbing, almost unable to speak; I continue to look and listen and watch, needing to remember each second of this moment. I say to you, *JoJo, please take God’s hand, He’s waiting for you! We love you, we love you, we love you!*

Your eyes dim. Your energy slowly softens. Your color pales from your scalp to your cheeks to your chest and arms... You are you, and you are no longer you. Your energy is gone. Your essence and your soul are gone. I close your eyes for you. I stayed. I was there.

JoJo, you were generous, and you were selfish. You were generous with your time and helpfulness to your family and close friends – to a fault! You would plan and do so much to ensure others were happy and comfortable, so much that YOU were unhappy and uncomfortable doing it. This would be a lesson you had to learn and re-learn throughout your life. You were selfish, too, with your space and comforts when you felt others were intruding or expecting too much. You were flexible and stubborn. You were quiet and loud. You were a cheerleader and you were hyper-critical with all your personal boundaries.

You were smart and well-read and you were a know-it-all. You were a world-traveler and you loved home. You were organized with messy closets and drawers. You had too many purses and wallets!

You were understanding and you were over-sensitive. You were easy-going and you were argumentative. You were curious, always asking why, always learning. You were judgmental of me and my mistakes, always. Above all, JoJo, you were a teacher. You continue to teach us all. You taught me to look at myself and be a better person. I fail daily and I keep trying. You re-taught me that relationships and family are above being right.

JoJo, I still grieve that you are gone; mostly I am grateful you are at peace. I miss you, JoJo. Today, when I found your red wallet, I smiled. Thank you, JoJo.

# REMEMBERING CHRISTMAS

By Mary George Beyer, twin to Georgia Mae

## Part I: Setting

The time was the latter days of WWII. Because electric lines were copper, our Nation conserved the copper lines for the War effort. We lived in a farming community just outside of town. People in farming communities did without electricity. That was soon to come, however. Christmas tree lights were common for “city folk”. That gave Dad an idea. He decided to make some lights out of flashlight bulbs. He dipped them in paint of various colors. Next, he wired them with a positive and a negative current and soldered them to each bulb. He made the wires long enough to stretch out of the living room window. Located beneath the window was a six volt car battery. People from all over the county heard about his Christmas lights and came to see the lighted “country folk” Christmas tree. When Mother took the tree down after Christmas, she told us that the tree was going back to the North Pole for Santa to keep until he brought it back the next year.

## Part II: Story

It was Thanksgiving. All the family gathered at Grandma and Grandpa’s house every year. A Blue Northern had blown in earlier in the day. Feathery white snowflakes had begun to fall when Daddy and Momma carried us out into the night to our farm truck. Daddy pumped the foot-feed a few times and the bright red truck began its deep rumbling sound. Daddy had Sissie stand up in the seat and lean on his shoulder so she could see the huge, feathery snowflakes blowing in the headlights. Momma situated me between herself and Sissie so that I could stand up and watch the blowing snowflakes, too. Buddy sat on his little wooden crate between Momma’s legs, like always. The white snow swirling in the headlights kept all three of us captivated. When we got home, Daddy drove right across the front yard and turned to the north side of the house. There in the window stood a Christmas tree with lights; red, yellow, blue, green, white, and orange lights! It was enchanting! Mesmerized, we sat in the truck and gazed and gazed at this magical lighted Christmas tree. Buddy found his whispering voice first.

“Where did it come from, Daddy?”

“Old Saint Nick brought it, Buddy; just for you and the girls.”

Sissie whispered, “Where did Old Saint Nick get it Daddy?”

“He got it at the North Pole, Little Sis.”

Finally finding my voice, I whispered, “How did he know where we live, Daddy? Is he coming back?”

“He knows where all good little boys and girls live, Big Sis. He’s coming back on Christmas with all of your presents.”

Seeing our first ever Christmas tree with brightly colored lights and silver dollar snowflakes produced a fairy-tale like atmosphere that we recalled over and over in the years to come.

## I CALLED HER MAC

By Joan McDonald, twin to Jane

My sweet sweet twin  
How long it’s been.

My heart has a pain everyday  
Wanting to hold you in anyway.

You live in my mind, heart, and soul  
I can’t wait for the day we’re reunited  
and whole.

I miss our talks, I miss our walks.  
It makes me cry, just the thought.

Wait for me on the other side.  
When I get there we will have a great  
time.

I love you from here and back.  
You are and always will be my Mac.

Jane and I called each other Mac because our  
maiden name was McDonald.

# NEWS FROM OUR UNITED KINGDOM AFFILIATE, JANET BAIRD, TWIN TO MARGARET

## THANK YOU FROM JULIETTE LEE, TWIN TO BEATRICE LEE

On the 8th March, earlier this year, some friends, family and I undertook the 14km sponsored walk that I had been planning for months (and was listed in the Spring 2014 issue of the Twinless Times). Before the walk many of you donated generous amounts of money. I want to thank you because without your help I wouldn't have been able to raise the grand total of £3,414 (just over \$5,500). This money has gone directly to Shooting Star CHASE Hospice and will be used to help families like mine on their journey with their life limited child.

Thank you for your support, Juliette.

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## HARROGATE LONE TWIN GROUP VISIT TO KYLEMORE ABBEY IN GALWAY, IRELAND BY JANET BAIRD

Our Lone Twin trip to Kylemore Abbey in Western Ireland began on Monday September 29th. The flight to Ireland only took 50 minutes as we skimmed over Liverpool and the Isle of Man and on to Knock airport. We walked into the tiny arrivals hall and there was Sister Julian waving at us. It felt amazing to be part of a Lone Twin group of four, who had flown across the Irish Sea to be with her!

Sister Julian played Celtic music in her little car as we steamed through the lush countryside, dotted with very clean white sheep and butterscotch coloured houses. We came off the motorway and drove the last bit on narrow roads with stunning views of the fjords and the Atlantic coast. The mountains towered around us and the clouds were stunning.

Finally we drew up outside Kylemore Abbey, to gasps of amazement from the twins. The castle is reflected in the beautiful silver lake and stands in front a backdrop of mountains. Our rooms were all on the ground floor, where the nuns used to sleep. The view from each of our rooms was out to the stunning lake.

We went to the beautiful Monastery church for Vespers at 6 pm. Then it was time to go back to the castle for a simple supper of cold meat and salad, followed by a discussion with Sister Julian about what we wanted to do the next day. It was decided we would have a lone twin meeting in the quiet room in the castle in the morning and then go to the coast after lunch in the abbey restaurant.

In the morning, I went to Vespers at 7.15 am. The lake gleamed like silver as I made the ten minute journey to the chapel. The service was simple and meaningful and I felt I had really entered into the spirit of Kylemore. After breakfast we went to the quiet room along the corridor in the main castle. Sister Julian had set it all out beautifully with chairs and bookmarks with the Irish blessing on. She also had some special books for us, by Father Jim Cogley. He is an Irish priest and psychotherapist who had written about the Twinless Self – it is actually about birth loss twins but the adult loss twins in our group felt it really applied to them too. We also talked about birthdays, as incredibly two of the twins had birthdays while we were at Kylemore. After introductions we all told our own stories and the progress we had made since we all last met. It felt really special to be holding our meeting in Ireland and in such a special place.

After a tea break with Belgian chocolate biscuits for the birthday we resumed our meeting and Alison talked about her new project which encourages lone twins to take up challenges and journeys. Alison has designed her own logo for her project and she was wearing the special polo shirt and hoodie. We were all very impressed.

Following the lunchtime service in church and lunch at the abbey restaurant, Sister Julian drove us to the beach at Lettergesh. Kylemore is very near the Atlantic coast and there are some scenic 'loop' roads with magnificent views of the beaches and the ocean. Lettergesh beach is famous for its white sands. The tide was out so we could walk on the beach and look for pebbles and shells.



We drove on down a really beautiful road to Killarney. Killarney is one of the deepest inland fjords and it is spectacular. In a small tea shop, we had pots of tea and brownies at a table in the window and a chance for some souvenir buying. It was time to head back to Kylemore for Vespers at 6 pm. It was a beautiful ending to a fantastic day.

I woke early the next morning and had an early breakfast before stumbling along in the darkness to the church. The saint for the day was St Therese of Lisieux. I walked back along the lake as the sun came up. One of the twins was on the lakeside and she told me she had seen a pair of white swans fly in perfect unison up the lake. It seemed really significant as it was her birthday and she felt her twin was really with her at that moment.

After breakfast, Sister Julian joined us and we had a special birthday meeting in the quiet room and Sister Julian had put candles from Jerusalem on our chairs. They were from Sister Noreen, who had visited Jerusalem. We then worked on cards which accompany Father James Cogley's book. Before the lunchtime service we had time to visit the Gothic church by the lake, which was built by Mitchell Henry as a memorial for his wife Margaret.

Following the service, which was a special mass as it was a Saint's day and another excellent lunch in the abbey restaurant, there was the whole of the castle to explore and the Victorian Walled Garden. We went to the Chief Gardener's house which has been restored to how it was in Mitchell Henry's time. It was very impressive with a real peat fire and a dinner service on the table. The tiny cottage opposite was simple and gave us an idea of how the gardeners must have lived.

Back at the castle we looked around the castle exhibition which tells the story of how Mitchell Henry built the castle and gardens for his wife Margaret. He was heartbroken when she died and the castle was sold in the early 20th century to the Duke and Duchess of Manchester – the Duke went bankrupt and gambled away the estate. The nuns from Ypres bought the whole abbey and grounds in 1920, after they had to leave their abbey because of the First World War. Later the sisters founded a girls' boarding school, which only closed in 2010 after becoming internationally famous.

It had been a long day, so we went back to the castle and sat outside in the warm sunshine and did the pebble exercise. For this we had to collect lots of different pebbles from the lake shore. Sister Julian put them all on a sheet on the grass and showed us how to do it. You talk your way through your family history and twin loss by choosing pebbles for your parents/siblings/ twin, etc. It was absolutely fascinating to see another twin's history in 3D.

Tonight was a very special service as we were beginning to feel sad about going home the next day. We walked back to make our own supper and then later Sister Julian brought another of the Sisters, who is a lone twin too, to meet us and talk to us, which was really special.

I managed to make it to Vigils at 7.15 am on our last morning. It was the day of the Guardian Angels so I felt that had to be a good sign for our flight back to Liverpool. Alison also came to the service and we walked in complete darkness along the lake side, lighting our way by the flashlights on our mobile phones. The service seemed very significant as the sisters mentioned our departure. We came out into the sunrise, which was magnificent over the lake. We stood with Sister Julian and Mother Maire and watched it in awe. Then it was time to say goodbye and thank Mother Maire for her hospitality and kindness during our stay.



Sister Julian joined us for our last breakfast before the taxi came for us at the front door of the castle and in two hours we reached Knock airport. We went off for a last bowl of Irish soup and then it was time to go through security. A stiff wind was blowing as we climbed up to the plane for our flight over the Irish Sea.

It is always sad saying good bye after a lone twin event and after four days together, it seemed doubly hard. It was a valuable experience and it proved to me that our group can 'do' things. Ireland was our second Harrogate Lone twin trip, but I am sure it won't be the last.

All twins would be welcome if they wanted to go to Kylemore as it is a place for twins to go to and a place to feel safe and at home.

# SOUTHWEST REGIONAL MEETINGS

By Eileen Jensen, twin to Elaine

## COLORADO

We would like to thank Florence Zamora for hosting our meeting at the Englewood VFW Post on October 4th, as well as preparing a delicious Mexican lunch for all. The lunch was preceded by a blessing, given by Steve Koeppen. Upon finishing our lunch, handouts were given to the twins, along with a short explanation of membership. We announced that the 2015 Annual Conference will be in Nashville, Tennessee.



Soon after, we told our twin stories, which can be both difficult and painful but the healing that comes from this makes it very worthwhile. We did have some time for discussion and then Phyllis Ashliman led the group for the Candle Lighting Ceremony reading from Dr. Darcie Sims “The Blessing Box” and we listened to the song “How Do I Live” by Leann Rimes.

Those pictured below are top row: Matt Zamora (Michael), Eileen Jensen (Elaine), Elizabeth Hoyt (Elaine), Sally Faust (Sonia), and Becky Howarth (Syndi). Lower row: Jeff Thoman (James), Kandi Carrillo (Tandy), Gale Erlewine (Dale), Phyllis Ashliman (Phil) and Steve Koeppen (Scott). Those not pictured were Lia Woodall (Larry), as she had to leave early, and support persons attending were Florence and Tom Zamora, Matt’s daughter- Eva, Linda Koeppen, Amy Thoman, and Monte Ashliman.

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## KANSAS

Rose and Pat Cahill hosted a Regional Meeting in their home on October 18th. This was the first time a Twinless Twin Regional Meeting was held in Kansas. There was such a great reception by twins from Missouri, Oklahoma and especially Kansas. A fabulous lunch by our hosts was preceded with a table prayer. It was a beautiful day in Kansas; however, we remained inside for a more intimate setting. Following the lunch, we all adjourned to the living room in comfortable chairs for the meeting. Twins were encouraged to share their emotions and feelings as we are in a safe place with twinless twins who know and understand. Membership was discussed including the 2015 annual conference which is being held in Nashville, Tennessee. The twin stories were next on the venue with lots of emotions, tears and the pouring out of support. The length of time without a twin does not always ease the pain but the sharing is beneficial. A candle lighting ceremony followed with the song “I Will Light a Candle” by Neal Alexander.

The meeting itself was ended and those who could stay were welcome. We continued a discussion of our twins and offering suggestions of help to those asking. Everyone relaxed, visited, in the comfortable setting of the Cahill’s home then our hosts served a delicious dinner, wow. We all send a huge ‘THANK YOU’ to Rose and Pat. Farewells are difficult, but most needed to leave by 8 pm. It was truly a wonderful day with twins together.

Those pictured are Dana Bridges (Debbie), Chris Buery (Jonathan), Donna McArthur (Dana), Kittie Olberling (Tommie), Brent Parker (Rick), and seated: Rose Cahill (Lela) and Eileen Jensen (Elaine). We were so very sorry to hear of Barbara Terry’s illness, we missed her. The support persons not pictured were Sammie and Pat.





## MIDWEST REGIONAL GATHERING

By Sarah Beebe, twin to Heidi

On September 20th, Terry, Twin to Sherry, hosted a fabulous TTSGI meeting at her lovely home in Coal City, Illinois. Thanks so much to Terry and her husband Kurt who laid out an incredible spread of food and treats, and provided the perfect environment for a cozy and intimate meeting for twins.

There were some new faces and long-time members in attendance, and we all enjoyed spending time sharing our twin stories, common experiences and learning about our journeys. One twin brought her daughter and my mother attended the meeting as well. It was wonderful to have some twin family members there who really seemed to enjoy the experience and grow in their understanding of twin loss through listening and participating.

We are fortunate to have an active group of twins in the Midwest and welcome and encourage twins from anywhere to attend any of our meetings, anytime! The more the merrier.

Those pictured include: Jay twin to Jarrett, Sarah twin to Heidi, Cathy twin to Char, Marylynn twin to Mary Jane, Paul twin to Pete, Marci twin to Michaelene, Terry twin to Sherry, Karen twin to Kathy and Karen's Daughter.

NOT PICTURED: Deb, twin to Marcia



## NORTHEAST (NEW JERSEY/NEW YORK) REGIONAL GATHERING

By Sheri Parham, twin to Shelley

Our Northeast (NJ/NY) meeting was on October 11th, at the home of Dr. & Mrs. Penney, parents of our member William. Our group leaders Carolyn Shane and Susan Riddle decided we were going to discuss 'forgiveness'.

Carolyn read a poem about forgiveness and had us think about it before we started to discuss it. Some of the poem

said: that we forgive when we don't care, we forgive those who betrayed us, we forgive those we firmly love because anger hurts, we forgive mostly not from strength, but through imperfection, we forgive because we too have done the same to others. We all shared our different thoughts which were encouraging.

For me, it was how to forgive once you are betrayed. My heart was truly hurting during our group meeting; but, the group gave me wonderful advice, they let me vent, cry, and help me work through my pain and disappointment. Jacquie Goldman had a similar issue which she shared with me and it helped me. Our group is GREAT! I love it when I'm with them; I feel like I'm home. Love them all.

We were also fortunate to have our support members who came and who held their own meeting and are not in the photo: Jacquie's husband Sam, Domenick's wife Joanne, and William's girlfriend Tran.

Those pictured include sitting on the couch: Colleen, Steve, Renee and Sheri. Standing: Domenick, Carolyn, Susy, Lauren, Laurie, William, Jacquie, Lynn, Leslie and Fred.

## MID-ATLANTIC REGIONAL MEETING

by Michael Karbeling, twin to Howard

The Mid-Atlantic Region held our Fall Regional Meeting on October 18, 2014 in Frederick, MD. This was our 24th Mid-Atlantic Regional Meeting since 2002. I have attended 15 regional meetings and 7 national conferences since 2006... and even though it was eight years ago, my first meeting seems like it was just yesterday. My journey started after my twin Howard died at the age of 51 in August 2005. In January 2005 my older brother Jerry died at 52 and in January 2006 my mother died. In 2006 I joined TTSGI and this has been the hardest journey I have ever undertaken. Now I can say that joining TTSGI probably was the best decision I have made in my life. I do not know how I would have found the strength and hope to survive without the love and support of Twinless Twins.



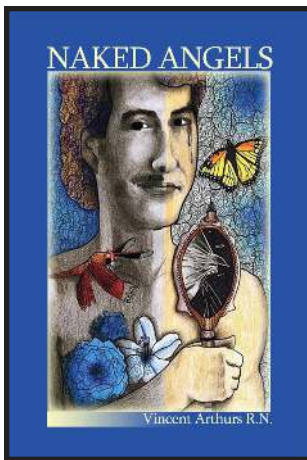
On October 18th, we gathered together to share our unique journey through loss and grief with other twins who met to support, encourage, love, and give them hope. We spent the weekend together and renewed friendships, formed new friendships, sharing our stories of grief, love and HOPE. Attending the meeting were 14 twins including 3 new twins. We were from Maryland, the District of Columbia, Pennsylvania, and Virginia. Some twins arrived early on Friday night and shared dinner together. Saturday morning, we met at the Hampton Inn for our group meeting. At the meeting and after, we laughed, we cried, we hugged. Most importantly we shared.

As a new twin said “seeing and hearing the pain that others are going through helps me because I did not feel so alone”. Another new twin said “I cannot stop thinking about all of the wonderful and courageous people I met. I found the courage to face my fears, to reach out to people for help and to make peace with losing my twin.”... I must move forward, my twin would want it that way. I look forward to meeting everyone again.

Truly we are “healing by helping others”... we remember these words from Dr. Raymond Brandt “Once a Twin, Always a Twin” and most importantly, “You are not Alone”.

My hope for our week-end together was that those who were there were able to let out some of the hurt and begin to move toward greater peace and healing. We will continue to help and ask for help in the months and years ahead so we can continue to be here for twins that need us. Our next Mid-Atlantic regional meeting will be in Frederick, MD at the Hampton Inn (date to be determined) in March or April 2015.

Those pictured: Michel Karbeling, Julie Kidd-Betz, Martha Sasser, Shari Hanscomb, Alia Pfeiffer, Barbara Corcoran, Betty Brinker, Joan Sandherr, Keith Duff, Laura Granstaff, Leslie Pennypacker, Nancy Esposito, Tracey Ronan  
At meeting but not in photo was Ruth Selig.

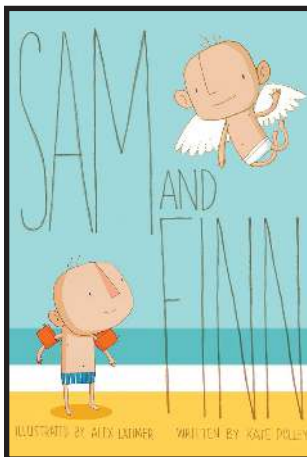


## BOOK REVIEW: NAKED ANGELS

By: Vicent Authurs

Reviewed by Dawn Barnett, twin to Darryl

Vincent Arthurs has captured the essence of twinship in his memoir *Naked Angels*. It is brutally sad yet gives hope as he comes out a survivor. With honest candor he tells how as children he and his twin brother, Victor, were both mentally and physically abused by their parents who were self-absorbed and uncaring. Then there is the fact they were brought up in a small Canadian town and were bullied. They survived childhood by relying on each other in their needs and finding comfort in that role. He touches on Victor's mental illness and how it affected him for many years, ultimately resulting in his suicide. Vince tells of how he was robbed of his twinship and how difficult it was to go from a "we" to a "me". We will experience Vince's shock and virtual confusion as to the reality of his twin's death. For example, it literally takes him four years before he can look in a mirror. Into the first year of grieving he finds a therapist, being a twin herself, who can understand and treat the grief from this loss. Dr. Barbara Klein is that therapist and states in her forward "*Naked Angels* in brilliant and poetic words recounts the grieving process that included overwhelming sadness and a sense of deep loss, symptoms of complicated grief and post-traumatic stress disorder... This journey shows the reader how hard it is to survive, and that survival is possible with the help of support groups, writing for healing and psychotherapy." This book is available on [amazon.com](http://amazon.com), and I highly recommend it.



## BOOK REVIEW: SAM AND FINN

By Kate Polley

Reviewed by Dawn Barnett, twin to Darryl

Kate Polley is a Mom of a twinless twin and has written this book for parents and teachers to help young twin survivors understand the loss of their twin. It is beautifully written with colorful illustrations. It is a story of Sam and Finn who started in their mom's tummy and how Sam was an angel sent to keep Finn safe until his birth. When Finn was ready, Sam whispered in his ear that he would be with him every day. With prose the author shows how Sam tells Finn where he will be – in the stars, as a butterfly, summer breeze, autumn leaves, shining sun, sparkle in the eye; he is your forever after. "Your brother and twin I'll always be, for I am you and you are me. So when you feel sad or just a bit lonely, take a moment to think of me. Look in the mirror and right on cue, I'll be smiling back at you." I wish I would have had this book when I was small and recommend it to parents and professionals who need to explain twin loss to the surviving twin. Available at <http://www.twinlesstwins.org/store/books/> and a portion of the proceeds will benefit TTSGI.

## NEW AND RENEWING TTSGI MEMBERS

Miriam (Brandt) Doetsch	Rudi Chan	Cheryl Goldenberg	Stephen Koeppen
Scott Andrews	Stephen Chapman	Elisabeth Goldsborough	Kristina Kofoot
Joan Angelis	Ryan Christy	MaryAnn Gomez	Leslie Kole
Ann Argenta	Marge Clapp	Sarah Goodwin	Janice Konya-Grabill
Betsy Aron	Justin Clarke	Laura Grandstaff	Akemi Korahais
Vincent Arthurs	Judith Cohen	Katherine Green	Patricia Kostrab
Brent Babcock	Wilmette Combs	Carol Gutmann	Marilyn Krause
Janet Baird	Jennifer Compton	James "Renie" Hallford	Jonathan Kuiper
Richard Baker	Jose (Alex) Contreras	Donald Hammel	Susie Lackey
Mary Baldizan	Barbara Corcoran	David Harper	Venice Lacy
Kyle Balduf	Lynda Cordle	Alix Harris	Tom Langley
Perry Barber	Corinne Costa	Cynthia Hasting	Kevin Lee
Dawn Barnett	Jancey Craig	Cynthia Hauser	Sungnam Lee
Lauren Barrows	Bruce Cramer	Paul Heiden	Catherine Lennon
Wendy Bauer	Lisa Curtis	Korey Henderson	William Leonard
Sarah Jean Beebe	Margaret Daffin	Laura Hennessy	Colleen Leonardo
Jean Benner	Pamela Daniel	Caren Hoffman	Marilynn Lester
Steve Bergman	Mariana Rozone de Luca	Christopher Holloway	Jennifer Lewis
Rhodena Bethune	Maca Del Valle Simpson	Joyce Holman	Janet Lewis
Mary George Beyer	Sue Doering	Rachael Holzhausen	Terry Lewis Foor
Jonathan Bock	Frederick Donegan	Lorraine Horstman	June Loertscher
Diana Borasio	Sally Dutton	Michael Houbrick	Brent Loschiavo
Barbara Bosch	Jill Earl	Kendra Hoven	Kristine Parkhill (Kris)
Angela M Botero	Lea Eriksen	Elizabeth Hoyt	Lovell
Carol Boyce	Nancy Esposito	Amy Hoyt Watanabee	April MacDonald
Raymond Boyle	Laurie Everitt	Carol (Cja) Hunter	Rebecca Mackenzie
Claudette Brault	Sally Faust	Vikki Huntwork	Carolyn Mackenzie
Dana Bridges	Kendra Felder	Cathy Hutchison	Julie Maher
Rena Bridgewater	Pamela Fender	Elaine Igelman	Paula Mahinske
Elisabeth Brinker	Darlene Ferraro	Eileen Jensen	Liz Maker
Corinne Bronson	Leslie Fitting	Marci Jezierski	Vladimir Makovoz
Sandra Brown	Trudy Foster	Jennifer Johnson	Jane Malcolm
Dorothy (Dottie) Bruch	Claire Fox	Kevin Johnson	Blaine Mallory
Brittney Brunswig	Nancy Foxwell	Barbara Ann Jones	Renee Manger
Linda Burke	Patricia Freitas	Dave Jones	Anita Manley
Aidan Cadley	Eileen Friedman	Joanne Jones	Valerie Mariani
Rose Cahill	Laraine Frost	Cindy Kacinko	Lindsay Marottoli
Elliott Camp	Marissa Gannon	Michael Karbeling	Adele (Dee) Martin
Susan Carlson	Michelle Getchell	Cheryl Karp	Carla Maslakowski
Michael Caruso	Jody Gick	Joplin Kehrer	Laura Massey
Betty Jean Case	Marilyn Gigoux	Doyle Kersey	Donna McArthur
Ellen Cedfeldt	Doris Giroux	Pat King	Cynthia McCratic
Erin Centauro	Sandy Goad	Tasha King Hepburn	Hunter McDaniel
Ginny Cetuk	Jude Golden	Dee Knoblauch	Turner McDaniel

## NEW AND RENEWING TTSGI MEMBERS

Terence McDonough	Keith Rager	Derry Sollors	Judy Valdez
Alpha McPherson	Shyam Rai	Peter Spanitz	Rick Van Valkenburg
Ellen Meeuwssen	Margaret Ramsey	Michael Spitaletto	Matthew Vierling
Mary Grace Miller	Garry Rayno	Millie Stacey	Fred Von Gunten
Erin Miller	Julie Reese	Rohan Stagg	Dorothy Wagner
Eva Miller	Marc Reichel	Rachael Starr	Lucy Wagner
Linda Miller	Marc Reichel	Margaret Stegall	Robert Walden
Betsy Miller	Susan Riddle	Mary Stephens	Jerry Walker
Barbara Milleville	Sharon Roberts	Janet Stevens	Donna Walker
Darlene Moore	Pamela Roberts	Craig Stewart	Sam Walker
Mary R Morgan	Jacob Roethel	Zoey Stites	Courtney Waller
Deborah Mori	John Rohrer	Dena Stitt	Alice Ward
Andrea Moss	Tracey Ronan	Colleen Sullivan	Suzanne Wedow
Kevin Mullen	Jami Rood	Lisa Summers	Cynithia Welch Moriarty
Patti Murphy	Jennifer Rudd	Cheryl Swanda	Tricia Wellsandt
Eva Nasiadek	Jane Rudden	Debra Swanson	Mary Wetter
Julia Nellett	Lisa-Michele Russo	Elizabeth Swerda	Jessica Wickey
Deb Nichols	Margaret Ryan	Cassandra Szymanski-	Lia Woodall
Bob O'Reilly	Victor Rychlicki	Spala	Joyce Woodman
Katie O'Toole	Cyndie Sachs	Tina Takach	Carly Wopat
Jennifer Okell	Joan Salley	Anita Talbott	John Wuorenmaa
Kittie Olberding	Joan Sandherr	Mark Tedrick	Bob Yarmey
Steven Osterman	Susan Schneider	Barbara Terry	Wolfe Zucker
Sara Padilla	Bob Schnittman	Jeff Thoman	Denaro Consultants
Margaret Pangburn	Becky Sehenuk	Cheryl Thorberg	International
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Cory Partridge	Joan Shea	Lindsay Turner	
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Jane Phillips	Emily Slosberg		
Patrick Pointon	DebbieKay Smith		
Casey Pope	Benjamin Smith		
Art Powell	Shawn Smith		
Alyssa Pratt	Eliott Smitherman		
Rebecca Pursley	Beverly Smyk		
Cheri Purtell	Tyson Snedeker		
Kelly Quinn	Robert Sobsey		
Tamra Quint	Grace A. Solano		
Sarah Radford	Michelle Solis		

### GIVE WHILE YOU SHOP

You can shop online and give to TTSGI at the same time!

#### **iGive.com**

iGive.com will link you to hundreds of popular retail websites. A portion of your online purchases will go directly to Twinless Twins. To date, over \$360 has been raised from you all using this site.

#### **GoodShop**

Use GoodShop.com when you shop online – they work with more than 2,500 major brands, have over 100,000 coupons and donate a percentage (up to 20%) of every purchase you make to us.

## HOLIDAY GIVING – GIVING SO THAT OTHERS MAY RECEIVE

As the Holidays approach, we would like to ask you all to consider giving this season to TTSGI in memory of your beloved twin. Year after year TTSGI has been here for each one of us, for the twinless friends we meet at conferences and meetings, and for all new twinless twins reaching out for compassion and healing for the first time.

*But the non-profit organization that supports us in our time of need also needs us to be there too!*

TTSGI provides us with first-class quarterly newsletters, conference planning and coordination, communication services via our website and telephone, a board of directors to provide guidance, regional coordinators, who are there for you, and so many “behind the scene” services. And, just like any organization or household we have a budget to meet, and we have a “wish-list.” TTSGI can continue providing support and services with the loving help of all of us!

How can we help? By sending TTSGI your donation or by making a pledge to give on a regular basis—monthly, quarterly, semi-annually, or annually, whatever plan works best for you. By setting up a giving-plan you give TTSGI the gift of financial planning—and the essential resources to help us thrive and grow.

**This year, an anonymous donor of TTSGI is generously matching all donations received, up to a total of \$5,000, so this is one exceptional reason to give at this time, knowing that your donation will be doubled for TTSGI.**

If you agree that giving is receiving, please complete the donation form in this newsletter and send it to Michelle Getchell. She'll make the arrangements to deduct the amount stated from your bank account or credit card as instructed by you. Alternatively, you can send a check to Michelle on a regular basis. Donating online at our website is quick and easy. Any amount is welcome (but please “stretch” if you can!)

*You can make a donation or pledge in memory of your precious twin – it's a gift that only you can give—so that TTSGI can continue to give back.*

In Gratitude - Margaret Daffin, Fundraising Coordinator



**DOUBLE**  
**the DONATION**

*Giving with the power of two!*

Right now, through the generous gift of an anonymous supporter, any donation received will be matched, dollar for dollar! If you give \$100, it turns into \$200!

**Every gift, no matter the amount, will be used to help support hurting twinless twins around the world.**

Make a donation today by visiting [www.twinlesstwins.org](http://www.twinlesstwins.org).



# TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

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

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(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:

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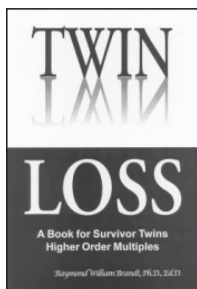
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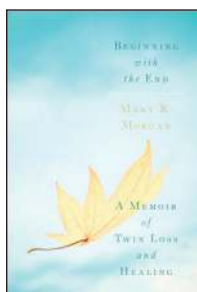
Twinless Twins, Inc. is a 501(c)3 nonprofit tax-exempt organization and your donation is tax deductible within the limits of the law.



## “TWIN LOSS”

By Raymond W. Brandt, PhD

Dr. Brandt was the founder of Twinless Twins Support Group International 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.

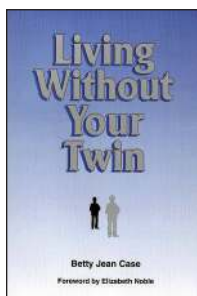


## “BEGINNING WITH THE END”

By Mary R. Morgan

In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face Michael’s death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life of new beginnings and meaning, especially in her work with others who have lost a twin.

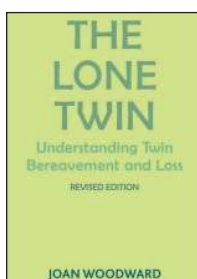
All proceeds from the sale of “Beginning with the End” will go to TTSGI as requested by the author, Mary R. Morgan. The book can be purchased through Amazon for \$26.95.



## “LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

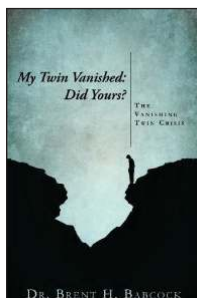
Author Betty Jean Case generously makes a donation to Twinless Twins each time one of her books is purchased through us. Betty is a twin, grew up with twin siblings, and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also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



## “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.

## TWINLESS TWINS SUPPORT GROUP, INTERNATIONAL™

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### EXECUTIVE DIRECTOR

Michelle Getchell

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Ypsilanti, MI 48198  
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[contact@twinlesstwins.org](mailto:contact@twinlesstwins.org)

### TWINLESS TIMES BY MAIL

We hope you are enjoying the full color electronic copy of the Twinless Times. However, if you are still interested in receiving the Twinless Times as a mailed hard copy, please send your name and address to Michelle Getchell at [contact@twinlesstwins.org](mailto:contact@twinlesstwins.org) and she will mail it to you. Please note that the holiday issue will still be mailed to everyone.

## WRITE FOR THE TWINLESS TIMES NEWSLETTER

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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.

## NEWSLETTER ARTICLE SUBMISSION DEADLINES

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**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:  
Lea Eriksen & Emily Heekin**

# REGIONAL COORDINATORS - CONTACT INFORMATION - 2014

## UNITED KINGDOM

### JANET BAIRD AFFILIATE MEMBER

janetmaybaird@hotmail.co.uk  
Tel: 011-44-1423-816340  
Mobile: 011-44-7711-768877

## CANADA

### DARLENE MOORE

sf49errice@rogers.com  
Tel: 1-(705) 294-0060

- Alberta
- British Columbia
- Manitoba
- New Brunswick
- Newfoundland
- Nova Scotia
- Ontario
- Prince Edward Island
- Quebec
- Saskatchewan

## NORTHEAST

### CAROLYN SHANE

cc7@tewnj.org  
Tel: 908-463-4770

- New Jersey
- New York

## NEW ENGLAND

### • POSITION OPEN •

contact@twinlesstwins.org  
Tel: 1-888-205-8926

- Connecticut
- Maine
- Massachusetts
- New Hampshire
- Rhode Island
- Vermont

## MID-ATLANTIC

### MICHAEL KARBELING

mkarbeling@gmail.com  
Tel: 301-565-9290

- Delaware
- District of Columbia
- Maryland
- Pennsylvania
- Virginia
- West Virginia

## SOUTHEAST

### PAMELA ROBERTS

pamelaroberts0507@att.net  
Tel: 404-423-8685

- Alabama
- Florida
- Georgia
- North Carolina
- South Carolina

## NORTH CENTRAL

### JOAN ANGELIS

joan.sea.angel@gmail.com  
Tel: 612-741-6583

- Iowa
- Michigan
- Minnesota
- Nebraska
- North Dakota
- South Dakota
- Wisconsin

## MIDWEST

### SARAH BEEBE

sarahtwintoheidi@gmail.com  
Tel: 773-297-8890

- Illinois
- Indiana
- Kentucky
- Missouri
- Ohio

## SOUTH CENTRAL

### • POSITION OPEN •

contact@twinlesstwins.org  
Tel: 1-888-205-8926

- Arkansas
- Louisiana
- Mississippi
- Oklahoma
- Tennessee
- Texas

## SOUTHWEST

### EILEEN JENSEN

twinjensen@msn.com  
Tel: 970-641-4362

- Arizona
- Colorado
- Kansas
- New Mexico
- Nevada
- Utah

## NORTHERN MOUNTAIN

### • POSITION OPEN •

contact@twinlesstwins.org  
Tel: 1-888-205-8926

- Idaho
- Montana
- Wyoming

## WEST COAST

### PAMELA FENDER

pdfender@yahoo.com  
Tel: 707-588-8824  
or 707-484-7547 (cell)

- Alaska
- California
- Hawaii
- Oregon
- Washington