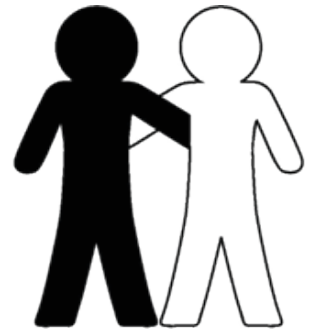


TWINLESS TIMES



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SUMMER 2015

PRESIDENT'S CORNER

Dear Twins,

As it has often been mentioned, TTSGI is a volunteer organization. It takes many, empathetic and dedicated volunteers, who walk the Twinless path, to be there for twins, at any stage of their loss, who find us.

Facebook is a recent example of this dedication. With a large effort from our moderators, Dawn Barnett, Sarah Beebe, Lisa Cox Summers, Beverley Smyk, Mary George Beyer and Rob Fitzmaurice, and Becky Sehenuk and Michelle Getchell from our Board, we were able to patriate our Facebook group under TTSGI. This is important for several reasons.

We offer outreach to any Twinless who find us and wish to express their loss in a safe and supportive environment.

We are able to direct these twins to further resources that can be gained through membership. This integration is essential, because membership dues make up a significant portion of our life sustaining revenues. As we know, without revenues, TTSGI would cease to exist.

On a separate note, all of the months of careful planning from our conference committee, is about to come to fruition. Nashville 2015, is now very much at hand. Each year, about 20% of our attendees are first timers. I mention this, so that those twins who feel they really should attend, to help in their healing journey, but may be reluctant, will have their fears allayed knowing that they're not alone in their feelings. If you're able to attend, please consider joining us in Nashville. You will not be alone.

Ray Boyle, President



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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

FINDING SPRING AGAIN

Spring has always been one of my favorite seasons. It is my reward for surviving the freezing winter months here in the mountains of West Virginia. It makes me feel happy looking at the daffodils, flowering dogwoods, cherry trees, apple trees and yes finally green grass! But there was a time for me, and maybe for you, when I thought I would never thaw from the chill that had overtaken my body and mind. My twin brother, Jim, who had given my life meaning, who had brought me so much joy and who had given me so much love had died.

In the years that have followed my overwhelming sorrow, I have learned to embrace spring again. Darcie Sims, a well known grief educator, in an article from Bereavement Magazine, said that “spring is the time when we get a new sense about the cycles of life. When tulips bloom, trees bud, and the garden begins to awaken, there comes a change in perspective. We may be able to see things in a new light, with new vision, with clarity that can only be borne in the fires of loss. We will never go back to being who we were, but we can establish a new sense of self as we work through our grief. We can create a “new normal” as we learn to adapt to the changing demands of grief. We simply learn to look at things differently in the early light of spring.”

There is so little time in life, when you really think about it. I no longer want to waste any of it. The death of my twin brother Jim taught me to embrace the moments of my life rather than to waste them. I no longer want to count what I have lost. I want to acknowledge the blessings of the springs that I did get to spend with Jim and remember the memories and the love that we shared.

As all of us do our work of grieving, we are moving toward a renewed sense of meaning and purpose in our lives. Hope for continued life will emerge as we are able to make commitments to the future, realizing that our twins will never be forgotten, and yet knowing that our lives can move forward.

Working through our grief is a difficult journey for each of us. It is as treacherous as the roads I traveled following the winter storms on these West Virginia roads, never knowing when I would hit an icy patch on the road and be thrown into a tailspin. Yet, it is in acknowledging and living the pain that gives us the energy and strength to allow hope and healing to return. Be patient with yourself and trust that you, too, will feel spring in your heart again.

“Patience tells us that the journey of a thousand miles begins with a single step and that we get over there one step at a time. Patience teaches us not to rush... And, even though we cannot see it, yet there is awareness that within every crisis lies an opportunity.”



KEVIN'S CORNER

By Kevin Mullen, twin to Brian

CANNES FILM FEST

On May 16, 2015, Sean Joyce, twin to Tom: Writer/Director James O'Brien (Venice Bound; Wish You Were Here): James Anthony Cotton (Patch Adams; Rent) and Louie Sabatasso (Wish You Were Here) will be at the 68th Cannes Film Fest in Cannes, France. James O'Brien's latest movie "Western Religion" was selected into the fest and will have its world premiere that day.

Sean Joyce, twin to Tom, is an actor and co-producer of "Western Religion." I'm so thrilled for Sean, twin to Tom and to the cast and crew of "Western Religion" for getting into the Cannes Film Fest. The film will be out in theaters on August 1, 2015. I hope you all will see and support this independent movie.

I can't wait to see Sean Joyce, twin to Tom in this movie. I'm looking forward to seeing what's up next for him and see where he'll be at in the future.

WHAT IT MEANS TO LIVE MY LIFE HONORING MY TWIN

By Jennifer Rudd, twin to Janet

I will speak her name out loud. Immediately after her death I couldn't because it hurt too much but eventually I came to share memories without crying. It makes some people uncomfortable and that's their problem not mine. She was and continues to be a part of our family.

I try to educate people on what the Twinless Twins organization does. Through me people can learn what a twinless twin is.

I put her name on the Christmas tree along with Dad's.

I put flowers on the grave for our birthday and still honor our day together.

I email fellow TT to encourage them.

Honoring her life doesn't mean I have to be perfect. She wasn't perfect but I loved her.

I wish I could say that it doesn't still hurt when the calendar turns to September. The good memories are more in the forefront now but the knot in my stomach is still there.

My screen saver is my favorite picture of us together. Every morning when I turn on the computer I can see her face.

I will laugh again and find joy in the moment .

I carry on every day with her in my heart.

TTSGI GUIDING PRINCIPLES: JOURNEY TO HEALING

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 Summer Edition will focus on the fourth one:

Journey to Healing – The loss of a twin can affect many areas of a twin’s life for varying lengths of time. The ability to accept one’s loss and to move forward is valued and supported by TTSGI. Membership status offers a myriad of personal and informational resources and support in the form of small and larger meetings, newsletters, telephone and electronic communication, an official website, books and articles and other media. The organization honors each twin’s “journey to healing” and exists to help each person find her or his own time and way to accept and grow beyond loss.

JOURNEY TO HEALING

By Kevin Mullin, twin to Brian

I know that all “Journey to Healing” paths are different for everyone. My healing path is helping twinless twins at regional gatherings. I like it when there is a small group of twins so I can give each of them my full attention.

I also find that writing for the Twinless Times is very healing. I remember Lea, twin to Eve asking me to write for the Times at the conference last year. When she asked me to do this, I was thrilled to do it in honor and memory of my twin, Brian.

HEALING JOURNEY

THE GOOD TWIN: A JUNGIAN FAIRY TALE

By Dr. Mercy Runyan, twin to Malinda



Once upon a time in a faraway kingdom lived a handsome king and a beautiful queen who longed for fulfillment. Their wishes were granted with the arrival of perfect twin daughters who looked exactly alike. The twins grew up smart and outgoing. Everywhere they went the people in the kingdom said ‘look at the miraculous twins.’ The twins knew that together they were the most powerful force in

the entire kingdom because they were two, which is more than one. The twins were always together, dressed alike and they were beloved by their parents.

As the twins got older they began to manifest different personalities. One twin was more outgoing and loved to take risks for excitement. The other twin was quieter and more studious. They had many suitors and sometimes they switched places because no one in the kingdom could tell them apart.

The quieter twin married a young man who was jealous of her sister. He tried over and over to convince her that she was the good twin and her sister was the bad twin. The twin named ‘bad’ was very sad. The twin named ‘good’ followed her husband everywhere because she had given him all her power. She followed him onto a small airplane in bad weather and she was killed in an accident on the side of a small mountain. Her husband found other princesses in other kingdoms and lived to a ripe old age.

The ‘bad’ twin was left being bad and all of the kingdom mourned the ‘good’ twin, so sad that the ‘bad’ twin was the only ‘one’ left. The ‘bad’ twin became very very bad because she believed the people that she was bad. She wandered alone through dark forests for many years, rejected in all the towns. No one accepted her grief. No one accepted her love. Her tears flowed profusely and watered the small green plants in the forest. She befriended the foxes and tamed them.

Gradually she began to see the world through new eyes. And she traveled into her own self-searching for integration and recognizing her wholeness. She found the lost pieces of her soul in deeper realms of darkness and she no longer feared the shadows. She saw the narrative of her life as a story and she began to rewrite the script. She named herself ‘the Good Twin’ and ‘Mercy’ and she began to tell her own Truth.

She forever after stayed in the solitude of the forest which was her true home. People came to visit her, who were seeking solace and the wisdom she had found on the journey of her long life. She lives there today with an open heart and an open mind. You can find her within your own Self.

JOURNEY TO HEALING
By Nic Lareau, twin to Danielle



Hello twins,

I'd like to share three poems I wrote last night to my identical twin.

She died prematurely only 12 days after we were born, smaller and more fragile than me. But still, I've always wondered what she would be like. Recently in my creative journey I've felt more connected to her than before.

This is very healing to deal with the loss and trauma from her being so close to me but not getting the chance to really know her as a sister.

Thanks for allowing me to share. I hope others get something out of it for healing too.

Namaste and many blessings. Nic Lareau.

In memoriam to Danielle

my love for you (uncontained)
endless seas stretching past the horizon
currents of the wind forming oceans
our universe (back to you)
your breath, your eyes, your heart
calling my name...

.....
Calling to Danielle

Come to me my love
your eyes betray lifetimes of pain
yet your heart resounds
with a desire to break free,
daring to dissolve
your excruciating reality
embrace me and fall into our
waking dream, flying thru the sea
of possibility together as we
you see

.....
Flashpoint to Danielle

I look into the universe
from the inside (suspended)
colors splash across my eyes, your canvas
my hands find themselves arranging images
trying to capture (you)
I dive into otherworldly terrain:
maps useless, I dance.
I am free, singing with love
journey into the heart of
my being as you: me

REBECCA

By: Jennifer Ann Okell

Dedicated to her twin sister, Rebecca Lynn Okell

(written as a school aged child)



Rebecca was my identical twin sister. She probably weighed less than a pound at our birth, and then she died right after our birth. Since she is dead, and I am living she lives through me. She is that voice inside my head that encourages me when I do things. To me, she

is forever my guardian angel watching over me. But in a way, I am glad she isn't alive. Because I know if she were, we would fight over everything since we would be exactly the same size. But I know that I also would have a friend for life and someone to turn to with my problems, besides our parents. We could play tricks on the staff at school, if she were here on earth with me. On the other hand since she isn't alive, I don't have to share anything with either of my living siblings, including my bedroom.



2015 TTSGI CONFERENCE - REGISTRATION

Surrounded by the comfort and support of other twinless twins, you will discover new tools and new twin friends to help you on your healing journey. You will leave feeling renewed in spirit and more informed about twin loss and grief. You will finally feel that you are not alone. Twinless Twins and their supporters (spouses, significant others, family, and friends) are welcome.

We look forward to seeing you this year at our Annual Conference beginning July 23rd at 6:30pm and ending July 25th at 10pm in Nashville, Tennessee!

To join us, please follow the steps below:

1. Register for the Annual Conference

You must be a current paid member of TTSGI to attend the Annual Conference. Spouses, significant others, family, and friends may register as well when accompanying a paid member.

[Click here to register on-line.](#) If you would like to register for the conference by using a paper form, please contact us at (contact@twinlesstwins.org or 1-888-205-8962) and we will mail a registration form to you.

2. Reserve your room at the Nashville Marriott at Vanderbilt University by calling toll free 1-800-228-9290 or direct at 615-321-1300.

* Be sure to say you're coming for the Twinless Twins conference so you'll receive the reduced room rate of \$159/single (includes breakfast for one), or \$169/double (includes breakfast for two). A block of rooms have been reserved for this conference, however, the special room rate will only be available until Wednesday, July 1st or until the group block is sold-out, whichever comes first.

3. Make your travel arrangements

Book your flights into Nashville International Airport (BNA)

* Most participants will arrive July 23rd in the early afternoon and depart July 26th in the morning.

We'll see you in Nashville!

If you have any questions or concerns, please consult your Regional Coordinator or call to leave a message with our Executive Director, Michelle Getchell at 1-888-205-8962.



2015 TTSGI CONFERENCE SCHEDULE

Please note the beginning and ending times will **NOT** change so feel free to make travel arrangements based on beginning and ending dates & times.

THURSDAY, JULY 23, 2015:

Pre-conference meetings for all Board members and Regional Coordinators

- 9:00am – 12:00pm Board meeting
- 9:00am – 12:00pm Regional Coordinator meeting
- 12:00pm – 1:00pm Working Lunch: Board and Regional Coordinator meeting
- 1:00pm – 3:30pm Board meeting (continued)
- 1:00pm – 3:30pm Regional Coordinator meeting (continued)

– Conference Officially Starts –

- 6:30pm – 7:00pm Early Check-in for first time attendees – Registration outside reception room
- 7:00pm – 7:30pm First Time Attendee Hospitality Gathering with Dena Stitt, TTSGI Vice President
- 7:00pm – 9:00pm Registration Table Open for all attendees
- 7:30pm – 9:00pm Welcome & Dessert Reception – with Ray Boyle, TTSGI President

FRIDAY, JULY 24, 2015

- 7:30am – 8:00 am Inspirations for the Day: Sandy Goad
- 8:30am – 9:00am Announcements
- 9:00am – 10:00 am Keynote Speaker: Mitch Carmody, Twinless Twin, Author & Compassionate Friends Speaker
- 10:00am – 10:30am Break: Sales, Auction and Raffle Tables open
- 10:30am – 12:00pm Parallel Group: Honoring Your Twin's Memory: Susan Schneider & Michelle Getchell
- 10:30am – 12:00pm Sharing Time: Dave Jones
- 12:30pm – 1:30pm Lunch Provided – box lunch
- 1:30pm – 3:00pm Sharing Time (continued): Dave Jones
- 1:30pm – 3:00pm The 20 Faces of Grief: Mitch Carmody
- 3:30pm Group Photo (wear your conference t-shirt for photo)
- 3:30pm – 4:30pm Memorial Walk: Margaret Daffin
Balloon Release: Sandra Brown & Dawn Barnett
- 4:30pm Free-time in Nashville!

(continued on next page)

2015 TTSGI CONFERENCE SCHEDULE, CONTINUED

SATURDAY, JULY 25, 2015

7:30am – 8:00am	Inspirations for the Day: Sandy Goad
8:30am – 9:30am	Announcements/Annual Business Meeting with Ray Boyle, TTSGI President
9:30am – 10:00am	Break: Sales, Auction and Raffle Tables open
10:00am – 12:00pm	Parallel Groups: (pick one) Spouses, Parents, Friends: Rick Getchell & Kurt Foor Early Loss: Dena Stitt Sudden Loss Age 17 and Under: Beverly Smyk Sudden Loss Age 18 and Older: Terry Lewis Foor Lingering Illness: Venice Lacy Suicide: Mitch Carmody
12:00pm – 1:30pm	Lunch Break (on your own)
1:30pm – 2:30pm	Stigmatized Grief: Mitch Carmody
2:30pm – 3:00pm	Break: Last chance to get sales table items
3:00pm – 3:30pm	Closing Ceremony: Mitch Carmody
3:30pm	Sales Table closes
4:30pm	Pick-up your Raffle Items
3:30pm – 5:30pm	Free time
5:30pm – 10:00pm	Dinner, Awards & Auction

2015 TTSGI CONFERENCE - AUCTION AND RAFFLE

AUCTION AND RAFFLE - NASHVILLE, TN - JULY 23-25, 2015

by Dawn Barnett, twin to Daryl

Okay, it is rapidly approaching time for the conference and July 23 will be here before we know it. Please consider donating items for the conference auction and raffle. High dollar items such as jewelry, travel vouchers, condos, vacations, handmade quilts, 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 are featured in the raffle which can number up to over 400 items to select from. So far, we have commitments for a condo stay in Gulf Shores, Alabama; several pieces of artwork by our members and as usual, TTSGI logo items which are always a hit with the attendees. Only you can make this a success so let's make this the best raffle/auction ever as this is our major fundraiser at the conference. Looking forward to seeing you there!!

GRAND OLE OPRY TICKETS

By Margaret Daffin, twin to Josie

TTSGI is suggesting a possible social evening at the Grand Ole Opry in Nashville on Friday, July 24, 2015 during the free time portion of the 2015 TTSGI Conference, or there are other music venues in the area.

If you are interested in purchasing Opry individual tickets, please see the following information:

Grand Ole Opry, The show that made country music famous.

- \$5.00 off Grand Ole Opry Tier 2 seating or \$3.00 off Tier 3 seating
- Shows every Tuesday, Wednesday, Friday and Saturday at 7:00 pm at the Grand Ole Opry House.

Tickets may be purchased at the box office, online or by calling:

1-800-SEE-OPRY or 800-733-6779

<http://www.opry.com>

Use code **BNAC15** to receive discount.

Discounts valid for events July 19 - 28, 2015. Valid for up to eight tickets per person. Not valid on price level one or children's prices. Not combinable with any other offer, coupon. Offer is not retroactive. Tickets subject to service charges. Shows and schedules subject to change.

TTSGI LIST OF PAST CONFERENCE LOCATIONS

1994	First conference in Fort Wayne, Indiana
1995	Fort Wayne, Indiana
1996	Fort Wayne, Indiana
1997	Chicago, Illinois
1998	St. Louis, Missouri
1999	Memphis, Tennessee
2000	Cincinnati, Ohio
2001	Denver, Colorado
2002	Detroit, Michigan
2003	Delray Beach, Florida
2004	Chicago, Illinois
2005	San Francisco, California
2006	Delray Beach, Florida
2007	Dallas, Texas
2008	Toronto, Canada
2009	Denver, Colorado
2010	Detroit, Michigan
2011	Minneapolis/St. Paul, Minnesota
2012	Columbus, Ohio
2013	Los Angeles, California
2014	Baltimore, Maryland

2015 TTSGI CONFERENCE - FREQUENTLY ASKED QUESTIONS

When is the 2015 conference?

The conference begins the evening of Thursday, July 23, and ends at the closing banquet on Saturday, July 25. Plan to depart on Sunday, July 26.

Where is the conference?

Nashville Marriott at Vanderbilt University
2555 West End Avenue
Nashville, TN 37203
615-321-1300

[Click here to reserve your hotel room and receive a discounted TTSGI rate.](#)

What airport do I fly into?

Nashville International Airport (BNA)

How do I get back and forth from the airport to the hotel?

The hotel does not provide shuttle service. You will need to arrange your own transportation from the airport to the hotel, which is a distance of about 10 miles. The hotel can connect you with the Grayline Airport Express on request, which will take you to the airport for \$12 (one way).

**Also, see "Travel from Airport to Hotel" by Margaret Daffin, noted at the end of the Conference notes.

What will the weather be like?

In July the average Nashville daily low is 70° and the average daily high is 89°. For more information visit www.weather.com.

What should I wear?

Almost anything goes. For the welcome reception evening some people wear business casual, others their traveling outfit, t-shirt and jeans. During the day, wear what you feel comfortable wearing, pants, t-shirt, blouse, jeans, shorts. Remember, there will be air conditioning, so be prepared if the A/C is cooler than you prefer. In the evening, for dinner, you can choose to change or stay in what you wore during the day. It doesn't matter, attendees do both! For the closing banquet, people tend to dress up a little more – nice slacks outfit, nice dress. Men usually wear suits. This is a nice affair but NOT formal.

What should I bring?

- Photographs of your twin.
- Consider donating a gift to be used at the auction or raffle to help support the organization.

I am a first-time attendee, what should I expect and what is expected of me?

To welcome you to the Conference, we invite you to join us for our first-time attendee's reception where you will have the opportunity to meet other first-time attendees, as well as Board Members and Regional Coordinators. First-timers' registration will be held on July 23rd at 6:30 pm with the first-timers' reception beginning at 7:00 pm. The Board Members and Regional Coordinators will be available to meet with you to answer any questions you may have concerning the conference.

After the first-timers' reception you will be asked to join all conference attendees at the dessert reception at 7:30 pm. Please be sure to have dinner prior to the first-timers' registration at 6:30 pm. During the conference, there will be time for sharing what you feel comfortable concerning your twin and twinship. There will be speakers, and various different breakout sessions, free time to relax, reflect and casually meet others and a closing banquet on Saturday evening. Plan to depart on Sunday.

What do we do for meals? Read this section carefully.

Thursday – Dinner at your own expense.
Welcome Dessert Reception – 7:30 pm desserts and beverages (open registration at 7:00 pm).
Friday Breakfast – Hot breakfast is provided at the hotel and is included in your room rate.
Friday Lunch – Box lunches with an assortment of sandwiches to choose from.
Friday – Dinner at your own expense.
Saturday Breakfast – Hot breakfast is provided at the hotel and is included in your room rate.
Saturday Lunch – At your own expense.
Saturday Dinner – Banquet – included in your registration fee.
Sunday – Depart

Does the hotel have a fitness center?

There is an onsite indoor swimming pool and a full-service fitness center featuring cardiovascular equipment and free weights. The hotel also offers bicycle rentals if you want to get exercise outside.

How close are we to tourist attractions?

The hotel is located in downtown Nashville, close to the Grand Ole Opry, Music Row, The Parthenon/Centennial Park, and Second Avenue Entertainment District. There is a free hotel shuttle service to many downtown attractions. [Click here for more information on local activities.](#)

What is the cost to attend the conference?

Late Registration after May 1 is \$250 per person. You must be a paid-up member of TTSGI to attend. The hotel rate is \$159.00/single and \$169.00/double per night plus tax. The cut-off date for the hotel’s special rate is July 1 so it is imperative that you make your reservation by that date. There will be no exceptions.

What should I do if I have to cancel at the last minute?

Unfortunately, we are unable to refund any registration fees one month prior to the conference. Once the “firm” attendee count is given to the hotel we are not able to decrease that number. For hotel cancellations, please contact the hotel directly regarding their cancellation policy.

What if I want to attend but am unable to afford the conference?

Please contact our Executive Director, Michelle Getchell at contact@twinlesstwins.org to find out about possible assistance.

The Conference Committee, the Board of Directors and the Regional Coordinators are all looking forward to a great conference full of companionship, making connections, sharing our stories, a powerful keynote address, worthwhile break-out groups and MOST IMPORTANTLY SEEING EACH OF YOU THERE!

If you have any further questions or concerns, please consult your Regional Coordinator or our Executive Director, Michelle Getchell at contact@twinlesstwins.org.

****TRAVEL FROM AIRPORT TO HOTEL**

By Margaret Daffin, twin to Josie

The cheapest way to get from and to Nashville Airport (BNA) to the Nashville Marriott Hotel at Vanderbilt University is to use Wise Coaches - recommended by the hotel. They are located on the ground level of the airport terminal building. Once you have picked up your suitcase, proceed to their desk - coaches leave every 15 minutes for downtown. One-way fare is \$15; Round-trip fare is \$25. See their website: www.wisecoachesofnashville.com. Telephone: 1-615-391-3505. It beats the cost of a taxi!

MEMORY WALK - 2015

“TOGETHER WE WALK “

“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.”

I am very pleased to announce that we will be holding our 7th Memory Walk at our 2015 International Conference in Nashville, Tennessee on **Friday afternoon, July 24th**. The walk will take place in an area close to the hotel, and I encourage everyone to join us for this incredible and moving experience. At the end of the walk, we will have a balloon release.

Last year, the walk was held in Baltimore, Maryland. As we joined hands on that beautiful Friday evening 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.

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.

I promise you that your donations to Twinless Twins will be used wisely. Please consider giving in memory of your twin.

Please see the separate Frequently Asked Questions sheet and the Donation Form in the newsletter.

Or, if you would like to donate online, please go to our website: www.twinlesstwins.org/donate and remember to indicate that your donation is for the Memory Walk.

Thank you,

Margaret Daffin, twin to Josie
Chairman of the 2015 Memory Walk



MEMORY WALK - 2015

FREQUENTLY ASKED QUESTIONS ABOUT THE TTSGI MEMORY WALK

Q: What is the Twinless Twin's 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 2015 Twinless Twin Memory Walk will be held at our International Conference in Nashville, Tennessee on **Friday afternoon, July 24th** and it will take place in an area close to the hotel.

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 if you want you and your twin's name to be carried on our walk in Nashville.)

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 the newsletter to keep track of your donations.

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 make checks payable to TTSGI and 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. Your friends, family and community have the option of donating to TTSGI online by using our website at 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. Be sure they note that this is a Memory Walk Donation. They will receive a thank you from our organization as their tax receipt.
3. 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.

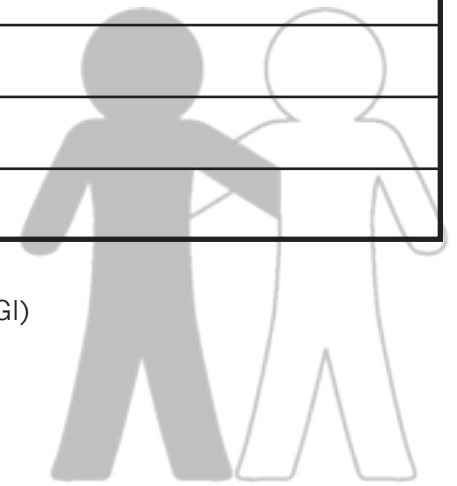
TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

MEMORY WALK 2015

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Donations in Memory of _____

	NAME OF DONOR	ADDRESS & EMAIL	DONATION
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Please make checks payable to: Twinless Twins Support Group International (TTSGI)

Conference Information I will be attending the Nashville Conference
 I will not be attending the Nashville Conference

SOUTH CENTRAL REGIONAL MEETING IN HOUSTON, TEXAS

By Mary George, twin to Georgia Mae



The South Central Region met in Houston, Texas the weekend of April 17, 2015. Barb Terry planned a Meet-and-Greet Social Friday evening at 6:00 pm in the hotel lobby where several of the twinless twins were staying. Wine, soft drinks, and snacks were available. Twin stories, laughter, and warm hugs were abounding. Heavy rain, high winds, and bolts of cracking lightning threatened to dampen some of the evening's activities. Betsy and Scott Miller invited members to their house for more snacks and refreshments. John Rohrer provided transportation for three who braved the weather to share time with Betsy and Scott. Gathering in their living room to wait out the storm, Ann Perez, John Rohrer, Sunny Lee, Mary George Beyer, and Betsy and Scott Miller shared stories of their twins and twinship. About 10:00 pm, the intensive lightning storm had moved off to a safe distance. The group thanked Betsy and Scott and made a mad dash for John's car. Driving his passengers back to the hotel, John could have used a boat. However, he safely drove and sloshed his passengers back to the hotel.



Saturday morning, the Regional Meeting session was held in a meeting room at a lovely Episcopal church where Betsy Miller and her family attend. Barb Terry did a terrific job facilitating the meeting, giving everyone an opportunity to share their twin story if they so chose to share. Two new twins were present. Yessnia Morales lost her twin in an automobile accident. Gary Lackey lost his twin to medical illness. The threat of more rain kept the memorial candle lighting service inside. White candles were passed out to each twin. Two candles were lighted, symbolic of being Once a Twin, Always a Twin. Each twin then lit the candle of the person next to them, representative of being connected to each other in deep understanding of twin grief and twin loss. To close the meeting, Barb Terry reminded people to pick up their packets containing information about twin loss, the grieving process, TTSGI membership, and a copy of the latest Twinless Times. The conference room was put back in order and the group left for a terrific lunch together at the Outback Steak House. Later that evening, Margaret and Paul Daffin were delightful hosts as they cordially opened their home for a social hour and a delicious catered dinner. By 10:00, warm appreciations were extended to Margaret and Paul, and last twin hugs for this Regional Meeting were shared. The group dispensed for their respective evening accommodations.

Words are not ample to express gratitude to Barb Terry for the timeless hours and terrific job she did in planning the Regional Meeting! Appreciation goes to John Rohrer who selflessly donated his time and vehicle for transportation the entire weekend. Margaret Daffin was totally indispensable as she provided her support and encouragement to Barb Terry for the several weeks required to produce this successful Regional Meeting. Mary George Beyer handled the emails and information sent out ahead of time. Thank you for providing an exemplary model of the Team Approach.

Group Picture

Bottom Row: Carol Gutmann, Mary George Beyer, Lucy Wagner, Ann Perez, Yssenia Morales, and John Rohrer
Top Row: Barb Terry, Sunny Lee, Dawn Barnett, Gary Lackey, Betsy Miller, Margaret Daffin, Maurice Walton

SOUTHWEST REGIONAL MEETING

By Steve Koeppen, twin to Scott

On April 18th, 2015, nineteen twinless twins and eight support people gathered from the Southwest Region for a Spring meeting and luncheon at a VFW in the Denver, Colorado area. As the season of Spring produces and reflects new life in budding trees and plush green landscapes beneath our majestic Rocky Mountains, it captures a reminder of the renewal and refreshment of who we are as twinless twins and where we are going, reflecting our inner self and moving forward with hope. One could not help but notice the emotions and reactions of those who attended this meeting with their twin hugs shared, tears shed, and smiles on the faces of twins being with a special family that could and would understand the emotions of that day.



Florence Zamora blessed us with a delicious spread of food to begin a very special time together. We were also honored and privileged to have Paul Heiden with us, as he wanted to surprise Eileen Jensen – and surprised her he did! Paul and Eileen were both broken and crushed in spirit after the loss of their twins when they met each other in 1999. They became best friends as they shared their pain and sorrow back then.



After a wonderful lunch, Eileen Jensen shared the mission and vision of Twinless Twins Support Group International. She also mentioned the upcoming National Conference in Nashville, TN in July. She expressed how her contribution as Regional Coordinator of the Southwest had greatly contributed to her own personal healing. After six years of serving in that capacity, she will continue to work with TTSGI in a different capacity.

Each twin shared their twin story and it was truly a heart-felt time where each of us understood and related to each other. Several times the statement, *“That is exactly what I experienced or felt”* could be heard by the ones listening.

Following the sharing time, Eileen Jensen announced that Steve Koeppen would succeed her as Southwest Regional Coordinator. Steve began a time of recognizing and celebrating Eileen’s six years of commitment as the Southwest Regional Coordinator. Phyllis Ashliman, twin to Phil presented Eileen with a beautiful appreciation plaque. Eileen received several other gifts from her beloved twin family.

The gathering concluded with a beautiful candle-lighting ceremony led by our special guest, Paul Heiden. Following the ceremony, we all enjoyed the special cake that Florence Zamora made for Eileen. A group picture was then taken of all the Twins.

Our Group Picture (Left to Right)

- Front Row: Scott Nasso, twin to Steve; Matt Zamora, twin to Michael
Second Row: Elizabeth Hoyt, twin to Elaine;
Third Row: Elaine Fenard, twin to Yvonne; Dottie Bruch, twin to Patty;
Rachel Upham; Kandi Carrillo, twin to Tandy; Eileen Jensen,
twin to Elaine; Darla Ridnour, twin to Darren; Jessy Price,
twin to Alea; Becky Howarth, twin to Syndi; Tennyson Mosher,
twin to Weston
Back Row: Marc Reichel, twin to Timothy; Steve Koeppen, twin to Scott;
Caj Hunter, twin to Levi; Phyllis Ashliman, twin to Phil;
Joe Basehart, twin to Gerald; Paul Heiden, twin to Pete;
Jerry Walker, twin to Jim



MIDWEST REGIONAL MEETING

By Sarah Beebe, twin to Heidi

On Sunday, March 15, 2015, we had an amazing, healing time of twin fellowship at Paul Heiden's house, right outside of Chicago. We welcomed new twin Lynette, twin to Wayne and even had a twin, Emily, twin to Dorie, visit all the way from Florida! As always, it was a great time to talk about all of the things twins need to share with other twins: the twin connection, family dynamics, the pain and grief we feel and how to work with it, etc. Overall, it was a wonderful time of laughing, crying and just being together.

Paul led the group in a candle lighting ceremony, which was a lovely tribute and beautiful display of light for our twins.



Thanks to all of the twins who came, and big thank you to Paul Heiden for hosting and Kurt Foor (husband to Terry) for taking the lovely photos.

Pictured, left to right:

Becky, twin to Vanessa; Sarah, twin to Heidi; Cathy, twin to Char; Elaine, twin to Irene; Olivia, twin to Penny; Emily, twin to Dori, Paul, twin to Pete, Marci, twin to Michaelene; Lynette, twin to Wayne, and Terry; twin to Sherry.



NORTH CENTRAL REGIONAL MEETING

By Joan Angeles, twin to Jean

The North Central Regional meeting was held Saturday April 4, at the Downtown Minneapolis Library. Thank you to all who attended this meeting.

Pictured Front, L to R: Alysson Gebauer with Amelia, Nicki Lenway, Rae Ann Lenway, Patti Barton Murphy, Tim Rieswig
Back, L to R: Joan Angelis, Sandy Meyer, Tom Meade, Virginia Carpenter, Joe Carlson, Eric Jacobson, Alfredo Ojeda

WEST COAST REGIONAL MEETING

By Debe Bloom, twin to Carol

The last day in February was spent as a group to honor our twinship, our twins and ourselves. Thirteen people gathered together to enjoy a potluck lunch hosted by Rick and Debe Bloom in Oxnard Shores, CA.

After lunch, four of the thirteen separated and went for a walk to the beach. These four are significant others who support a few of the twins. This group was led by Rick. His words are listed below.



In the meantime, we lit a candle for our twin and read the poem, “We Remember Them”. The twins had the opportunity to share their story of loss and their thoughts about how they are doing. Some losses are over 12 years... and some were as fresh as a couple of months. Some twins were able to say goodbye to their other half, and some didn’t get a chance to even know them.

One thing is for sure; even though some gathered as strangers, never having met before, our bond was immediate and comfortable. It is obvious that only a twin can understand this deep loss of another twin.

We talked about the difference between losing a sibling vs twin. Twin vs. child. It was very clear that our deep pitted hole is very hard to close. And yet, with time and acceptance, we can move forward.

It was so good to host a TTSGI meeting again. To help others know that they are not alone – to reaffirm that I am not alone. February – our birthday month, I honored Carol’s memory with this gathering. I honored the twins who came to share their day and their hearts.

From Rick, Significant Other (S.O) to Debe (Carol’s twin)

Eleven people just left our home this afternoon, heading back to the normalcy of their lives, as they know it. The group included eight Twinless Twins (plus the host and my amazing wife, Debe), and three of their spouses or significant others (plus me). Under the threat of a looming area storm, these people all came together – the furthest driving 200 miles each way – to share their stories and what I only know from a distance – to share their twinship.

I’ve been on this journey for the past 15 years since Debe lost her beloved sister, Carol. I do my part when we host these events in our home. For me, that means not just helping transform our home for two into a home for thirteen, assisting with organizing the lunch service, seating and boxes of facial tissue, but also preparing to host the significant others (S.O.’s).

I gotta be brutally honest here: sometimes I feel like the “veteran” S.O. in the room. But it’s a humbling experience I undertake to honor and stand beside Debe through her journey. And that’s all I can do... stand beside her, should she need me. Because the reality of this journey that I finally realized a couple of years into it, is that there are times she may need me and, at others, she may not. And it has nothing to do with our wonderful marriage of 14 years or our being together for 21. It’s about her Twin bond. I know I’m about to make a controversial statement and I invite you to write and challenge me on it but I “get” the difference that Twins share and, more importantly, I “get” that I will never know what a Twin feels for his or her loss (at whatever point of life that may be).

We’ve always run our meetings in a manner that breaks off the S.O.s from the Twins so that the twins have a safe and comfortable place to talk and share with only twins present. It’s sacred space, which is

something else I “get”.

Another reality is that S.O.s need an outlet to share their experiences, gain an understanding, learn from each other and also know that they aren't alone.

Today, four men got to know each other for a couple of hours, share stories and experiences with their Twinless Twins. We all came away with the understanding that there's a safe place for us to come to share, talk and feel safe.

We take each day as it comes and I always keep a watchful eye on Debe. I wonder “is this or that reaction or comment all Debe or is it in response to missing her twin in that moment?” I don't think she knows that I watch that closely but she will, now that I'm blowing my cover! Because what else is a good S.O. to a Twinless Twin supposed to do but stand by and keep a watchful eye on his or her Twin?

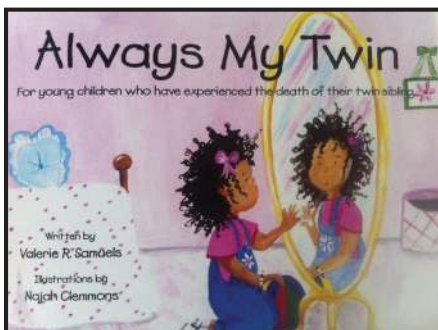
Photo: Standing: Kyle, twin to Tim; Mary, twin to Tery; Paula, twin to Pam; Michael, twin to Joseph
Sitting: Susie, twin to Melissa; Terri, twin to Gary; Debe, twin to Carol
(Not showing Denise, Amy, twin to John)

BOOK REVIEW: ALWAYS MY TWIN

by Valerie R. Samuels

Reviewed by Dawn Barnett, twin to Daryl

For young children who have experienced the death of their twin sibling



There are few books out there pertaining to the death of a twin, much less books dealing with early loss twins. I found Valerie Samuels' book to be one we are lucky to have today, unlike it was when I was growing up and had nothing to go to as far as books pertaining to twin loss before birth, after birth, or as a young child. With beautiful colorful illustrations, it is written in the eyes of the surviving twin and it is easy to read to little ones in a way they can understand. As the author states in her forward “I believe this very special book will provide young surviving twins and their families with opportunities for healing and creating memories of their own to cherish”.

Starting out where the parents are looking forward to having twins, then the loss of one of the twins and onto how the loss affected the parents and family members. In the surviving twin's words “I miss my twin. Sometimes I wish she were here so that we could play together; dress alike and share toys and secrets” - thoughts so many early loss twins share alike. There is even a page in the book to put your family tree; showing although the twin is no longer with us, she will always be a part of the family. It goes on to show how the parents can help the twin remember her angel twin by pictures and telling stories about them; also special jewelry that can be worn in remembrance or a special ornament hung on the Christmas tree. I especially liked the page that showed two birthday cakes celebrating both twins' birthday. Other examples of memorials were the planting of a tree in the backyard, placing flowers at the gravesite and having a balloon release. Most of all, Always My Twin stresses the importance of “once a twin, always a twin”. It can be bought on Amazon.com at http://www.amazon.com/Always-My-Twin-Valerie-Samuels/dp/1412060362/ref=sr_1_1?ie=UTF8&qid=1431983610&sr=8-1&keywords=valerie+Samuels+Always+My+Twin

MID-ATLANTIC REGIONAL SPRING MEETING

By Sandy Goad, twin to Jim

The Mid-Atlantic Region of Twinless Twins met in Frederick, MD on Saturday, March 13. I only wish that all of you could have been there to experience, first-hand, this beautiful day in Frederick and the healing that took place as twinless twins came together and experienced love, support, encouragement and hope. We gave this week-end to ourselves, as twins, to help us on our path toward healing.



Among the twenty twins that attended, we welcomed six new twinless twins. We also recognized the support that our RC, Michael Karbeling twin to Howard, has given to each of us. We were so happy to welcome him back after taking a leave of absence. He had come back “home”. A special thank you goes to Jennifer Roberts, twin to Ellen, who volunteers to put our roster together for our meetings and to Ruth Selig, twin to Rollyn, who volunteers to facilitate many of our meetings.



We held our morning meeting in the conference room of the Hampton Inn and began by introducing ourselves, and discussing the National Conference this summer in Nashville, TN. After a short break, with our chairs in a circle, we shared about our twin loss. Ruth Selig, twin to Rollyn, opened up the group sharing and facilitated the group discussion. In that circle, we opened our hearts and shared while being surrounded by the comfort and support of other twinless twins. Our motto, “healing by helping others” was witnessed by those in the circle. Each new twinless twin received a special “Angel of Remembrance” as a reminder of the weekend and as a reminder that they do not walk alone.

Then Chad Harris, twin to Cathryn Anne, held our candle-lighting. We want to thank Chad for the beautiful service he put together for us. Below are the words that he shared with us.

“We hold and light these candles in memory of you, our dear twins. No matter how long you have been gone from this physical world, this flame shows the world how brightly you burn within our hearts and our lives. The flame pierces the darkness and cold that grief brings, warming my heart and soul, just as thoughts of you warm our memories.

We light these candles together and stand in unity because we come here today to share our own light and warmth with others who know the pain of grief – that price we paid and continue to pay for having loved you while you were in this world and loving you until we see you again in the next.

May this light warm and nurture each soul here, burning warm and bright against the darkness... the flame of love and the flame of memory that will continue to burn bright as we go our separate ways.

Just as these flames peel back the darkness, let now each of our voices speak the names of the loved ones we honor today. (PAUSE AND GO AROUND THE CIRCLE, LETTING EACH TWIN SAY THEIR TWIN’S NAME)

We carry your names on our lips...we carry your spirit, your legacy, your love in our hearts. May each continue to burn as bright within us as these candles burn in the darkness.”

Then Chad played “The Dance” by Garth Brooks.

“The Dance”

Looking back on the memory of
The dance we shared ‘neath the stars above
For a moment all the world was right
How could I have known that you’d ever say goodbye

And now I’m glad I didn’t know
The way it all would end, the way it all would go
Our lives are better left to chance
I could have missed the pain
But I’d have had to miss the dance

Holding you, I held everything
For a moment wasn’t I a king
But if I’d only known how the king would fall
Hey who’s to say? You know I might have changed it all

And now I’m glad I didn’t know
The way it all would end the way it all would go
Our lives are better left to chance
I could have missed the pain
But I’d have had to miss the dance

It’s my life, it’s better left to chance
I could have missed the pain
But I’d have had to miss the dance

After our meeting, we all went to a restaurant in Frederick and enjoyed being together. What seemed like such a short time, had come to an end, but the time we spent together on that Saturday will always be remembered by the photos we still share from our meeting and the memories we carry with us.

We hope that if you have never had the opportunity to come to a regional meeting you will join us at our fall meeting in Frederick, MD. You will leave knowing that you have found a place of hope and will never walk alone.

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

HARROGATE LONE TWIN MEETING FEBRUARY

Thanks to all who came to the Harrogate Lone Twin meeting on Saturday February 7th. Eleven of us met at St Michael's Hospice from 12 to 3pm. There were two new twins with us. We began with introductions and our stories and then moved on to dates of future meetings.

There will be a meeting on June 27th from 2 to 4 pm in Skipton at Hettie's cafe. This is the cafe where we went last year for our social outing. Skipton is a historic and picturesque market town in Yorkshire.



Sister Julian is still over at Kylemore in Ireland . Any twin who wants to stay at Kylemore can contact the Abbey via the website or I can give you more details. If several people are interested we could look at another group visit.

The Autumn meeting will be earlier this year as Margaret Daffin from Texas will be visiting us. She is a UK lone twin who is part of the American Twinless Twins. The meeting will be on September 12th from 1 – 4 pm at Nidd Hall, Harrogate.

Other Lone twin events include 6th June Family day at National Memorial Arboretum.

I then told the twins about a new twin from Portugal. Patricia lost her twin Susana last March. She has no support in Portugal and has joined both the UK Lone twins and the Twinless Twins. Patricia hopes to attend a meeting in the UK soon. If anyone would like to support her by email, please do let me know.

I also gave an update on Sarah and Caz, the pre loss twins we are supporting. Sarah has just been out to Tasmania to see her twin, for their special birthday.

The next American Twinless Twins conference is in Nashville, Tennessee, July 23-25th. If anyone is interested I can email the link to the website.

Alison then told us about her project for Lone twins. This sets Challenges for twins to try and it is called Endeavour. The project is at planning stage but Alison will update us at future meetings.

We then stopped for lunch, which was a shared buffet. Thanks to the generosity of all the twins, it was a real feast! Some of us ventured out on to the terrace to eat, as the sun had blessed us with her presence. The views across the Crimple valley were stunning. After lunch we had a session on photographs. This proved to be really valuable as looking at other twin's or relatives gives us a deeper understanding of their story. It doesn't exclude birth loss twins who can bring photos of themselves as children, or of other members of their family.

We ended with an optional group photo outside, followed by tea and tidying up. Many thanks to those who organised that and also to the twins who did lifts from the station or manned the door.

Some of us decamped up the road to Park Inn, where we joined up with family and friends. We finally said goodbye around 5 pm and headed for the train or our cars. It had been a rewarding meeting. Thanks again to all who came!



NORTHWEST REGIONAL MARCH MEETING IN LIVERPOOL

Our Spring meeting was held in the Liverpool area in March, at an unusual venue called the Crosby Lakeland Adventure Centre right on the coast next to a lake amidst sand dunes. Several of the members met earlier before the meeting to go for a walk along the beach and see the famous statues by Antony Gormley. They had to brace themselves against the wind but were glad of the fresh air. The group was very pleased that founder member of the Lone Twin Network, Joan Woodward could attend both the meeting and the walk beforehand; no doubt Joan had fond recollections of the time she met her husband in the area. We also welcomed local member Cath Baykal to her first meeting and we supported each other through some very profound moments as we remembered our twins.

Picture: Joan Woodward with some of the Northwest group



WELCOME TO ALYSSA PRATT, TWIN TO KARYN NEW SOUTH CENTRAL REGIONAL COORDINATOR

My name is Alyssa Pratt, and I am the new South Central Regional Coordinator. I am so excited to get more involved with Twinless Twins and take on this new role. My twin Karyn died in utero as a result of miscarriage due to unknown causes. Karyn has always been a part of my life. I have been fortunate to have a family that has been supportive and understanding in my need for continued twinship. Karyn was always a recognized part of the family and an open topic for discussion as I grew up.

I have been involved with Twinless Twins for nearly 10 years. I was in college when I first discovered TTSGI through an internet search. I attended my first regional meeting in East Lansing, MI over summer break. I was nervous and didn't talk much, but I was so happy to find "my people" – to finally meet others who understood me without needing to explain everything! My first conference was in Detroit. I was also able to attend in Dublin, LA, and Baltimore and am looking forward to Nashville this year. I moved from Michigan to Oklahoma last year and am so excited to work with the twins in this region!

I am a hospice social worker with training in grief support. I think my experience leading support groups and accessing grief resources will allow me to better serve the twins in my region. I also look forward to working with the other Regional Coordinators and Board Members to continue doing the amazing work and outreach that I so closely associate with this group. I am honored to be joining with all of you on this healing journey and sharing in our twinship.

THANK YOU TO EILEEN JENSEN, TWIN TO ELAINE, SOUTHWEST REGIONAL COORDINATOR

We at TTSGI would like to thank and acknowledge Eileen Jensen, the Southwest Regional Coordinator, for her dedication and willingness to serve as RC for the past six years. We are so thankful for all you have done for TTSGI and glad that you will be serving as a greeter at the conference. I remember when we first met years ago and you gave me such a warm reassuring hug. You are perfect for this role.



Lea Eriksen, TTSGI Board Member

From Eileen:

It was in 2009 when Sandy Goad asked me to become the Southwest Regional Coordinator. I took some time thinking and praying about it as my computer skills are poor, to say the least. However, in June of 2009, I accepted and the Board of Directors (BOD) also accepted me for this RC position. I found that the support was immense, not only from the BOD and RCs but from all twinless twins. This has been very rewarding and healing for me, answering emails and phone calls was also challenging. If I helped just one twinless twin, that was my reward. Healing by Helping others is truly the motto for TTSGI.

I remember telling Sandy that I may not hold meetings as speaking was difficult. I did manage to work on that so meetings were scheduled in AZ, CO and finally one in KS. I do want to thank all the twinless twins who helped with the meetings, especially Phyllis Ashliman, Rena Bridgewater, Mary Essick. Lia Woodall, Barbara Wright, and Rose Cahill.



My identical twin, Elaine, was killed instantly when knocked down and ran over by a semi, on March 26, 1997. She was my leader, my life, my soulmate, my twin world and suddenly I was lost, drowning, totally crushed. I did not know how to live, didn't matter if I did, much less how to survive. We were always together, had a double wedding, and even had our children very close together. By the Grace of God, my daughter-in-law found TTSGI and going to my first Conference in St. Louis, MO gave me a connection to so many suffering Twinless Twins. This twin family is life saving and gave me a purpose to live, to help others hurting in their twin loss.

The decision to step down as RC was very difficult as I was torn between helping twinless twins and leaving this region without an RC. That prayer was answered with Steve Koeppen, twin to Steve, taking over the Southwest Region as RC. My desire to always be available to twinless twins brought me to a new position of greeting twinless twins at the door of the Conference, on Thursday before it actually begins. Phyllis Ashliman and Kevin Mullen have agreed to assist me as this is a trial run.

I continue to be available in the Southwest Region, and everywhere, to twins who need to talk or cry, I will listen. I remain indebted to TTSGI for giving me life again.

I have attached two photos, double wedding brides and a picture taken at Elaine's son's wedding just one year and one day before her death.



WELCOME TO STEVE KEOPPEN, TWIN TO SCOTT NEW SOUTHWEST REGIONAL COORDINATOR

On November 30, 2011, Steve lost his identical twin, Scott, to stage 4 brain cancer. Steve and Scott were both pastors and both of them encouraged each other in the ministry. Since Scott's passing forward to Heaven in 2011, Steve finds his comfort and strength by helping others through their challenges and losses.

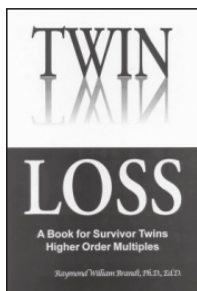
Steve is married to Linda since 1975 and she is a great support to him. Steve had the privilege of being on staff and began the Church Relations Department at the International Bible Society, now Biblica, based in Colorado Springs. As the Church-Relations National Representative, he spoke in over 670 churches in the U.S. and also in Russia and the Ukraine where he helped lead a tour. He has conducted seminars at numerous church conferences and radio and television interviews with Christian networks. He has had the opportunity to speak before thousands of people at conferences and conventions nationwide. Steve has also served on staff and represented Focus on the Family, headquartered in Colorado Springs.

In February of 2012, Steve started Living Way Ministries which offers guest-speaking in churches and ministries, and at special events like retreats and leadership conferences. He has a passion to encourage pastors, individuals and ministries through the everyday challenges, providing a monthly newsletter that currently is emailed to over 1500 constituents.

After his twin loss, Steve found TTSGI and the outstanding support it provides. It is his desire that every twin (multiple birth) knows that there is a group that really understands, cares and relates to their loss. Steve has found help from other twins, and, at the same time, the healing he needs by helping other Twinless Twins.



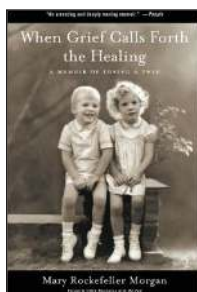
Steve (Left), Scott (Right)
This picture was taken on Easter Morning, 2010 at Scott's church in Pennsylvania. It was a precious time together that Steve still treasures today. At that time, Scott's diagnosis of stage 4 brain cancer was unknown.



“TWIN LOSS”

By Raymond W. Brandt, PhD

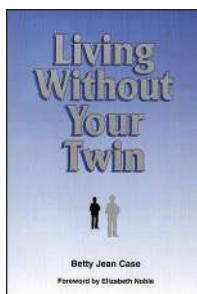
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

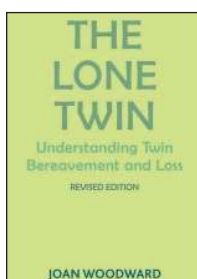
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael’s death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

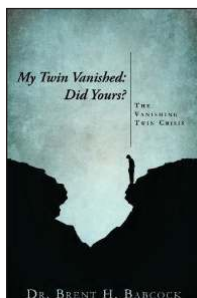
Author Betty Jean Case generously makes a donation to Twinless Twins each time one of her books is purchased through us. Betty is a twin, grew up with twin siblings, and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also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

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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 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

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

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

Spring Issue: February 10th

Summer Issue: May 12th

Fall Issue: August 11th

Winter Issue: October 27th

Submissions should be emailed to:
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**Twinless Times Co-Editors:
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