

TWINLESS TIMES



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SUMMER 2016

PRESIDENT'S CORNER

Dear Twins,

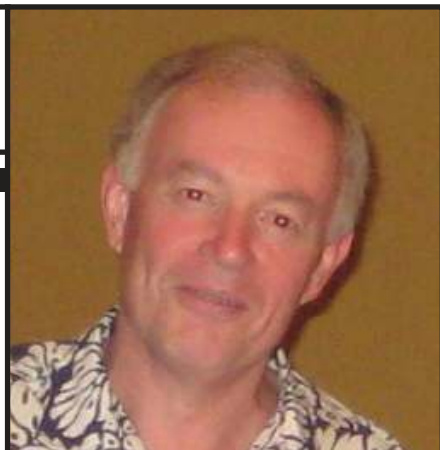
I recently marked the anniversary of my twin's death. It was May 6th. It was more heartfelt this year, as it fell on a Friday, the same day back in 1960. Although each year dims the memories of when Jimmy was alive, the one thing that doesn't diminish is the pang felt with each anniversary. And so it is with all of us in this community.

Over the years I carried my share of guilt for him no longer being with me. Although many know me, I won't repeat the event here. Several years ago, I discussed the feeling of guilt with my older sister. She provided me with another perspective that I had never thought of. It made it possible to largely dismiss this guilt. It led me to a further thought.

I believe some of us have feelings of guilt. It is because we have placed it there. We have chosen to accept it. Sometimes our reasons are without perception. It was only with sharing my feelings with another that made it possible to dismiss the guilt.

For our members we have our Facebook group, our organization and an annual conference. For those attending the conference this year, may you have the opportunity of sharing your feelings and perhaps lightening your twin loss. I hope to see you in Detroit.

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

YOU CAN DO IT!

Below is one of the “Inspirations of the Day” that I gave at a Twinless Twins’ National Conference in 2014. I give credit to Barbara Johnson for her beautiful story.

My friend Martha was telling me about a little hummingbird that flew into her window. I guess the poor thing thought he would just take a shortcut through the house instead of flying around it, and he ended up with a major headache. In fact, he knocked himself out!

Martha thought at first he was dead as he laid spread eagle on the ground. His little wings stretched out so Martha could see each individual feather and his tiny green head rested flat on the dirt. She walked slowly out the door toward the little bird. She was just starting to pick it up when something startled her. The bird still lay sprawled out on the ground, unmoving, but suddenly one of those tiny black eyes, no bigger than a pinhead blinked!

Martha knelt beside the hummingbird fascinated as it slowly regained consciousness. The little eye blinked slowly at first, than it slowly gained speed until it almost fluttered. Martha couldn’t help herself as the recovery continued. She started talking to the little guy, encouraging him. “Come on. You can do it,” she said. Slowly the wings were drawn back in so they lay smoothly against his body. “See you can do it,” Martha said. “Keep working at it. You’re gonna make it. I just know you will.” It took another minute or two, but soon the hummingbird pulled his

feet underneath himself so he was perching on the dirt, and his head began moving left and right, as though he were watching for traffic before crossing the street.

“OK, now. Look how far you’ve come,” Martha said, nearly beside herself with glee. You just take a big breath and lift those wings and before you know it. . . In an instant, the hummingbird flew away, happily rejoining the other birds at the feeder. Martha took full credit for his recovery. “He would never have made it without me there, encouraging him to try,” she insisted.

Martha and I have both been on the receiving end of life-restoring encouragement. We know what it’s like to land spread-eagle on the ground. That’s why it gave Martha such joy to think she was helping that little hummingbird get back on its feet. To put it into bird-like terms, she knows that the only thing better than soaring yourself is to be the one who helps someone find his wings again when he thinks his flying days are over.

When you are lying spread-eagle it’s good to have someone come alongside you and say, I know how you feel. I went through that same head-on collision. I know what it’s like when you think your life is over and you’re convinced you’ll never take another breath, let alone laugh or feel alive with joy.

You can find that same support and encouragement that Martha gave that hummingbird right here in this Twinless Twins Newsletter and through your connection with other twinless twins. Twinless Twins Support Group, International has helped many twins “find their wings” to fly again and reassured them that they will survive the heartache of losing their twin. *We did it and you can do it too. Keep working at it. You are gonna make it. I know you will.*

TTSGI GUIDING PRINCIPLES: HEALING BY HELPING

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: SHARING THE EXPERIENCE OF BEING A “TWINLESS TWIN”

by Linda Pountney MS, twin to Paula

The emotions I felt were mirrored in other twinless twins I met. Just listening, for the first time, to other twins tell their story of loss and what it meant for them to lose their twin had an impact I will never forget. It was a huge gift in my life.

It has been my personal experience that twinloss was echoed in my other losses. As I experienced the death of my mother, I longed for my twin Paula and what we shared. It always came back to an unfinished grief, one I was incapable of comprehending when it happened. My twin lost her life in a small plane crash when we were 21 years old. At an age of vulnerability and invincibility, I shut down when Paula died. It was too much for me to handle. I ran from my grief, only to have it resurface years later. It was frozen in time, waiting for me to thaw. It was a defining moment, to feel understood in my grief as a twin.

TTSGI provides a community of other twins who acknowledge each other’s feelings of loss from the death or removal of their twin. This emotional validation has been a healing force for many since 1986. Other twinless twins provide a safe environment to explore our twinships and heal from a devastating loss.

Instrumental in the healing of thousands of twins, TTSGI serves an audience of increasing numbers. The twinning rate has grown since 1986. Unfortunately, an ever-increasing number of twins will search for the tools to grieve for their other half, and learn to live without their twin.

Throughout the year, a supportive network of twins exists to help each other. Annual conferences provide additional resources and tools, on a larger scale. It is vital to work through the pain of any loss. Accompanying twinloss is an intense feeling of aloneness. Being in community with other twinless twins who offer support eases this burden.

After the death of one’s twin, it is common for the surviving twin to feel totally alone for the first time in their life. Feeling misunderstood by the majority of people, who are not twins, their isolation is magnified.

Twins are actually born into a relationship with another person, similar to a marriage. Who else is born already in a relationship? Considering this, imagine the shock at losing something, which cannot be replaced, your twin, when all you have ever known is your identity as a twin. A twin’s identity starts before they are born, as they learn to navigate their environment with another person, their co-twin. The time spent in the womb for nine months contributes to one of the deepest bonds studied between two people, the twin bond.

Mysterious to non-twins, magical and envied by some, twins enjoy an attachment to another person; a bond exists between two twins, like no other. This bond is as unique as the pair of twins. Each twin's loss is as unique as the twin relationship they enjoyed in life. Twinship does not end with death. A "lone twin" is still a twin. A gift from birth cannot be taken away.

It is not necessary for a twinless twin to learn to act as a non-twin, a singleton. "Once a twin, always a twin," in the words of Dr. Raymond Brandt, the founder of TTSGI. This sentence rings true for many multiples who survive the loss of their other half. Embracing one's twinship, and moving forward in life, understanding your twin nature and roots, brings comfort and peace. Our twins are close in spirit, and a huge part of who we are today.

It is much like losing a child. We have lost a piece of ourselves, our twin. Many of us do not feel whole without our twin. We never "get over" a loss of this magnitude, but we learn to live with it, grow from it, and ultimately live a full life. To get our life back does not mean we are the same...we are different. This is the way it should be.

I will never stop talking about my twin.

IN MEMORIAM MARY GEORGE BEYER

FEBRUARY 28, 1938 – MARCH 21, 2016

Mary George Beyer "George" passed away March 21, 2016 from lung complications. She was born February 28, 1938 with her twin sister, Georgia Mae Terry, who she called "Sissie". George taught school for 33 years and after her retirement she earned her Master's in Counseling and used that to help others in need. George was an active volunteer with TTSGI and she helped many twinless twins at the annual conferences, regional gatherings, through phone calls and by email. She will be sorely missed.

TRIBUTE TO MY FRIEND GEORGE BEYER

By Dawn Barnett, twin to Daryl

Mary George Beyer was not only a twin friend but my BFF (best friend forever). We first met when I got her call (for a few years I took TTSGI calls that went to Michelle when she was away from the phone), right after she lost her twin Sissie. We would talk for hours and those calls went on for over a year and I was so glad to be there when she needed it the most. As the years went by, we became best of friends and she would call me when the dark days came or just to say hi. Those calls still lasted hours because George couldn't talk for a minute. We roomed together at most of the regional meetings and some of the conferences and would talk all night long. Over the years, she was able to do what we know from Dr. Brandt as healing by helping as she helped so many other twins in the deep throws of their grieving. As a licensed therapist, she was very qualified and willingly able to help so many times at the many conferences she was able to attend. I will miss her thoughtfulness, her Texas-size homespun humor and most of all her friendship, but know she is with her Sissie and all her family now as she had no family left here. She is also not in pain anymore and her heart and lungs are back to being perfect again. In our last emails we exchanged while she was in the hospital I wanted her to come to the Village and play golf with me at one of the courses and that's what I'm going to miss most of all; being with her again and playing our favorite game which we never had the chance to do. But I'm sure she's playing with Sissie and maybe even Daryl in heaven now and they are having a ball! R.I.P., my friend, George!



2016 TTSGI ANNUAL 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 14th at 7:00pm and ending July 16th at 10pm in Detroit, Michigan!

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 Eagle Crest Marriott:

Eagle Crest Marriot
1275 S. Huron Street, Ypsilanti, MI 48197
1-877-757-7133 or 1-800-228-9290

TTSGI has sold out of the hotel room block at the Eagle Crest Marriott. We recommend that you first check the availability at the Eagle Crest Marriott (conference location) for sleeping rooms. However, if none are available we recommend the following:

Embassy Suites by Hilton

8600 Wickham Road, Romulus, MI 48174; Phone: 1-855-605-0319
Note: this hotel is on airport property

Sheraton Detroit Metro Airport

8800 Wickham Road, Romulus, MI 48174; Phone: 734-729-9000
Note: this hotel is on airport property

Ann Arbor Regent Hotel and Suites

2455 Carpenter Rd, Ann Arbor, MI 48108; Phone: 734-973-6100
Note: this hotel is just on the edge of Ypsilanti closer to Ann Arbor (Home of U-M)

Graduate Ann Arbor

615 E Huron St, Ann Arbor, MI 48104; Phone: 734-769-2200
Note: this hotel is in Ann Arbor

3. Make your travel arrangements

Book your flights into Detroit Metropolitan Wayne County Airport (DTW)

* Most participants will arrive July 14th in the early afternoon and depart July 17th in the morning.

WE'LL SEE YOU IN DETROIT!

If you have any questions or concerns, please consult your Regional Coordinator or contact us at contact@twinlesstwins.org.



2016 TTSGI CONFERENCE - TENTATIVE SCHEDULE

THURSDAY:

Pre-Conference Meetings for Board members and Regional Coordinators

- 9:00am-12:00pm Board of Director's meeting
9:00am-12:00pm Regional Coordinator's meeting
12:00pm-1:00pm Working Lunch: Board of Director's and Regional Coordinator's meeting
1:00pm-2:00pm Board of Director's meeting (continued)
1:00pm-2:00pm Regional Coordinator's meeting (continued)
2:00pm-6:00pm Set-up main meeting room

– Conference Officially Starts –

- 6:30pm Registration opens
7:00pm-7:30pm First-time attendee's hospitality gathering, Host: Dena Stitt, TTSGI Vice President
7:30pm-10pm Dessert Reception, Host: Ray Boyle, TTSGI President

FRIDAY:

- 8:00am-8:30am Inspirations for the day, Host: Sandy Goad
9:00am-9:30am Welcome and announcements
9:30am-10:30am Keynote Speaker: Allie Franklin
10:30am-11:00am Break
11:00am-12:00pm Self-introduction time, Host: Dave Jones
12:00pm-1:30pm Lunch on your own
1:30pm-3:30pm Self-introduction time continued, Host: Dave Jones
1:30pm-3:30pm Breakout option: A writing class, Host: Dena Stitt
1:30pm-3:30pm Breakout option: Parents of Twinless Twins, Facilitator: Rick Getchell
3:30pm-4:00pm Break (*A chance to change into your conference t-shirt for the Memorial Walk!*)
4:00pm Meet outside the hotel to load the bus to the park
4:15pm-5:00pm 1-Mile Memorial Walk, Host: Margaret Daffin
5:00pm Gather at the grassy area for Balloon Release Ceremony
5:00pm-5:30pm Balloon Release Ceremony, Host: Sandra Brown
5:45pm Load bus back to Hotel
6:00pm Free Evening

SATURDAY:

- 8:00am-8:30am Inspirations for the day, Host: Sandy Goad
9:00am-10:00am TTSGI Annual Business meeting and Board of Director's elections, Host: Ray Boyle
10:00am-10:15am Break
10:15am-11:00am Keynote Speaker: Allie Franklin
11:00am-1:00pm Lunch on your own
11:30am-1:00pm Board of Director's Lunch
1:00pm-3:00pm Breakouts: Please choose one
• Suicide, Host: Allie Franklin
• Murder, Host: Terry Lewis-Foor
• Lingering Illness, Host: Venice Lacy
• Early Loss (in-utero or shortly after birth), Host: Alyssa Pratt
• Sudden/Accident (happened as a child under 18 years old), Host: Beverly Smyk
• Sudden/Accident (happened as an adult), Host: Paul Heiden
• Family/Friends, Host: Kurt Foor
3:30pm-4:00pm Closing-ceremony, Host: Allie Franklin
4:00pm-6:30pm Break
5:00pm Pick-up raffle and auction items
6:30pm-8:00pm Banquet Dinner and Awards
8:00pm-9:00pm Live Auction, Host: Dave Jones

2016 TTSGI ANNUAL CONFERENCE - SPEAKER



ALICIA S. FRANKLIN, LICSW, GMS

Allie Sims Franklin is a bereaved sibling and bereaved daughter, Licensed Clinical Social Worker, and a grief management specialist. She is the author of *Am I Still A Sister?* and a contributing author in *Dear Parents* and *The Dying and Bereaved Teenager*. She co-authored *A Place For Me: A Healing Journey for Grieving Kids*, *Footsteps Through Grief*, *The Other Side of Grief* and *Finding Your Way Through Grief* with her mother, Darcie D. Sims. She is featured in the video, *When A Loved One Dies: Walking Through Grief As A Teenager*.

In addition to her work in the field of grief and bereavement, Alicia has worked in the field of Mental Health for the past 20 years. She combines personal experience and professional training to provide a dynamic and practical approach to coping with grief.

LIVE AUCTION, SILENT AUCTION AND RAFFLE TABLE

WE NEED YOUR HELP!

by Dena Stitt, twin to Dean

The 2016 Conference Committee is asking our membership to begin thinking about the live/silent auction and raffle table items they may want to donate for the July 2016 Conference to be held this year in Detroit, Michigan. This is our major fundraiser and it is through your generosity that we have a successful event. Here are some suggestions:

LIVE AUCTION: High ticket items such as: Jewelry, travel vouchers, condo rentals, air miles on major airlines, paintings, or handmade quilts, t-shirts, jackets with Twinless Twin's logo, picture frames, crystal. The live auction takes place on the evening of the final banquet dinner. It is always high energy and lots of fun!



SILENT AUCTION and RAFFLE TABLE: You have an opportunity to bid on these table items throughout the Conference until the bidding stops on Saturday at noon. Here the items range in price and are as eclectic as you can imagine. From jewelry, to soft sculpture and anything in between!! Miscellaneous items are always great.

We so appreciate your participation in this part of the Conference. We would ask that you bring the items with you or if they need to be mailed, we ask that you contact our Committee Member, Terry Lewis-Foor (sherrystwin@sbcglobal.net) for information on how to make that happen or for any questions that you may have about the auction. Thank You.

2016 TTSGI CONFERENCE - FREQUENTLY ASKED QUESTIONS

WHEN IS THE 2016 CONFERENCE?

The conference begins on the evening of Thursday, July 14, and ends at the closing banquet on Saturday, July 16. Plan to depart on Sunday, July 17.

WHO MAY ATTEND THE CONFERENCE?

Current members of TTSGI and their guests (significant others, family, friends) are welcome to attend. A current member is one who has renewed membership within the last 12 months.

WHERE IS THE CONFERENCE?

Eagle Crest Marriott Hotel
1275 S. Huron St, Ypsilanti, MI 48197
1-800-228-9290 or direct at 877-757-713

WHAT AIRPORT DO I FLY INTO?

Detroit Metropolitan Wayne County Airport (DTW)

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 15 miles. Here are some options:

<http://goldenlimo.com/shuttles> and <http://www.migreencabs.com/>.

Or, contact **Eddie** for transportation at 734-507-9220 – he charges \$50 for the journey from the airport to the hotel, and \$40 back to the airport, or \$90 roundtrip – up to 3 passengers.

WHAT WILL THE WEATHER BE LIKE?

In July the average daily low is 62° and the average daily high is 83°. 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 dinner, 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 14 at 6:30pm with the first-timers' hospitality gathering beginning at 7:00pm. The Board members and Regional Coordinators will be available to meet with you to answer any questions concerning the conference. After the first-timers' reception, you will be asked to join all conference attendees at the dessert reception at 7:30pm. Be sure to have dinner prior to the first-timers' registration. During the conference, there will be time for sharing what you feel comfortable concerning your twin and twinship. There will be speakers and various breakout sessions. Between sessions, you will have free time to relax, reflect and casually meet others. Finally, we will have a closing banquet dinner on Saturday evening, followed by our annual charity auction. Plan to depart on Sunday.

WHAT DO WE DO FOR MEALS?

Read this section carefully as this is a CHANGE FROM PRIOR YEARS.

Thursday – No meals provided. At your own expense.

Thursday Night Welcome Dessert Reception – 7:30pm desserts and beverages (registration opens at 6:30pm).

Friday Breakfast – Hot breakfast is provided at the hotel and is included in your room rate.

Friday Lunch – No meals provided. At your own expense.

Friday Dinner – No meals provided. At your own expense.

Saturday Breakfast – Hot breakfast is provided at the hotel and is included in your room rate.

Saturday Lunch – No meals provided. At your own expense.

Saturday Dinner – Banquet Dinner

Sunday Breakfast – Hot breakfast is provided at the hotel and is included in your room rate.

Sunday – Depart

DOES THE HOTEL HAVE A FITNESS CENTER?

There is an onsite indoor swimming pool as well as a full-service fitness center featuring cardiovascular equipment and free weights.

HOW CLOSE ARE WE TO TOURIST ATTRACTIONS?

The hotel is located in Ypsilanti, MI, close to Ann Arbor, home of University of Michigan. [Click here for more information on local activities.](#)

WHAT IS THE COST TO ATTEND THE CONFERENCE?

Conference Registration:

Early Registration: Before March 1 – \$199 per person

Regular Registration: March 1 to April 30 – \$225.00 per person

Late Registration: May 1 to June 17 – \$275 per person *(Online registration closes June 17)

There is limited on-site registration that will be available at a higher cost. Online registration is highly encouraged.

Note: The Conference Registration does not include your hotel reservation

Hotel Reservations:

The hotel rate is \$129.00/single and \$139.00/double per night, plus tax. This amount includes a hot breakfast each morning. The cut-off date for the hotel's special rate is June 13 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. The conference center requires our final attendee count one month prior to the conference, and they calculate our cost based on that number. The conference center is unable to make cost adjustments for last-minute cancellations. 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.

MEMORY WALK - 2016

“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 8th Memory Walk at our 2016 International Conference in Detroit, Michigan on **Friday afternoon, July 15th**. The one-mile walk will take place at North Bay Park, 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 Nashville, Tennessee. As we joined hands on that beautiful Friday afternoon in July, the Memory Walk became about each twinless twin's healing journey and as they took each step, they didn't have to walk alone.

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 ask family and friends to join you in this endeavor and add their names and details to the donation form in this newsletter. I, personally, raise over \$1,000 a year from family and friends and you can do the same - you'll be surprised as to how generous others will be!

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: twinlesstwins.org/donate and remember to indicate that your donation is for the Memory Walk. **All online donations can only be made through PAYPAL.**

Thank you,
Margaret Daffin, twin to Josie, Chairman of the 2016 Memory Walk



MEMORY WALK - 2016

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 2016 Twinless Twin Memory Walk will be held at our International Conference in Detroit, Michigan on **Friday afternoon, July 15th**. The one-mile walk will take place at North Bay Park, 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.

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 Detroit.)

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. **However, only PAYPAL transactions will be accepted online.** Please 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.

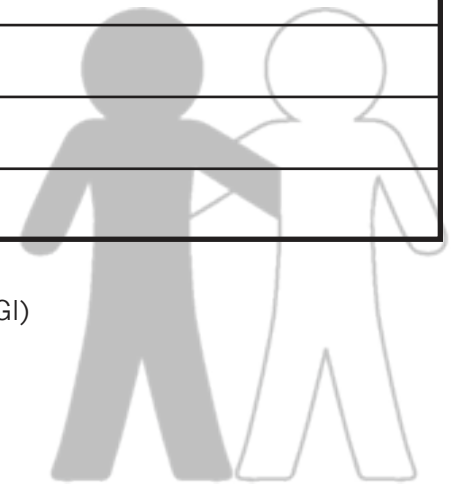
TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

MEMORY WALK 2016

Your Name _____

Donations in Memory of _____

	NAME OF DONOR	ADDRESS & EMAIL	DONATION
1			
2			
3			
4			
5			
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Please make checks payable to: Twinless Twins Support Group International (TTSGI)

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

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 Nashville, Tennessee



KEVIN'S CORNER

By Kevin Mullen, twin to Brian

HONORING MY TWIN

I have honored and acknowledged my twin in many different ways, by attending the Twin's Day Festival in Twinsburg, OH., attending the ITA (International Twins Association) conventions, and going to New York City to attend the Twin's Parties, hosted by Debbie & Lisa Ganz. I also went on a Twin's Cruise that my friend Steve Nagel did in 2005 with my older brother Matt.

I find writing for the Twinless Times is a great way to honor my twin and very healing for myself. I had a picture made of how my twin and I would look like together. It was done by a twinless twin's ex-husband. My family and I honor the passing of my twin, my dad, my aunt, and my Grandparents (both sides) during the holiday season.

I also honor my family and my twin by joining the SAR (Sons of the American Revolution), the General Society War of 1812, SUVCW (Sons of Union Veterans of Civil War) and the General Society of Colonial Wars. I'll be joining more lineage groups in the near future.

FAMILY WITHIN TTSGI

By Kevin Mullen, twin to Brian

Have you ever wondered if you could be related to any other members in TTSGI? Well in my case, I'm not related to just one but two members in the group that I have traced, thus far. I think it's cool that I've got two distant cousins within the group. The first pair is Casey Pope, twin to Cody and the other is Justin Clarke, twin to Scott.

My connection with Casey Pope, twin to Cody is through our common ancestor Thomas Davenport and Mary Forth. Thomas is another 9th great grandfather. I'm related to Justin Clarke, twin to Scott, through our common ancestors Joseph Parsons and Mary Bliss. Joseph is my 9th great grandfather.

When I found the connection with Justin, I texted him and asked: "How would you feel if we were distant cousins", and he replied "it would be neat." When we say we're a twin family, you never know, you might have a distant cousin in the group! Walt Disney is also a very distant cousin of mine, and he used the best quote ever "It's a small world after all."



Kevin with Justin



Kevin with Casey



~ LETTING GO ~

Author Unknown, Submitted by Kevin Mullen, twin to Brian

- ~ To let go doesn't mean to stop caring; it means I can't do it for someone else.
- ~ To let go is not to cut myself off; it is the realization that I can't control another.
 - ~ To let go is not to enable, but to allow learning from natural consequences.
- ~ To let go is to admit powerlessness, which means the outcome is not in my hands.
 - ~ To let go is not to try to change or blame another; I can only change myself.
 - ~ To let go is not to care for, but to care about.
 - ~ To let go is not to fix, but to be supportive.
 - ~ To let go is not to judge, but to allow another to be a human being.
- ~ To let go is not to be in the middle arranging outcomes, but to allow others to effect their own outcomes.
 - ~ To let go is not to be protective; it is to permit another to face reality.
 - ~ To let go is not to deny, but to accept.
- ~ To let go is not to nag, scold, or argue, but to search out my own shortcomings and to correct them
- ~ To let go is not to adjust everything to my desires, but to take each day as it comes and to cherish the moment.
 - ~ To let go is not to criticize and regulate anyone, but to try to become what I dream I can be.
 - ~ To let go is not to regret the past, but to grow and live for the future.
 - ~ To let go is to fear less and love more.

MY JOURNEY CONTINUES

By Dr. Camille Johnson Wissmann, Pharm D, twin to Carmen

In my journey I have realized that under stress my PTSD struggle pokes its ugly head and I do have to continue on my medication. I have learned that any loss causes me to go back to the tragic loss of my twin Carmen's death.

As a pharmacist, I knew I was doing the right thing by using medication, however, the shame that I received from my parents, friends, classmates, and even pastors, often causes me to not admit or try to hide my depression. This often spirals downward to worse depression.

I attended a Celebrate Recovery one-day conference in Phoenix that gave me new hope. My addiction is acceptance and approval -after Carmen and I separated. (She went to Yale for her dietician internship and I remained to finish my last year of pharmacy school). I now realize the anger that I push inward that causes more depression and now physical symptoms, which actually stems from being shamed by my parents, relatives, classmates, friends and even pastors and the medical field (nurses, doctors and supportive staff).

One branch of Celebrate Recovery that is now being organized is going to deal with the issue of mental health and the false shame that is put on us from people who have a false view of mental health. What people don't understand, they often make fun of instead of seeking an understanding. The branch is not to cure or take the place of the field of psychiatry and counselors that God has given us. Instead it is to help those of us that have been so deeply shamed for admitting that we need help. In the "Road Less Traveled," I came to realize that we are the winners. Because, in our struggles we have the advantage of growing closer to God and admitting that He is in control, not us, and instead of being shamed we can say "Blessed are the meek for they shall inherit eternal life." We have admitted and therefore God is helping us grow closer to Him. Instead of feeling shame we can say: "Praise God for who we are!!!!!"

God always has a plan. When the world views my suffering as negatives, I view my suffering as positives that God is using to build my character. The song "Thank you" by 33 miles tells it all. We need to thank God in our good times and in our bad. We are a work in progress!!! I either play it or sing it in my head each morning and it puts my day in a new perspective. Sometimes, I sing with tears in my eyes. It helps so much in the winters and valleys of my life. I also like the song in the summers too with my mountain top experiences.

I need to always acknowledge God as He guides me through life. Carmen and I had devotions every day and we found this poem.

Every Morning lean thine arm
On the window sill of heaven.
And gaze upon the Lord
With this vision in thine heart
Turn strong to meet the day.

God is giving us strength for that day only, and I can live one day at a time and one moment at a time with God at my side. I also like the song "I danced in the morning" (Lord of the Dance), as it tells the whole story of Jesus and His purpose on this earth

I especially like the YouTube version of An Irish Song -Lord of the Dance (lyrics) performed by the children's choir: St. Patrick's Primary School Choir.

My favorite verses:

"I danced on a Friday when the sky turned black
It's hard to dance with the devil on your back."

"I am the life that will never never die
I live in you and you live in me"

And the chorus:

"Dance, dance where ever you may be
I am the Lord of the dance said He."

Even in our lows we can have joy. As Christians we can still see suffering as our joy. In this world we suffer knowing that our suffering will build character. What the world sees as suffering we can look on our suffering in a positive light and a blessing.

HEY THERE, MY SISTER

By Laura Harsant Reeves, twin to Caroline

My sister Caroline and I were born on Christmas Day 1981. We were opposites in most ways. She was short, I am tall; she was business minded and logical, I am artistic and impulsive; she was outgoing, I am shy; she was blonde, I have dark brown hair. But we shared the same sense of humor, and we could always make each other laugh. I wrote this poem for my twin sister Caroline the first summer we were ever apart, as teenagers in 1999, when we had each gone to summer enrichment programs on university campuses. I missed her so much, and so I wrote this poem. I had no idea that 2 weeks after our 25th birthday she would be diagnosed with brain cancer, and that she would eventually die at the young age of 29. Sometimes I am ok, and I find ways to enjoy life. I live for my daughter Carly, who I named after Caroline. And other times I feel dumbstruck by the cold, hard fact that I will never see Caroline again, and I find it hard to even function. I think how unfair it is that she is missing out on so much life; that each day I am alive is a day she should also be living. My loss is so intense that I don't allow myself to fully feel it; it would be like being sucked into a black hole from which I may never escape. After she died, I remember holding onto her and saying, "This is not what was supposed to happen. This is not how it is supposed to be."



HEY THERE, MY SISTER

Hey there, my sister. What did He see?
When God chose a sister for you, He picked me.
We'll give her the right brain; the other the left.
We'll give them the best friend each will ever have.

Hey there, my sister. Say, you were there
when we were milk-mustached fairies with knots in our hair.
Through slip 'n slide forests and show tunes galore,
you mended my heart and spirit when sore.

Hey there, my sister. We watched the smoke swirl
from candles as they sang to the birthday girls.
Here comes the part when the sky becomes black,
but you were still there with your hand on my back.

Hey there, my sister. The lines drawn are fine,
but your little life grew from the same belly as mine.
Hey there, my sister. I hope that you see
I'm so glad God chose you as the sister for me.

SOUTH CENTRAL REGIONAL MEETING IN HOUSTON, TEXAS

By Margaret Daffin, twin to Josie

On Saturday, April 16th in Houston, Texas, 12 twinless twins and four support guests gathered for our Spring Regional Meeting. It was a very good turnout, but we missed some of our other local twins that were not able to attend the meeting.



Barb Terry organized the meeting at the Hampton Inn, Galleria, where we had a private meeting room set up. Some out-of-town twins had arrived the evening before and stayed overnight at the hotel and after breakfast, the meeting began.

John Rohrer, past Regional Coordinator for the region, led the meeting and we all introduced ourselves with our twin's names. Then John opened up the meeting to any twin who would like to tell the group about their twin loss and their journey. By the end of the meeting, all twins had told their stories.

One new twin, Sa'Kiara Hopkins, had found TTSGI only a few weeks earlier and had contacted Michelle Getchell. Both John Rohrer and Barb Terry contacted Sa'Kiara and put her in touch with Sandra Brown and Kevin Johnson, in the Dallas area. They met up with Sa'Kiara and suggested she attend the meeting and ride with them to Houston, which she did. Sa'Kiara lost her identical twin sister when they were two years old and she is now 21! She had written a poem to tell us about her twin, Ta'Kiara. I asked Sa'Kiara over lunch how she felt about being in a room, surrounded by strangers, and she said "I don't feel they are strangers, at all." An instant twin connection!

Two other twins, Rusty (from New Orleans, Louisiana) and Kristen, returned again this year, after an absence last year – it was great to see them both again. And, of course, it is always wonderful to see all of the returning twins, year after year. Brent Parker drove from Oklahoma, so three of the region's states were represented.

An interesting note about the meeting twin participants – five men and seven women attended – I believe this is a larger than usual attendance by males and we are delighted to have them in our region.

Betsy Miller organized the candle lighting service at the end of the meeting, where four twins read a short piece for each candle lit and we listened to three pieces of music – one a song written by Rusty's brother, Randy, who was a songwriter. We also remembered our dear departed twin friend, Mary George Beyer, who recently passed away.

Betsy also organized lunch for us all at a local Italian restaurant and everyone was able to attend – all 16 of us, plus Betsy's husband, Scott.

After lunch, we hugged and said our goodbyes and promised to see each other again soon. Hopefully, some of the twins will attend the National Conference in Detroit in July – we hope to see you there.

Thank you to Barb, Betsy and John for organizing such a great meeting.

Those pictured: Back Row Standing: Rusty Perrone, Kristen Odom, Maurice Walton, Barb Terry and Sandra Brown
Front Row Seated: John Rohrer, Betsy Miller, Sa'Kiara Hopkins, Margaret Daffin, Carol Gutmann, Brent Parker and Kevin Johnson

ROCK A BYE TWIN

By Sa'Kiara Hopkins, twin to Ta'Kiara

You should hear the delay in my breathing when I think about it.

Or the Heavy silent tears, that caress my face.

You should witness the unknown pain in my heart.

The abashed look in my eyes,

To be deprived of half of who you are.

It's not even crying no more, because if I cried it means I tried to!

Now the tears just keep on falling, lacking tension.

Almost like it wasn't me crying, I was just there to witness her.

Is she crying too?

I can't explain the vacant feeling that lies within.

Or the tears that fall without a reason.

I can't control the alarm that changes my state of consciousness, one morning I'm happy, that same night I'm sad.

I cannot bury the solitary feeling that has crowded the unoccupied place in my heart.

That place where the memories are absent.

It's my curiosity of What would've been.

It's the confusion of Why me? Why take my twin?

But it's the beautiful thought of knowing I am a twin.

But The real loss...

Your existence.

Your touch,

Your Voice,

What could've been.

The memories I'm trying to piece together.

My friend, my best friend, my sister, my twin-ME.

-Sa'Kiara-



MIDWEST REGIONAL MEETING IN PARK RIDGE, ILLINOIS

By Sarah Beebe, twin to Heidi

A big thanks to Cathy Lennon for hosting a lovely twin meeting on April 30th at her home in Park Ridge, IL. Also, much gratitude to Paul Heiden for the candle ceremony. Thanks to all of our twins who attended the meeting. As always, it was lovely to spend time with twins, and to meet several new twins in person.

I'm always reminded after a meeting how special this group is. We have many wonderful twins who volunteer and dedicate so much time to keep us all connected. Thank you to all of you for being here and for offering support.

Those Pictured: Front Row (left to right): Joyce, twin to Janet; Sarah, twin to Heidi
2nd Row: Priscilla, twin to Carole; Johnna, twin to Joanna; Stephanie, twin to Jonathan
3rd Row: Paul, twin to Pete; Byron, twin to Myron; Jim, twin to John; Cathy, twin to Char; Sarah, twin to Tommy
Not Pictured: Kim, twin to Joe



SOUTHCENTRAL REGIONAL GATHERING HOT SPRINGS ARKANSAS

By Dawn Barnett, twin to Daryl

Last month we had the first Arkansas meeting of twinless twins at my home in Hot Springs Village and had a fabulous time hearing the stories and sharing pictures of our twins. Afterwards we had lunch at a local golf course, and then we let the balloons soar to the heavens with messages to our twins in a balloon release over a village lake. Those attending this time

were Terry Morgan Norris and Jean Sisk, who both drove over 3 hours in a rainy mist and fog in a mountainous area to get here. There are over a dozen twinless twins in Arkansas, so hopefully we can have another meeting this year and more can come.

WEST COAST REGIONAL MEETING IN SEATTLE, WASHINGTON

By Joan Angelis, twin to Jean

As the Regional Coordinator for the TTSGI North Central region for the last seven years, I have helped twins connect with each other within a seven-state area: Iowa, Michigan, Minnesota, Nebraska, North Dakota, South Dakota, and Wisconsin. Even though I lead a busy life, as the owner of a personal chef company, I have often said, **“This (being Regional Coordinator) is the most important thing that I do with my life.”** When Jean died, from suicide in 1982, along with the intense grief, I also remember thinking, “at least now I know that the most difficult thing that could ever happen to me has already happened.” I still feel that today. My work with the Twinless Twins organization is my way of connecting and healing, and also of honoring Jean. When I help others, I help myself. More specifically, I feel that JEAN is helping others, through me. This is especially significant because of the fact that Jean took her own life. As horrendous as that was, I must recognize that some lives are better because of it. Her unspeakable act has also made the world a better place, through my work with TTSGI. It’s difficult to even put into writing, and more difficult to wrap my head around.

It’s been a long journey for me, one that changes throughout time. This year, my journey brought me to a new area. My husband has always wanted to leave our home state of Minnesota for a couple of months in the winter. Neither of us are Minnesota natives, but having lived here for 29 years, and raised two daughters here, it’s home. It’s a beautiful place, but arguably, one of the coldest places on earth in the winter. No, it does not get easier with time.

My husband is a telecommunications engineer and can work any place that has a Wi-Fi connection. I, on the other hand, cannot take my chef business to another state, so I would have lots of time on my hands. For this reason, I resisted the “Snowbird” adventure for years. Fast-forward to June of this year, when our youngest daughter, Natalie, and husband, Alex, moved to Seattle, Washington, where Alex accepted a position as a medical neurology resident. Seattle has always been a draw to me, with a daughter, Kate, and husband Scott living there for eight years. Now, with Kate’s two-year old son (my first grandson) and a new one, that would be born April 20 of this year, we went for the adventure.

I offered to hold a regional meeting for TTSGI during my two-month stay, as there is currently no Regional Coordinator for the Seattle area. Aided by past West Coast Regional Coordinator, Pamela Fender, I began to assemble a list of potential attendees. Each day, I would cultivate the list, until it grew to sixty twins, from Seattle, Greater Washington state, Oregon and western Canada. It took quite a bit of time, but I had a lot of that. This was my effort of love, establishing connections, in person, by phone and by email, and it made me very proud. It filled much of my days, gave me purpose, and created a bigger twin “family” for me. I was also aided by Barb Wright, who helped to find a meeting place for our group.

On March 6, 2016, at noon, thirteen twins and two spouses met at the Best Western Plus Executive Inn, near the Space Needle. Half a dozen or so of us met the night before, in the hotel lounge. We laughed and cried, and shared stories with strangers who are now forever family, until the security guard came over to quietly tell us that at 11:30 pm, it was now 1 ½ hours past the normal closing hour of 10 pm.

There is definitely a need for a Twinless Twin connection in the West Coast Region. If anyone is interested in volunteering, they can contact Sandy Goad: goad1@frontier.com.

Those Pictured: Front row, left to right: Joan Angelis, Erik Bjodstrup, Anita Talbott, Johanne Kristine and Raquel Fernandez. Back row: Patty Emry, Marlene Clohessy, Barb Wright, Monica Bradshaw, Marley Shoffeitt, Darla Peterson and Cayla Samsing.



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



Eight twins attended the Winter meeting of the North East Region Lone Twin Network on February 13th at St. Michael's Hospice, Harrogate. We began with introductions around the table. As we all knew each other, I asked everyone to say briefly when they lost their twin, but to focus on their journey and progress since they last came to a meeting. This worked well as it made everyone feel positive. I think sometimes we get stuck telling the story of our twins over and over again. If there are no new twins, maybe we can jump start to our achievements and challenges.

One twin had completed Cognitive Behavioural Therapy, written and illustrated a book about her progress and booked on the Land's End to John O'Groats bike ride.

Another had travelled to the Caribbean, the Holy Land and Alaska! One twin had driven to Harrogate for the first time and was planning solo drives to Ireland for family gatherings. Just to do these things, as a lone twin, is a major achievement as we all know there are some days when it is hard to even fill the kettle. A meeting is the place to share our emotions and losses but I believe they are also places to celebrate our successes.

Alison Equizi then gave a report of the September 2015 meeting held at Nidd Hall, Harrogate. This was the meeting attended by Margaret Daffin, a British twin living in Texas. It was felt that the meeting was very powerful and that the venue was also special. We also learned more about how the American Twinless Twins operate and how they compare to the Lone Twin Network. Sandra Pettifer reported back on the NW Manchester meeting held in December 2015. We heard about sales of Joan Woodward's book in Australia and the Bath Survey on birth loss twins. The date of the next meeting has not yet been decided, but it will be held in Liverpool.

We then discussed the formation of a new group of Irish Lone Twins which follows the successful residential held at Kylemore last August. Martina O'Beirne held a meeting in Dublin on March 5th.

Jill Deeley then gave us more information about the Birmingham AGM, which was on Saturday April 23rd. There is also a visit to the Lone Twin bench in June for those interested. Jill will be providing more details nearer the time. The next meeting for the Harrogate group will be at the end of June when we meet for tea in Skipton. The actual date is yet to be arranged. I will let everyone know when it is decided. Alison told us about her bike ride from Land's End to John O Groats which she is doing in June. This is a big challenge for Alison and she needs our support on the Facebook page or by text while she is doing the ride!

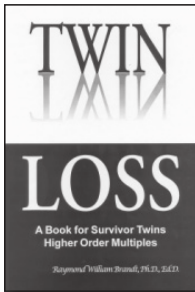


Lunch was next. At the Harrogate meetings we all bring food to share and sit in the kitchen at the hospice overlooking the fabulous view over Crimple Valley or relax in the comfortable chairs in the day room. We are amazingly lucky to be able to use the day room at St Michael's free of charge, but we always leave a generous donation!

After lunch we regrouped for a session on creativity. I had asked the twins to bring along a craft they enjoyed or just to tell us about how creativity helped them in their lone twin journey. Jill started the session by showing us her incredible knitting. She knits exquisite baby clothes, scarves and gingerbread men! She also teaches her grandchildren to knit. Jill is also a keen photographer and keeps her photos in

albums. It made those of us who only have digital pictures on our phones and tablets, feel envious. Alison has completed a book about her journey as a Lone Twin and has illustrated it with her own art. Her pictures capture how dark she felt at the beginning and how she moved forward into acceptance and self-awareness. Sheila writes short stories and has also completed novels. I wrote with my twin before her passing and was able to continue writing poetry and children's fiction after her loss. We agreed that creativity allows us to occupy our brains for a while and for us to forget our loss. It also encourages us to make personal progress.

By now it was 3.30 pm and time to bring the meeting to an end. Emily from the Hospice came to lock up after us and we left our thanks and a generous donation. Some of us went up to Hornbeam Park for tea or drinks before we finally said goodbye. My thanks to Alison for printing the agendas, providing name badges and her Nidd Report. Thanks also to Sandra and Jill for their reports and support.



“TWIN LOSS”

By Raymond W. Brandt, PhD

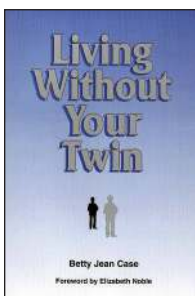
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

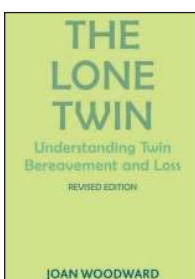
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael’s death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

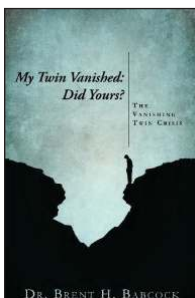
TTSGI receives a donation each time one of author Betty Jean Case’s books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness 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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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:
twinlesstimes@yahoo.com

**Twinless Times Co-Editors:
Lea Eriksen & Emily Heekin**

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