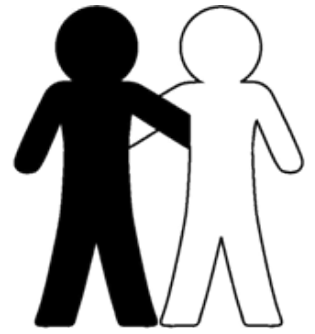


TWINLESS TIMES



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FALL 2016

PRESIDENT'S CORNER

Dear Twins,

Some random thoughts as a summer storm rages outside:

This past conference was a success. Many thanks to Michelle and the conference committee who seamlessly makes things run so smoothly and efficient. The work for Tucson 2017 was started months ago, and work is underway, as well for 2018... which will be somewhere.

Those who attended this past conference know that we had a theft of jewelry items that twins had brought in for our fundraising auctions. After reviewing the security tapes, it was apparent that two opportunistic strangers came into the hotel and committed the theft. Marriott, our conference hotel, elected to "make things right". They have contributed \$3,000 to TTSGI. Thank you Ann Arbor Marriott.

Yesterday marked forty-one years since my father's sudden death. I don't often reflect upon his passage, but remember him as a decent and ethical man. We all have these anniversaries. I think as twinless twins, we feel these losses deeply.

I received several thank you cards recently from twins. I am grateful to have received them, because it was only possible because of the wonderful twins I work with. They make it a great niche organization.

For those twins unable to attend a conference, please try and make it to a regional meeting. Connecting with other twins is indescribable.

At the past conference, we honoured Joan Angelis with our biennial Angel Award. Such a special, capable, caring, and comical twin, who has been an invaluable regional coordinator for a number of years. Thank you Joan!

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

DON'T QUIT

A famous composer-pianist was scheduled to perform at a great concert hall in America. It was an evening to remember – black tuxedos and long evening dresses, a high-society extravaganza. Present in the audience that evening was a mother with her fidgety nine year old son. Weary of waiting, he squirmed constantly in his seat. His mother was in hopes that her son would be encouraged to practice the piano if he could just hear the immortal pianist at the keyboard. So – against his wishes – he had come. As she turned to talk with friends, her son could stay seated no longer. He slipped away from her side, strangely drawn to the ebony concert grand Steinway and its leather tufted stool on the huge stage flooded with blinding lights. Without much notice from the sophisticated audience, the boy sat down at the stool, staring wide-eyed at the black and white keys. He placed his small, trembling fingers in the right location and began to play “chopsticks.” The roar of the crowd was hushed as hundreds of frowning faces pointed in his direction. Irritated and embarrassed, they began to shout:

“Get that boy away from there!”

“Who’d bring a kid that young in here?”

“Where’s his mother?”

“Somebody stop him!”

Backstage, the master overheard the sounds out front and quickly put together

in his mind what was happening. Hurriedly, he grabbed his coat and rushed toward the stage. Without one word of announcement he stooped over behind the boy, reached around both sides, and began to improvise a countermelody to harmonize with and enhance “chopsticks.” As the two of them played together, the master kept whispering in the boy’s ear:

“Keep going. Don’t quit. Keep on playing... don’t stop... don’t quit.”

I found this story by Charles Swindoll in a book filled with a collection of stories on compassion and encouragement. It immediately made me think of our support group. In TTSGI, other twinless twins come along side of us to support and encourage us and accompany us on our journey through grief. When we think we can’t make it they whisper “Keep going. Don’t quit.”

Sometimes we need someone to cheer us on so we can keep going. You can find these twinless twins at a regional meeting, our National Conferences and on Facebook. You can face the highest mountain and the climb won’t be so high or cross the deepest valley and it won’t seem so wide. Nothing is impossible when a twin friend is by your side.

TTSGI GUIDING PRINCIPLES: ONCE A TWIN, ALWAYS A TWIN

TTSGI has four guiding principles:

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

The Fall Edition will focus on the first one:

Once A Twin, Always A Twin —The twin or multiple birth experience, whether it is experienced exclusively in utero or continued for any period of time following birth, is a profoundly important human experience, differing in major respects from all other forms of human interaction. Twin loss can be experienced in deep and unique ways. This special “twinship” experience of loss is recognized, valued, and honored by TTSGI.

The next story shows what the principle of Once a Twin, Always a Twin means.

Once a Twin, Always a Twin: My meeting with Sarah, twin to Caz

By Janet M. Baird, twin to Margaret

Picture the scene. A summer afternoon in a very English tea shop. Betty's is famous, not just in Yorkshire, but globally. Afternoon tea comes on a three tiered cake stand. Sandwiches, scones and tiny exquisite cakes and of course tea in a silvered pot and with a tea strainer.



Today I'm meeting with two other twins. One is a twin who has contacted me for support because her twin is close to death. Her name is Sarah. Sarah still has her twin, but she knows she will lose Caz soon. She doesn't know how soon. Caz has terminal cancer and she lives on the other side of the world from Sarah in Tasmania. In reality, Sarah is already twinless. The other twin is Fran. She is one of my local group twins. She wants to support Sarah. This is our third meeting. The first was supposed to be with Sarah's twin, but that didn't happen. We always meet at nice places and we do afternoon tea. It is our hallmark. We can have fun. That is the strange thing about twin loss. It's not about being miserable. It's about being strong **together**.

Back to the teashop. It's August 1st and Yorkshire day. The gardens around the cafe are packed with kids welly wanging (Editor's note: this is a British term!) or just enjoying picnics in the idyllic surroundings. I get to the cafe first and ask for a window table. The staff clears one for me. I text the other two. Sarah arrives first. I feel excited. I always do when I meet another twin. It's a heady mix of relief, grief and adrenalin. Most of us are just existing until we meet up. We need our twin fix. It's the elixir of our survival.



Sarah looks exquisite as always. We all make an effort. We don't do drab. Fran is a few steps behind. She looks lovely in a cornflower blue dress. It matches her eyes. We hug and choose chairs, exclaim over the view of the gardens. The waitress waves a menu, but Sarah has other ideas. She waves her flower embossed iPhone. "I've got Caz on," she explains.

We accept it instantly. As twins do.

Caz is in Tasmania. It is 11.30am UK time and 8:30pm her time. We do FaceTime and Caz is with us. She is sitting in the empty chair at our window table. She looks pale. Brave. She is on chemo. I find it hard to fight down

the tears. But I must. I have to. I have to be strong for both of them. We let Caz know without words we will be there for twin Sarah.

We pass the phone around, laugh. Bandy words, show Caz the menu, show her the garden vista. Share. We watch the ping pong of her words with her twin then Sarah ends the call. Remember how it was with our twins? It was like that. But there is no resentment. We just feel glad for what she still has.

The waitress returns. We order full blown afternoon teas. Push the boat out. Tip the teapots. Pass my iPad around, look at pics, talk about the twinless conference in Detroit. How good it was. How the twinless twins embrace all twins whatever.

Time flies. We ask for the bill and walk outside into the sunshine. Together, we enjoy the incredible colours of the gardens and walk by the stream. As we walk, Sarah asks us if we ever sense our twins are with us. I tell her I do. Constantly. I didn't at first but I do now. It's that kind of thing which is so important for Sarah to know. We walk on and exclaim over the myriad beds of red and orange summer flowers. Sit on wooden benches when we are tired. See butterflies and a robin. Feel at peace. The kind of peace I only feel when I am with other twins. And I feel it with Sarah.



Too soon it is time to part. We hug, promise to meet again soon. It feels the same as it is with every other twin. We know we will miss each other as we separate, but that we are always there for each other. Sarah is a ground breaker. She felt instinctively she had to connect with us before she lost her own twin. It makes sense. If only that loss didn't have to happen.



KEVIN'S CORNER

By Kevin Mullen, twin to Brian

PURPLE HEARTS REUNITED

On May 7th, 2016, I attended a "Calcutta", a fundraiser for the non-profit organization Purple Hearts Reunited, which was founded and is run by my best friend Major Zachariah L. Fike, US Army National Guard.

While there, I got to meet Actor/Singer Beau Davidson from the Hallmark movie The Ultimate Legacy. Beau won the "Ten Outstanding Young Americans" award in 2013, which is the same award that famous twinless twin Elvis Presley got in 1970.

The highlight of the day was Beau giving Major Fike and myself a signed copy of his latest CD "The American Gentleman".



OUR “ANGEL”, JOAN ANGELIS, TWIN TO JEAN

By Sandy Goad, twin to Jim

At our recent National Conference in Detroit, I had the privilege of presenting the “Angel Award” to Joan Angelis, twin to Jean. I have known and worked with Joan for seven years. She is the Regional Coordinator for the North Central region and she has been the recording secretary for all our RC meetings and phone calls.

Joan is selfless, compassionate, kind and generous. When I came across this definition for an angel, I thought of Joan “a person who can brighten up the worst day only with a smile, a person who can make life bearable with the sound of their voice, a person who you have come to love.” And we have come to love Joan!

In Joan’s own words, “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.” 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.”

When Joan had the opportunity to spend the winter months in Seattle this year, she used her time organizing a Twinless Twins regional meeting which included twins from Western Canada, Washington and Oregon. Currently there is no Regional Coordinator for that region.

She saw a need in that area and filled it. Aided by the past Regional Coordinator, Pamela Fender, she assembled a list of potential attendees. This work for Twinless Twins filled her days, gave her a purpose and created a bigger twin “family” for her. It was truly a labor of love. 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 them met the night before, in the hotel lounge. They laughed and cried, and shared stories with strangers who are now forever family.

In her “other” life, besides her work as a personal chef, she is a wife, mother and grandmother. One of my favorite things about Joan is that she makes me laugh! Laughter is one of the greatest gifts my twin gave to me. Thank you Joan for sharing this gift with all of us!

Joan’s name is usually the first name on our attendee roster at every conference. If you look closely you will see that her name includes the word angel! We congratulate Joan, twin to Jean and thank her for her years of service to TTSGI!

By the way, for those who were at the National Conference this summer, I hear that Joan is a “broccoli”! Just sayin! Ask Pamela, her roommate, and she can tell you why Joan fits into that category!



Joan Angelis receiving the Angel award with President Ray Boyle and Sandy Goad

Detroit, MI

2016 TTSGI CONFERENCE







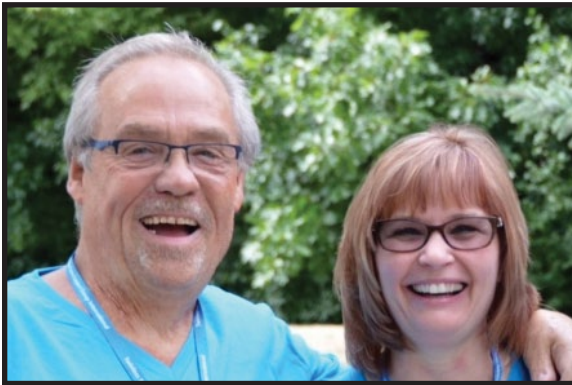
2016 TTSGI CONFERENCE AUCTION AND RAFFLE, DETROIT MICHIGAN

By Terry Lewis-Foor, twin to Sherry

Dear Twin Family,

Wow, another great conference! Except for the burglary that took place early Saturday morning when two strangers walked in the front door of the hotel at 5:30 AM and TTSGI was robbed of some fundraising items brought in by numerous generous Twins. Most all the jewelry and a few other items were missing. Even with the burglary, Twins graciously moved their raffle tickets to the other remaining raffle items. Thanks to all the generous Twins who brought their thoughtful donations to help put the Fun in fundraising and make it successful!

Twins may have noticed new signs displayed on the walls above the raffle, silent and live auction tables this year. Those fantastic signs were made and donated by Bob Osterholt, twin to Bill who also donates a week's stay in his Alabama beach side condo every year. Thank you Bob!



Bob, twin to Bill with Terry, twin to Sherry



Bob with this twin Bill

2016 TTSGI CONFERENCE RAFFLE & AUCTION DONATIONS

Joan Angelis	Mary Catherine Gen-	Jane Malcolm	Russell Scott
Julie Baumgartner	drikovs	Sylvia Mallonee	Joy Shiller
Joyce Blade	Michelle Getchell	Brea McDonald	Beverly Smyk
Susan & Ray Boyle	Jacquie Goldman	Angela McGuire	Kimberly Sprott
Sandra Brown	Paul Heiden	Missy Milani	Dena Stitt
Linda Burke	Sharen Hurley	Diana Morgan	Tina Takach
Margaret Daffin	Terry J	Kevin Mullen	Judy Valdez
Claude De Blois	Eileen Jensen	Bob Osterholt	Alice Ward
Deborah Denney	Venice Lacy	Alyssa Pratt	Camille Wissmann
Lea Eriksen	Matthew Len	Susan Riddle	
Joan Garcia	Terry Lewis-Foor	Jennifer Rudd	

The Board and raffle/auction team thank all who participated in the raffle and silent/live auctions at the 2016 Detroit Twinless Twins Conference. Your generosity and willingness to give is so appreciated. To everyone who bought raffle tickets and bid on the items, thank you. If your name is not listed above, we apologize and thank you.

Also, a big thank you to all who helped with the auction and raffle this year:

Lisa Curtis • Margaret Daffin • Lea Eriksen • Dave Jones • Venice Lacy • Terry Lewis-Foor • Beverly Smyk



2016 MEMORY WALK, DETROIT, MI

By Margaret Daffin, twin to Josie and Host of the 2016 Memory Walk

The 8th TTSGI Memory Walk was held at a park close to the Ann Arbor Marriott Hotel on a beautiful sunny Friday afternoon, July 15th. Some of the twins carried the Memory Walk banner, which had been signed by all twinless twins, in memory of their twins. Each year, the Memory Walk is held as a fundraiser for TTSGI and this year we raised approximately \$3,650.

Two twins raised donations from family and friends:

Kevin Mullen – 8 donors helped him raise \$150

Margaret Daffin – 38 donors helped her raise \$2,630

Additional donors who gave during the conference - \$870

Thank you to all who walked and/or supported this wonderful event.

SAVE THE DATE: 2017 CONFERENCE

Twinless Twins 2017 Conference to be held July 15-17, 2017 in Tucson, Arizona.

More Information to follow and registration to open on January 2.

From a Twinless Twin who attended the Conference: “The loss of my twin and the pain I feel is beyond words. But I’m eternally grateful for the amazingly brave twins I’ve met here who walk this road beside me.”



2016 MEMORY WALK DONATIONS

Phyllis Ashliman, in memory of her twin Phil
Julie Belgue, in memory of her twin, Martha
Claude De Blois, in memory of his twin, Claudette
Lea Eriksen, in memory of her twin, Eve Richards
Gale Erlewine, in memory of his twin, Dale
ExxonMobil Foundation – matching grant from Margaret & Paul Daffin
ExxonMobil Foundation – matching grant from Linda Neuhaus
Jacquie Goldman, in memory of her twin, Fredda
Ami Hoyt & Family, in memory of Angela
Margaret Lerner, in memory of her twin Jane
Jane Malcolm, in memory of Mary George Beyer
Linda Miller, in memory of her twin Laurie
Mining Optimization, LLC (Sandy Goad), in memory of her twin, Jim
Beverly Smyk, in memory of her twin, Donna Angela Persaud
Lisa Summers, in memory of her twin David Robert Cox
Unknown Donor(s)
Alice Ward, in memory of her twin, Anita
Camille Wissmann, in memory of her twin Carmen

The following donors gave in honor of Margaret Daffin, in memory of her twin, Josie Wilson:

Dr. Susan Williams	Lester & Sue Smith Foundation	Yvonne Kubicek
Paul & Margaret Daffin	Betty Yianitsas	Linda Neuhaus
Jane Borst	Joanne & Steve Downes	Carol Coats
Michael M. Ameen	Tracey Smith	Beverly & George Yeiter
Adriana Boretti & Pedro Jaldin	Mauree Hughes	Alice Gruber
Eleanor & Ken Jicha	Elizabeth Woelfel	Jane Macfadyen
Phuong Vuong	Elizabeth & Joe Ivers	Sharon Michaels
Angela McCarthy	Susan Klaveness	Tanya Turner
Terhi & Dale Chambliss	Elida El-Gawly	Teri Wolfhagen
Amelia & Raymond Tobin	Flora Wood	Joyce & David Barr
Carol & Albert Knowlton	Howard Molofsky	Marion & Richard Dare
Meggy & Brandon Biss	Robert Ducharme	Phyllis Phillips
Janeil Bernard	Michelle Berg	

The following donors gave in honor of Kevin Mullen, in memory of his twin, Brian Mullen:

Shannon Baldwin	Kevin Mullen
Joan Finlay	Matt Mullen
Debbie Goetz	Sue Mullen
Sharon Little	Terri Zink

I apologize if your name is not shown and you gave a donation for the Memory Walk – contact Margaret Daffin, medaffin@aol.com

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

MY DETROIT 2016 CONFERENCE EXPERIENCE

By Janet Baird, twin to Margaret

I first went to Detroit in 2010. That was my first Twinless Twins meeting and conference ever. I descended into the airport in a terrific storm and they lost my bag. This year I lost my bag and then there was a thunderstorm. I like to vary things! Thankfully my bag appeared at 4 AM the morning after I arrived for the 2016 conference. I spent the Wednesday recovering in the beautiful Marriott hotel at Ann Arbor, which has recently been refurbished.

Detroit 2016 began on Thursday, which is meetings day for the Board and regional coordinators. I had breakfast first, in the dining room. There was a wide selection of hot and cold foods and I had fruit, yoghurt, freshly cooked omelet and tea. The RC meeting went on until lunch time then we had a shared lunch with the board before a meeting with them. Afterwards, I joined up with my twin pal Jennifer and we had dinner with Sandy and Paul before we all registered for the conference. This year the conference shirts were turquoise and very smart. We went into the new twins meeting and introduced ourselves. Ray Boyle gave an address and welcomed everyone. We had desserts and drinks; then I went to bed early, hoping to sleep.

Friday was the first real day of the conference. I had an early breakfast with some of the twins before Inspirations at 8 AM. Afterwards we all went to opening of the conference in the big room. The keynote speech was given by Alicia Sims, daughter of Darcie Sims, the well know grief therapist who has spoken at conference on two occasions. The room was captivated by her positive approach to grief. Her message was that if we honour the life of our twins, we can look at anniversaries and significant dates more positively.

After Alicia's address, we had a break before the self-introduction time. Lunch was at 11:45 AM and this year it wasn't the usual boxed lunch with sandwiches and fruit, etc. We had an express buffet lunch in the hotel dining room for \$15. Break out options were available at 1:30 PM for those twins who preferred an alternative to the continued self-introduction sessions. I went to the writing class, but there was also a session for parents of Twinless twins. Dena Stitt facilitated our writing session, which was based on telling our twin stories. Dena shared with us a technique of writing where you look at a story from different character's points of view.



We left the sessions to change for the twin memorial walk. As we boarded the yellow school bus which took us to the start, I marveled at the progress the returning twins had made. I looked round at the new twins boarding the bus and saw how they had already made twin friends and how they were smiling more. The magic of the conference was working.

Those walking found the circular mile walk challenging, but we were proud to be carrying a banner signed by all the twins, in memory of our lost twins. There were water stops and energy bars stops, all provided by Michelle's lovely relatives.

After the walk, we gathered in the grassy area of the park for the balloon release. We wrote messages to our twins and after Sandra Brown read an address, we all released them to the soundtrack of Tell Your Heart to Beat again. As our balloons soared off into the blue Detroit sky, it was unbearably moving. Back on the bus, we travelled the short distance to the Marriott to shower and change, ready for a meal out or in. My twin pal Susan had arranged for a group of us to go to the highly recommended deli Zimmerman's, down in Detroit.

Saturday started early with breakfast and then Inspirations at 8 AM. Sandy's choice of music was moving, as she ended with Alan Pederson's track 'Thanks for the Little While.' The business meeting followed, when we heard the exciting news that the 2017 conference will be held in Arizona! After financial news, we moved on to the second keynote session with Alicia. It was very funny and clever, as she explored how our different personality types affect how we deal with our grief. Lunch followed, another Buffet with an Italian theme.

More breakout options were available after lunch. These included Suicide, Murder, Lingering Illness, Early Loss,

Sudden/Accident under 18 and Sudden/Accident adult. Also a session for Family and Friends. I went to lingering loss. It was a large group so Venice divided us up into those beginning their loss, those just managing it and those who were coping and managing to honour their twins.



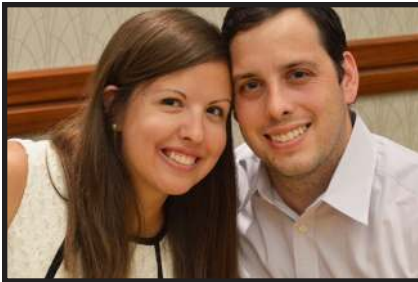
The closing ceremony was at 3:30 PM. Alicia ran this and it was immensely moving. We were all given a band and beads and we chose five for our twins to represent their qualities and attributes. We kept one bead back and put it into a large plastic jar which Alicia took round. As we put our beads in, we said our twin's name and also the quality of our twin represented by the bead. Alicia went round again and we all chose a bead from another twin, an unknown quality. We threaded these on our bangles.

applause. The 50/50 raffle and auction followed, led by the incredible Dave Jones. All too soon the evening was over and Detroit 2016 drew to an end.

As always, the conference finished with a magnificent banquet. This year we had a buffet meal with hot salmon and chicken. There were speeches and awards, with the coveted Angel Award going to Joan Angelis, who works tirelessly as a RC for Minnesota and who also started a new twinless group in Seattle. We lifted the roof with our

The next morning we all went our separate ways, echoing our thanks to Michelle and Ray. As I sadly checked out, all I could think of was three words. Roll on Tucson!

RETIRING BOARD MEMBER MATT VIERLING



TTSGI would also like to thank Matt Vierling from Texas who is stepping down from the Board after serving for three years. Matt, twin to Mark, joined TTSGI in 2011. This was 15 years after losing his twin to a brain tumor at the age of nine. Before joining the board, Matt assisted in the redesign of the TTSGI website. On the board, he served as secretary. With his training as a chaplain, he was also the perfect choice to lead a prayer before the Saturday banquet each year. Matt will focus his time on his new marriage and career serving as a hospital chaplain ministering to patients, families, friends, and medical staff who are experiencing hardship and profound emotional pain. We will miss you on the board Matt!

Matt with his wife Abby at last year's Conference in Nashville a month before they got married.

FILMMAKER SEARCHING FOR TWINLESS TWINS TO PARTICIPATE IN FILM

Hello! My name is Colleen Pesci and I am a photographer and filmmaker based in Durham, NC. I am currently working on a film focusing on twins whose twins have passed away. If you are interested in speaking with me about the project or would like to participate as a potential subject -- please, feel free to contact me! colleen.pesci@duke.edu. www.colleenpesci.com

HOPE

by Jennifer Rudd, twin to Janet

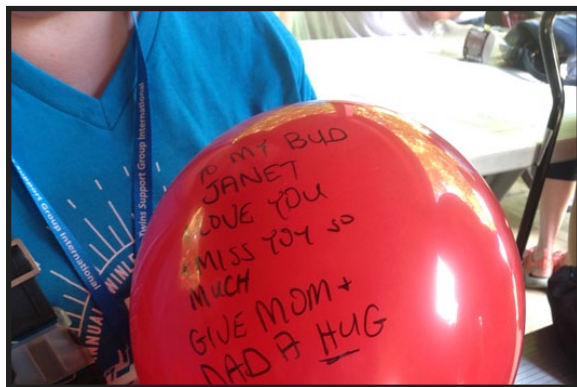
The day started at 7 AM when I went down to join my fellow twins for breakfast. This is the first year that we got a full breakfast as we usually just get continental. It's so nice to be able to mingle at breakfast and eat at a table instead of standing up. It was also a good way to get pictures.

At 8 AM Sandy Goad led us in inspirations for the day. Luckily, I came prepared with a package of Kleenex in my purse!! She started with the song YOU RAISE ME UP sung by Selah. The song has special meaning as it is one of Janet's favourite songs sung by Josh Groban. Then she did a reading called stained glass. About putting our broken pieces back together again and how the end result is different but still beautiful. She ended with the song A LITTLE FARTHER DOWN THE ROAD by Alan Pederson. How it will get better. After Saturday's message we went around the room giving hugs. There is nothing like a big twin hug!!

Allie Franklin was a wonderful guest speaker. She talked about how after our loved one dies all we see is darkness. That all of these people in the room form a chandelier of light. I loved that analogy. She even had a magic wand with her and how she wanted it to work so bad. I remember that feeling. Friday afternoon we all changed into our shirts for the Memory walk and balloon release. We all stood on the hill and released our balloon to the song "let your heart beat again". A common theme that kept coming up for me was brokenness. A line in the song says "like a thousand pieces on the floor." How in our brokenness we can be made whole again. There is something very powerful about watching a hundred balloons float away with messages to our twin or loved one as there were many support people.

Here I am Janet's twin. As Michelle said: "the outside world doesn't see that."

Janet Baird came back to stay with me for a couple days. We both felt like we were coming full circle as we met for the first time in Detroit six years ago. Monday night we went out for dinner at the inn that I have raved about. Just after the waitress had taken our order JB exclaims that she can see a butterfly on one of the flowers. I once saw two butterflies at Janet's grave. When we left I got pictures of her sitting on the bench. Just as we went outside the front door she spots a robin. We were sure that it was going to fly away but she took a picture and then I took one and it was sitting there as if to say I'm waiting for you. Robins mean HOME. The butterfly and the robin are signs.



FOREVER CHANGES

By Garry Rayno, twin to Terry



Sunlight has a golden glow in October reflected from the red, yellow and orange leaves in their vanishing glory.

But the bright light and southern breeze felt like summer's encore when I drove my identical twin brother to the hospital 11 years ago as cancer had robbed him of his ability to care for himself.

Terry died 11 years ago in the Concord Hospice House finally free of the debilitating pain that gripped him like 110-volt electricity.

As the cancer claimed his bones, his pain intensified and morphine replaced the oxycodone. We knew what that meant. Our mother had died from cancer eight years earlier.

As the morphine began to work, Terry would be lucid one minute and dozing the next. After two days of morphine he was asleep most of the time.

His last night, I slept at the Hospice House. Terry did not ask me to, but I knew he wanted me there. After Terry began to sleep, I leaned down close to his face and said "Terry you can let go, Terry it's okay to die."

That was the hardest thing I have ever done and then I slid into the reclining chair where Terry liked to sit just days before and covered myself with a blanket.

I drank a couple of shots of Jack Daniels to help me sleep, but I couldn't. All I could hear was his raspy, labored breathing, the same sounds our mother made just before she died.

Early that morning, two nurses took Terry's vital signs, turned and told me if I needed to call friends and relatives I should do it now.

Soon our aunt and uncle and a close friend sat with the two of us as Tom Rush's The Circle Game played softly. Terry told me he wanted "Urge for Going" played at the gathering he reluctantly agreed to let me hold after he died. Terry already had the urge for going as his breathing became shallower and shallower and eventually stopped.

Walking out of the Hospice House, a biting mist and gray cold air had replaced last week's golden light and summer breeze. Leaves floated in the air one by one landing gently covering the green grass.

That was more than 11 years ago, but today I still remind myself to tell Terry about something I know he would enjoy.

The pain of his loss subsides, but the longing remains. This season's golden light still brings Terry back, but it is not the same as it was 11 years ago.

I miss you Terry and I love you.

MIDWEST REGIONAL MEETING

By Sarah Beebe, twin to Heidi

Priscilla twin to Carole hosted a Midwest TTSGI gathering at her lovely home on August 13. Carole wrote, “3 years ago I lost Carole to a brain aneurysm. Today I am hosting a twinless twin regional meeting, feeling blessed to be with those who truly understand.”

Thank you for making this special gathering possible, Priscilla! Another big thanks to Paul, twin to Pete for hosting.

Picture One

Priscilla with beautiful flowers and twin vase from Paul Heiden for hosting.

Picture Two

Front Row: Cathy twin to Char, Joyce twin to Janet, Stephanie twin to Jonathan, Missy twin to Mindy

Back Row: Priscilla twin to Carole, Paul twin to Pete, Johnna twin Joanna



NEW ENGLAND REGIONAL GATHERING

By Garry Rayno, twin to Terry

Planting seeds was the theme of the Spring meeting of the New England Region Twinless Twins Support Group International in York, Maine at the historic First Parish Congregational Church on May 21. The cold damp spring gave way to some beach walking weather, if not swimming, although some brave souls were in the chilly ocean water along Short Sands beach where several of us stayed.

The meeting, facilitated by Linda Pountney and Garry Rayno, drew 14 twinless twins as well as five support family or friends. A diverse group attended the meeting, some with losses more than 40 years ago to a man who lost his twin in January.

With four new twinless twins at the meeting -- three with recent loss -- the veteran members emphasized that life does become less painful and eventually the grief may lead to growth as we all find our different ways to somehow live without our twins.

Twin stories were rampant bringing both laughter and sorrow. One new twin's brother died mountain biking and another at his desk in his office. Neither was very old. Others shared how they have grown since the days after they lost their twin and the raw emotions when they attended their first twinless twins meeting. Several described how they honored their twin and how others have done so as well.

After more discussion, the meeting ended with a reading and a jazz piano piece. Nine twinless twins and their support people continued the discussion that evening at the Cape Neddick Lobster Pound.

The fall meeting is planned for a central location in Massachusetts or Vermont although no date has been set.





SOUTHWEST REGIONAL GATHERING

By Eileen Jensen, twin to Elaine

On April 30, 2016 a Regional Twinless Twins Meeting was held in Denver, CO. Despite snowy wintery weather 14 Twinless Twins and four support people attended. A big thank you to Florence and Tom Zamora (parents of Matt Zamora) for reserving the VFW hall and coordinating the pot luck lunch. Also, Florence made a beautiful birthday cake for Kathie/ Kristie - which we all enjoyed for dessert.

Our meeting was hosted by Phyllis Ashliman. We discussed briefly what Twinless Twins, as a support organization, offers. We also discussed the importance of attending regional meetings and the annual conference. We then had our 'twin story' time. We had two new TTs in attendance, Sally, twin to Anne and Teda, twin to Lucy. It truly was important to hear their stories and offer this healing time to them. As mentioned, this day was the birthday of Kathie, twin to Kristie... but also the anniversary of Marc, twin to Tim. Both Kathie and Marc were grateful to be with other TTs on this special date.

A big thank you to Elizabeth Hoyt for conducting a beautiful candle light ceremony. As usual, this time brought many tears as we honored our twins.

This concluded our meeting, so time to venture home but some stayed and visited a while longer. Our next regional meeting will take place in the fall.

Twins pictured are:

Back row Left to Right: Marc Reichel, twin to Tim; Joe Basehart, twin to Gerard; Gale Erlewine, twin to Dale; Sally Faust, twin to Sonia; Sally Dolan, twin to Anne; Becky Howarth, twin to Syndi; Dottie Bruch, twin to Patty; Kathie Seyforth, twin to Kristie; Phyllis Ashliman, twin to Phil.
Front row Left to Right: Elizabeth Hoyt, twin to Elaine; Will White, twin to Jonathan; Scott Nasso, twin to Steve; Matt Zamora, twin to Michael; Teda Stanton, twin to Lucy.

The support people, not pictured, are Katherine (Marc), Dave (Joe), Tom (Dottie), Tom and Florence Zamora (Matt's parents) and Robert (Kathie's brother).

NOTE: UPCOMING REGIONAL GATHERINGS ARE LISTED ON OUR WEBSITE AT [HTTP://WWW.TWINLESSTWINS.ORG/EVENTS/](http://www.twinlesstwins.org/events/).

HERE ARE A FEW THAT ARE COMING UP:

Mid-Atlantic Regional Meeting October 22, 2016 at 9 AM in Frederick MD

West Coast Regional Meeting November 12, 2016 at 2 PM in Sonoma County, CA

Please check the website regularly as events are held throughout the year.

TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

2016 DONATION FORM

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

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

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

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

Designate Funds – please check one:

- General Fund Conference Assistance Fund
 Scholarship Fund Matching Gift



CONTACT INFORMATION:

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Address _____
City _____ State _____ Zip Code _____ Country _____
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PAYMENT OPTIONS:

Amount of Donation: \$ _____

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

- In full at this time. Check enclosed Credit Card
 During the month of _____.
 By making pledge payments of \$ _____ for _____ consecutive months/years.
 My company has a Matching Gifts Program. I am mailing a completed form.

Name of matching company _____

Recognition for the Newsletter _____

Name on Credit Card: _____

Type of Credit Card: _____ (Visa/MasterCard/Discover)

Credit Card Number: _____ (no dashes or spaces)

Credit Card Expiration Date: _____ (mm/dd/year)

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

IN RECOGNITION OF OUR CONTRIBUTORS SINCE SPRING 2016

Judi Agostini – as a twinless twin, I appreciate your efforts to help

Americas Charities

Joan Angelis – in memory of her twin, Jean

Elizabeth Brinker

Miriam Brandt Doetsch – in memory of Dr. Raymond Brandt

Sandra Brown – in memory of her twin, Sammy

Linda Burke – in memory of her twin, Lee Burke

Wilmette Combs – for a TT's membership, who cannot afford it

Merna Crasper – twin Verna memorial

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

Lea Eriksen – TTSGI cards, in memory of her twin, Eve

Laurie Everitt – to be used for scholarship to conference fund

ExxonMobil Foundation – for volunteer hours and matching grants by

Margaret Daffin in memory of her twin, Josie Wilson

First Giving - GoFund Me

Alicia Franklin – donated part of her keynote speaker fee to TTSGI

Joan Garcia – in memory of her twin, Jane

Sandy Goad – registration fee for a twinless twin

Goodsearch – website search engine

IGive.com – money earned from online searches

Eileen Jensen – scholarship fund and donation in memory of her twin, Elaine Moench

David Jones – donated his auctioneering license fee to TTSGI

Jan Konya-Grabill – in memory of Mattia Thomas Bennett Serena 2-12-2016 to 3-22-2016

Leslie Kole – for general fund - a gift made in the memory of her twin, Linda S. Kole

Catherine Lennon – in memory of her twin, Charlotte Lennon

Margaret Lerner – in memory of her twin, Jane

June Loertscher – in memory of her twin Jeanette

Renee Manger – in memory of her twin, Stephen

Mary R. Morgan – for general support from royalties for the 2015/16 sales of "When Grief Calls Forth the Healing," and a separate donation in memory of her twin, Michael

Jennifer Niswender - in memory of her twin, Julia Niswender

John Roberts Motor Works Company

Margaret Ryan – to be used for scholarship fund

Joan Sandherr - in memory of her twin Jean Sandherr

Ruth Osterweis Selig – gift of stock in memory of Rollyn Osterweis Krichbaum

Margaret Stegall – twin to Martha "Once a Twin, Always a Twin"

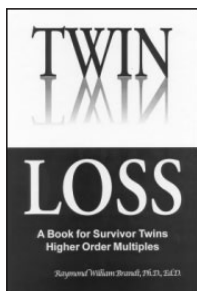
Dena Stitt – donation for miscellaneous expenses, in memory of her twin, Dean

Judy Valdez – in memory of Linda (my twin)

Mary Zamore – in honor of Carolyn Shane – Dear Carolyn, proud to be your friend.

Can't wait to see how you shape the next chapter. Lots of love, Mary (with Terje and Aryeh)

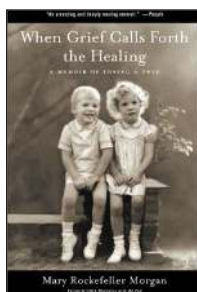
We apologize if we have missed your name in this listing. Please let us know and we will recognize you in our Spring 2017 newsletter.
Contact Margaret Daffin at medaffin@aol.com



“TWIN LOSS”

By Raymond W. Brandt, PhD

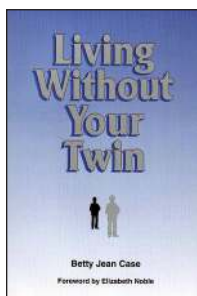
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

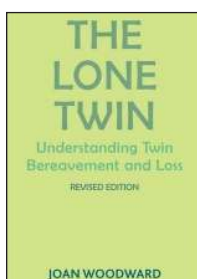
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael’s death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

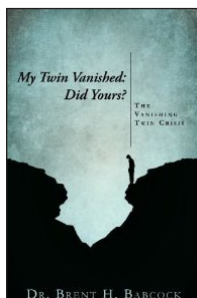
TTSGI receives a donation each time one of author Betty Jean Case’s books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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

We hope you are enjoying the full color electronic copy of the Twinless Times. However, if you are still interested in receiving the Twinless Times as a mailed hard copy, please send your name and address to Michelle Getchell at contact@twinlesstwins.org 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:
twinlesstimes@yahoo.com

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

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