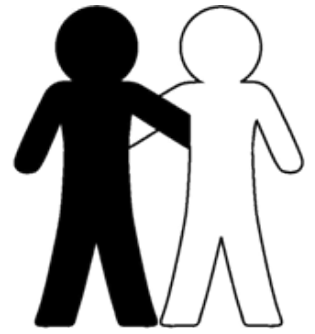


TWINLESS TIMES



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SUMMER 2017

PRESIDENT'S CORNER

Dear Twins,

This is an opportune time to discuss volunteerism within our organization. TTSGI is governed by an active Board of Directors. Any long-term members would recognize that there have been long-term directors. The board recognized that we had an aging composition, and attempts were made to introduce younger members. We also have to recognize that we're not ageless, and it isn't possible to serve indefinitely. Implicit in this, is that change and vision is normal and it should be embraced. Therefore, the board agreed to limit terms. Although there are some complexities in the formula for a couple of members, what it means is that beginning in 2018, an existing director must come off the board after two terms and is ineligible to serve for at least one year. In my case, my existing term is due to expire in 2019. I will step down at that point, as a director and your president.

This brings us to volunteerism. When I was asked to join the board, almost seven years ago, I had reservations. When the position of president became available, I was asked to assume this position, as a consensus builder with business experience. I truly have been rewarded with much, much, more than I put in, because of all the people I've met and worked with, especially all the twins. Every year in the spring newsletter, we ask for board nominations, and often we receive none. We must then recruit for any vacancies.

Also, the Regional Coordinator (RC) model has changed over the past number of years. We have migrated to a central reception for twin contacts. All communication initially begins with our Executive Director. She will parcel out these contacts to the appropriate region. From there, an RC may have a number of email exchanges, and possibly phone contact. Our RC's privacy is now protected, in that their private numbers remain private, unless they choose to provide it to a contact. Regional meetings continue to be important, as twins really do need "face time" with other twins. However, the position of an RC is much less onerous than it once was. RCs are trained by Sandy Goad, who expertly gives them the tools to thrive.

We are coming to a time when people will change. If we recognize the importance of such an organization that we found when we needed it, we need to have continuity. That is only possible when we have a volunteer structure in place. If you're unsure what it's like, ask a board member or an RC, and please consider helping to make TTSGI an enduring organization.

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.

TWINLESS TWINS SUPPORT GROUP



HELPING TWINS WHO HAVE LOST THEIR TWIN



THE EMPTY CHAIR

by Sandy Goad, twin to Jim

HEALING WITH MUSIC

We hear music everywhere we go – in our cars, in the stores, in the elevator, at the doctor’s office, in recovery rooms at the hospital, in churches and synagogues, at weddings and funerals, at hair salons, in the gym, when we walk or run, on our TV. The list goes on and on. Tony Falzano, a writer and grief specialist, says, “Now a new audience is recognizing the positive healing benefits from music. Grief resource organizations such as The Centering Corporation are making specific music available for those who grieve a loss.” I have also found many research groups and individuals writing about the healing benefits of music.

Recently, I have been working with a twinless twin and have rediscovered how music can be a wonderful tool that temporarily changes your mood and attitude. It can take you out of your world for a while. When we cannot find the words, a particular song may express our thoughts and feelings even better than we are able to do. Music speaks what cannot be expressed.

Every day we see music act as a diversion. Even if only for a moment, music can be a distraction. It

can actually divert our attention away from what troubles our mind and body. With or without lyrics, music can be used as an escape or a respite from our pain, or as a form of relaxation or meditation while we confront our sorrow.

Tony Falzano says, “It’s no secret that we make a strong connection to music and align ourselves to it the second we hear it... Music boosts the immune system and can regulate an individual’s heart rate and pulse, as well as the nervous, digestive and respiratory systems. As the body relaxes to slower music, muscle tension, anxiety and stress levels can all be reduced and can ease depression.”

There really is no “right” choice for you. Tony says, “The music just needs to bring you pleasure.” Recently, while working with a twin who is grieving, I choose to give her music that was new and unfamiliar to her, yet in a class of music I knew she liked. The music was exactly what she needed to listen to as she drove several hours to her son’s home for the weekend. She later called me to say “thank you”.

There’s a lot of music available to you too as you grieve the loss of your twin. Why don’t you do what I did? Just Google “Using music to help you with your grief”. This may be a perfect time for music “to be that friend that stops over to “check in”. It can’t replace the human contact that we experience at our National Conference or Regional meetings, especially that “twin hug”, but at times it can be a wonderful and beneficial alternative.

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

PLEASE CHECK THE WEBSITE REGULARLY AS EVENTS ARE HELD THROUGHOUT THE YEAR.

TWINLESS TIMES READER SURVEY

by Lea Eriksen, twin to Eve

We are very interested in hearing your thoughts and feedback on the Twinless Times. Please take this brief survey by [clicking here](#) to evaluate the format and content of the Twinless Times and to provide any suggestions for improvements.

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.

MY JOURNEY TO HEALING

By Alcides (Seeds) Bloem, twin to Nick Bloem

Dear fellow Twinless Twins,



My story began nearly 32 years ago when my twin Nick and I were born August 2nd 1985. We lived in Washington, a very woodsy living that stimulated our outlook on life; that life was a never-ending adventure we were on and we would live it to the fullest. Many times I refer to our childhood as a real life Sandlot; heroes like Indiana Jones and John Wayne were the ones we fantasized, but the details of the world that we saw together made me feel like our journey was far grander than an average person’s eye. As we discovered life together our talks were lengthy in time and in detail, it was like a different version of ourselves and we knew each other just as much as we knew ourselves. I describe our relationship as almost like we were one entity that had independent vessels we could make choices with. He brought toughness, strength and a desire for adventure to our entity, I brought creativity and understanding, and together we prospered with nothing stopping us in sight.

My twin was killed August 3, 2005 a day after our 20th birthday. The timing of his death in relation to our birthday is a very glaring summary of my pain. The paradox that lays at my feet is how do I find happiness on the day of our birth, when it is the eve of my twin brother’s death? As I have seen over the years this question must be answered, but as I have found... no answers will you find, if you never look for them? This is what I have done for 12 years, as I have simply sought to survive life for the loved ones that still remain in my life. I shut off all contact with those around me, as I had unconsciously made dramatic changes in my perspective on life. Life without my twin had caused several mental damages to who I was and to my awareness of what was real and what was my mental torment, and only in the last few months had I become aware of this change.

I have lived these last 12 years with many truths that I did not face, because of this they have laid dormant awaiting me to face the pain. My twin brother Nick was my hero, the undefeatable one you see in the old westerns or any Schwarzenegger film, so when my John Wayne got shot and never got up again, my world only filled with pain. He was the one truly a part of who I am, and his absence made me feel removed, like my body was stuck on this planet while part of my soul had gone to the planet of our birth. Aliens from another planet is the best example I can give of my twin and my relationship... We understand the local customs and we can get along with most of its inhabitants; but we communicate differently than those around us and have our own way of doing much that can be done.

With this immense pain, I have at times many years ago, felt the desire to end it all. However, three boys and a loving wife have given my life increasing value over the last few years of this journey that I’m on. While I have not put too much thought into actually doing something to end my own life, my own death I have spent much time thinking of and the ending of my pain. As I have said it was not suicidal, it was merely that it did not make sense for me to be stuck in this world while my

twin goes on our journey alone; as I'm sure many twins would testify, we have a desire to experience life as one.

I observed this with myself as the only time that my twin and I grew somewhat apart, was our freshman and sophomore years in high school when girls made an impact on our hearts. It was not as though we were not as close to each other, but when first entering the dating world an act is a big part of the fight. This lack of authenticity to each other was not a welcome change in the slightest way. As I have observed other twins, I see this theme becoming more and more reassured, that when a twin is experiencing life outside the other's, our hearts don't know how to be at peace. We constantly have a desire to be every part of each other's life, so when Nick went on the journey of death, following him on this path seemed like the only sensible thing to do.

For many years up until these last few months one question hung over the rest, what had I done to deserve this pain and what could I have done to stop its birth? As I wrote before, no answer will you find, if no effort is put into its search, but I have awoken and sought such things as I seek a life of happiness with this new birth. With the 3rd of August so quickly following the 2nd's cheers of birth, the answer to why this has happened to me has been answered, at least partially, as I have searched. I have done nothing to deserve such great pain, but I have been asked to face the might of such pain at its worst. Since the loss of my twin, several exceptionally damaging events have taken place, and I have always had the feeling that with Nick at my side these things would have never caused the damage I see today. But he does not stand at my side and no accident is this, I have been asked to carry a very heavy pain and the key to my happiness is that I must make peace with it and live in spite of the pain that will always remain.

Seeds, twin to Nick

WHAT IT IS LIKE BEING A TWINLESS TWIN

By Sylvia, twin to Anna Christine

On December 12, 1930 my twin sister and I first saw the light of day. Sadly enough my twin passed away just a few hours after she was born. I do not know how old I was when I learned I had a twin. I only knew that for some reason that I did not understand, I felt a deep pervasive sadness, especially around Christmas time. For many years, I felt as though I was not complete and I was searching for something to fill that yearning to find out why I felt that way. To make my twin seem real, I gave her the name of Anna Christine. The very early loss of my twin sister has been a struggle from the beginning for me. I had an empty feeling that I could not describe or understand. I have felt as though a part of me was missing.

There was something that my mother said to me however, that had a lasting impact on me and it went like this: *"I believe that you (meaning me) were born first because I know that your twin had water on the brain (hydrocephalus), which meant that her head was large. I think I carried her up high, and the pressure I felt was as if it was just under my stomach."*

I would have to guess this statement was not expressed to me when I was a small child. I have always felt a great deal of sadness around that statement. I have done some research on that particular condition, and what I have read sounds a little bit scary to me. I ask myself, was my twin in any pain or discomfort? Was this what caused her

death? People have asked me if I knew what happened or why she died. And I never told anyone that she had hydrocephalus. I just couldn't bear to think about it.

Then I learned about a group called Twinless Twin Support Group International. I did some research on the history of this Group and this is what I found:

Our Mission Statement: Twinless Twins Support Group, Intl.™ (TTSGI) exists to help twins who have lost their twin. We provide a safe and compassionate community for Twinless twins to experience healing and understanding. We also provide support for twins and other multiples who have lost their twin due to death or estrangement at any age.

I became a member of that group a few years ago, and as a member of this powerful loving group of people, I attended my first Regional Meeting in April 2015. As I listened to the many wonderful stories of each and every twin who was at this meeting, it was very comforting to know that there were other people who really understood not only what it felt like to lose a twin, but what it was like to have your twin be a part of your life. What a wonderful gift to give one another.

As I listened to these stories it occurred to me that even though I never really felt like a twin, I do know and believe that twins begin to bond in the womb. Also as Dr. Brandt, the founder of TTSGI says, *"Once a twin always a twin."*

I will be forever grateful that I found this amazing group. When I talk to a member, I now know what it is like to be with others that understand what it is like to lose a twin.

2017 TTSGI ANNUAL CONFERENCE - REGISTRATION

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."

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 7 PM on Thursday, July 13th and ending at 10 PM on Saturday, July 15th in Tucson, Arizona!

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.

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

Regular Registration: March 1 to April 29 – \$225 per person

Late Registration: May 1 to June 13 – \$275 per person *(Online registration closes June 13)

****All attendees must register individually.**

2. Reserve your room at the [Hilton Tucson El Conquistador Golf and Tennis Resort](#) by calling 1-800-325-7832.

* Be sure to say you're coming for the Twinless Twins Support Group conference so you'll receive the reduced room rate of \$119/single (includes breakfast buffet for one), or \$144/double (includes breakfast buffet for two). A block of rooms has been reserved for this conference, however, the special room rate will only be available until Monday, June 13th or until the group block is sold-out, whichever comes first, so please book early!

3. Make your travel arrangements.

Book your flights into Tucson International Airport (TUS)

* Most participants will arrive Thursday, July 13th in the early afternoon and depart Sunday, July 16th in the morning.

We'll see you in Tucson!

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



2017 TTSGI CONFERENCE - TENTATIVE SCHEDULE

Note: This is a tentative schedule. However, the start time on Thursday and the end time on Saturday will not change. Please feel free to make transportation reservations based upon the start/end times in this schedule.

THURSDAY, JULY 13, 2017

Pre-Conference: Meetings for Board members

9:00am – 12:00pm Board of Director'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)
2:00pm – 6:00pm Set-up main meeting room

– Conference Officially Starts –

7:00pm Registration opens for first-time attendees
7:00pm – 8:00pm First-time attendee's gathering, Host: Dena Stitt, TTSGI Vice-President
7:30pm Registration opens for all and signing of Memory Walk banner
8:00pm – 10:00m Dessert Reception, Host: Ray Boyle, TTSGI President

FRIDAY, JULY 14, 2017

7:30am Last-call to sign the Memory Walk banner before the walk
7:30am – 8:00am Memory Walk: Remembering our twins, Host: Margaret Daffin
8:00am – 9:30am Breakfast on your own: included in room rate
9:30am – 10:00am Welcome and announcements
10:00am – 11:00am Keynote Speaker: Nancy Weil
11:00am – 12:00pm Self-introduction time, Host: Dave Jones
12:00pm – 1:30pm Lunch on your own
1:30pm – 5:30pm Self-introduction time, Host: Dave Jones
1:30pm – 3:30pm Breakout option: Nancy Weil
3:30pm – 5:30pm Breakout option: Parents of Twinless Twins, Host: TBD
3:30pm – 5:30pm Breakout option: Information on becoming an RC, Host Sandy Goa
5:30pm Free Evening

SATURDAY, JULY 15, 2017

Breakfast on your own: Included in room rate

8:00am – 8:30am Inspirations for the day, Host: Sandy Goad
9:00am – 10:00am TTSGI Annual Business meeting and Board elections, Host: Ray Boyle
10:00am – 10:15am Break
10:15am – 11:45am Keynote Speaker: Nancy Weil
11:45am – 1:00pm Lunch on your own
12:00pm – 1:00pm Board of Director's Lunch
1:00pm – 3:00pm Breakouts: Please choose one
• Early Loss (in-utero or shortly after birth), Host: Alyssa Pratt
• New & Raw Grief: I cannot believe it has happened, Host: Venice Lacy
• Anguish and Anger, Host: TBD
• Unfounded Guilt: I should have or I wish I would have, Host: Ray Boyle
• Yoga and Healing, Host: Ami Hoyt
• Twin Story Telling, Host: Dena Stitt & Russell Perrone as guest writer
• Family/Friends, Host: Kurt Foor
3:30pm – 4:00pm Closing Ceremony, Host: Nancy Weil
4:00pm – 4:30pm Live Raffle Drawing & Pick-up Silent Auction items
4:30pm – 6:00pm Break
6:00pm Golf cart ride to *"The Last Territory"
6:15pm – 8:00pm Western night dinner at "The Last Territory," Host: Venice Lacy
8:00pm – 9:30pm Live Auction, Host: Dave Jones
9:45pm Golf cart ride back to hotel

*Dress for this event is western theme!

2017 TTSGI ANNUAL CONFERENCE - SPEAKER



NANCY WEIL

Nancy Weil is a leading authority on the relationship between humor and grief and is known for her energetic, entertaining and content-rich programs. Nancy is the founder of The Laugh Academy and serves as Director of Grief Support and Community Outreach for Veterans Funeral Care in Clearwater, FL. She has certifications as a Grief Management Specialist, Grief Services Provider, Funeral Celebrant and Laughter Leader. Besides blogging for Legacy.com on grief related topics, she is also the author of the book *If Stress Doesn't Kill You, Your Family Might*. For more information, visit: www.TheLaughAcademy.com.

Nancy has mastered the ability with her humor, fun loving, and enthusiastic way to give us the tools to manage sorrow and give us the practical healthy ways to cope with grief. You can't help but walk away feeling light hearted, happy, higher energy level and grateful for taking the time to sit in on Nancy's program. She is a master of laughter and humor. I believe everyone should take the time to meet this dynamic woman and experience one of her workshops.

- Beth Gerrish, Dengler Roberts Funeral Home

LIVE AUCTION, SILENT AUCTION AND RAFFLE TABLE

WOW, IT'S TIME TO BE THINKING OF ITEMS FOR DONATION!

by Terry Lewis-Foor, twin to Sherry



The **2017 Conference Committee**: This is our major fundraiser and it is through your generosity that we have a successful event every year! Here are some suggestions:

LIVE AUCTION: Higher End items such as jewelry, travel vouchers, condo rentals, air miles on major airlines, paintings, handmade quilts, items with the Twinless Twins logo, picture frames and crystal.

SILENT AUCTION and RAFFLE TABLE: From jewelry, to soft sculpture and anything in between. Gift cards: Duncan Donuts, Starbucks, Target, Walmart... etc. Purses, and scarfs and anything small. Any item you think would help increase raffle ticket sales and get the Silent Auction bidding started!

We appreciate your participation supporting our Annual Conference Fundraising. Please feel free to contact Committee Member Terry Lewis-Foor with your questions at sherrystwin@sbcglobal.net.

Donated items that need to be shipped should arrive at our Conference Hotel on July 12th or 13th.
Hilton Tucson El Conquistador Golf & Tennis Resort
Attn: Terry Lewis-Foor
10000 N. Oracle Road
Tucson, AZ 85704

2017 TTSGI CONFERENCE - FREQUENTLY ASKED QUESTIONS

WHEN IS THE 2017 CONFERENCE?

The conference begins on the evening of Thursday, July 13, and ends at the closing banquet on Saturday, July 15. Plan to depart on Sunday, July 16.

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?

Hilton Tucson El Conquistador Golf and Tennis Resort
10000 North Oracle Road, Tucson, AZ 85704
Phone: 1-800-325-7832

TTSGI has contracted a block of rooms for this event. Please make your reservations EARLY as we only held a limited number. When calling, be sure to let the reservationist know you are with the Twinless Twins Support Group. The cost of the rooms in our block will be \$119.00/single and \$144.00/double this includes the breakfast buffet in the Sundance Restaurant. We have requested our special rate be extended 3 days prior and 3 days post the conference dates. If the hotel has availability they will honor this request. However, this is not a guarantee.

WHAT AIRPORT DO I FLY INTO?

Tucson International Airport (TUS)

HOW DO I GET BACK AND FORTH FROM THE AIRPORT TO THE HOTEL?

Shared-Ride Van – *Arizona Stagecoach* provides on-demand and reserved door-to-door service throughout the Tucson region, including to area hotels and resorts, the University of Arizona, Davis-Monthan Air Force Base and to businesses and private residences.

www.azstagecoach.com, (520) 889-1000

Arizona Stagecoach is available after each arriving flight. The company's counter is in the center of the baggage claim area on the lower level.

Car & Limo Service – *Latrikunda Transport Services* provides transportation services to meet a variety of needs including airport transfer car service to-and-from Tucson International Airport. The LTS counter is in the center of the baggage claim area on the lower level.

www.lattrans.com, (520) 445-6580

WHAT WILL THE WEATHER BE LIKE?

In July, the average low is 75° and the average high is 100°. For more information visit www.weather.com.

WHAT SHOULD I WEAR?

Almost anything goes. For the welcome reception evening some people wear business casual, although some wear whatever they have traveled in. During the day, wear what you feel comfortable in (pants, t-shirt, blouse, jeans, shorts). Remember, there will be air conditioning, so be prepared if the hotel is cooler than you prefer. The Saturday night closing banquet will be themed this year – The Old West! Feel free to wear boots, cowboy hats, bandana, etc.

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 have a special first-timers' registration on Thursday, July 13 at 7:00pm, followed by a reception beginning at 7:30pm. At this reception, you will have the opportunity to meet other first-time attendees as well as our Board Members and Regional Coordinators. The Board Members and Regional

CONFERENCE FREQUENTLY ASKED QUESTIONS, CONT...

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 8:00pm. 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 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 – 8:00pm desserts and beverages (registration opens at 7:30pm).

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: The Old West!

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 a complimentary 24-hour Fitness Room, three golf courses, six pools and lighted tennis courts are all available for you to enjoy. You can also enjoy: Basketball, Bicycle Rental, Driving Range, Fitness Room, Golf course, Hiking Trail, Jogging Track, Pool, Putting Green, Tennis Court, Walking Track and Walking Trails.

HOW CLOSE ARE WE TO TOURIST ATTRACTIONS?

Tucson Hilton Tucson East is in the business district and close to the Gaslight Theatre and Park Place Mall. This hotel is within close proximity of the Museum of the Horse Soldier and Golf N' Stuff Family Fun Center.

WHAT IS THE COST TO ATTEND THE CONFERENCE?

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 13 – \$275 per person ***(Online registration closes June 13)**

Note: The Conference Registration does not include your hotel reservation

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.

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
- 2016 Detroit, Michigan

MEMORY WALK - 2017

“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 Annual Memory Walk at our 2017 International Conference in Tucson, Arizona on **Friday morning at 7:30 am, July 14th**. Because of the Arizona heat, the walk will take place earlier than usual, but it will be a fun time. As the sun rises, we will walk around the grounds of the resort and hotel and see the beautiful surrounding mountain range, and I encourage everyone to join us for this incredible and moving experience.

Last year, the walk was held in Detroit, Michigan. 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.

Thank you,
Margaret Daffin, twin to Josie
Chairman of the 2017 Memory Walk



MEMORY WALK - 2017

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 2017 Twinless Twin Memory Walk will be held at our International Conference in Tucson, Arizona on **Friday morning at 7:30 am, July 14th** and it will take place around the grounds of the resort and hotel.

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

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

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

Q: How is the money collected?

A. You can ask friends, family and businesses to support TTSGI with a flat donation. No donation is too great or too small - every amount helps. Use the donation sheet in the newsletter to keep track of your donations.

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

1. Your donation sheet, along with your donations can be sent to Margaret Daffin, Chairman of the Memory Walk. If possible, Margaret would like to have all your donations mailed to her by **July 1st**. Please do not send cash. Margaret's mailing address is: **Margaret Daffin, 9352 Briar Forest Drive, Houston, TX 77063**. Please make checks payable to TTSGI and write Memory Walk on your envelope. If you are sending your donation sheet to Margaret, please indicate on the donation sheet if you will be attending the conference and be sure to put your twin's name along with your name on the sheet so we can walk in memory of your twin if you cannot attend.

2. Your friends, family and community have the option of donating to TTSGI online by using our website at www.twinlesstwins.org. The donate button is located on the left side of our home page. By clicking on that button, they can go to a secure server to make their donation. 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.

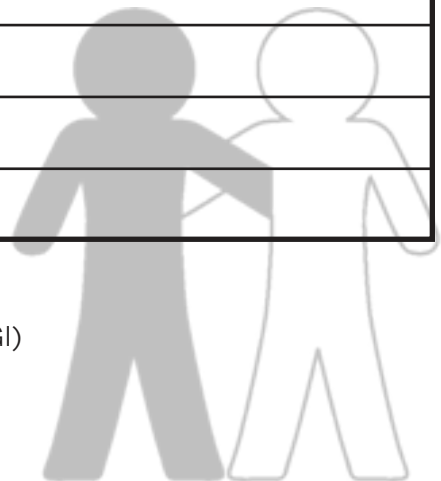
TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

MEMORY WALK 2017
DONATION FORM

Your Name _____

Donations in Memory of _____

	NAME OF DONOR	ADDRESS & EMAIL	DONATION
1			
2			
3			
4			
5			
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13			
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15			



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

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

MID-ATLANTIC REGIONAL GATHERING

By Alia Lizotte, twin to Rebecca

The Mid-Atlantic held their spring meeting in Frederick, MD on Saturday April 1st. To write this article for Twinless Times, I calculated how many meetings I have attended. It was the 24th regional meeting I attended, and my 3rd as the Regional Coordinator. My twin, Rebecca, died in the tsunami resulting from the 2004 Indonesian earthquake. Her death was very difficult for me, and I went to a very dark place. In retrospect, summoning the courage to attend a regional meeting in the fall of 2005 and subsequently joining the organization, was the best thing I could have done to help me with my healing process. I am in a much better place and firmly believe I am healing by helping others, so I am honored to be the regional coordinator for the Mid-Atlantic region.



On April 1st myself and seven members joined to discuss our unique paths through grief, healing and love for our twins. Twinless twins offer each other insight and support through the complicated intricacies of twinloss that non-twins cannot fully understand.

Towards the end of the meeting the attendees made “memory lanterns”, canning jars that held tea lights to which they added the initial of their twins’ first name as well as their first name.



The meeting was concluded with a candle lighting ceremony. We lit candles and took a moment to reflect on our twins while we listened to “For Always” song by Josh Groban.

“FOR ALWAYS”

by Josh Groban

I close my eyes
And there in the shadows I see your light
You come to me out of my dreams across
The night

You take my hand
Though you may be so many stars away
I know that our spirits and souls are one
We’ve circled the moon and we’ve touched the sun
So here we’ll stay

For always, forever
Beyond here and on to eternity
For always, forever

For us there’s no time and no space
No barrier love won’t erase
Wherever you go
I still know
In my heart you will be
With me

From this day on I’m certain that I’ll never be alone
I know what my heart must have always known
That love has a power that’s all its own
And for always, forever
Now we can fly
And for always and always
We will go on beyond goodbye

For always, forever
Beyond here and on to eternity
For always and ever
You’ll be a part of me

And for always, forever
A thousand tomorrows may cross the sky
And for always and always
We will go on
Beyond goodbye

Pictured: Jennifer Gonzalaez, Ruth Selig, Jennifer Roberts, Jessica Mills, Michael Karbeling, Alia Lizotte, Cyndie Brager Jacobson, and Keith Duff



MIDWEST REGIONAL GATHERING

By Sarah Beebe, twin to Heidi

The midwest TTSGI group had a spring meeting in May. It was a wonderful meeting with visitors in town from all over the country, including folks from Virginia, Ohio, and all over Illinois. Terry, twin to Sherry, and her husband, Kurt, held the meeting at their gorgeous home in Coal City, IL. The feeling of warmth in their home and welcoming to twins was incredible. The food, drinks, and companionship were such a blessing for all of us in attendance, and the love at the meeting was palpable. A big thank you to all of you who make this organization work and to all of our twins that attended the meeting and made it such a special gathering. In peace, love, and twinship

Those pictured: Back Row, Left to Right

Paul Twin to Pete, Missy twin to Mindy, Cathy Twin to Char, Marci, twin to Michaelene, Terry twin to Sherry, Lynette, twin to Wayne, Sarah, twin to Heidi

Front Row, Left to Right

Joyce twin to Janet, Jim twin to John, Priscilla twin to Carole, Julie, twin to Susie, Linda twin to Lee, and Paula twin to Pam



NEW ENGLAND REGIONAL GATHERING

By Garry Rayno, twin to Terry

A springtime Nor'easter held off long enough for 11 twinless twins to gather in York, Maine for the spring New England regional meeting May 13 at the Fellowship Hall of the First Parish Congregational Church. Six of the twinless twins attended their first regional meeting, and four had recent twin loss in the past six months.

The new twins were encouraged to share stories about their twins, how they died, significant memories and how those left behind are coping with their loss.

Twin guilt was discussed and how most twins experience it after they lose their "other half" and how learning to go on alone is very difficult. Some twins shared some of the insensitive things people have said after their twin passed and how difficult birthdays are for some. One of the twins asked those who lost twins years ago how the experience changes over time. The "veterans" represented the old adage that everyone experiences grief in their own way and time.

The group also discussed how they remember their twins, ways to keep those memories alive and what they admired most about their twin. And those gathered discussed the effect their twin had on their lives and how that interaction continues as they make their journey through grief and twin loss.

Several of the new twins expressed interest in attending the upcoming National Conference. The meeting was facilitated by New England Regional Coordinator Garry Rayno. Three support people also attended the meeting along with the 11 twinless twins. A fall meeting is planned, but the location is not yet final. Watch for the newsletter for more details in several months.

Those pictured: Left to right in the front row are: Ewa Nasiadek, Ellen Thompson, Cynthia Welch and Deborah Short, and in the back row, Barbara Lawson, Michelle Thomas-Monteiro, Brenda Oldak, Chad Brown, Jessica Anderson and Garry Rayno.

NEW YORK/NEW JERSEY REGIONAL GATHERING

By Carolyn Shane, twin to Cary

Our second meeting of the year (our meeting year begins in September and ends in June) was held in New Jersey at the cozy and loved-filled home of Domenick Abbate. Ten members and two supporters came together on Saturday, February 25th. As part of our meeting tradition, we gather about noon time, everyone bringing something to add to the full array of sandwiches, salads, chips, snacks, cookies, donuts, candy and what-have-you to feed an army. No one goes home hungry as we munch on lunch as we informally get to meet and know one another better.



The meeting portion begins with an explanation of TTSGI, the relevancy of paying our dues, sharing information about the upcoming conference, answering any concerns and questions, and reviewing the rules of the day. We light two candles and a member offers a non-denominational prayer. We then go around the room sharing our twin's story and whatever the member feels comfortable sharing. At times and when appropriate, we will discuss and help a member in distress with suggestions and support as they go through a tough time either with their own issues or dealing with family.

After everyone has had a turn to share their story, we take a break for more nourishment and one-on-one sharing. Just getting up and walking around, getting a bite to eat and something to drink helps to clear the air a bit and gives us a chance to clear our heads before we rejoin for the rest of the afternoon when we discuss a topic.

The topic of this meeting was, "How do you cope? What do you do to get through the day?" Everyone shared their coping mechanism. It was a conversation that each of us participated in and shared what it is that we actually do. We all learned another way of getting through the day. Two members shared their mantra that we all walked away repeating. Kathy's mantra is, "I am enough" and David's message is "Feel, Deal Heal". Hopefully, maybe one or both of our fellow twin's messages will be helpful to you.

We end our meeting in a circle of friendship and support. A poem or a short story is read. We then quietly share out-loud a message to one another, to ourselves or to our twin. Hugs are given, words of support are spoken, the candles are blown out and good-byes until next time end a heartfelt, warm, and exhausting afternoon.

NORTH CENTRAL REGIONAL GATHERING

By Joan Angeles, twin to Jean

The Twinless twins meeting for North Central was held in Omaha, Nebraska on Saturday, April 29, at Valarie Warner's house. Thank you to Valarie for hosting the meeting.

Those pictured from left to right: Joan Angelis, Linda Harding, Valarie Warner, Brittany Brunswig, Cheryl Thorberg. Top: Trevor Wager





SOUTHWEST REGIONAL GATHERING

By Eileen Jensen, twin to Elaine

The Twinless Twins meeting in Denver on April 22, 2017 was hosted by Elizabeth Hoyt and Sally Faust, facilitated by Elizabeth Hoyt. Many twinless twins gathered at the Knights of Columbus hall on this spring day. Thanking Florence Zamora for finding the meeting place and also providing our exceptional lunch. Florence is the mother of twinless twin Matt and his twin Michael.

Following the lunch, we had a brief introduction as we were drew cards with either a question or statement for discussion of our feelings and thoughts. First each twin offered their own thoughts to go with the card, then anyone could join in with their thoughts. This was new to all, but an excellent way to voice so much of our feelings and share with the group.

The closing with lighting candles and the song “Lift Me Up” was played. It is always a very meaningful time for Twinless twins.

Those pictured are left to right, Matt Zamora (Michael), Phyllis Ashliman (Phil), Becky Howarth (Syndi), Kathie Seyforth (Kristie), Sally Faust (Sonia), Gale Erlewine (Dale), and Elizabeth Hoyt (Elaine). Bottom row Camille Wissmann (Carmon), Joe Basehart (Gerald) and Eileen Jensen (Elaine).

Attendees not pictures are Scott Nassco (Steve), Will White (Jerold), Will’s mother, Gale’s wife and Joe’s friend.



KEVIN’S CORNER

By Kevin Mullen, twin to Brian

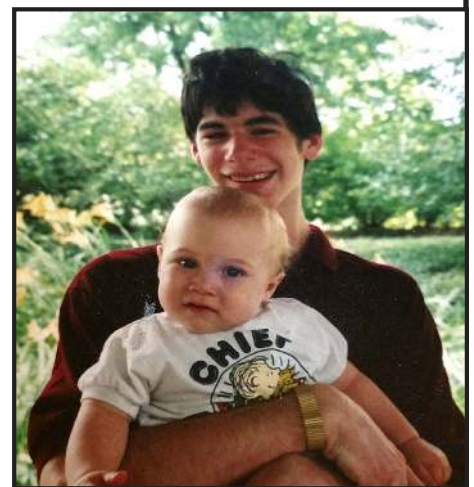
1997-2017 MULLEN HITS 20 YEARS WITH TTSGI

Ever wonder when computers became a big part of your life. I know! Twenty years ago this spring, while in free time at school, I typed in “Twins” and my life changed.

The old Twinless Twins site came up and I contacted Ellen who was hosting the Chicago conference. Just to be straight, I was only 15 at the time, and I wrote several emails before giving her my age and phone number telling her I needed to get permission from my parents before doing so.

She called one night and spoke to me and then to my mom. Everything clicked and my mom could see this was important to me. I can remember getting my first packet for the Chicago conference making plane and hotel reservations and meeting Dr. Brandt for the first time. This year marks 30 years ago that Dr. Brandt founded TTSGI.

This was my first plane trip, but while at the conference, I told everyone what was to be my second trip... Europe with my best friends and other classmates! So to say that “Twinless Twins” started a new life for me would be the understatement. “Happy 20th to me!”



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

Thanks to all the twins who came to Harrogate meeting at St Michael's Hospice on Saturday, February 18th. There was a good turnout with eleven twins there. After coffee and introductions we talked about the forthcoming meetings this summer and also planned our Harrogate autumn meeting.



Our autumn meeting will be at Stanbrook Abbey, near Thirsk. One of our twins, Sr Julian is a sister there. More details later, but there may be a chance to stay in a Lodge in the Monastery grounds. For those going for the day there will be shared transport from Hornbeam. The visit will include a visit to the Monastery chocolate factory!

After the business meeting, we enjoyed a shared lunch. This gives everyone the chance to talk more informally and also enjoy the stunning views from the Hospice Day room which looks out over the Crimple Valley. We had a group photo out on the terrace before the discussion session. We all brought along a book, which had helped us with our Lone Twin journey. I got the idea of a books meeting from Sandy Goad, who shared her wonderful choice with us at the RC meeting in Detroit last summer. *Passed and Present* by Alison Gilbert. Sandy sent it to me after the conference and I treasure it.

The books the twins chose were all quite different, and it was so interesting to hear how they had helped them on their lone twin journey.

Here is the list of the books from our meeting and also the links to Amazon.

Lone Twin: Understanding Twin Bereavement and Loss by Joan Woodward
<https://www.amazon.com/Lone-Twin-Understanding-Bereavement-Revised/dp/1853432008>

When Grief Calls Forth the Healing by Mary R. Morgan
<https://www.amazon.com/When-Grief-Calls-Forth-Healing/dp/1497652081>

The Book of Joy by Desmond Tutu and Dalai Lama
<https://www.amazon.com/Book-Joy-Dalai-Lama/dp/178633044X>

Talking with Bereaved People by Dodie Graves
<https://www.amazon.com/Talking-Bereaved-People-Structured-Communication/dp/1843109883>

Passed and Present by Alison Gilbert
<https://www.amazon.com/Passed-Present-Keeping-Memories-Loved/dp/1580056121>

Ice Twins by A K Treymayne
<https://www.amazon.com/d/Books/Ice-Twins-S-K-Treymayne/000745922X>

The Time Traveler's Wife by Audrey Niffenberger
<https://www.amazon.com/Time-Travelers-Wife-Audrey-Niffenegger/dp/0099464462>

Holding by Graham Norton
<https://www.amazon.com/Holding-Graham-Norton/dp/1444792008>

My Secret Sister by Helen Edwards and Jenny Lee Smith
<https://www.amazon.com/My-Secret-Sister-Edwards-Family/dp/1447228871>

Relative Stranger: A Life After Death by Mary Loudon
<https://www.amazon.com/Relative-Stranger-After-Death-Sisters/dp/1841958948>



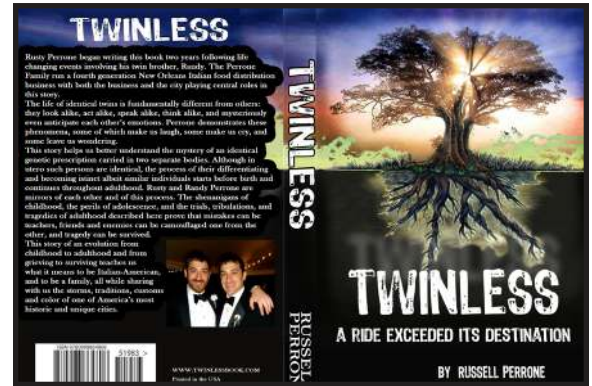
TWINLESS

A RIDE EXCEEDED ITS DESTINATION

The Story of Rusty and Randy Perrone

a book review by Dawn Barnett, twin to Daryl

I absolutely loved this book! I have been doing book reviews for the Twinless Times for many years, and I can say this one is #1 in my opinion – a 10 out of 10. Rusty has the knack in his writing to make the reader feel they are there with him – the sign of a good writer who can engage the reader in his work. He captures the essence of twinship at its best, in relating many stories of their love, shenanigans growing up and the way they worked in unison in their family business. He conveys how his large family was close and he tells how it affected them all. Randy was a talented song writer and musician; I love how Rusty has the lyrics of his songs listed in links and where they can be found on YouTube. There are also quotes of famous people throughout the book. For example: “Forgiveness means giving up all hope of a different past.” – Lily Tomlin



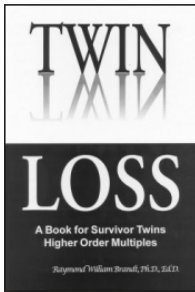
The title of the book came from the song “Destination” where Randy wrote about the twins’ first road trip to Florida without their parents. On their way there, they adopted the slogan “May your ride exceed the destination.”

The author was able to show love, warmth, humor, serendipity, intrigue and told how his twin, Randy’s life here affected everyone he came into contact with. You could tell Rusty looked up to his twin and Randy was his protector. Toward the end of the book the author wrote a letter to his brother telling him all the happenings in the last four years since his death. In an excerpt he says, “Endings always lead to new beginnings. Your life ended four years ago Feb 27, 2013 and on Mar 1, 2017 we welcomed our last child into this world. A boy who we named Randall ‘Randy’ Everett Perrone – to honor you.” I was blown away by this and was so tearful, I had to put the book down for a while before finishing the last few pages.

In conclusion of this review, I’d like to say apparently, Randy had a premonition that his life wouldn’t be long on this earth. In “Edge of the World” which Randy wrote years before he died he said:

“If I’m gone tomorrow then will you remember me
Have I done enough to leave?
Please don’t forget me when I go
‘cause I will always be here
Up in the trees looking down on the ground
That you all walk on, so you don’t fall
Off the edge of the world confused and lost
In this ride of life when we all will, we all will die. We’ll die”

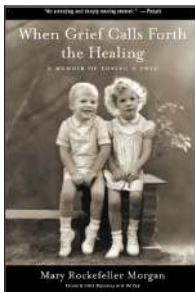
I highly recommend this book for all. It is well-written and an easy read. On that caveat, I would like to note for those newly in their grief you might need to skip Chapters 34, 35 and 36, as I am a veteran dealing with twin loss for many years and these chapters were deeply emotional to me. You can get this book at www.rrperronepublishing.com.



“TWIN LOSS”

By Raymond W. Brandt, PhD

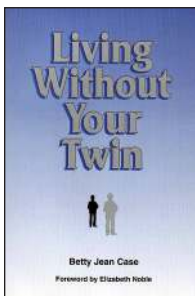
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

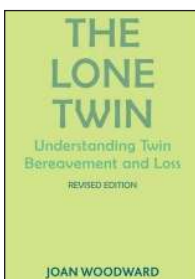
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael’s death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

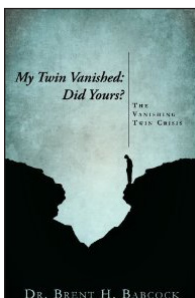
TTSGI receives a donation each time one of author Betty Jean Case’s books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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

TWINLESS TWINS SUPPORT GROUP, INTERNATIONAL™

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

WRITE FOR THE TWINLESS TIMES NEWSLETTER

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

Submit to: twinlesstimes@yahoo.com

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

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

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

NEWSLETTER ARTICLE SUBMISSION DEADLINES

Spring Issue: February 10th

Summer Issue: May 12th

Fall Issue: August 11th

Winter Issue: October 27th

Submissions should be emailed to:
twinlesstimes@yahoo.com

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