

TWINLESS TIMES

©Twinless Twins Support Group, International™

SUMMER 2013



President's Corner

Dear Twins,

At the time of writing this column, we are mid-way through spring. It is not too many weeks from now before many twins will gather in Los Angeles, the site of the 2013 Twinless Twins Support Group International annual conference.

There are many twins who wonder just what a conference is like? Our newcomers are welcomed into a brief reception, set up just for them. They have the opportunity to meet other first timers. There can be a considerable range in length of twin loss with each twin, varying between a few weeks and a few decades. The common feeling is that these twins feel a compelling reason to attend and make the effort to do so.

Often, twin bonds are formed at this initial reception. They will also meet a "buddy" who has been assigned to them. The buddy is typically an alumnus who understands how it feels to live with twin loss, and who has experienced prior conferences.

There are many opportunities to share your loss and to even laugh. Some may find it inconceivable that they could laugh again, with their twins no longer with them. You are surrounded with other twins who understand this loss. Releasing yourself to live in the moment and share this positive emotion with other twins can be a revelation.

All of the selfless, unpaid organizers have provided, through tireless efforts, this opportunity for you. If your inner voice is urging you to make the effort to attend, please consider attending this year.

I hope to meet everyone in Los Angeles in July.

Ray Boyle, President ♥

NEW EDITORS NEEDED!

After five years as newsletter editors, Margaret Daffin and Celia Homer are moving on to other ventures! They have enjoyed their roles as Editors of the *Twinless Times* and feel it is a good time to give others the wonderful opportunity they have shared in generating the newsletter.

Margaret's role is to collect the articles and work with their authors as needed. When Margaret is done, Celia collects the finalized articles and lays out the newsletter for print in Microsoft Publisher. Editors must have good English and word processing (or desktop publishing) skills and must be able to work under a deadline. The *Twinless Times* is published four times a year and Margaret and Celia will happily share their processes so the next generation of Editors can get off the ground smoothly. ♥

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THE EMPTY CHAIR

“MAY YOU ALWAYS FEEL LOVED”

By Sandy Goad, twin to Jim

*“**M**ay you find serenity and tranquility in a world you may not always understand.*

May the pain you have known and the conflict you have experienced give you the strength to walk through life facing each new situation with courage and optimism.

May you always know that there are people in your life whose love and understanding are there for you, even when you feel most alone.

May a kind word, a reassuring touch, a warm smile be yours every day of your life, and may you give these gifts as well as receive them.

May you remember the sunshine when the storm seems unending.

May you remember, those whose lives you have touched and who have touched yours are always a part of you, even if the encounters were less than you would have wished.

May you find time in each day to see the beauty and love in the world around you.

May you see your future as one filled with promise and possibility.

May you always feel loved.”

Author Unknown

As for my own wish to all of you who are grieving: My wish is that your memories will open you to love. That the fear of love lost will not keep you from loving yourself and others. That your compassion and wisdom learned from your grief will be a source of comfort to others. And finally that you will allow your grief to help you grow and transcend beyond the pain to a place where you will find peace. ♥

MEMOIRS: LOSS

By Wolfe Zucker, twin to Steve

My identical twin brother died last week. There goes my spare parts department. Unlike all of you single children I have always felt special and unassailable. I have a lifetime picture of what I look like. I know what I sound like. I know that upon his death, a carbon copy will exist, nullifying death by disappearance. I know my potential by comparison. I know my hidden skills and interests. I know what colors look good on me. I have had a mannequin.

And there goes the childhood attention, “Oh they are so cute. How do you tell them apart? Save one for my daughter, Sarah!”

Looking back at his funeral in Los Angeles, we are both only half dead. I am a known personality to his friends and work colleagues. A neighbor comments, “as long as you are here, I don’t feel his loss yet.” I am treated by all



his friends with familiarity, given hugs meant for him. One neighbor who shared her dog with my twin hopes I will move to Los Angeles and fill his place....perhaps take over his apartment.

I gain the benefit of those who he treated lovingly. The “evil landlord” calls to ask if he can meet me in person to return the deposit, so he can get to meet and know me.

I am introduced to his alternative Santa Monica culture: ranging from twenty or so ex-girlfriends, naked pool party attendees, New Age Jews and alternative medicine practitioners. (They never met a medical person they liked.)

All his buddies live by one rule - they all do what they want. In LA, that means being broke, being exciting, single and a Freudian model of narcissism. To them, I must feel and smell like a conservative Republican. His friends show me that in the great nature vs. nurture argument, nurture wins. I could have been a loose goose if I had moved.

Why did Steve move here thirty years ago? To start Primal therapy and stay with his girlfriend. He told me he arrived short two thousand dollars so they didn’t take him. She got a PhD in psychology and married a real estate agent.

Steve substituted fun for maturity. He was the party animal and he danced long hours at the local free-style California studios. Free style means people dance alone.

He died without a partner as he had danced. He had a life style that most people would admire. He loved it. I hated it because I heard thirty years of complaint about being lonely.

That’s not the part I miss. I miss that we talked pretty much daily for the last ten years. Now I have nobody to call. We shared a lifetime together and with a few code words we understood completely. Nobody has that, except long married people. The married people started in their twenties. We started at zero.♥

RE-CAP OF REGIONAL MEETING IN APRIL IN SEATTLE

Pamela Fender, West Coast Regional Coordinator

Nine twinless twins gathered into a private room in a hotel in Seattle.

Q: Do you see anything unusual in the photo?

A: All women. And all but me were first time attendees.

The day was rainy (would you expect anything else in Seattle?) but I did my best to make the room as intimate and warm as possible.

We shared our stories with sadness in our hearts. We lit candles to honor our twins. We then walked across the street to the lake to release our balloons. Only a few of the balloons actually took off into the sky, while the remainder of our balloons drifted out onto the lake (due to the rain). Some of us met up for dinner at an incredibly wonderful restaurant.

We talked, shared more stories and laughed, which isn't unusual for us twins.

Most of the twins expressed their gratefulness that I flew up to Seattle to hold this meeting. It's always a good feeling to be acknowledged. It was well worthwhile.

Anytime we can hold our twinship as a group and know that we are not alone, makes a world of difference. Thank you dear twins for opening up your hearts and your stories with our group.

I am looking forward to reuniting in Los Angeles in July at our national conference.

With many twin blessings,
Pamela Fender, *twin to Steve* ♥



Photo (left to right): Elizabeth Aubert, Carol Hubbard, Beth Jackson, Pamela Fender, Raquel Fernandez, Diana Borasio, Cindy Hauser, Monica Bradshaw (from Canada!) and Linda Miller

NEW ENGLAND SPRING MEETING IN MAINE

Linda Pountney, twin to Paula, Host and Facilitator

Hosting a meeting is certainly a privilege! Most of us know that the healing begins when twins meet other twinless twins, similar to conference experiences. Other twins reunite with longtime friends in the region... a treat for sure. It is no different for the twin who hosts or facilitates the meeting. As a source of understanding for each other, the twins in New England opened their hearts to three new twins. It is always painful to receive news of another loss of one's twin! We had 23 attendees at a luncheon meeting, ocean side in York Maine, April 13th. The weekend also included a dinner on Saturday and breakfast Sunday.

Of course the weather was stormy driving in the day before – it actually hailed as I arrived at the Nubble Lighthouse, to pay tribute to an old friend Sarah. The last time together at this historic landmark, she asked a father and son if they wouldn't mind moving to let us lie on a boulder in front of the lighthouse in the sun... we did! Today I left a small heart charm tucked in that rock, a gift for Sarah.

The topic for the meeting was "Listening To Ourselves & Honoring Our Needs." The handout is below. We covered a couple of areas and also discussed fear in our lives. This was an eye-opener and relief was felt to be honest with each other about our fears stemming from such a major loss. In our region we have a new twin volunteer, Garry Rayno, who welcomes the new twins who contact TTSGI in New England. He spoke, asking for participation in this endeavor. "Healing by Helping" can take a major role in restoring life and hope in us. Thank you Garry, twin to Terry!!

Our meeting brought to light a variance in response to losing our twins at different ages, displayed in other relationships. Of course we all yearn for our twin at times, but most of the twins losing their twin between ages 12-25 agreed they looked for a twin relationship in others. Twins with losses between 35-75 years of age explained that they had no desire to replicate this bond with others. After trying to twin my husband for so many years and look for close friends to be able to intuitively understand me, this made me think! I lost my twin at age 21.

Listening To Ourselves & Honoring Our Needs... Healing

1. Acknowledging the emotions of grief

Let yourself feel your emotions; put what you are feeling into words – write, journal
Holiday and anniversary bereavement rituals to connect to your emotions, memorialize
Creativity gets us in touch – music, painting, collage, dance, gardening, cooking etc.

2. Sharing with others who can understand

Twinless twins meetings, Facebook groups, and personal communications
Grief support groups – Hospice, VNA, and in-person bereavement groups

3. Keeping our twin present in our life

Talk about your twin – not just their death, but what you shared / gifts you received
Physical ways: memorial gardens, quilts, motorcycles, tattoos, photo books etc.
Reconciling your past and discovering who you were in your twinship and are now

4. Education on grieving and the nature of being a twin

Learn what to expect from yourself when you are grieving / books, articles
Explore the twin relationship and your twin relationship – expectations and reality
Joy springs up in nature, faces, colors, pets, and being with the moment – will you let it in?

5. Faith, religion, nature, spirituality, and self-care as your foundation

When you need strength - go inside to your strong foundation / core
How do we keep this built up? Feeding it with what you love
Health is vital during grief – use gentle compassion; love yourself and take care of yourself

(Continued on page 21)

PARIS IN THE SPRING

By Janet Baird, twin to Margaret, UK Affiliate Member

Just two days before we were due to set off for the Paris UK Lone twin meeting, I had an email from a newly bereaved American twin living in Holland. Mary had heard about our meeting from the Twinless Twin's website and so contacted me. We went into action, organising her membership, etc. and Mary booked into a hotel four minutes away from where the group was staying as our hotel was full. Her train journey from The Netherlands would take three hours.

By the end of Friday night I still hadn't heard from Mary. I was worried so phoned her hotel - thankfully, I had the number. They contacted Mary and she rang me to say her cell phone had stopped working. She didn't know

birth loss, childhood loss or adult loss, whether we are UK lone twins or USA twinless twins...can be of support.

Mary made our Paris meeting so valuable. I really hope to see her at a conference in the US when the time is right for her.

Mary's words:

Meeting all of you has changed my life ...

Hearing your story has changed my life ...

Sharing my story with you ... someone who has such a deep understanding of what it means to be a lone twin ... has changed my life ...



how to find us, so three of us walked down to her hotel and she came down to meet us. I think the joy - if you can call it joy in such a sad situation - of first meeting other lone twins can never be underestimated. It was like the first time I met the twinless twins in Detroit, back in 2010!

I wanted to share with you the words Mary sent to all the twins in the Paris group. It shows the deep loss of a newly bereaved twin and how all of us - whether we be

Our meeting together gave me such an incredible feeling of being deeply understood and supported, ... and bathed in the warmth of compassion and empathy.

And I enjoyed being with you ... it was fun to see some of Paris together.

Starting last October, when a dear friend of 30 years died suddenly, three people very dear to me have passed away. A good friend said to me: *and now the unthinkable, losing your twin.*

Since our time together, I continue to feel connected and supported. I feel the network, and a sense of belonging.

Thank you so very much for being you ... and sharing your story with me.

With love and appreciation,

Mary, *twin to Frank*♥

Happy Birthday To Us



*H*appy birthday my twin,
though we're not together
Know that I'll love you
forever and ever.
I look all around me just
hoping I'll see,
The face of my twin looking
right back at me

But that just won't happen it's
only a dream,
And when I wake up, I knew
just how I'll feel.

So lost in a place now where nothing feels real,
Remembering the birthdays that you shared with me.

Blowing out candles together we'd wish,
For things that we wanted in our innocence,
Never believing that someday I'd see,
A birthday when you wouldn't be here with me.

The phone starts to ring; I still think it will be
You on the line, though I know that can't be.
You never were one, who wanted a fuss,
But each birthday you'd sing, Happy birthday to us.

I hope that you're happy wherever you are,
That angel's protect you in their loving arms.
That you party with Dad and your husband Sean,
for those we remember are not really gone,

Protect now your children as you see them grow,
into the people you'd be proud to know.
Know all that you taught them was never in vein
Know they still love you and oft speak your name.

Your husband who loved you and did all of his life,
Has been called to you now and is right by your side
And your mother whose lost a daughter so true,
Today is also remembering you.

I'll light you a candle, so please blow it out,
making your wish for those you love no doubt.
So for now I will leave you, no more to discuss,
I can just hear you singing, Happy birthday to us

Written by Mary Sweeney, *Twin to Joan*
Longford, Ireland
Ph 00353433348318 ♥

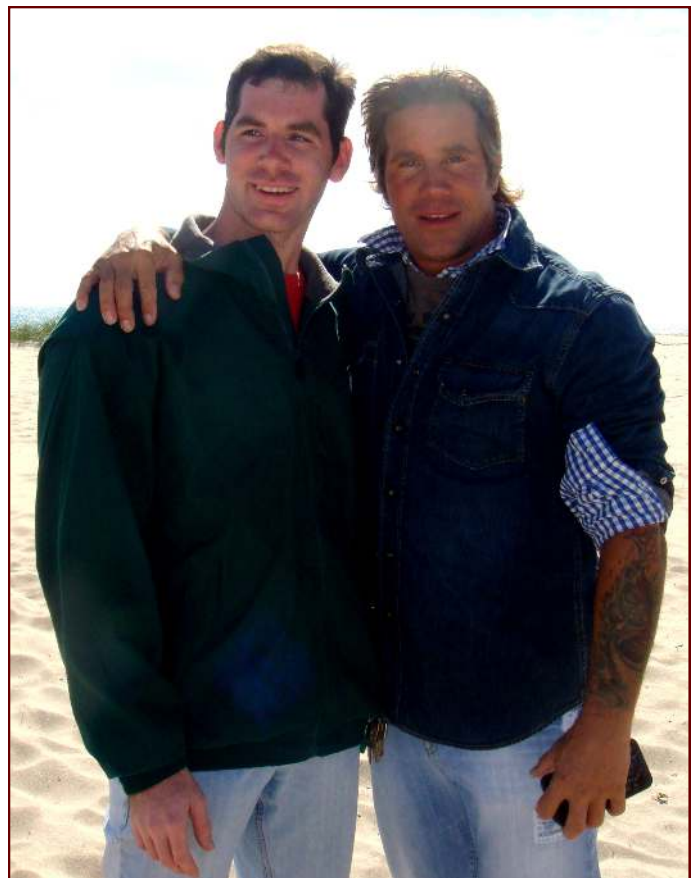
A VACATION IN FLORIDA

by Kevin Mullen, twin to Brian

At the end of February, mom and I went to Orlando on vacation. On March 3rd we drove to Vero Beach to see Sean Joyce, twin to Tom. When we got there, Sean took us on an hour long walk on the beach and we had fun just talking and collecting fancy sea shells. Sean has quite a collection. Then it was off to Waldo's, a restaurant on the beach, for lunch. Though it was cool outside, we decided to eat on the deck, looking out at the ocean. While walking to the restaurant, Sean showed us a hotel that is owned by Gloria Estefan.

It was fun watching the sea birds and sand pipers. Our waitress, a friend of Sean's, wore a winter hat and coat while waiting on us and the other customers. Many of the customers were also wearing winter jackets. Everyone was complaining about the cold but mom and I just laughed as we thought it was just cool, like spring.

After lunch it was off to the movies to see Dark Skies and then it was time to say good bye. We hope to meet up in LA as Sean has just moved out west. In the end it was the greatest day. ♥



Kevin Mullen, twin to Brian, and Sean Joyce, twin to Tom

MIDWEST REGIONAL APRIL 2013 MEETING

by Sarah Beebe, Regional Coordinator

The Midwest Region had a wonderful gathering in Indianapolis, Indiana on April 27th. We spent five hours of twin time together. Thanks so much to Cathy Dunn for co-hosting and choosing such a lovely place for us to meet.

Barbara Ritter, Kathy Moorehouse,
Co-Host Sarah Beebe, Sharon
Motasky, Ashley Cherry, Sandy
Johnson, Sheila Howard, Teri
Heldman, Dan Dunn, Co-Host Cathy
Dunn, Jonathan Hilber, Al Ritter,
Missy Milani, Susan Schneider, Larry
Lynch, and Kim Bryant.



MIDWEST REGIONAL MARCH 2013 MEETING

by Sarah Beebe, Regional Coordinator, twin to Heidi

The Midwest region held a gathering at the "Butterfly Haven" at the Peggy Notebaert Nature Museum in Chicago on March 2, 2013 and celebrated the birthdays of several twins. It was wonderful to sit with the butterflies and birds and share twin time. A big thanks to Marci Jezierski for putting this event together. ♥



Twins in attendance, from right to left:

Back row: Rebecca, Paul, Toni, Marci, Cathy and Sarah.

Front row, right to left: Linda, Karen, Katie and Eileen.

REPORT FROM JANET BAIRD ON THE LONE TWIN ANNUAL GENERAL MEETING IN LIVERPOOL, ENGLAND

*H*i, just to let you know I made it to the Lone Twin AGM in Liverpool, yesterday, March 23rd. My journey didn't start too well with a late taxi, which just slithered in time to catch the 6.56 am train from Harrogate to Leeds. It didn't look too promising as the train was standing in the middle of the station in two sections. The train men were throwing jugs of hot water over the couplings, which were caked with snow. Eventually they linked the carriages together and the train arrived at our platform and we lurched off slowly to Leeds. The snow was very deep across the Pennines and the train was delayed, but eventually I made it.

There was no committee meeting, as three members couldn't make it. There were many attendees missing due to the snow, public transport problems and illness- but it was still an amazing and valuable meeting. Sadly, Joan Woodward was unable to be there because of the snow and transport problems- also Nancy and Lisa were stranded somewhere in snowy Britain...

We had tea, coffee, etc. in the concourse of the lovely Quaker Meeting House in School Lane, Liverpool- just ten minutes walk from Liverpool Lime Street station. By 11.45 am around 20 attendees had arrived so we started the meeting- all wearing smart colour-coded badges, made by Jill Deeley, President of the LTN. Roger Bannister welcomed us as he lives in the area and had arranged the meeting with Paul Dicken. Paul then spoke to us and we broke up into discussion groups- adult loss, birth loss and loss in early childhood.

As I was wearing a yellow badge (Committee) and Nancy and Lisa were stuck in snow, I was asked to facilitate the adult group. This was not expected but

everyone was so cooperative and hopefully, all the twins said what they needed to say. As the meeting was for the whole of the UK, there were several new faces plus familiar names from previous meetings and some from the Lone Twin Facebook page. We talked until 1.30 pm, when we had a buffet lunch of wraps and sandwiches- provided by a caterer. Of course, we still talked about being lone twins!

Then it was time to reconvene for the business meeting and discuss items about the LTN website and the Facebook page. The accounts were agreed and Jill Deeley is available if anyone wants to discuss them. The Facebook page may eventually be incorporated into a new members' only forum on the website. Paul and his son will create this for us- along with a chance to post poetry and writing. The Memorial Bench was also discussed. This will be dedicated at the National Arboretum on June 15th- and there was a chance to see photographs of the bench and the site. If you would still like to donate, please send cheques to Jill Deeley. I also talked about the sterling silver twinless twins pendant which is available in the States - a twin there called Susan will post the pendant free to any twin in the UK in memory of their twin. If you would like details, please email me or phone me and I will give you more details.

After the business meeting, we suggested discussion groups and those who wanted to, met in various corners of the room and concourse to discuss Patterns and Relationships- again very valuable. More tea and cakes were served (a key factor of the meeting!) which sustained us for our long journeys back in the snow - the meeting came to an end around 4.30pm.

As I travelled back through incredibly thick snow across the Pennines, I reflected on the determination of twins and the power of lone twin meetings. I felt uplifted and inspired and so grateful for our Lone Twin Association.

My thanks again to the organizers - it was such a good day- despite!

Janet Baird, *twin to Margaret* ♥

TWINLESS TWINS NORTH CENTRAL REGION NEWS

by Joan Angeles, Regional Coordinator



Last Meeting – The North Central Region Twinless Twins met on Saturday, May 11, at the downtown Minneapolis Public Library. There were eight people in attendance. The meeting was ended by everyone holding hands and sharing something about their twin or the group or whatever was on their mind. Twins are always allowed to opt out of any aspect of a meeting, including speaking at all, being included in a photo, etc.

Contact List – A couple of meetings ago, a paper was passed around for any twins to share their phone number or email address with others, to connect on their own if desired. I will send the list out to all those whose names are on the list. Anyone else who is reading this in the region, who would also like to share their contact info with other twins, can respond to this, and I will include you on the list.

Birthday List / Phone Calls – There is a twin in the national organization who has started calling every twin nationally on their birthday to connect with them on that day. She has done this for a year, and it has been widely appreciated by the twins receiving the calls. Eventually, this is something that can be taken over by each region. Anyone who is interested in doing this, or even more than one twin who would like to share the task, is welcome to contact me about it. I have a birthday list of every twin in our seven-state region. Perhaps someone would like to do this for only their own state? It can be a way to connect on a deeper level with other twins, and thus become very meaningful. Please let me know if you are interested.

Regional Coordinator's new contact info – I will be moving to a new home in two weeks (around the middle of June) and it just dawned on me that I will probably have to give up my current email address – sea.angel@mchsi.com.

As I'm not sure how long I'll be able to use this address, you can always reach me at joan.sea.angel@gmail.com.

NEXT MEETING –

North Central Regional Meeting at:
Minneapolis Central Library
Mark E Johnson Conference Room #N-202 (2nd floor)
300 Nicollet Mall
Minneapolis, MN 55401
(612) 543-8000

Note: Enter the library and take elevator or stairs to the 2nd floor. The conference room is in the corner to the left as you exit the elevator. The library opens at 10AM.

On Saturday, September 21, 2013, 10:30 am to 12:30 pm.

Parking – Two levels of underground parking available, \$5 all day.

Accessible by public transportation. More info on transit – <http://metrotransit.org/>

Please RSVP, yes or no for this event - it's very helpful and only takes a second to (Joan Angelis, joan.sea.angel@gmail.com) as we need to know for sure whether to book the room. Thank you.

Optional lunch – After the meeting, anyone interested in staying together for lunch can plan this on their own. Each person pays for their own lunch. Restaurants can be reached by walking or hopping a bus on the Nicollet Mall for FREE

Library books on twin loss – During the last meeting, the librarian noted that there were NO books available on the topic of twin loss, so she suggested we request a couple of twin bereavement books, which I will do. I have a long list of specific books, with descriptions, but anyone who has a specific suggestion is encouraged to let me know before I order them. Thank you.

Contact: Joan Angelis, North Central Regional Coordinator - TTSGI

IA, MI, MN, ND, NE, SD, WI

<http://www.twinlesstwins.org> or
sea.angel@mchsi.com or joan.sea.angel@gmail.com

612-741-6583 ♥

NEW AND RENEWING MEMBERS: JANUARY - MAY, 2013

Janet Baird
Wendy Bauer
Steve Bergman
Mary George Beyer
Diana Borasio
Barbara Bosch
Rena Bridgewater
Elisabeth Brinker
Tara Campisi
Michael Caruso
Stephen Chapman
Rebecca Kay Chastain
Sheldon Chrysler
Judith Cohen
Corinne Costa
Maca Del Valle Simpson
Denaro Consultants International
Lea Eriksen
Tracie Espinoza
Mary Essick
Pamela Fender
Susan Ficke
Doris Giroux
Smantha Gomes
Sarah Goodwin
Laura Grandstaff
Carol Gutmann
James "Renie" Hallford
Cynthia Hauser
Marion Hearn
Terry Ann Hobbs

Rachael Holzhausen
Carol (Cja) Hunter
Eileen Jensen
Marci Jezierski
Teresa Juzrez
Joplin Kehrer
Deborah Kling
Colleen Leonardo
Marilynn Lester
Rebecca Mackenzie
Vladimir Makovoz
Melina Maritato
Angela McGuire
Alpha McPherson
MLB Enterprises
Jacquelyn Moore
Deborah Mori
Kevin Mullen
Linda Courtois Murphy
Patti Murphy
Ewa Nasiadek
Nanda Nengerman
Deb Nichols
Jason Noble
Dietrich Olguin
Steven Osterman
Shawna Padley
Brent Parker
Cory Partridge
Alia Pfeiffer
Art Powell

Ryan Quesenberry
Pamela Roberts
Jane Rudden
Bob Schnittman
Mary Ann Slota
Benjamin Smith
Shawn Smith
Michelle Solis
Derry Sollors
Cassandra Spala
Rachael Starr
Craig Stewart
Jessie Sugden
Colleen Sullivan
Barbara Terry
Sally Tobias
Lindsay Turner
Anna Van der Wee
Matthew Vierling
Dorothy Wagner
Donna Walker
Courtney Waller
Alice Ward
Suzanne Wedow
Trudy Weinstein
Cynthia Welch Moriarty
Beverly Williams
Wish Upon A Star
John Wuorenmaa

TTSGI LIST OF PAST CONFERENCE LOCATIONS

2012 – Columbus, OH	2002 – Detroit, MI
2011 – Minneapolis/St. Paul, MN	2001 – Denver, CO
2010 – Detroit, MI	2000 – Cincinnati, OH
2009 – Denver, CO	1999 – Memphis, TN
2008 – Toronto, Canada	1998 – St. Louis, MO
2007 – Dallas, TX	1997 – Chicago, IL
2006 – Delray Beach, FL	1996 – Fort Wayne, IN
2005 – San Francisco, CA	1995 – Fort Wayne, IN
2004 – Chicago, IL	1994 – Fort Wayne, IN
2003 – Delray Beach, FL	

MID-ATLANTIC REGIONAL MEETING

*By Mike Karbeling, Mid-Atlantic
Regional Coordinator*

The Mid-Atlantic Region held our Spring Regional Meeting on March 23, 2013 in Frederick, MD.

This was our 22nd Mid-Atlantic Regional Meeting since 2002. I have attended 13 regional meetings since 2006 and even though it was seven years ago, it seems like just yesterday. My journey I started in 2006, when I joined TTSGI, has been one of the hardest journeys I have ever undertaken. Now I can say that it was probably one of the best decisions I have made in my life.

We gathered together to share our unique journey through loss and grief with other twins who met to support, encourage, love, and give them hope. We spent the weekend together and renewed friendships, formed new friendships, sharing our stories of grief, love and HOPE.

Attending the meeting were 21 twins including 5 new twins. We were from West Virginia, Maryland, the District of Columbia, Pennsylvania, Virginia, Illinois and Ontario, Canada. We were delighted to be joined by twins and dear

friends from Canada (Ami Hoyt) and Illinois (Paul Heiden). Some twins arrived early on Friday night and shared dinner together. Saturday morning, we met at the Hampton Inn for our group meeting. At the meeting and after, we laughed, we cried, we hugged. Most importantly we shared.

As a new twin said "seeing and hearing the pain that others are going through helps me because I did not feel so alone"; another new twin said "Yesterday was a milestone for me. I cannot stop thinking about all of the wonderful and courageous people I met. I found the courage to face my fears, to reach out

to people for help and to make peace with losing my twin.... I must move forward, my twin would want it that way. I look forward to meeting everyone again."

Truly we are "healing by helping others"... as we always remember these words- "you are not alone".

My hope for our weekend together was that those who were there were able to let out some of the hurt and begin to move toward greater peace and healing. We will continue to help and ask for help in the

months and years ahead so we can continue to be here for all the twins that need us. Our next Mid-Atlantic regional meeting will be in Frederick, MD at the Hampton Inn (date to be determined) in October, 2013.

Warmest regards,
Mike Karbeling *twin to Howard*



IN MEMORY OF JOAN AND SARA FORSYTH

By Pamela Fender, West Coast Regional Coordinator

I'd like to take a moment to acknowledge the generosity of Rebecca Abrams. Rebecca was a baby sitter and surrogate parent to twins Joan and Sara Forsyth from Hayward, California.

Speaking with Rebecca, I learned about her intimate relationship with the twins. She shared how Joan's attendance at the conference in Detroit, Michigan in 2010 was life-changing for her. She returned renewed, with a different, more tranquil voice. I remember meeting Joan at the conference as we exchanged stories and what life was like living in the bay area.

Joan lost her twin Sara due to complications of obesity at age 37 in July 2008. Joan lost her battle from the same causes as her twin in October 2012. She was 43.

Rebecca contacted former West Coast Regional Coordinator, Debe Bloom inquiring about donating in the Forsyth twins' names. She chose to gift one registration fee and one annual membership fee to a West Coast twinless twin in need.

The recipients will remain confidential for privacy reasons.

Thank you Rebecca for your generosity, in memory of Joan and Sara Forsyth. ♥



Photo: Sara (on the left) and Joan Forsyth

TWINLESS TWINS SUPPORT GROUP, INTERNATIONAL™

2013 CONFERENCE SCHEDULE

Schedule subject to change. Start and end date will remain the same so you are safe to book your flight!

THURSDAY, JULY 18, 2013

6:30 – 7:00 P.M.	Early Check-in for first time attendees
7:00 – 7:30 P.M.	First Time Attendee Hospitality Gathering
7:00 – 9:00 P.M.	Registration Table Opens for all attendees
7:30 – 9:00 P.M.	Welcome & Dessert Reception

FRIDAY, JULY 19, 2013

6:30 A.M.	Van leaves for breakfast with Dave Jones & Ray Boyle
7:30 – 8:00 A.M.	Inspirations for the Day
8:30 – 9:00 A.M.	Announcements
9:00 – 11:00 A.M.	Keynote: Dr. Shear
11:00 – 11:15 A.M.	Break
11:15 – 12:30 P.M.	Sharing Time, Your Twin Story
11:15 – 12:30 P.M.	Parallel Group #1: Fond Memories of Your Twinship
12:30 – 1:30 P.M.	Lunch Provided
1:30 – 3:30 P.M.	Sharing Time, Your Twin Story (continued)
1:30 – 3:30 P.M.	Parallel Group #2: Suicide
1:30 – 3:30 P.M.	Parallel Group #3: TBD
4:15 P.M.	Bus leaves for the Pier
5:00 P.M.	Memory Walk
6:00 P.M.	Dinner (on your own)
10:00 P.M.	Bus leaves to the Hotel

SATURDAY, JULY 20, 2013

6:30 A.M.	Van leaves for breakfast with Dave Jones & Ray Boyle
7:30 – 8:00 A.M.	Inspirations for the Day
8:45 – 9:00 A.M.	Announcements
9:30 – 11:30 A.M.	Parallel Groups (choose one): <ul style="list-style-type: none">• Sudden Loss• Lingering Illness• Family support• Early Loss
11:30 – 1:00 P.M.	Lunch Break (on your own)
1:00 – 2:00 P.M.	Annual Business Meeting
2:30 – 4:30 P.M.	Keynote Discussion: Dr. Shear
4:30 – 5:30 P.M.	Free Time – pick up Raffle and Silent Auction items
6:30 – 11:00 P.M.	Banquet Dinner, Awards and Live Auction

DONATION FORM

**TWINLESS TWINS SUPPORT GROUP INTERNATIONAL (TTSGI)
MEMORY WALK 2013**

YOUR NAME _____

DONATIONS IN MEMORY OF: _____

	NAME	ADDRESS	DONATION
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

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

Conference Information: I will be attending the Los Angeles Conference.
 I will not be attending the Los Angeles Conference.

A WALK TO REMEMBER



“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 pleased to announce that we will be holding our 4th Memory Walk at our 2013 International Conference in Los Angeles on Friday evening, July 19. The walk will take place at the Palisades Park which is on the bluff overlooking the ocean. The bus will drop everyone off at Montana Avenue whereupon the walkers will walk seven blocks to the Santa Monica Pier. I encourage everyone to join us for this incredible and moving experience.

Sandy Goad, our past Memory Walk Chairman wrote: “I returned from the Twinless Twins International Conference in Denver, Colorado with great joy. I was able to witness so many twinless twins taking “big steps” toward healing. It was an incredibly beautiful sunny day! The walk gave another opportunity for all twinless twins and their friends and family to support our mission of “healing through helping others”. Twinless twins who could not be at our conference were encouraged to walk “with us” wherever they lived and we carried many names of twins who were with us in spirit.”

As we joined hands on that beautiful Saturday 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. Some of the twins said:

“The walk in Colorado was wonderful. Just walking with other twins and enjoying the beautiful weather was great. When we got to the park, we did our balloon release. What a special day it was to have our walk and release our balloons with all our special thoughts of our twin.” Sandra, *twin to Sammy* ♥

(Continued on page 16)

“Denver was my first TT Conference. The Memory Walk and the balloon release was the highlight of my trip. Walking with all of my new Twinless Twin friends meant so much to me. The walk was so beautiful with the mountains so close. I will never forget that day.” Dana, *twin to Debbie*

“There's an old song called "You'll Never Walk Alone" but to be honest I never believed I wasn't walking alone until I found myself on the twinless twin walk in Denver. Feelings of love and community surrounded me. I thought "this is my tribe" and I felt supported and understood as we walked, talked, laughed, cried and looked at our balloons drifting softly into the cloudless sky.” Suzanne, *twin to Sandy*

Toronto Memory Walk: “Walking in the Toronto Memorial Walk made me feel engulfed in twin comfort... surrounded by twins. All of us together, beach at our feet, family and friends to lean on... it was perfect!! Best of all, I loved making this opportunity available for people I know now, who didn't get to know my twin. Their donations, however small, touched my heart and soul.” Linda, *twin to Paula*

“Knowing we were helping to preserve and protect the future of our organization by walking to raise money, the twin walk was a huge success.” Art, *husband to Linda*

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.

With limited funds again this year, I know each of us has to decide what organizations to contribute to. I promise you that your donations to Twinless Twins will be used wisely. Please consider giving in memory of your twin.

Thank you,
Margaret Daffin, *twin to Josie*
Chairman of the 2013 Memory Walk ♥

AUCTION AND RAFFLE LOS ANGELES, CA - JULY, 2013

By Dawn Barnett, twin to Daryl

Please consider donating items for the conference auction. High dollar items such as jewelry, travel vouchers, condos, vacations, twinless twins logo items and such are featured in the live auction. Other nice items will go into the silent auction to streamline the banquet. Smaller items will be available in the raffle (please, no junk). All these wonderful items serve to raise funds for our organization to help more twins such as yourself. The auction is our major money maker for funding the conference the following year.

We need **YOUR** involvement for the auction/raffle to be successful - both in donated items and in purchasing them at the auction or buying raffle tickets sold at the conference. You are invited to donate items even if you cannot attend the conference. Simply ship or bring your items to the conference. You may mail the items directly to the Renaissance Hotel, Attn: Michelle Getchell, TTSGI, 9620 Airport Blvd., Los Angeles, CA 90045-5402 (needs to arrive no earlier than July 15). As all who have attended in the past know, it's a fun event and the future of our conferences depends on it.

Carolyn, Sandra and I look forward to seeing you in Los Angeles, CA. Hopefully, this will be our best auction/raffle ever!!! ♥

TWINLESS TWINS SUPPORT GROUP



2013 CONFERENCE REGISTRATION • JULY 18-21, 2013 • LOS ANGELES, CA

Name of the Twinless Twin: _____

Address: _____

Area code/phone number: _____ Email Address: _____

Twin's name (if named): _____ Date of loss: _____

Cause of loss: _____

Please list any special needs we should be aware of: _____

(If this form is submitted after May 24, we cannot guarantee that your request will be honored)

You must be a current paid member to attend the conference.

Are you a Member of TTSGI? Yes No Is this your first conference? Yes No

Your T-shirt Size: (adult sizes only) S M L XL 2XL 3XL

Any guests who will be attending the conference with you must also be registered.

Name of Guest(s)

1. _____ T-SHIRT: S M L XL 2XL 3XL

2. _____ T-SHIRT: S M L XL 2XL 3XL

3. _____ T-SHIRT: S M L XL 2XL 3XL

Members may purchase additional tickets for the Saturday evening banquet for any family or friends who will not be attending any other part of the conference, but would like to attend the banquet. Cost is \$60.00 per person.

Number of additional tickets for the Saturday evening banquet: _____

• HOTEL & TRANSPORTATION •

Room Reservations are made directly with the hotel. The hotel information is below - be sure to tell them you are with Twinless Twins Support Group, International™ and use Group Code “**TTSTTSA**” to get the rate of **\$104.00** + tax/night.

RENAISSANCE LOS ANGELES AIRPORT HOTEL.
9620 AIRPORT BLVD., LOS ANGELES, CA 90045-5402
(310) 337-2800
<http://tinyurl.com/TTConf2013>

Make your reservation before June 25, 2013 for our group rate. There is a limited number of rooms on hold!
 We recommend flying into the Los Angeles International Airport (LAX).
 The hotel provides a complementary shuttle to and from LAX.

• AUCTION/RAFFLE DONATIONS •

Please consider donating a gift to be auctioned at either our Silent Auction or our Live Auction at the Saturday banquet! Raffle prizes are also needed. "High Dollar" items are especially needed. We rely on your participation, as this is our main fundraiser for the year.

Questions? Email us at contact@twinlesstwins.org

• COST TO ATTEND THE CONFERENCE •

Registration fee includes: Thursday evening dessert reception, Friday lunch, Saturday evening banquet meal, all conference materials, guest speaker, and breakout space.

Registration fee is \$199.00 per person if received by 5/24/13. Late registration fee is \$245.00 per person.

\$199.00 X _____ # OF PEOPLE = \$ _____

After 5/24/2013 - \$245.00 X _____ # OF PEOPLE = \$ _____

Guests for Saturday Banquet Dinner only - \$60.00 X _____ # OF PEOPLE = \$ _____

Would you like to make a voluntary donation to the 2013 Conference Assistance Fund? (This is a special fund set aside to assist members who, without help from this fund, would not be able to attend this conference.) If so, please enter the amount of your donation here: \$ _____

TOTAL: \$ _____

(Twinless Twins, Inc. is a registered 501©3 tax-exempt organization.
All donations are taxable within the limits of the law.)

TO PAY BY CREDIT CARD PLEASE PROVIDE THE INFORMATION BELOW.

Type of card: Visa MasterCard

Name as appears on card: _____ CVV #: _____

Credit card #: _____ Expiration date: _____

Signature: _____

Make your checks payable to:
Twinless Twins Support Group, International™

Mail payment to:
Twinless Twins Support Group, International™
PO Box 980481, Ypsilanti, MI 48198-0481
Toll-Free: 1.888.205.8962
Email: contact@twinlesstwins.org

SOUTH CENTRAL REGIONAL MEETING

by John Rohrer, Regional Coordinator

The South Central Region held a meeting on Saturday, April 6, 2013 at the Four Points Hotel, Houston. On Friday evening some of us met at the hotel to get acquainted with each other, followed by dinner at Pappadeaux restaurant. It was great seeing some familiar faces and meeting the new twins who found this time to be relaxing and an ice-breaker.

Saturday's meeting was very productive, starting at 9 am with seven new twinless twins joining the group - some with a loss as recent as two months - we all had to compliment them for having the courage to attend the meeting. We had a large group of 20 people in attendance with 15 twinless twins and five support people.

John opened the meeting by explaining what the organization is about - how we Heal by Helping others. He told the group about the annual conference and emphasized the benefit of attending, if possible. We then went around the table and introduced ourselves and then began telling our stories. It was really amazing because most of the new twinless twins were able to tell their stories. We ended the meeting with a short candle-lighting service and then we played a song to the group on Rusty Perrone's cell phone that his twin, Randy, had written and recorded. Now that is what I call a SMART PHONE! After the meeting, most of us went to a Mexican restaurant for lunch and continued talking about our twins. The twins staying at the hotel spent some extra time together on Saturday evening and Sunday morning.

Thank you all for attending and I hope to see everyone again in the near future. ♥



Photo shows in the front row: Donny Brown, Dawn Barnett, Rebecca Michel, Carol Gutmann, and John Rohrer, Coordinator. Back row: Margaret Daffin, Kristin Odom, Sandra Brown, Carla Maslakowski, Betsy Miller, Brent Parker, Barbara Terry, Rusty Perrone, and Kevin Johnson, and not in the picture is Travis Vossler. The support people attending were Ralph Terry, Cristy Perrone, Sam Satterlee, Dianne Vossler and Frances Alexander.

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 2013 Twinless Twin Memory Walk will be held at our International Conference in Los Angeles on Friday evening, July 19th. The walk will take place at the Palisades Park which is on the bluff overlooking the ocean. The bus will drop everyone off at Montana Avenue whereupon the walkers will walk seven blocks to the Santa Monica Pier.

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 Los Angeles.)

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 write Memory Walk on your envelope. If you are sending your donation sheet to Margaret, please indicate on the donation sheet if you will be attending the conference and be sure to put your twin's name along with your name on the sheet so we can walk in memory of your twin if you cannot attend.
2. Your friends, family and community have the option of donating to TTSGI online by using our website at www.twinlesstwins.org. The donate button is located on the left side of our home page. By clicking on that button, they can go to a secure server to make their donation. Be sure they note that this is a Memory Walk Donation. They will receive a thank you from our organization as their tax receipt.
3. If you are attending the conference, you can bring the donated money and your donation sheet with you.

Q: Are donations tax deductible?

A. Yes. All donations are tax deductible in the United States. Twinless Twins Inc. is a 501(c)(3) non-profit organization making your contribution tax deductible within the limits of the law.

If you have any other questions, you can contact Margaret about the walk at medaffin@aol.com.

In twinship,
Margaret Daffin, twin to Josie Wilson
Chairman of the 2013 TTSGI Memory Walk

SOUTHWEST REGIONAL TWINLESS TWINS LUNCHEON

*By Eileen Jensen, Regional Coordinator,
twin to Elaine*

A group of twinless twins met at the Country Buffet in the Denver area on April 6, 2013. It is always so good to see everyone. After enjoying the buffet, we discussed the upcoming annual conference and then we had some sharing time for all attending—which is always both emotional and healing. In closing, we had a candle lighting ceremony by Phyllis with the song "I Will Light A Candle" by Paul Alexander. ♥

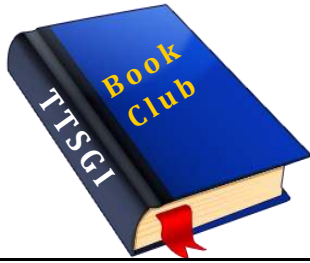


Left to Right: Eileen Jensen, Joe Basehart, Phyllis Ashliman, Gale Erlewine, Sally Peterson, Dottie Bruch and Cindi Costa. The two seated are Elizabeth Hoyt and Laraine Frost.

(NEW ENGLAND SPRING MEETING—Continued from page 5)

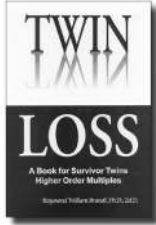
6. Knowing when you need help
Counselors, therapists / awareness of guilt - seeing it for what it is, letting it dissolve
Traumatic events can affect your quality of life / trauma treatments are available
7. Creating a new identity for yourself, incorporating your "twinness"
How does the role of being twinless define your new sense of identity?
This can take soul searching and time, mostly nurturing yourself with openness and curiosity
Appreciating your life – living your life! Be patient with yourself; choose to live deeply
This is something to work towards which brings your twinship forward if you chose to
8. Expectations in relationships - spouses, friends, family, and partners
Levels of "understanding" might need to be modified
Twinning a singleton... is it possible? Replacing your twin... ditto?
What can we realistically expect from the VIPs in our life?
9. Helping others just by being yourself / our regional group... reaching out to another twin
Welcome a new twin – help New England Volunteer Garry Rayno: grayno@gmail.com
Host a meeting – can be in your home, church, library, restaurant, meeting room etc.
You are not alone – there is a shared humanity in this room and community to connect with





RECOMMENDED TWIN BOOKS

www.twinlesstwins.org/store/books



"TWIN LOSS"

By Raymond W. Brandt, PhD

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

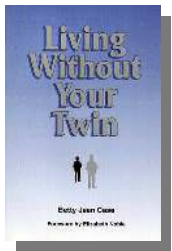


"BEGINNING WITH THE END"

By Mary R. Morgan

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

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



"LIVING WITHOUT YOUR TWIN"

By Betty Jean Case

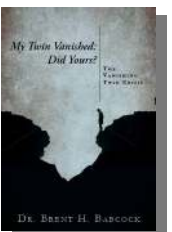
Author Betty Jean Case generously makes a donation to Twinless Twins each time one of her books is purchased through us. Betty is a twin, grew up with twin siblings, and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also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



"THE LONE TWIN: A STUDY IN BEREAVEMENT AND LOSS"

By Joan Woodward

The reader is taken through the closeness of being a twin, including its negative aspects and twins' need to be different to one another. But what happens when twins are separated, especially by death? The text examines death and bereavement of twins, including the parental attitudes to the surviving twin, the surviving twin's guilt, coping, bereavement in childhood and adulthood. The book also covers the psychological effects in later life for children who lost their twin at birth. Throughout, the book is illustrated by the words of lone twins themselves. This book is available through the TTSGI website or through the distributor, International Specialized Book Services (<http://www.isbs.com/partnumber.asp?pnid=307963>).



"MY TWIN VANISHED DID YOURS?"

by Dr Brent Babcock

A survivor himself of a vanished twin, Dr. Brent H. Babcock is sharing with the public for the first time his knowledge concerning the vanishing twin.

Twinless Twins Support Group International™
P.O. Box 980481
Ypsilanti, MI 48198
1-888-205-8962
contact@twinlesstwins.org

TWINLESS TIMES BY E-MAIL

If any of our members are interested in receiving the Twinless Times via email as a colored .pdf file instead of the regular mailed hard copy, please send your name and email address to Ray Boyle at: boyler@firstline.com. He will forward this to you.

Thank you.
Margaret Daffin, Co-Editor

**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:
Margaret Daffin and Celia Homer



Rare Rhino Twins.

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INTERNATIONAL™***

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***WRITE FOR THE
TWINLESS TIMES NEWSLETTER***

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

Submit to: twinlesstimes@yahoo.com

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

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

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

REGIONAL COORDINATORS CONTACT INFORMATION — 2013

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