

TWINLESS TIMES



©Twinless Twins Support Group, International

WINTER 2013



President's Corner

Dear Twins,

At our summer Board meeting our twinless Times Editor and fellow Board member, Margaret Daffin, read a letter from Mike Easley dated February, 2001, written prior to the time of our founder, Dr. Raymond Brandt's death in June 2001. The letter expressed concern that with the passing of Dr. Brandt could his organization carry on? The answer is evident as 12 years later the organization continues to be a haven where twinless twins may find peer to peer support, within a caring environment.

It is therefore fitting with the holiday season upon us, to express thanks for all of our current and past volunteers who contributed in some significant way to the continuity of TTSGI.

For every Regional Coordinator, who fields a call from a Twinless twin and who organizes regional meetings, there wouldn't be an organization without you.

For our Conference Committee, who plans a conference for an entire year, leaving no organizational stone unturned, there wouldn't be an organization without you.

For our Board of Directors, which brings an amazing talent pool to TTSGI to draw upon, there wouldn't be an organization without you.

For our Facebook Moderators, who strive to maintain a nurturing and safe environment for all twins, there wouldn't be an organization without you.

For our Twinless Times Editor and Donor Administrator Margaret Daffin, who steps aside as Editor of the Times after this winter issue, there wouldn't be an organization without you.

For our Executive Director, Michelle Getchell, who navigates her duties framed with the thought that this is her Mission, there wouldn't be an organization without you.

And, for all of our twinless twins who have found TTSGI and have come to us, we're very thankful that there is a TTSGI for all of us.

May your Holiday Season be one of peace in remembrance of your precious twin.

Ray Boyle, President ♥

VOLUNTEER!

If you are interested in volunteering for TTSGI, there are many opportunities available to you!

We are looking for volunteers who can assist their Regional Coordinators .

Please contact your Regional Coordinator using the website's "Contact Us" map in your area or from the RC listing on the back page of this newsletter .

Go to: www.twinlesstwins.org ♥

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THE EMPTY CHAIR

“REACHING OUT FOR HELP”

By Sandy Goad, twin to Jim

Several years ago I attended a Twinless Twins' Conference in Chicago. The keynote speaker, Mary R. Morgan, spoke on “Beginning With the End”. As I listened, I realized that is what all of us must do after the loss of our twin. We must begin. No, it isn't easy. Grieving is hard work. Perhaps the best thing you can do for yourself at this difficult time is to reach out for help from others. Sharing your pain with others won't make it disappear, but it will, over time, make it more bearable. Healing requires the support and understanding of those around you as you embrace the pain of your loss. You are beginning a journey that is often frightening, painful, and overwhelming, but you don't have to walk alone. There is strength in numbers.

“If you are grieving, you may indeed find strength if you draw on an entire support system for help”, says Alan Wolfelt, known internationally for his work with adult and childhood grief. For many grieving twins, Twinless Twins Support Group, International (TTSGI) is one of your best resources. Through TTSGI's regional meetings, National Conferences and the Facebook group, you can connect with other twins who “get it”. Even though each twin's grief is unique, you will find twins that have experienced similar thoughts and feelings as you. You will also find valuable resources on their website at www.twinlesstwins.org.

Friends and family members can also form part of your support system. Seek out those that will encourage you to be yourself and who acknowledge your feelings about the death of your twin. They need to be caring and non-judgmental listeners. You may also want to seek comfort from a minister, priest, rabbi or other religious leader. As you explore your feelings about your faith and the very meaning of life, they can be a very valuable resource for you.

A good counselor may be a very helpful addition to your support system. A counselor offers a safe place for you to go where you will have an objective listener and someone who will help you constructively channel your emotions. A recommendation from someone you trust probably is the best place to start. Ultimately, though, only you will be able to determine if a particular counselor can help you.

Your grief journey will not be easy. Often it feels like you are moving backwards, not ahead. You need to be patient as you begin to “grow through your grief”. As you do your work of grieving, you are moving toward a renewed sense of meaning and purpose in your life. Your feelings of loss will not completely disappear, yet they will soften and the intense pangs of grief will become less frequent. HOPE for a continued life will emerge as you are able to make commitments to the future, realizing that your twin will never be forgotten, yet knowing that your life can and will move forward. ♥

CANADIAN REGIONAL MEETING

In attendance at the Canadian Regional Meeting were: Ray Boyle, Ami Hoyt, Madleen Katkauskas, Judy Wilson, Doris Giroux, Mary Stephens ♥



WEST COAST REGIONAL MEETING

Report By Pamela Fender

In November, the West Coast (the "best" coast) held another very successful meeting at Pamela Fender's home in Sonoma County. Seven of us gathered around the living room: Shyam Rai, Mary Baldizan, Nina Carpenter, Karen Olesen-Davis, Jean Ballou, and Isabel Stenzel Byrnes, who lost her identical twin sister just six weeks ago.

We shared our stories, read some excerpts from Sandy Goad's writings, had our traditional candle lighting, a balloon release and then back home for a guided meditation led by Pamela. After the meeting, we enjoyed, once again, an incredibly delicious Indian dinner generously provided by my dear friend Shyam. Everyone brought a dessert to share and we were all stuffed by the end of the evening.

As expected, we had tears followed by laughter. I so much appreciate my twin family. Without their love and continued support, I would be truly lost.

In love and twinship, Pamela *twin to Steve* ♥



SOUTH CENTRAL REGIONAL MEETING

by Dawn Barnett, twin to Daryl



Photo: Back row: Sandra Brown, Troy Witt with Brandi Kelley, Dawn Barnett, Mary George Beyer, Sunny Lee, Kevin Johnson, Brent Parker with Sam Satterlee

Bottom row: John Rohrer, Maurice Walton, Katie Summerell, Olivia Calderon-Stucky, Debbie Swanson, Tanner Reilly with mom Kim Reilly

The South Central Region held a meeting on Saturday, October 26 at the home of board member, Kevin Johnson in Dallas. The meeting started at around 9:30 am with six new twinless twins joining the group and several of us congratulated them for the courage to attend the gathering so new in their grief. There were a total of 16 attending with four support people present.

John Rohrer opened the meeting by explaining what the organization is about - how we Heal by Helping others and he told the group about the annual conference and the benefits of attending. We then went around the room and most everyone present was able to tell about themselves and participate in the discussion. We ended the meeting with a candle-lighting ceremony and then took photos of the twinless twins and the twinless twins with their support people.

It was a very productive meeting and comments from the new attendees were most favorable. They stated that they got a tremendous lot out of the meeting and were so glad they came. We were glad they did and we hope to see them all again at another regional meeting or at the annual conference. ♥

NORTHEAST REGIONAL MEETING

On Sunday, October 27th, 2013, with the help of my GPS, I found my way to the home of William Penney in Lincroft, New Jersey where our twinless twins meeting was to be held. I was greeted with hugs at the door by our moderator, Carolyn Shane, who made the atmosphere so comfortable, supportive and trusting. After I signed in on the sign-in sheet, I walked into the dining area where I was confronted with many people, some of them new faces to me. The fresh coffee aroma was delightful with catered food on the table; all kinds of dips; pizza bites; cakes; cookies; fruit platters; etc. – all of which brought a very warm and inviting feeling. In total, there were 13 twinless twins with two supporters in this group. Everyone embraced each other and introduced themselves to each other. Finally, Carolyn called the meeting to order and we all walked down into a beautiful family room.

Carolyn opened the meeting by speaking about how successful our July Los Angeles Conference was. She continued on with reading a book called “Two Little Birds,” that we used for a discussion that led us to open up about our feelings. Tears flowed from just about all of us that spoke. We had a discussion about ‘tears.’ I did not know that there is a difference between ‘tears when you cut yourself or have pain,’ and ‘tears when you cry from sadness!’ I learned that it’s very healthy to cry from tears of sadness because when you do, you are secreting toxins from your body.



At the end of our five hour meeting, we all stood up in a circle surrounding a candle and holding hands as we each spoke a silent prayer for our twin.

Carolyn is not only a Saint, but she was put here in this world to bring us and hold us all together. Her strength and passion is contagious because every time I listen to her speak to the group, it’s my confirmation that meeting up with her and all our twins is something that just keeps me sane. It was an amazing meeting to watch some newcomers walk in so *broken, sad and quiet* – yet by the end of the meeting they were able to laugh a little, smile a little, and feel hopeful that their pain will subside.

Twin Hugs, Diane Fisher ♥

NORTH CENTRAL REGIONAL MEETING

The last meeting for the North Central Region was held in the Minneapolis Central Library on September 28.

The next meeting date is not set yet, but will likely be on a Saturday in early January. For updates on this, please contact Joan Angelis, sea.angel@mchsi.com, or call her at 612-741-6583.

Joan Angelis
North Central Regional Coordinator ♥

Sitting, L to R: Patti Barton Murphy, Patti’s niece Sydney, Jewelene McIntye, Sandy Meyer, Joan Angelis

Standing, L to R: Tom Meade, Tim Reiswig, Eric Jacobson, Alfredo Ojeda, Kristine Tjossem, John Abanu, Rita Glynn



COLUMBUS (MIDWEST) REGIONAL MEETING

by Susan Schneider, twin to Robin

October was Robin and Susan's favorite month so to ease the pain of Robin's absence Susan hosted a regional TTSGI meeting. On a brisk autumn day, we convened at the Dublin, Ohio Panera, near to the hotel where the 2012 National conference was held.

As the rain soothed us, we gathered under the Twinless Twins posters deftly drawn by Kimberly, twin to Krystal of Kentucky. Kim was not able to attend, but we sure thank her for her accurate rendition of the TT logo. (Note to Kim, sorry but you won't get the posters back, we are going to use them every October in Columbus!)

Vikki Huntwork, twin to Valerie, was the first to arrive after the hostesses and immediately set about helping them put the others at ease as they arrived. Lea Eriksen, twin to Eve, drove in from Cincinnati, as did Ashley Cherry, twin to Bethany. Marie came from Delaware and was a Twinless Twin member when she lived on the East Coast, but this was her first Midwest meeting - we were glad to have her join us. (Marie is a therapist by profession, so we all got free therapy). We welcomed Linda Sciafani, twin to Marion and Anita Manley, twin to Ria to their very first Twinless Twin meeting. Susan, twin to Robin, was the hostess, supported by their mother, Suzanne Schneider, widow of Robert



We opened the gathering as a traditional TTSGI meeting - one by one we spoke of our beloved twin. We discovered that we were almost evenly divided among early loss twins (Ashley, Vikki and Marie) and middle age loss twins (Linda, Anita, Lea and Susan). This led to sharing about the type of loss. We concluded that though the loss experience is different (feeling that you are missing a part of yourself with early loss, missing the companionship of the twin you knew so well in later loss), they are equally devastating. Some early loss twins had strong memories of their twin. Later loss twins had so many shared life experiences.

Often one of us would express surprise at a statement by another, "That is exactly what I felt" was heard several times. Three of the later loss twins talked about the adjustment when their twins' husbands considered dating again and, in one case, remarried. Susan's mother, Suzanne Schneider was fascinated to learn how many of us said that their parents were not told they were expecting twins until just before their births. As Robin and Susan were older than their two brothers, it was the first pregnancy for Bob and Sue, and they did not know they were having twins until three weeks prior to the birth of their daughters. Linda's sister had written some lovely poetry, which Linda shared with the

(Continues on page 10)

TTSGI Update on Facebook -or- How One Lucky Twin Found Her Twin

To keep you all updated on our Facebook page is hard in that we're getting 10-15 new members weekly and at present have over 865 members! We are helping people every day find TTSGI. The following is an example of something short of miraculous that we have done for someone who recently found us, who was a twinless twin but now is once again a twin:

"Good Morning everyone! A few months ago I felt lost and as if I had nowhere to turn, no one quite understood the pain and loss I had been feeling since I was 7 years old and told that I was adopted, but not only adopted.... I had a twin brother that died at birth. Since that day I was never complete....I was different. I spent every birthday wondering what would he be like...how would things be different...why did I survive? I blamed myself. I joined this support group and immediately felt comfort that someone else understood my pain. It gave me strength. But I was going through even more....my family had finally shared with me that my twin brother was alive. So my focus changed to finding him. I shared my story with you and thanks to Dawn Barnett, I was given hope that maybe one day I could find him....so with that hope... I posted a picture...a cry for help on my birthday, September 4th.



I received 36,000 shares within a week. A stranger contacted me on September 5th with an adoption registry profile and pictures of someone. I also was contacted by a producer from the Steve Harvey show offering help. I had received

over 300 messages that night and links to people, but something drew me to him....it was a unexplainable feeling. I contacted him and we began texting. We both shared this immediate connection. After a few days of uncovering similar circumstances and this undeniable connection, we decided to take matters into our own hands and do a DNA test. It was two very long weeks (we actually did two tests just to confirm). The test confirmed he was indeed the missing piece in my life. That was just two weeks ago.

The Steve Harvey show flew me to Chicago last Sunday and we finally met last Tuesday...on stage... on National Television. It was quite emotional. The show will air most likely the week of Thanksgiving. I now feel complete.

This was the greatest loss of my life and it is because of support from you and others and my faith that guided me and allowed me to never give up. So many of you shared my story and I thank you. Kimberly Foret Vasquez."

If you have not already joined, please go to our website: www.twinlesstwins.org or the link <https://www.facebook.com/groups/8156469513/>

Dawn Barnett, twin to Daryl
Head Moderator ♥



Kimberly and David

Editor's Note: Thank you, Dawn Barnett, for being there for Kim and ultimately, helping her find her twin brother, David. It is truly a wonderful story and I wish Kim and her twin, David, a long and close twin relationship (much like many of us had with our twins) as they both deserve this after being separated for 38 years!

HOLIDAY GIVING - GIVING SO THAT OTHERS MAY RECEIVE



As the Holidays approach, we would like to ask you all to consider giving this season to TTSGI in memory of your beloved twin.

Year after year TTSGI has been here for each one of us, for the twinless friends we meet at conferences and meetings, and for all new twinless twins reaching out for compassion and healing for the first time.

But the non-profit organization that supports us in our time of need also needs us to be there too!

TTSGI provides us with first-class quarterly newsletters, conference planning and coordination, communication services via our website and telephone, financial management, a board of directors to provide guidance, regional coordinators, who are there for you, and so many “behind the scene” services. And, just like any organization or household we have a budget to meet, and we have a “wish-list.” *TTSGI can continue providing support and services with the loving help of all of us!*

How can we help? By sending TTSGI your donation or by making a pledge to give on a regular basis—monthly, quarterly, semi-annually, or annually, whatever plan works best for you. *By setting up a giving-plan you give TTSGI the gift of financial planning—and the essential resources to help us thrive and grow.*

Is there a creative way you too can give on a regular basis and share your resources with TTSGI?

If you agree that giving is receiving, please complete the donation form in this newsletter and send it to Michelle Getchell. She'll make the arrangements to deduct the amount stated from your bank account or credit card as instructed by you. Alternatively, you can send a check to Michelle on a regular basis. Any amount is welcome (but please “stretch” if you can!)

You can make a donation or pledge in memory of your precious twin – it's a gift that only you can give—so that TTSGI can continue to give back.

In Gratitude - Margaret Daffin, Fundraising Coordinator ♥

TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

2013 DONATION FORM

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

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

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

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

Designate Funds – please check one:

- | | |
|-------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> General Fund | <input type="checkbox"/> Conference Assistance Fund |
| <input type="checkbox"/> Scholarship Fund | <input type="checkbox"/> Matching Gift |

CONTACT INFORMATION:

Name _____

Address _____

City _____ State _____ Zip Code _____ Country _____

Phone No. _____ Email _____

PAYMENT OPTIONS:

Amount of Donation: _____

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

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

Name on Credit Card: _____

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

Credit Card Number: _____ (no dashes or spaces)

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

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



group. Most of us had photos, and all of us had deep emotions to share.

A long time client of Twin Horizons Travel (Susan and Robin's travel agency) owns a real Italian bakery. Ray created a masterpiece cake for us. He nailed the Twinless Twins logo. The sheet cake had white butter cream icing, with a large TT logo, and the signature sayings "You are not alone" and "Once a twin, always a twin." Half of the cake was chocolate, half white. Once we had all given our testimonials, we attacked the cake. There was so much, that everyone could take some home. Since we had a gluten free attendee, and several with strong willpower who held

out against too much sweets (not among them, alas, was the hostess), we had a lot of cake left over. Rather than drown Susan, twin to Robin, and her family in cake, in the twinly spirit of sharing, we gave the remains to the Panera staff for their break room. We think that Panera will welcome us back with open arms (and cake forks) next year!

Susan, twin to Robin, ended her testimonial with a quote from a long ago philosopher "Goodbyes are only for those who love with their eyes, because for those who love with their heart and soul, there is no such thing as separation."

Everyone went home with a very uplifting and inspirational story gleaned from a book written by a Christian ER doctor about how our departed loved ones still influence us. (Susan will bring copies to Baltimore for anyone who wants to read it, and is willing to mail a copy to any twinless twin who will not be in Baltimore).

Both Anita and Linda said they were so glad that they came to their first ever TTSGI meeting. We all agreed that we learned so much from each other and decided on the spot to make Columbus in October an annual regional meeting. You are all invited next year. Date to be determined, but it will be on a Saturday. Once again, we will stand behind the lovely poster Kim created, without our twins but together in hope. And --- there will be a fantastic cake! ♥



THE BIRTH DAY PROJECT

The Birth Day Project is well into its second year, with Ruth Selig continuing to make calls to all members of the Board of Directors and the Regional Coordinators, while the Regional Coordinators have, for the most part, agreed to make sure that someone in their region makes calls to twins on their birthdays.

As each twinless knows all too well, a twinless twin's birthday is often the most difficult day in his or her entire year. This kind and thoughtful gesture can help make many twins' birthdays go just a little easier.

Sandy Goad has worked with the Regional Coordinators to make this thoughtful act a part of the TTSGI "culture." Each of the Regional Coordinators has been urged to find a person in his or her region to make the *Birth Day* phone calls, or if calls are not possible, to reach out through email or cards. The Board is still considering whether to make a "birthday call" one of the recognized membership benefits of belonging to TTSGI.

At the 2013 July Annual Meeting in Los Angeles, during the Board's meeting with the Regional Coordinators, Sandy Goad described how the *Birth Day Project* was working in various regions. Goad spoke about the Mid-Atlantic Region, which has been appointing someone to make birthday calls for almost a decade, and Pamela Fender spoke about the calls she makes for her West Coast Region. John Rohrer, South Central Region, mentioned that one of the twins in his area had expressed a desire to do the birthday calls, and Board member Matt Vierling offered to do the birthday calls for Eileen Jensen's Southwest Region. New Regional Coordinator, Carolyn Shane also agreed to identify a twinless twin in her region to make birthday calls.

The *Birth Day Project* was initiated in December 2012. When fully implemented, this initiative would ensure that each twinless twin in the Twinless Twins Support Group International would receive a telephone call on his or her birthday from another twinless twin in the organization.

Reactions to this initiative are welcome as well as any suggestions for implementation. Please e-mail your ideas and suggestions to Seligruth@gmail.com

Sincerely,

Ruth Selig, twin to Rollyn
TTSGI Board Member
Coordinator of "The *Birth Day Project*"

REMINDER: The Twinless Twins 2014 Conference will be held in Baltimore, Maryland, sometime in July 2014. More information to follow.

AUCTION AND RAFFLE - BALTIMORE, MD - July, 2014

I know it's not until the middle of next July, but everyone please start thinking about the conference and please consider donating items for the conference auction. High dollar items such as jewelry, travel vouchers, condos, vacations, handmade quilts, TT logo items and such are featured in the live auction. Other nice items will go into the silent auction to streamline the banquet. Smaller items are featured in the raffle which can number up to over 400 items to select from. More details to follow in the upcoming issues of the *Twinless Times*.

Dawn Barnett, *twin to Daryl* ♥

TWINLESS TIMES CO-EDITORS RETIRE!

President's Corner

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At our summer Board meeting our *Twinless Times* Editor and fellow Board member, Margaret Daffin, read a letter from Mike Bailey dated February, 2001, written prior to the time of our founder, Dr. Raymond Brand's death in June 2001. The letter expressed concern that with the passing of Dr. Brand's could be organization carry on? The answer is evident as 12 years later the organization continues to be a haven where twinless twins may find peer to peer support, within a caring environment.

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Ray Boyle, President

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CO-EDITORS OF THE *TWINLESS TIMES* ARE RETIRING

BY MARGARET DAFFIN, TWIN TO JOSIE

Celia Homer and I, Margaret Daffin, have been the co-editors of the *Twinless Times* for the past five years but now it is time for both of us to relinquish these duties and retire from this role.

When I decided to take on this role in 2009, I contacted my friend, Celia, and asked if she would be willing to do the actual publishing of the newsletter, and she said yes. Celia is not a twin but she does have a sister, very close in age, and I believe she has gained an enormous knowledge and appreciation for the special twin relationship. (*Celia's Note: I have indeed!*)

We became co-editors for the spring 2009 issue and since then, we have published four issues per year for our TTSGI members. I believe I can honestly say that we have both enjoyed the experience of working with all of you and publishing your articles, photos, poems, regional meeting updates, etc. So many wonderful stories have passed through our hands over the past five years and they have all been quite remarkable and we thank

all of you for sending these for publication. We hope that by writing something for the *Times*, with the knowledge that other twins understand your pain and loss, you have experienced a sense of healing.

Now, it is time for a new editor to assume the responsibility of the *Twinless Times*, and we welcome Lea Eriksen to this role. Lea will be taking over from the spring 2014 issue and I am sure she will make some changes to the format of the *Times*, but I am confident that it will still have a very professional and polished look. All submissions should continue to be sent to the twinlesstimes@yahoo.com mailbox. Welcome Lea. ♥

Twinless Twins Logo Pendant—The Perfect Gift

This Sterling Silver, 1" pendant, sells for \$59.00 and comes with a loop attachment, as shown, and is a reproduction of our *Twinless Twins* logo. It is a loving keepsake to honor your twin and is available just in time for the holidays!

To purchase,



Twinless Twins Support Group, International			
Po Box 980481, Ypsilanti, MI 48198			
www.twinlesstwins.org			
Name:			
Address:			
City/State/Zip:			
Item	Price	Quantity	TOTAL
Twinless Twins Logo Pendant	\$59		
<u>Special gift to the buyer:</u>		<i>Susan, who commissioned the pendant in honor of her twin, Robin, will cover mailing costs.</i>	

you may use the order form below or go online to: www.twinlesstwins.org/store/.

Mail checks or money orders to:

Twinless Twins Support Group, International
PO BOX 980481,
Ypsilanti, MI 48198

WHISPERING IN MY EAR

Jonathan Kuiper, twin to Stephen

A few weeks after my twin's passing in 2005, I wondered what it would be like if Stephen had been with me the morning and days that followed after his death. The first wink, if you will, that led to this idea came very early on even before he passed fully over. At the time of his death, even though miles away, I was already awake and knew that something was odd about that morning. One might think that twins get these inclinations often, but our relationship and bond wasn't like that. We would joke with friends about one of us getting a headache after the other hit his head, but in truth, I never remember that happening. There were no shared physical ailments. Personality wise, we were polar opposites with different goals and life paths. Nevertheless, we both knew that we had each other's back. That April morning when I woke, my focus turned to him and I had song lyrics continually run through my head until my mother called with news of his passing.

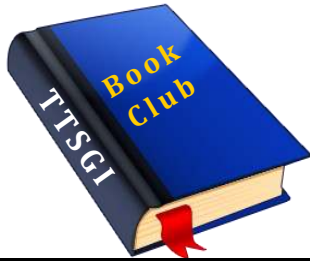
The news was devastating as one would expect. Instead of dwelling on his immediate loss, there were so many other things to do. There was no time to really grieve, to fully process what had transpired. If anything, for me, I felt like I was there as the other twin, who was to be strong for the family. As time passed, I contemplated my story further but nothing happened for six years. There were many moments over that time period where I felt I should sit down and write this story, but on the other hand I didn't feel ready. It wasn't until spring vacation in 2011 that I decided I really wanted to write something in his memory.

The writing process was liberating. As I wrote, I didn't feel alone at all, but instead I felt like Stephen was right there over my shoulder, whispering in my ear, and in some instances typing with my fingers. It was therapeutic and allowed me to let go of the struggle I had with his physical departure. This doesn't mean I was content with him passing, but I was finally able to move forward.

It took years for my composition of *Running With Vince*. During those six years, I knew that when I created space for the book, Stephen would be there with me helping along with the process. Even though I was close to him, life can get away from us very quickly. We get inundated by the mundane, by the routines, by the daily stressors and in turn lose focus on ourselves and on those relationships that mattered the most. Whether in life or death, if we don't open up to others and to our loved ones, then after they pass there is no room for a new relationship and connection. Until I got out of my way, and moved forward, Stephen wasn't able to come in and be received at this different level. ♥

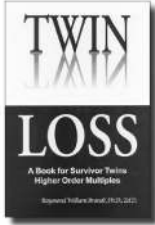


Jonathan and Stephen



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.

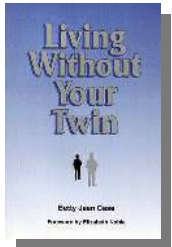


"BEGINNING WITH THE END"

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

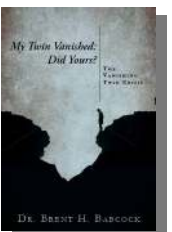
Author Betty Jean Case generously makes a donation to Twinless Twins each time one of her books is purchased through us. Betty is a twin, grew up with twin siblings, and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also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

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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.

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



Sophia, a red panda at the Lincoln, Nebraska, Children's Zoo, gave birth to male twins on July 11, 2012.

TWINLESS TWINS SUPPORT GROUP, 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. ♥

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