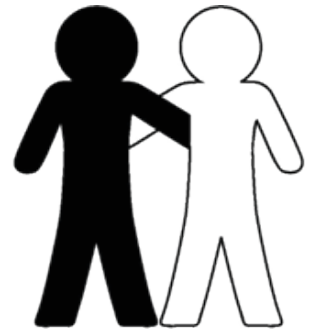


TWINLESS TIMES



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SUMMER 2014

PRESIDENT'S CORNER

Dear Twins,

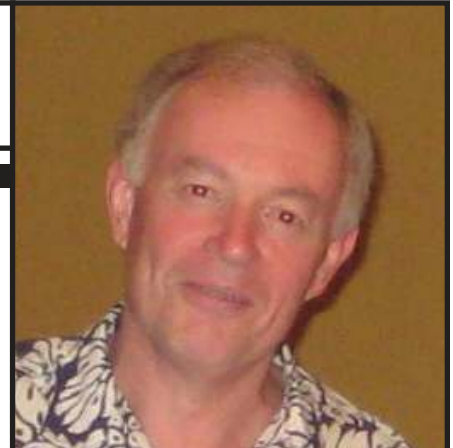
I recently observed the fifty-fourth anniversary of my twin's passage. Briefly, I lost Jimmy as he fell from my tricycle into the path of a passing car. Also recently, I visited with my older brother. Too rarely over the years have we talked about the loss of our brother and I was astounded when he told me that all of these years, he had felt responsible for Jimmy's death. I was able to describe to him the circumstances of the tragedy and how baseless his feelings of responsibility were. All of these years, I thought he knew what I knew.

I am again mindful of how we are all on the twinless journey. We find ourselves at different points, but we continue.

For over twenty-five years, TTSGI has provided an opportunity to gather, share our twins and travel together on this journey. This year we will be hosting our conference in Baltimore, Maryland and TTSGI has never held a conference in the northeast before. I believe it will be well attended and I encourage you to attend.

The process of planning takes place immediately after the last conference and it really takes most of the year to bring it all together. For a volunteer organization, especially due to the efforts of our conference committee, it really is a remarkable feat.

Ray Boyle, President



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THE EMPTY CHAIR

by Sandy Goad, twin to Jim

“Thanks for the Little While”

It has been said that “some people come into our lives and quickly go, but some stay for awhile and leave footprints in our hearts and we are never the same”. That can be said of Darcie Sims. Darcie stayed for awhile (she was our Keynote speaker at four conferences) and yes, she left footprints in our hearts and we will never be the same.

For weeks my heart was broken upon learning of her death and as I write this column, I already had to “borrow” a Kleenex! I can just see Darcie now on her video with a roll of toilet paper coming out of her pocket! She made us find laughter in the midst of our deepest sorrow. Darcie was my mentor, but the story of how she affected my life could be echoed by thousands of others whose lives have been equally touched by her incredible gift of loving guidance.

Alan Pederson, a close friend of Darcie, said, “She was simply in a league of her own in the world of grief education. Darcie’s ability to take the complex subject of grief and simplify it so that all could easily understand it made her the best at what she does. Her books, videos, workshops, and radio and television work have helped tens of thousands of people find hope on their grief journey.”

I first met Darcie in the spring of 2004 when I traveled to Louisville, KY to attend one of her many grief seminars. Some people might think that our meeting was “by chance”, but Darcie and I both knew it was a “God thing” and we talked often about our “American Express” story. You might find it

“interesting” to know that I was going back to the city where my twin brother, Jim, had lived. He died in Louisville in 1991.

Darcie taught me many lessons about grief in the two, four day seminars I attended, but there is one lesson that stands out to me. One evening after a class, I walked up to Darcie and told her that I was going to drive by the house where my twin brother, Jim, had died. She quickly took me aside and said, “You are going by the house where Jim lived.” She reminded me that my story was about his life – the life we had shared together for 44 years. It was about the love, the laughter, the music, the joy!

In one of Darcie’s articles she wrote, “We can choose how we will allow grief to influence us; we can carry bitterness and anger or we can choose to remember light and love. There is a fork in the road... a choice point between grieving forever, or learning to live with what you got instead of what you wanted. You don’t have to remember only the awfulness of the death; you can choose to recall the joys, the light your loved one brought, the music of their presence in your life.

Darcie goes on to end her article by saying, “I am glad I bought the ticket. I’m glad I paid the price. (Grief is the price we pay for love.) I am glad I shared the journey... I choose to let go of the hurt so there is room for love to grow. I choose to remember the life, not just the death.

And so we say to Darcie, We will choose to remember your life. Thank you for sharing with us what you learned on your journey through your grief. Thank you for showing us how to live again and how to find hope again. It wasn’t nearly enough time, we wanted more. But it will have to do.

“Thanks for the little while...”



A TRIBUTE TO OUR BELOVED SPEAKER AND GUIDE DARCIE SIMS – 1947-2014

Linda Pountney, twin to Paula

Darcie was a special lady with a mission. At many Twinless Twins Support Group conferences, she brought us from tears to laughter, giving us permission to grieve... we are entitled to our grief! Not only was it okay, but also it was a privilege as “the price we pay for love”. Always encouraging us to remember the love, she personally helped me to let the joy seep back into my life. I wish I could be as tolerant for when the grief resurfaces.

In grief you can be “frozen”. As we thawed out, Darcie joked about using toilet paper to catch the tears when Kleenex was not enough, letting an unraveling roll follow her around the stage, making us laugh, uniting us in our pain, love, and laughter. She had a well-honed gift earned from personal experience.



Darcie helped us make birdhouses to build on our foundation; she compared our grieving styles to fruits and vegetables to help us realize the many styles of grieving. She told us we had choices, prompting us to grasp ready moments, to let the joy back into our lives. We all carry the love in our hearts; honoring our twin does not mean we stop living!

Darcie inspired so many of us twins and will live on through the many gifts she gave us. I have faith these gifts will be passed on. Darcie emphasized “we are a testament to the love”. She inspired us to move through the grief when ready, to honor its return at times, to regard it as “the price we pay for love”, and to say thank you. Her profound yet humbling words allowed many of us to shed our armor to move forward on our journey.

Thank you Darcie. I choose joy and will never stop saying Paula’s name!

MY TWIN ANNA

By Mary Ann Slota, twin to Anna Marie

I had the best twin in the world, now she is in heaven with the angels and God. I had her for 52 years. She had pancreatic cancer. She went thru a lot of pain. After the first surgery, she went home and was OK and I stayed with her. She acted like nothing was wrong. Sometimes if I needed to cry, I would go in her basement and pretend like I was taking a shower and I would just cry and cry. I loved this woman so much. I never thought she would be gone so soon. I thought we would be together forever. We both had three daughters the same age.

She passed after the second surgery about 9 months from the day she found out she was sick. She had so many people at her wake, you would think it was the President that passed, but it was my twin, Anna Marie Scarpaci Skalon. I was so lucky to have her as my twin. She was my twin. Wow, she was an absolute angel to the world, but I was lucky to have her as my twin. I miss her more now than when she just passed as I was too stunned to cry when she just passed but now I feel it a few months later.

I was by my daughter’s and there was a perfectly shaped heart on her wall. I knew that was my Anna saying, “Don’t worry Mary, everything is beautiful up here in heaven, some day we will meet again.” I love you Anna.

THE STORY OF SARAH AND CAZ

By Sarah and her twin Caz, who has a terminal prognosis of Ovarian Cancer



Tell us a little about your story?

Caz and I are 49 and are the middle children of a family of four girls. We have an older sister, Nicky and a younger sister Helen. We had a very happy childhood growing up in Andover in Hampshire, England and all four of us went to a local girl's boarding school from the age of 11 when our parents worked abroad. Caz and I have always been very close. Despite never living close to one another since marriage and children, our "twin bond" is as strong as ever. Caz emigrated to Tasmania six years ago and for a while I selfishly felt resentful as I could no longer easily spend time with her when I wanted. However, over the years I have come to accept her decision and her illness has strengthened both our relationship and that of the whole family. I find the time and physical distance between us very hard especially at a time when you naturally want to be with your twin to give love and support. Caz has a very able and loving husband who has been wonderful in providing the care and support she needs. She also has lots of close friends around her who are also very supportive and for that as a family we are very grateful.

How did you find out about Twinless Twins?

I can remember one day quite early on after Caz had told me of her terminal prognosis feeling so low and alone that I just couldn't stop crying. I had been to my GP asking for counseling help as I thought it would help me come to terms with this massive loss that felt like a looming huge black cloud coming towards me, only to be told unless I had actually been bereaved there was little she could do. I knew that I had to get help from somewhere as I was no good to myself or my family in the state I was in. My Mum had suggested looking online for other twins who could help (she does get the twin bond thing) so that morning I got my iPad out and started research. I initially found The Lone Twin Network and contacted them via email. The Chairman responded but said

I didn't qualify for membership as I was not a "Lone Twin". I must admit at that stage I felt a mixture of anger, frustration and despair. Who could I talk to who truly understood what I was going through? Then the Chairman mailed to say that there was a member who she thought might be prepared to help me. I can still remember the relief I felt to know that FINALLY there was help coming. Janet Baird emailed me not long afterwards and I can truly say I have never looked back. She put me in contact with Twinless Twins and I now have another friend, Fran, who is also a great support. Without this contact I truly don't know where I would be right now.

Did you both decide it would be a good thing for Sarah to contact Twinless Twins?

Initially it was me who made that decision. However, I did chat to Caz about it once I had started the ball rolling. I didn't want to upset her unnecessarily about how low I was feeling as she had enough to cope with. She was, of course, very supportive as always and thought it was a good idea.

Do you think email contact is enough to support you at the moment?

Yes, at the moment whilst Caz is doing ok. That might change when her health deteriorates. Fran, my other Twin friend has already made contact by phone which was lovely. We actually have quite a lot in common. Her twin was called Sally (short for Sarah) and like me she has a beautiful Golden Retriever. We are hoping to meet up later in the year, with Janet too, when Caz comes to the UK this summer so we can have a girly day out in London all together.

How do you see the future without Caz?

To be honest I try not to think about it. For me it's just unthinkable not to be able to see her, speak to her or email her. It's a dark place I know I am going to have to go but for now I live in the here and now, otherwise, I could easily become depressed. I want to make the most of the time we have left together rather than think about a future without her, without my soul mate and where my life will be changed forever.

Now that you know some Twinless Twins, will that be helpful to you?

Yes hugely. Both Janet and Fran have been so understanding and supportive. I do get down days and when I feel like that, I know that I can always contact them as they are always there with words of comfort, understanding and true empathy. They are like a safety net. Only a twin who has lost a twin can do this. It is a priceless precious gift to be able to give to another twin in this way.

If you had one wish, a magic wand, what would you wish for?

Obviously to magic away Caz's cancer and have her healthy and strong to live a long and happy life.

Caz's Response

"I was diagnosed with Stage 3 Ovarian Cancer in August 2012 and just over a year later, I found out that the cancer had spread to my liver. Unfortunately the prognosis is terminal. I have come to terms that I won't have a long life (although I still hope for a miracle!!) and my concern has been, and will continue to be the well-being of my family as we face the uncertainty of the progression of my disease. Central to this is my lovely sister Sarah. We have always been very close and

the love and bond that I feel for her as my twin is different from the rest of my family. It is a huge comfort to me that through her contact with the twinless twin network she now has access to friendship and support from a group of people who can truly understand the nature of the loss of a twin and the impact on the remaining twin's life. Knowing that she has people outside the family she can turn to for comfort and support helps me so much to deal with the disease.

I guess I am quite stoical about my situation but I do get overwhelmed by it from time to time. Coming to terms with the emotional impact of the disease is hard for anyone with a loved one with a terminal illness, but with a twin I think it is that much harder. After all, we are two halves of a whole that has made up our lives, and once one half is gone it is a huge void. Knowing people who have experienced this and can understand and support Sarah makes my bereavement process that much easier to handle. As there is no counseling for Sarah to access at this time when she truly needs it, self help is the only way forward. I am so thankful that she has found a group of people who will help her and be there for her, both before and after my passing.

The pre-loss stage may be difficult for some people to understand. We have been lucky (if you can call it that!) in so much that we have had time to adjust to our new reality and for us to prepare our goodbyes. Nonetheless, the situation has already caused so much anguish, pain and distress within the family with everyone trying to put a brave face on things. Having a safe place for a pre-loss twin like Sarah to express their fears and emotions outside the family unit is so important. It not only relieves the psychological pressure of "adding" to family distress but also enables the twin to begin to prepare for a "single" life which will help so much with the grieving process.

Nothing will ever take away the fact that we will forever be twins – not even my death, but the reality is that one of us will go on and one of us won't. I want Sarah to live a long, happy and joyful life after I am gone. Getting the right help and support now is critical for her to achieve this and I see the twinless twin network as having a great role to play in this. I hope from the bottom of my heart that the network will recognise the strength and value that it has to help people like Sarah (and me) in the future."



I COULD NEVER FORGET YOU

A poem by Charlene Stannard

Submitted by Joan Garcia, twin to Jane

I used to think that if I were to go on with life... I was forgetting you

I used to think that if I were to smile and laugh, as time went on, I was forgetting you

I used to think you would feel that I should miss you more, but now I know that there is never a day where I do not think of you. Tears do not have to represent how much you mean to me. As you know within my aching heart, you mean so much to me... that I would rather honor your life existence than mourn so much for your passing.

If I smile and laugh, I am entertaining you. If I smile and laugh, you gain energy to send me signs.

If I go on with my life, it means you are still here enjoying it beside me. I used to think too much.

But now I know that Heaven is just in another dimension of time so I'll make this life the very best for the both of us, so when my time comes, that we are together again, we'll have eternity to spend together, once again.

NATIVE AMERICAN PRAYER

Submitted by Barb Terry, twin to Brien

I give you this one thought to keep:

I am with you still. I do not sleep.

I am a thousand winds that blow.

I am the diamond glints on snow.

I am the sunlight on ripened grain.

I am the gentle autumn rain.

When you awaken in the morning's hush,

I am the sweet uplifting rush
of quiet birds in circled flight.

I am the soft stars that shine at night.

Do not think of me as gone;

I am with you still in each new dawn.

Brien to me...and all of our twins to us.

THE WORST MOMENT OF MY LIFE

By Wolfe Zucker, twin to Steve

My identical twin brother is dying and he takes the time to expose all my faults, as he sees them.

“You always act superior,” he yells. I think about it. He is right. A dying man is right if he is yelling at you.

“I did what I could with what I had,” he says explaining himself. “We have different talents, different experiences.”

I sink my head down. True. “I was jealous,” he says “that you got married and had a wife and a house.”

“But,” he adds, “I had a good life too. I had friends and my work.”

He gestures to include the whole neighborhood, which he adopted and became it’s statutory mental health therapist.

I did have different experiences: Connecticut vs. Los Angeles. My times visiting a spiritual community in Scotland while he danced alone at Santa Monica meditation studios and churches.

I worked in hospitals. He worked alone.

Authority no longer bothered me. It killed him.

I trusted doctors. He was on an alternative health care rampage most of his life, like his friends.

I did find out that his best friend, a PhD in Oriental Medicine, encouraged him to seek regular medical help when he got cancer. I had believed the man had shipped him supplements and supported his belief in a cure with mind/body techniques and Mexican clinics. Not true.

My brother’s stubborn disbelief in Western medicine was all his own intransigence.

I got bawled out on our previous, six week road trip for not taking health life style approaches more seriously. He exercised, ate perfectly, weighted twenty pounds less than me and meditated. He spoke in his head to several departed gurus and his guides. He told me once that he took so many supplements he gagged and couldn’t get them down.

My guides were more generous than his. They allowed me to live.

And I can eat what I want. Since his death, I have inadvertently taken on several of his pet peeves; not eating sugar, dropping my recommended medicines.

He bawled me out for not thinking he was happy being single. He was surrounded he pointed out by women friends.

True. Three different dates a day one neighbor told me. But, he added, “I don’t know why I had such a hard time connecting and staying connected.” There was almost no steady girlfriend in the last 15 years of his life.

I looked down on his tiny studio apartment. He said, “My place is a den, with silence. It is like a protective womb. I have little material stuff. I don’t have any empty rooms.” He added, “So I didn’t feel lonely.”

He told me weekly on our trip, “I was too judgmental.” I would have gagged myself, coming from him, but he was correct, the way the left shoe can talk to the right.

I judged, for instance, his friends as failures. I barely keep contact with them now, although he was a major part of their lives. They couldn’t work. He said they were true artists with artistic temperaments. That was true. Like him, they were in private practice, self-employed or in unsteady jobs like free lance photographers or alternative healers.

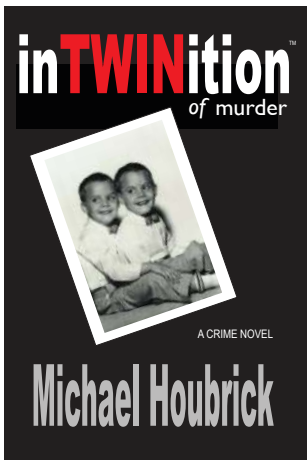
I got bawled out for making fun of his sacred, monthly, naked pool parties. “Yet,” he told me, “They have been my friends. We know each other twenty years.”

I got to face my bourgeois side. I went to one party. It was nothing of interest, more like nudists paddling around like children.

Everything he showed me, showered on me, taught me to be less conformist. To be more open like him. To be more accepting.

That may be now why I have a steady girlfriend, love more deeply and unabashedly my friends who are struggling, why I make less judgments and hold less conditions for love. Why I am much more at peace. Why my head is clearer. Why I smile more.

I miss you Steve. Keep teaching me. I won’t forget your lessons.



BOOK REVIEW: INTWINITION OF MURDER

By: Michael Houbrick

Reviewed by Dawn Barnett, twin to Daryl

This book is so good you won't want to put it down. It's full of intrigue with an unexpected twist at the end. An emotional story that is dealt with using humor. I hope Michael writes a sequel as I wanted more when it was finished. He makes you feel like you're right there with the characters, which is the sign of a good writer. As you're reading his heart-rendering story, various emotions come up such as getting angry then having hope and cheering the main character on. The perfect example of how men are often taken advantage of by women in their lives. A story about an identical twin from Portland, OR and how he used his twin intuition to find the clues to help track down the killer of his beloved twin brother, Jerry. Jerry never had a very good track record with women and his marriage ended after only four years. His next relationship was a beautiful blond California girl who took full advantage of Jerry. His twin, Phil, always felt Jerry picked the wrong girl each time and Karen was no exception. Jerry was a well-established reality TV producer and was found dead in his plush Las Vegas hotel room. Although the police ruled the death a drug overdose, Phil didn't think that was the case. It didn't look like the clues were adding up and there were at least two women with motives. Phil began communicating with his twin beyond the grave and cracked the case wide open by giving the police clues they missed. The twists and turns in this book take us on a journey only the twin bond can take us.

As it stands right now, it is in the works that this book will be made into a TV series soon.

MESSAGE FROM JILL DEELEY

CHAIRMAN OF THE LONE TWIN NETWORK IN THE UNITED KINGDOM



We wanted to make our 25th annual meeting something really special... and it was! About 50 of us met at the Priory Rooms in Birmingham City Centre on the 29th March and it was wonderful. We had a suite of 4 rooms to spread out into (we kept one as a quiet room where we could light a candle, look at the memorial books or peruse the information from the LTN library that Irene brought along). We broke up into our usual groups according to time of loss (plus a newcomers group for those who wanted it) and were able to have a separate room for each so that we didn't have to worry about disturbing anyone else. There were 11 newcomers and they all seemed to settle in very quickly.

After a lovely lunch, I distributed silver pens to everyone and Nancy did the same with some printed cards of the memorial cloth to celebrate their attendance at this auspicious occasion. In the afternoon, many members chose the new group ideas we had suggested to discuss, others used the time to catch up with anyone they hadn't seen for a while. At the end of the day we had a piece of the special celebratory cake and a cup of tea before we headed off home or to hotels to mull over the day.

Thank you to all of you that came and I am so sorry for those that planned to come but were unable to at the last minute. I hope that anyone who didn't make it will try to be with us in the future. You are always very welcome.

SOUTHWEST REGIONAL MEETING

By Lia Woodall, twin to Larry

A Spring Southwest Regional Meeting was held Saturday, April 12, 2014. Rather than meet at a restaurant, we tried something new and met at the home of Lia Woodall in Denver. Everyone brought potluck items and we ate exceptionally well. The more intimate setting gave our special time together a bit of a different feel and flexibility to socialize with old TTs and welcome new members. It was a huge success!

Of course, we missed (terribly) our fabulous regional coordinator, Eileen Jensen, who was too ill to travel (all the way from Gunnison, CO, which she does twice a year for us!) But she sent us her love and a care package with materials to share and a CD for the candle lighting ceremony. Phyllis Ashliman (long time TT member and previous national board member) filled in with a warm welcome to the several new members and distribution of helpful handouts about TT, grief journey and twin loss.

We began our meeting with short introductions, including a brief description of our twin loss story, so we might know if there were twins to sit with during our lunch who share our more particular stories: early twin loss, identical twin loss, fraternal twin loss, loss to accidental death, loss to illness, loss to murder, loss to suicide, recent loss, etc. After lunch and mingling, we reconvened to tell our personal twin stories and then invited our loving and supportive guests to talk about their perspectives and experiences. We shared powerful moments, grief that caught us off guard, healing that begins in small steps. The language of loss that needs no translation. We closed our time together with our candle lighting, honoring our loved ones' memories, and quiet minutes listening to the song, Light a Candle, by Paul Alexander. Although we are all on different paths, our shared experience as twins is our gift to each other and ourselves towards empathy, understanding and reassurance.

Seated on couch (L to R): Gale Erlewine (Dale), Jeff Thoman (James), Matt Zamora (Michael), Joseph Basehart (Gerard), Heidi Hubler (Krista), Gil Neeman (Max), and Marissa Gannon (Molly). Seated on the floor (L to R): Lia Woodall (Larry), Elizabeth Hoyt (Elaine), and Phyllis Ashliman (Phil). Support persons who attended were Gale's wife, Lucille; Jeff's wife, Amy; Matt's parents, Tom and Florence; Gil's wife, Claire; Marissa's daughter and friend, and Lia's husband, Ken. Our regional coordinator, Eileen Jensen (Elaine), was with us in spirit.



SOUTHWEST REGIONAL MEETING

By Eileen Jensen, twin to Elaine

Rena Bridgewater and Mary Essick hosted a meeting in Peoria, AZ on March 29, 2014. Barbara Wright, who hosted the past meetings in AZ was able to attend and was great to see her again. We met at Rena's Clubhouse which was an excellent place, spent some getting acquainted time and had Sub sandwiches plus the goodies. We shared all our twin stories which always bring lots of tears, followed with the candle lighting ceremony. The new twins were able to make new friendships to help them on this twinless twins journey and returning twins feel the increasing bond and support. Those attending were: Rena Bridgewater, Mary Essick, Barbara Wright, Liah Holtzman, Kayla Allen (with spouse), Laurel McDaniel (with special support) and Eileen Jensen.





NEW ENGLAND REGIONAL MEETING

By Gary Rayno, twin to Terry

We celebrated our twins at the New England regional meeting of the Twinless Twins Support Group International Saturday in York Maine.

After a long winter of snow, ice and cold, some sunshine and seasonal temperatures to watch the waves break along Maine's coast was a welcome harbinger of summer for everyone. We not only celebrated our twins, we celebrated the earth's rebirth. We held the meeting at a new location in York this year with lots of room and ample opportunity to mingle and catch up with old friends and past acquaintances.

The twin celebrations and remembrances included pictures of twins, stories from the past, concert tickets collected over many years and a 35-year-old dulcimer made by a twin. Along with laughs and smiles we shared quiet moments of grief for our twins and comfort for those of us left alone.

Several twinless twins had recent losses within the past two years and we talked about the difficulties they face the second year after losing their twin. Twins do not know what it is like to be a singleton so the first year after a loss is spent in shock and realizing how much your twin was a part of your life. The second year, the remaining twin realizes what he or she has lost and the loss deepens. We also discussed the challenges twinless twins face even decades after their loss and continue struggling with feelings of being alone.

Most twins enjoyed dinner and conversation Saturday evening at the Inn on the Blues on Short Sands and the discussion and healing continued the next morning over breakfast. We had 13 twinless twins and three support folks attending the spring meeting.

Attending the meeting were: Lynn Boston, Bruce Cramer, Cynthia Dehner, Paul Marshall, Ewa Nasiadek, Linda Pountney, Garry and Carolyn Rayno, Shirley Sauer, Deborah Short, Bernice Evans and her friend Helen McDonald, Cynthia Welch, Beverly Williams and her friend Shelly Gilmore Barton and Larry Wilson.

In the photo left to right are Garry Rayno, Paul Marshall, Larry Wilson, Bruce Cramer, Cynthia Dehner, Lynn Boston, Ewa Nasiadek, Bernice Evans, Deborah Short, Shirley Sauer, Beverly Williams and Linda Pountney.



MIDWEST REGIONAL MEETING

By Sarah Beebe, twin to Heidi

On May 3, 2014, we had a wonderful Twin gathering in Chicago at the Peggy Notebaert Nature Museum Butterfly Haven area. The Butterfly Haven is a lovely space full of butterflies, quail – an amazing waterfall with beautiful koi, lovely trees and colorful flowers.

After we visited and relaxed in the Butterfly Haven, we followed with brunch. The restaurant we went to for brunch was closed, so we had an adventure exploring restaurants on Clark Avenue in the Lincoln Park neighborhood of Chicago before we landed at Standard Market Grill and Tavern, where we had more time visiting and enjoying the company of one another.



Pictured, Left to Right: Front Row: Jennifer twin to Michelle, Sarah twin to Heidi, Kathy twin to Julie, Eileen twin to Irene, Barbara twin to Bea, Irene twin to Noreen, Rachael twin to Amanda Back Row: Cathy twin to Char, Marci twin to Michaelene, Tara twin to Tina, Stephanie twin to Jon, Justin twin to Jeff

Photos: Butterfly by Stephanie Hill, Group photo from Sarah Beebe

MID-ATLANTIC REGIONAL MEETING

Submitted by Sandy Goad, twin to Jim

The Mid-Atlantic Region of Twinless Twins met in Frederick, MD, Saturday, April 5. Our region continues to bring twins together who, as one twin related to me, “never knew how to be one because we were always two”. I only wish that each of you could have been there to experience first-hand the beautiful day in Frederick and the healing that took place as many twinless twins came together and experienced love, support, encouragement and hope. One thing that remains consistent at our meetings is the profound sense of togetherness and understanding we share that only another twinless twin has the capacity to comprehend.



We held our morning meeting in the conference room of the Hampton Inn. We began by introducing ourselves and then discussing our National Conference. One of our Twinless Twin’s board members, Ruth Selig, twin to Rollyn, talked about our up-coming National Conference. We are excited that the National Conference is coming to our region! We welcome all of you to experience this opportunity to meet with other twinless twins from around the country and world, hear special speakers in the field of bereavement and grief support and take part in a variety of focused workshops related to twin loss.

Ruth also talked about her “Birth Day Project”. Alpha, twin to Alphonso, volunteered to continue to call our regional twins on their birthday. This project continues to remind me of a phrase I say often: “People don’t care how much you know until they know how much you care.” This project is a perfect way of showing our twins that we care about them and that we remember.

Then after a brief break, with our chairs in a circle, we shared about our twin loss. In that circle, we opened our hearts while being surrounded by the comfort and support of other twinless twins. We also welcomed again our twins attending for the first time. It takes a lot of courage to walk through those conference room doors. We hope that they will continue to return to our meetings as one of our “returning twins” to find the support we are able to offer each other. Each new twinless twin received a special “Angel of Remembrance” as a reminder of the day.

After our twin sharing time, Sandy Goad, twin to Jim, began our candle-lighting by reading some comforting words from Darcie Sims. Then the “Blessing Box” was opened. During the meeting each twin was given a slip of paper and asked to write one blessing their twin had given them. Those blessings were read one by one. Then each twin lit a candle in honor and in memory of their beloved twin and listened to Alan Pederson, a close friend of Darcie, sing “A Little Farther Down the Road you’ll see the sun again”. We ended our candle-lighting by reading the words of Darcie below. It was a very special time of reflection for all of us.

Lunch was at Brewers Alley in downtown Frederick. It was a time of eating great food, sharing memories and saying our goodbyes. Those twins that were there found the day to be “a place of hope.” We all left feeling renewed in spirit and carrying a “special stone” that we had received in our circle to remind us that we never walk alone.

Our next Mid-Atlantic Regional Meeting will be held in Frederick, MD in October. The date will be announced this summer.

The special words of Darcie Sims:

Darcie’s Words for our Candle Lighting:

There are no good-byes in this room today. There is only I love you and now a thank you. For just a moment, light a candle of thank you with me. One tiny little light. Put it inside you and let it grow. The next time you ever light a candle anywhere, anytime, send a thank you. Thanks for being in my life. Thanks for loving me, for knowing me, for never losing me as I have never lost you. We are forever blessed for the love that is in this room right now.

May this day and everyday be days for us to laugh and sing and dance and dream. May this day and everyday be a chance to give one more hug and say one more “I love you.” Wherever you go from this moment on, may love be what you remember the most.



2014 CONFERENCE REGISTRATION

JULY 17-19

Registration fee is \$210.00 per person. (\$255.00 per person AFTER May 23, 2014)

Registration fee includes: Thursday evening dessert reception, Friday lunch, Saturday evening banquet meal (semi-formal), all conference materials, guest speakers, and breakout space. To register, please fill out this form and mail to:

Twinless Twins Support Group Intl. PO Box 980481, Ypsilanti, MI 48198
Or fax to: 1-888-205-8962. Email to: contact@twinlesstwins.org

You must be a current paid member of TTSGI to attend the Annual Conference. Visit www.twinlesstwins.org to become a member.

Are you a current paid member (circle one)? Yes No

Is this your first Twinless Twins Conference (circle one)? Yes No

First Name: _____ Middle Name/Initial: _____

Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Twin's Name (if named): _____

Date of Loss: _____

Cause of Loss: _____

Do you have any special needs we should be aware of?
(After May 23, we cannot guarantee that your request will be honored)

Adult T-Shirt Size (circle one): S M L XL XXL

REGISTER YOUR GUEST (*Spouses, significant others, family, and friends who wish to attend must accompany a paid member and register themselves.*)

1. First Name: _____ Last Name: _____

Relationship to Member: _____

Adult T-Shirt Size (circle one): S M L XL XXL

2. First Name: _____ Last Name: _____

Relationship to Member: _____

Adult T-Shirt Size (circle one): S M L XL XXL

Guests who are NOT attending the conference but wish to register for the Saturday banquet dinner ONLY, cost is \$60.00 per person.

Saturday July 19 Dinner Banquet Guests: _____ x \$60 = _____

PAYMENT OPTIONS

Registration fee is \$210.00 per person. (\$255.00 per person AFTER May 23, 2014)

Circle One: Check Credit Card

Check Number: _____ Check Amount: _____

Name on Credit Card: _____

Credit Card Type (circle one): Visa Master Card

Credit Card Number: _____

Expiration Date (mm/dd/year): _____ CSC# _____

Would you like to make an additional donation to TTSGI (circle one)? Yes No

This donation is made in memory of: _____

Total amount to be applied on Credit Card: _____

Thank you! We look forward to seeing you at the conference.

For information about transportation and accommodations for the 2014 Conference, please visit www.twinlesstwins.org

2014 CONFERENCE - SCHEDULE

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

Thursday, July 17, 2014

- 6:30-7:00 pm Early Check-In for first time attendees
- 7:00-7:30 pm First Time Attendee Hospitality Gathering with Dena Stitt, TTSGI Vice-President
- 7:00-9:00 pm Registration Table Opens for all attendees
- 7:30-9:00 pm Welcome & Dessert Reception with Ray Boyle, TTSGI President

Friday, July 18, 2014

- 7:30-8:00 am Inspirations for the Day with Sandy Goad
- 8:30-9:00 am Announcements
- 9:00-11:00 am Keynote: Mary R. Morgan L.M.S.W.
- 11:00-11:15 am Break
- 11:15-12:30 pm Sharing Time, Your Twin Story with Dave Jones
- 11:15-12:30 pm Parallel Group #1 Loss through Suicide: Mary R. Morgan L.M.S.W.
- 12:30-1:30 pm Lunch Provided
- 1:30-3:30 pm Sharing Time, Your Twin Story with Dave Jones (continued)
- 4:15-10:00 pm Group Event: Memorial Walk at Harbor Place
Waterfront shopping, dining, and entertainment destination, featuring 12 restaurants, 45 eateries, and over 100 shops, located in the heart of Baltimore

Saturday, July 19, 2014

- 7:30-8:00 am Inspirations for the Day with Sandy Goad
- 8:45-9:00 am Announcements
- 9:30-11:30 am Parallel Groups (choose one)
Lingering Illness: with TBD
Sudden Loss: with Margaret Daffin
Early Loss: with Dena Stitt
Family members: with Rick Getchell
- 11:30-1:00 pm Lunch Break (on your own)
- 1:00-2:00 pm Annual Business Meeting
- 2:00-3:00 pm More info about becoming an RC with Sandy Goad
- 3:15-4:30 pm Keynote follow-up with Mary R. Morgan L.M.S.W.
- 4:30-5:30 pm Pick up Raffle & Silent Auction items
- 4:30-6:30 pm Free Time
- 6:30-11:00 pm Banquet Dinner, Awards & Auction

I'm Sorry, But I Won't Make It To Baltimore This Year

from Janet Baird, UK Affiliate Member

Hi, just to let you know I have received my shifts as a volunteer for the Glasgow 2014 Commonwealth Games - and I will have to be in Glasgow from 13th July right up to the 2nd August. This is because I am in the Transport team, so we have to look after the athletes as soon as they arrive for training. So I won't make the conference in Baltimore this year.

I feel very sad about this and I will miss you all so much. My thoughts will be with you during the conference- and I will be there next year, for sure!

2014 CONFERENCE - AUCTION AND RAFFLE

AUCTION AND RAFFLE - BALTIMORE, MD - JULY, 2014

By Dawn Barnett, twin to Daryl

Please consider donating items for the conference auction. High dollar items such as jewelry, travel vouchers, condos, vacations, 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 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 Attn: Michelle Getchell, TTSGI, Double Tree by Hilton Baltimore, 890 Elkridge Landing Road, Linthicum, Maryland 21090 (items need 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 Baltimore, MD. Hopefully, this will be our best auction/raffle ever!!!

TTSGI LIST OF CONFERENCE LOCATIONS

- 2014 – Baltimore, MD
- 2013 – Los Angeles, CA
- 2012 – Columbus, OH
- 2011 – Minneapolis/St. Paul, MN
- 2010 – Detroit, MI
- 2009 – Denver, CO
- 2008 – Toronto, Canada
- 2007 – Dallas, TX
- 2006 – Delray Beach, FL
- 2005 – San Francisco, CA
- 2004 – Chicago, IL
- 2003 – Delray Beach, FL
- 2002 – Detroit, MI
- 2001 – Denver, CO
- 2000 – Cincinnati, OH
- 1999 – Memphis, TN
- 1998 – St. Louis, MO
- 1997 – Chicago, IL
- 1996 – Fort Wayne, IN
- 1995 – Fort Wayne, IN
- 1994 – Fort Wayne, IN

MEMORY WALK - 2014

“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.”

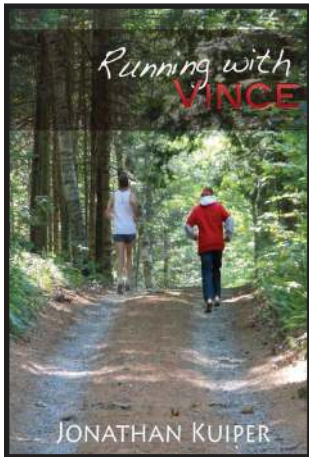
I am very pleased to announce that we will be holding our 6th Memory Walk at our 2014 International Conference in Baltimore, Maryland on Friday evening, July 18th. The location of the walk is yet to be determined, but I encourage everyone to join us for this incredible and moving experience.

Last year, the walk was held in San Monica, CA. As we joined hands on that beautiful Friday evening 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 see the separate Frequently Asked Questions sheet and the Donation Form in the newsletter.

Thank you,
Margaret Daffin, twin to Josie – Chairman of the 2014 Memory Walk



BOOK REVIEW: RUNNING WITH VINCE

By: Jonathan F. Kuiper

Reviewed by Dawn Barnett, twin to Daryl

I really liked this book. It was easy to read and follow. I was impressed with the way the author went about explaining the relationship he had with his twin brother and the escapades they went on. Unlike some twins who are totally alike in personalities, etc., this set of twins were total opposites. With that in mind, Jonathan Kuiper also captured twinship in its rarest form. It showed the essence of love each one had for the other. One quote from Kuiper hits home:

“While we seem to have all the time in the world to spend with family and friends, but life frequently gets in the way, delaying our visits. Even with the best of intentions, we can go months or years without seeing good friends or loved ones. Then death steps in and the relationship is changed forever. At that point, many of us are stuck figuring out where the time went and why there weren't more opportunities to be a part of that person's life. There were. We just didn't take advantage of them.”

Running With Vince focuses on the grieving process and the loss of a twin. Polar opposites, Christian and Vincent have little in common, other than their family. On one final road trip together, they argue back and forth, but also better understand each other and the love that they share. More importantly, both are able to move forward and serve those they care for after a tragic family event. Kuiper writes “This book was years in the making after the death of my twin brother. Inspired by his love of his life and his personality, I wanted to create a story that would share his personality with the world. More importantly, I wanted to create a book that allowed others to see that after losing someone there are ways to continue that relationship. It took six years to pen the first draft to this book because I needed that time and space to get to a point in my grieving where I could dive into the character influenced by my twin brother. When I was able to do that, the writing experience was fast and therapeutic. From my perspective the entire writing process helped me work through his loss and the story itself has a valuable message for all those that grieve. Concerning how this book relates to other pieces, love is the universal message. We are here to be loved and to share love with those around us. By living this way, we are able to overcome obstacles and challenges, and move forward after great loss.”

Running with Vince is a book written with wit and originality and a twist at the end. It is an easy read full of funny stories.

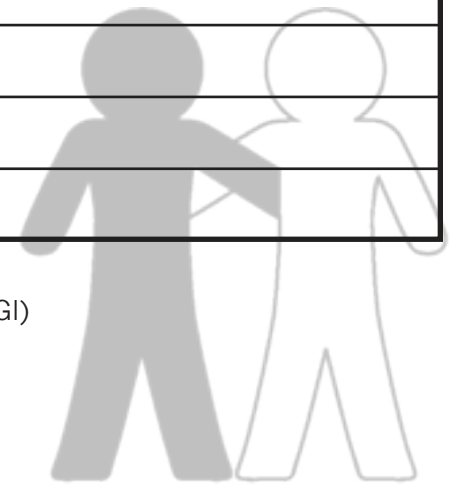
TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

MEMORY WALK 2014

Name _____

Donations in Memory of _____

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

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

MEMORY WALK - 2014

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 2014 Twinless Twin Memory Walk will be held at our International Conference in Baltimore, Maryland on Friday evening, July 18th. The exact location of the walk to be determined.

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 Baltimore.)

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.

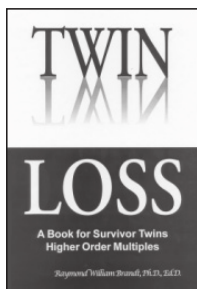
1. Your donation sheet, along with your donations can be sent to Margaret Daffin, Chairman of the Memory Walk. If possible, Margaret would like to have all your donations mailed to her by **July 1st**. Please do not send cash. Margaret's mailing address is: **Margaret Daffin, 9352 Briar Forest Drive, 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. 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.

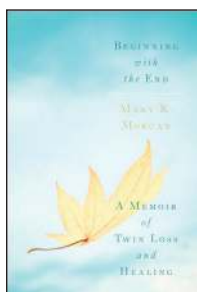
In twinship,
Margaret Daffin, twin to Josie Wilson
Chairman of the 2014 TTSGI Memory Walk



“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.

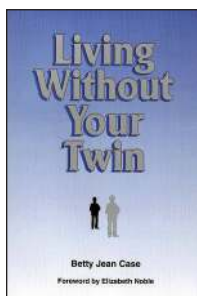


“BEGINNING WITH THE END”

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.

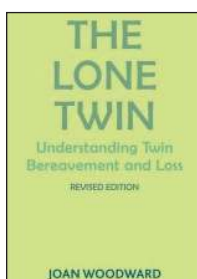
All proceeds from the sale of “Beginning with the End” will go to TTSGI as requested by the author, Mary R. Morgan. The book can be purchased through Amazon for \$26.95.



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

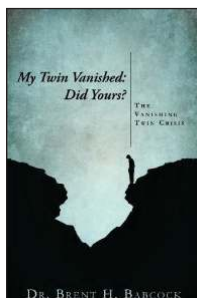
Author Betty Jean Case generously makes a donation to Twinless Twins each time one of her books is purchased through us. Betty is a twin, grew up with twin siblings, and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also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

WRITE FOR THE TWINLESS TIMES NEWSLETTER

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

Submit to: twinlesstimes@yahoo.com

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

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

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

NEWSLETTER ARTICLE SUBMISSION DEADLINES

Spring Issue: February 10th

Summer Issue: May 12th

Fall Issue: August 11th

Winter Issue: October 27th

Submissions should be emailed to:
twinlesstimes@yahoo.com

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

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