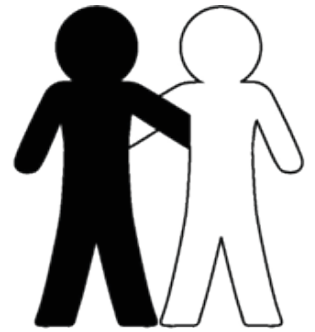


# TWINLESS TIMES



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SPRING 2015

## PRESIDENT'S CORNER

Dear Twins,

I have again provided in this newsletter, the financial position of our organization for the year end December 31, 2014 and the comparative prior year 2013. Please review and read also my narrative on the results. If any questions arise, please feel free to email me at [boylelray@aol.com](mailto:boylelray@aol.com).

The conference committee has been busy making preparations for our annual conference in Nashville. The hotel has been selected, as has our keynote speaker. We've recently come through the holiday season and I encourage our twins to experience a conference or to renew friendships in Nashville. We all have our sad experience of how we became twinless, but we all do share that twin bond with each other. There is much detail within the newsletter about Nashville.

I am again thankful for all of the people that contribute their time and talent to continue to make our organization available to those who seek support. Without your care, effort and love we couldn't exist.

Ray Boyle, President



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### 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 "Contact Us" form on the website or from the RC Listing on the back page of this newsletter.

Go to: [www.twinlesstwins.org](http://www.twinlesstwins.org)

### MISSION

**TTSGI provides a safe and compassionate community within which twinless twins can experience healing, understanding, and the opportunity to help others cope with the loss of their twin.**





## THE EMPTY CHAIR

by Sandy Goad, twin to Jim

### HERE I AM!

It takes two to make a gift – a giver and a receiver.

Oddly enough, I have found that many times for me it is far, far easier to give than to accept a gift graciously. Recently I have been struggling with a back problem and have had to slow down and accept the help of others. I don't know about you, but I have found that hard for me to do! None of us wants to be a burden so we don't ask for help even though we are overwhelmed and could certainly need the help and support of a friend.

A special friend called me this morning from the grocery store and simply said, "What do you need?" Normally I would have said nothing, but I was ready and willing to accept her gift with thankfulness. I have learned an important lesson as I grow older. Receiving graciously is one of the nicest things you can do for the giver. This may be a lesson right now that you are learning.

Many of you know that I was not able to attend the National Conference in Baltimore last year. I was sad that I couldn't go and be with all the twinless twins who were there to find hope, support and encouragement, but I knew my family came first and my place was with my son who was having surgery. Shortly after I returned home, I received a beautiful gift from a "twin angel". The card enclosed with the beautiful quilt said, "Please enjoy this gift. It was bid on at the auction by a "twin angel" just for you. You were missed by your twin family. As you use this blanket, remember how many TT lives you touch and think of us hugging you." What a gift! It still brings tears to my eyes when I think of the gift and the giver. I was a thankful receiver. The giver still remains anonymous.

You may be in a place right now where you need to be on the receiving end. That's okay. Be grateful for those gifts.

On the other hand, you may be ready to help someone else. You may have a friend in your life that needs your help. It may be someone like me who has a physical problem or it may be someone who

is struggling through the loss of a loved one, maybe another twin. When you feel you are ready, reach out in love to them. But you wonder, "How do I do that?"

If you have ever been in this situation of needing help, you already know the answer. It's simply being there. That's all – to be there... "Not to fix anything or do anything in particular, but just to let them feel they are supported and cared about." It's your presence that's important.

Later on, as you spend more time with your friend, maybe you can find a need in your friend's life and fill it. My need was transportation and food. My special friend drove me to Charleston for an MRI and brought groceries for my family. There have been others who have offered meals, offered to help me with my yard and my house cleaning or sent me emails and cards and called to check on me and many more who have lifted me up in prayer.

So, when you are ready, don't wait for your friend to call you. They probably won't want to bother you. You take the initiative and make that contact and say, "Here I am!" What you see as a simple act may be to your friend one of the greatest gifts you could give them that day.

I'm learning, I hope, to accept what people give me and let it enrich my life and theirs. So much is said about the importance of giving that we often forget the equal necessity of receiving.

"Friends are angels who lift us up when our wings forget how to fly."

Sometimes we need someone to simply be there...Not to fix anything or do anything in particular, but just to let us feel we are supported and cared about.





## KEVIN'S CORNER

By Kevin Mullen, twin to Brian

### MEMPHIS '99

This year I'm off for my 3rd trip to the great state of Tennessee. In 1999, to celebrate my 18th birthday with my Aunt Sharon in tow, we went to Memphis. This was to be my 2nd conference but seeing everyone it felt more like a family reunion. Dr. Brandt (Dr.B) was at the door to greet me, and I received one of his famous bear hugs. This was my 2nd greeting from Dr. B and next to the last time seeing him.



The highlight of the trip was going to Graceland, the home of the famous twinless twin, Elvis Presley. There we did a tour of the house and held our candle light service in the Meditation Garden. This conference I added more new friends to my list, like Doris from Canada and Lauren from Florida.



In 2005 with ITA (International Twins Association) and my Aunt Joan, I went to Nashville so I'm so looking forward to going back to the Music City for this year's conference and to see my twin friends!

## I WAS NEVER HEARD

By Wolfe Zucker, twin to Steve

My twin, before he died always sought all the attention. I had to fight him for time. Sometimes, I resented it. But, as my friends told me, I got quiet when he was around. I acquiesced. I figured he needed it more than me.

Was I right?

Now, I find myself frustrated with my girlfriend. I have been yelling at her when we have disagreements, "You are not listening to me." She retorts with feminine insight, "You yell, which I hate, because you were never listened to." I am having an overreaction.

I am thinking today of the unusual situation of us identical twins. My brother and I never got individual time with our parents, nor with my older brother. We didn't talk to uncles and aunts alone either. That would be competitive. They didn't initiate talk with us individually either. Why? I believe it was because we were two and most people talk one on one.

What do you think?

We got stuck together in a silent relationship, two twins in a box. When married I had a constant companion and also a listener. I got attention. I was heard. Now divorced, I feel more needy. Only children seem to do O.K. by themselves. But twins? Death and divorce. It's a difficult transition.

I am glad for the support of other twins. I do wish learning was a little easier!

# TTSGI GUIDING PRINCIPLES: ONCE A TWIN, ALWAYS A TWIN

TTSGI has four guiding principles:

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

The Spring Edition will focus on the third one:

**HEALING BY HELPING** is one of the founding principles of TTSGI. This principle recognizes that helping other people in similar circumstances helps not only the recipient, but also the giver. Assistance can come in the form of attending meetings in which those twins with new losses or older, delayed, or un-mourned losses meet other twins who become a support system. Other forms of service may occur in the form of volunteer committee and board assignments, serving as a Regional Coordinator, or members' contributions of time, talent, and resources to help TTSGI realize its mission.

## **HELPING THROUGH VOLUNTEERING!**

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

## **ASSIST WITH SPECIALIZED NEEDS:**

The TTSGI Board is looking for twins who are attorneys who would be willing to help with the standard legal needs that typical non-profit organizations face. We are also looking for media experts and marketing professionals who would like to volunteer their time and talent to do public relations work so we can reach more twinless twins. Also, we are looking for twins who have grant writing experience. If you have specialized expertise that you feel would be able to help TTSGI, please contact Ray Boyle at [boylaray@aol.com](mailto:boylaray@aol.com).

## **ASSIST WITH THE CONFERENCE:**

The Annual Conference is our largest event that we conduct every year. We have volunteer needs each day of the conference as described below. If you are interested in helping with any of these please email Dawn Barnett at [barnettdawn@hotmail.com](mailto:barnettdawn@hotmail.com).

- Thursday: Starting in the morning, we need volunteers to help collate the programs and compile the attendee packets which includes badges and t-shirts.
- Friday: Before and in-between sessions, we need volunteers to help us intake and set-up raffle and auction items.
- Saturday: In the afternoon, we need volunteers to help us close out the raffle and silent auction and in the evening, we need volunteers to help with the live auction and at the end with tabulating winners and tear down.

## **ASSIST IN YOUR REGION:**

We are looking for volunteers who can assist their Regional Coordinators. Please contact your Regional Coordinator using the website's "[Contact Us](#)" form in your area or from the RC listing on the back page of this newsletter. If you are interested in serving on a Regional Coordination Team, please email Sandy Goad at [goad1@frontier.com](mailto:goad1@frontier.com). To get a feel for the type of work and volunteer opportunities needed in each region, Barb Terry describes below the team approach that is used in the South Central region, with Mary George Beyer.

*Mary George Beyer is now receiving all initial communication with new twins in our region. They contact her, for most part, via email; but she has talked with some over the phone.*

*She now contacts me if she wants to discuss a new twin's situation and we brainstorm together what, perhaps, she can do or say to help each twin... although we steer away from counseling the twins. From that point, she logs all the information...contact, situation, dates, etc., and keeps an ongoing log.*

*We also discuss where most of our twins are located within our region so we can come up with the best location to hold each regional meeting. We want it to be as convenient as possible for all twins to attend.*

*I then am in charge of planning/coordinating our Regional Meetings. We will be having two a year: a spring meeting, more than likely to be held in a Houston area hotel and a fall meeting to be in Dallas/Ft. Worth area at a home.*

*This coordination will be my primary job. I will arrange all facets of the meeting: locating and reserving a location, dealing with any details in the planning as well as facilitating the meetings unless one of our other regional members would like to do so. (We are fortunate as in our region we have John, Margaret, Dawn, Sandra, Kevin... all of whom have facilitated in the past.) Since Mary George will have our region's member roster, she will be in charge of forwarding any correspondence/details that I initially send her.*

*After each meeting, I will discuss all that occurred with Mary George and we can evaluate together how to improve/change a meeting, that kind of thing as well as do a follow-up letter to TTSGI summing up our meeting as my final task of the year.*

*I suspect also that at our National Conference, both Mary George and I will be at the meeting involving Regional Coordinators since we are both involved within our region.*

## HEALING BY HELPING

By Kevin Mullen, twin to Brian

When I joined TTSGI as a young teen, I had no idea what my life would turn out to be or how one man would change my life that weekend in 1997. Dr. Raymond Brandt was there for me when I couldn't tell my story. I decided then that I just wanted to be like him, but no one will could ever be like Dr. B.

In the years since I've been going to the conferences, I like to try and meet as many new twins as possible and be there for them during the conference. I try to sit with them and spend time with them.

I've helped twins such as Sean, twin to Tom; Matt, twin to Mark; Ken, twin to Kevin; Kevin, twin to Kelvin; Justin, twin to Scott; Casey, twin to Cody; and Jon, twin to Justin just to name a few! I've helped them by being there for them throughout the conference, and through phone calls, emails or texting later, since I know how important is to be there after the conference ends.

## FIRSTS

by Jennifer Rudd, twin to Janet

Ahh the first day of school. For me the first full day of school will go down in infamy. Somehow I must have found out that I wouldn't be in the same class as Janet. I wouldn't go. My Mom had to get my grandfather to come and drag me to school. It was the first time we would be separated and I didn't like it. I screamed like you would not believe. Many years later when a public school friend remarked on it, I said it's embarrassing. She said "nothing to be embarrassed about...that was love." All of my life I did my firsts with my twin. First time I skipped church (we weren't complete goodie goodies), driving lessons, the first time I voted.



The firsts are a lot scarier now. I remember the first time I went for a walk by myself. Half way through I realized I was walking on the same side I did when I was walking with Janet. The first time I went to the hospital that Janet died in I could barely make myself go in but I had to because that was where Dad was having treatment.



I have had some good firsts. The first time I stood up for myself. When you have a twin you have someone who always has your back. The first time my Dad told me he loved me. I always knew he loved me but he grew up with parents who weren't demonstrative. The first time I held my niece, what a magical feeling that was. The first time I realized what my passion is.

Life is full of firsts. Every one of those firsts is a memory. A journey begins with a single step.

# IPAD TWINS

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By Janet Baird, twin to Margaret

Strange that we should first ‘meet’ in New York. I say ‘meet’ but I actually have never met Patricia. Like me, Patricia is an adult loss female identical twin. Like us, Patricia and her twin Susana worked together and lived together. Like me, Patricia found the sudden loss of her soul mate traumatic and world shattering.

I remember when I received the email from Twinless Twins. I was listening to U2 “Songs of Innocence” on my new iPad, on the fourth floor of a Brownstone in Brooklyn. A writing pal had let me use her flat while she was away on business. I was excited and daunted by New York but had already fallen in love with the city. The email asked me if I would help support a new twin in Portugal as she had no support in her own country and she had joined Twinless Twins. I immediately said yes because as the UK affiliate, Europe is on my doorstep and I hoped that the twin might be able to come to the UK for a Lone Twin meeting.

I then emailed Patricia and she emailed straight back, despite the 6 hour time difference. I said I was from Yorkshire, UK and would she like to be in touch. Patricia didn’t know I was in New York but that evening she told me that the last place she had travelled to with her twin was New York. She sent me a picture of both of them and I stared in disbelief at their identical navy duffle coats and elated smiles – the picture was taken a year before Susana’s diagnosis.

I emailed straight back to tell Patricia I was in New York too! I still don’t really understand why we were so elated, but our joy travelled thousands of miles in less than a second. As all Twinless Twins will know, twin loss is universal and wherever you are in the world, you are likely to experience the same symptoms.

Patricia quickly told me that she had a therapist but he had no idea about twin loss. Her connection with Twinless twins was the first glimmer of hope in her dark tragic world. Like me, Patricia was battling on with their translation business – one trying to do the work of two. I know there will be other adult loss twins reading this who will have done the same. All we can do is to continue the work we did with our twin and honour them. By this time it was late in Portugal so we signed off for the day. Already we had made a connection. I think it is so vital for new twins to connect with other Twinless twins as it is our only hope in a directionless world.

The next morning I went to Barnes and Noble in Park Slope, Brooklyn to write as this had become a routine for me. I ordered a Grande breakfast tea and hooked into the free wifi. I emailed Patricia and told her my plans for the day – the metro to Manhattan and a visit to the Apple Store and the mega toy shop FAO Schwarz, then the Museum of Modern Art. Patricia and Susana had been to the Apple store and the toy shop so she was excited about my day. I took my iPad with me and sent pictures to Patricia as I dodged yellow cabs and inched my way into the packed Perspex Apple shop.

I had only got my iPad a week before I left for New York so it was a new experience for me. There was something so magic about the immediacy of it all. As a lone twin I still want to ‘tell’ people about everything I do and here was a techie way of doing it. From then on Patricia and I became iPad twins. Obviously, we both knew no one could ever replace our twins and we had to be careful – but here was a way of communicating which was instant and exciting. It was almost like the rapport we had with our twins – the instant feedback and the validation.

Each day I planned an itinerary – I always do this when I am away – and then I sent pictures to Patricia whenever I was able to find free wifi – usually at a Starbucks! My sightseeing included meeting a New York twinless twin for

lunch in Macy's; walking across the Brooklyn Bridge; visiting Grand Central Station; a ferry trip to Staten Island to see the Statue of Liberty; a real ice cream soda fountain in Carroll Gardens, Brooklyn; Central Park and the incredible Metropolitan Museum of Art. The last destination was the highlight of my trip as I went to see the Rockefeller collection. This connected with the book I was reading in New York: the new paperback edition of Mary R. Morgan's book, *When Grief Turns to Healing*. It was through an article written by Mary R. Morgan that Patricia had found Twinless twins. It was like a jigsaw which was all falling into place.



Me, outside Macy's, when I had lunch with Carolyn in New York.

Sadly, my time in New York came to an end. I clutched my iPad on the way to the airport. It felt like another mini bereavement, as do all endings and departures. My flight was via Zurich and it took 24 hours until I got back to the UK. I couldn't email using my ancient phone, so the silence was deafening.

When I first lost my twin, I found texting very supportive. Ten years ago it wasn't easy to email from my house and I had no lone twin pals except one I met occasionally. He was very dear to me and still is. I didn't meet or email twins until 6 years later when I flew to the Twinless Twins' conference in Detroit. That really was the turning point as I established email contact with several twins and we email almost daily. I also set up my regional group in the UK and we are like a small but supportive family now.

Advances in technology have changed the way we look for support as bereaved twins. When a twin loses his or her twin they can instantly search for support on the Internet and find Twinless Twins Support Group, International or the Lone Twin Network. They can be in touch by email with another twin who knows the trauma

of twin loss. Birth loss twins can find support and understanding sometimes for the first time. How different this is from just meeting other twins twice a year.

So there I was back in the UK, with only my iPad pictures to remind me of my time in New York. I emailed Patricia as we were now in the same time zone. It felt different but we vowed one day to meet up in New York and re visit the special places she had gone to with her beloved twin.

We email regularly now and it is a great joy to me as Patricia and Susana are so similar to us. I have also put Patricia in

touch with another twin who has very similar circumstances. We copy each other into our emails and we continue to support Patricia as she makes her uncertain way on her journey. Gradually she is realising her twin is still with her and also that contact with other twins is not only a comfort, but vital in this twin loss journey.

Thankfully, the iPad and other mobile devices make this so possible. I think the future of twin support is looking very exciting!



Patricia and Susana Freitas, when they visited New York in 2013. Patricia lives in Lisbon and has joined both Lone twins and Twinless twins.

## THE FALCON – (9/17/2014)

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By Karen Karponai, twin to David



With David, my twin, and I being intertwined since birth, I knew something had happened. I had been restless for 3 days. July 30, I woke up exhausted and desperate to get out of my head. I knew the beach would ease my mind. Words can't even describe what happened next as I walked on the beach, soaking up the sun, feeling the warm salt air play with my hair and tickle my skin, the sand massaged my feet, the earth loving held and embraced me. I thought to myself, "Thank you God for gifting me the beach." *At some point during the walk, I felt a tingling sensation all over my body, a sense of peace and love that left me breathless, I felt David's presence next to me and then closed my eyes and saw him bathed in a white light, smiling, peaceful... It was so beautiful. I heard him laugh like he was so happy he connected to me and we both got it. It was like, wow, we can communicate. I opened my eyes and as I walked on the beach I began to talk, my hands were moving, my head tilted to one side, I said, "David, did you just cross over? You just crossed over? Did you pass? You passed, didn't you?" A figure walked by and said, "Mam, are you okay? You're talking to yourself. Looks like you saw a ghost". I shook my head and told him I was fine and kept walking. I thought to myself, "I must be crazy. I can't have thoughts like this. Change your focus Karen and keep walking." Ten to fifteen minutes later, the whole experience happened again. The feeling was so immense and loving and peaceful. Trying to put words to the experience seems meaningless and insignificant to the feeling of it. David was so happy and at peace. It was pure love. This was David. About an hour later, I got a call that my twin had passed.*

I am at peace knowing that David's miracles continue. As I shared the beach story with a dear friend, a big bird drops from the sky about 10 feet in front of me. I looked up and around and said, "Oh my God, a big bird just died in front of me." My friend said, "Karen, this is a sign, a sign from your brother." To my surprise, the bird was a Falcon, which is rare in Florida. It was

incredibly beautiful with a wingspan of 4 feet. It looked so strong. I stroked its warm body and feathers. I didn't know what to think. "Was this a gift from my twin? Was this a message of some sort? What is the meaning of this?" Within hours, my friend called back and shared the symbolic meaning of the Falcon.

*The falcon animal totem comes to us when we require higher vision, or higher knowledge in solving current dilemmas in our lives. The Falcon is a solar emblem for success, victory and rising above a situation. Further evidence of its solar influence, the Falcon was symbolic of the rising sun in Egypt. It is also the king of all birds where many Gods were shown with the head or body of the Falcon (including Ra). At its core, the Falcon animal totem represents visionary power, wisdom, and guardianship. This powerful bird awakens visionary power, and leads you to your life purpose. The Falcon carries with it a message of transition and change. They are a connection to passed lives and those that have crossed over. The falcon animal totem attributes include spirit, light, power, focus, prophecy, freedom and determination. The falcon is also known for its keen intellect and incredible ability to calculate.*

I pulled a few symbolic feathers from the Falcon to gift them to my brother's children. Two days later on the way to the airport to fly back to Bolivia to see my brother's children, a Falcon soared above us. What is even more synchronistic is my twin's ex-wife set up an altar at her house with a photo of David and next to it feathers. She said she was inspired to put them there because David was a free spirit and he loved those feathers. The feathers were a gift from my Mom from a Peruvian shaman and were Falcon and Eagle feathers.

I know my beloved twin is free. He is flying high like the Falcons and guiding me always. He may not physically be here, but we can connect in many other ways. He will always be a part of me. And, he will always be with me. I love you David!





# A NOTE ABOUT THE KORPONAI KIDS FOUNDATION AND THE ANTHONY ROBBINS GLOBAL YOUTH LEADERSHIP SUMMIT



Let's face it-teen years are very impressionable years. The Korponai KIDS Foundation aims to provide teens positive experiences that ultimately empower, enhance and expand their minds. The first initiative is to raise money to send teens to the 5-day "Anthony Robbins Global Youth Leadership Summit (GYLS) August 2015". At this Summit, over 300 teens from over 30 countries around the world ages 14-17 will:

- Improve self-esteem, self-confidence and identify their own unique leadership styles;
- Guide them into leadership roles at a personal level and within their communities;
- Interact with and learn from world-renowned speakers;
- Learn strategies for success and discover the importance of contribution;
- Meet youth leaders from around the world and gain appreciation for other cultures;
- Create lifelong friendships and participate in team building activities.

My name is Karen Korponai. July 29, 2014 I unexpectedly lost my twin brother, David. My loss and grief, a true twin testimonial, is so unimaginable painful. On the other hand, since our relationship was so interconnected and strong, even in passing, David will never be truly lost. It is in the remembrance of David, that I am put to work, to honor and replicate his devotion to life. I understand his golden heart, his passion for kids and respect for nature and animals. It is his spontaneous acts of love and compassion he shared with those he encountered that drive me with the will to "pay it forward". For this reason, I continue carrying on David's love and support of KIDS through the creation of the **Korponai KIDS Foundation**. The goal is to raise sponsorship money for a great cause – Education Programs in motivation, leadership, and nature for KIDS!

Join us, **Korponai KIDS Foundation**, as we embark on life changing experiences for children all over the world. Our immediate mission is to offer KIDS exposure to Award Winning, Achieved and WORLD CLASS programs in the U.S. Making a difference in the life of a single child can have a positive ripple effect on a family, an entire community and beyond.

A very personal account and witness to the strength of this program is David's eldest son, who was among the 2014 Summer Annual GYLS participants. David had passed only hours before his son had arrived back home from experiencing GYLS. During this difficult time, it was his son who conformed others. Armed with a newfound strength, his confidence, compassion and focus was admirable. Fresh in his mind, he was using tools from what he learned at GYLS and most importantly, he had developed such a strong bond with his "GYLS Family", which supported him along the way.

For more information, a recap video of the *Global Youth Leadership Summit 2014 (GYLS)* and a photo gallery, visit <https://anthonyrobbinsfoundation.org/programs/youth-leadership/>

The Korponai KIDS Foundation wants to send a Twinless Twin between the age of 14 and 17 to GYLS. If you have any questions, suggestions or nominations, please contact us at: Karen Korponai Cel: +1-248-464-4243; Email: [karen.korponai@gmail.com](mailto:karen.korponai@gmail.com) or visit [www.facebook.com/KorponaiKIDSFoundation](http://www.facebook.com/KorponaiKIDSFoundation).

## SOUTHWEST REGIONAL MEETING

By Eileen Jensen, twin to Elaine

We would like to thank Florence Zamora for hosting our meeting at the Englewood VFW Post on October 4th, as well as preparing a delicious Mexican lunch for all. The lunch was preceded by a blessing, given by Steve Koeppen. Upon finishing our lunch, handouts were given to twins, a short explanation of membership, Annual Conference to be in Nashville, TN, and then the both painful and healing part of telling our twin stories. This

is always a difficult time but the healing that comes makes it very worthwhile. We did have some time for discussion and then Phyllis Ashliman led the group for the Candle Lighting Ceremony reading from Dr. Darcie Sims "The Blessing Box" and listening to the song "How Do I Live" by Leann Rimes.



Those pictured below are top row: Matt Zamora (Michael), Eileen Jensen (Elaine), Elizabeth Hoyt (Elaine), Sally Faust (Sonia), and Becky Howarth (Syndi). Lower row: Jeff Thoman (James), Kandi Carrillo (Tandy), Gale Erlewine (Dale), Phyllis Ashliman (Phil) and Steve Koeppen (Scott). Those not pictured were Lia Woodall (Larry), as she had to leave early, and support persons attending were Florence and Tom Zamora, Matt's daughter- Eva, Linda Koeppen, Amy Thoman, and Monte Ashliman.

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## SOUTH CENTRAL REGIONAL CHRISTMAS DINNER GATHERING IN HOUSTON

By Margaret Daffin, twin to Josie

Once again this Christmas, I made arrangements for some of the local Twinless Twins in the Houston area to meet up for dinner. Twelve of us met at Arturo's Italian Restaurant in Uptown Park, Houston on Friday, December 26th and, for a short while we enjoyed each other's company. After the meal, we sat and talked about our twins and remembered them with love and affection.



Present at the dinner were: Maurice Walton (twin) and his wife, Tammy; Lucy Wagner (twin); Matt Vierling (twin) with his fiancée Abby and his parents, Donna and John Vierling; Margaret Daffin (twin) and her husband, Paul; Sunny Lee (twin); John Rohrer (twin) and his guest, Tim Heller.



## WEST COAST REGIONAL GATHERING

By Pamela Fender, twin to Steve

The fifth annual West Coast Regional Support meeting was held on Saturday, November 8th in the home of Pamela Fender. Thirteen twins gathered to honor our twins by sharing our stories. As always, we shed some tears, but had some laughs, too. Indian food was graciously and traditionally hosted by Shyam Rai and Isabel Stenzel Byrnes. Nearly everyone brought desserts, which is always appreciated.



We had our balloon release amongst the redwood trees, just a short half block walk up the street from Pamela's home. Thank you dear twins for opening up and expressing your innermost thoughts and feelings... a spontaneous activity we participated in after our meal.

Photo (left to right without balloons): Karen Oleson-Davis, Art Robinson, Irene Eddy, Nina Carpenter, Richard Vacha, Isabel Stenzel Byrnes, Pamela Fender, Terry Shell, Shyam Rai, Stephanie Rapp, Mary Baldizan, Liz Maker, and Ashley Hughes.

Photo (left to right holding balloons): Nina Carpenter, Karen Oleson-Davis, Richard Vacha, Art Robinson, Isabel Stenzel Byrnes, Pamela Fender, Shyam Rai, Ashley Hughes, Irene Eddy, Terry Shell, Stephanie Rapp, Mary Baldizan, and Liz Maker.



## TTSGI WINTER BOARD OF DIRECTORS' MEETING

From left to right on the couch: Renee Manger, twin to Stephen; Margaret Daffin, twin to Josie; Lea Eriksen, twin to Eve; Dena Stitt, twin to Dean; Michelle Getchell, twin to Missy; Matt Vierling, twin to Mark; Venice Lacy, twin to Toni; David Jones, twin to Dennis; Renie Hallford, twin to Ernie. In front: Becky Sehenuk, twin to Jenny and Ray Boyle, twin to Jimmy. Not in attendance: Sandra Brown, twin to Sammy.

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

## JANET BAIRD INTERVIEW FOR THE TWINSUK NEWSLETTER

This original article appeared in the Autumn 2014 edition of the TwinsUK newsletter ([www.twinsuk.ac.uk/](http://www.twinsuk.ac.uk/)) written for members of TwinsUK who take part in health-related research at The Department of Twin Research, London.

### Lone twins

We have many dedicated twins who have taken part in our research who are 'lone twins' – either they are estranged from their twin, or their twin has passed away. These twins still come for visits and are a valuable contribution to the research as we use the results of ALL twins in our data analysis. If you are a lone twin, and would like to arrange to come in for a visit, please call 0207 188 5555 or email [twinsuk@kcl.ac.uk](mailto:twinsuk@kcl.ac.uk)

**We are very grateful to Janet Baird for allowing us to interview her about being a lone twin.**



**What was your relationship with your twin?** *We were very close. Margaret and I lived together until she passed away when we were 51.*

**How did you cope with the loss of your twin?** *Initially not well. It was a huge shock. I did all the usual lone twin things of trying to find a substitute twin - not a good idea. After ten years I am more resigned to my loss but I miss her every day.*

**Do you have any suggestions to help people going through the loss of a twin?** *I think the best way is to get in touch with other lone twins. Friends, relatives and counsellors will try to help you but it's difficult for them to really understand the magnitude of twin loss. If you've been close to your twin like I was, it's half your life gone. More information about support for lone twins can be found on [www.lonetwinnetwork.org.uk](http://www.lonetwinnetwork.org.uk)*

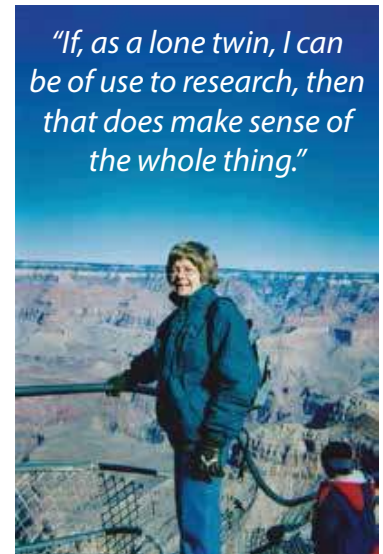
**Are you involved with a lone twin group?** *I run my own lone twin group in Yorkshire. We meet three times a year and share how we feel and also keep in touch by email. I am not a counsellor or therapist - just a lone twin who understands how it feels. I also work for Lone Twin Network as a committee member.*

**In what way is your twin still with you today?**

*My twin is with me and within me. I can sense my twin is around, even hear her voice, her chuckle. As Joan Woodward, the founder of the 'Lone Twin Network' said to me. "We don't move on, we move forward, with our twins".*

**Why is it still important for you to volunteer as a lone twin for TwinsUK?**

*Margaret and I used to take part in research for TwinsUK. We travelled down to London from Yorkshire and we felt so good about doing that. We both had complex health problems but it was great to feel we could contribute. If, as a lone twin I can be of use to research, then that does make sense of the whole thing. I don't want to be a lone twin, but if my experience of being a twin can help just one other person, then it is worthwhile...*



*"If, as a lone twin, I can be of use to research, then that does make sense of the whole thing."*

# THANK YOU TO PAMELA FENDER, TWIN TO STEVEN, WEST COAST REGIONAL COORDINATOR

We at TTSGI would like to thank and acknowledge Pamela Fender, the West Coast Regional Coordinator, for her dedication and willingness to serve as RC for the past five years. We wish you well and thank you for all you have done for TTSGI.

Lea Eriksen, TTSGI Board Member



## FROM PAMELA:

It was with much thought, sleepless nights and a heavy heart that I decided to step down as the West Coast Regional Coordinator of Twinless Twins Support Group International. These kind of decisions are not made on a whim nor without a great deal of thought.

The Regional Coordinator position has been a truly fulfilling and rewarding experience.

It has been an honor for me to support twins on the West Coast, as well as those around the nation, to help ease them during difficult times, such as birthdays and anniversaries, for the past five years.



Keep in mind how much I love this organization and what it does for twinless twins. I've made many life-long friends, even though this is the club that no one wants to be a member of. I know that I've honored my twin brother Steven by volunteering to help other twinless twins. That in itself comforts me.

With much gratitude and love,  
And always...a twin hug,  
Pamela Fender

## IMPORTANT: BOARD POSITION OPENING

This is your chance to nominate a member for the TTSGI Board of Directors for the 2015-2016 Term of Office. You have until June 1st to send your nomination into Dena Stitt at [denastitt@mac.com](mailto:denastitt@mac.com).

### CRITERIA

1. Must be an active member of TTSGI for at least two years and have a pattern of attendance and giving.
2. Must have been a twinless twin for two years and able to cope with loss.
3. Must own and be conversant with a computer in order to communicate with Board through emails.
4. Must attend the Annual TTSGI Conference as well as attend a Winter meeting of the Board, at their own expense.
5. Must be willing to participate in administrative duties that may be assigned to them.
6. Term of Office is for three (3) years.

### PROCESS

1. The Nominating Committee will review the recommendations that are received by June 1, 2015 and submit list to the President for evaluation.
2. The Committee Chair will then present the slate at the General Business meeting held on Saturday, during the Annual Conference. There will be no nominations taken from the floor.

**Note: Before you submit the name of a candidate, please notify that person to see if they are available and willing to serve.**

## TWINLESS TWINS SUPPORT GROUP, INTERNATIONAL FINANCIAL REVIEW

By Ray Boyle, twin to Jimmy and TTSGI President

Our balance sheet increased by \$17.5K year over year. This was due mainly to an increase in bank balances from an increase in contributions and sale of some of our donated stock shares. Our scholarship fund is level year over year on our liabilities. Donations designated to scholarship assistance are posted here and disbursed from here to approved scholarship recipients.

Our income statement saw our net income increase from \$3.2K in 2013 to \$17.9K in 2014. The two main sources for this increase were due to significant contributions and a gain on the sale of some of our donated stock share investments. This was partially offset by a write down to market value of our remaining stock share.

Our sources of revenue come from three main sources. There are contributions (38%), Conference Events / Registration (37%) and Membership Dues (15%). As can be seen, dues are a decreasing portion of our revenues, as we try and maintain the same fee (\$50) level since about the year 2000. Our contributions rose significantly due to the generosity of a few of our angel donors along with the successful Double Your Donation match program.

Our expenses are fairly detailed and the two major expenses, Conference and Executive Director, make up 65% of the total. You will note that in 2014, the organization did not incur the cost of a conference speaker, as our keynote speaker waived their fee.

With our two past conferences 2013 (L.A.) and 2014 (Baltimore), it is worth noting that the cost in both years exceeded the registration fees and the scholarships. When determining the cost, we are mindful of affordability offset with estimating what the full hotel charges will be.

# TWINLESS TWINS SUPPORT GROUP, INTERNATIONAL FINANCIALS

## STATEMENT OF INCOME AND EXPENSE - FOR THE YEAR ENDED DECEMBER 31, 2014

### PROFIT AND LOSS (JANUARY - DECEMBER 2014)

	JAN - DEC 2014	JAN - DEC 2013
<b>INCOME</b>		
BOOKS & POSTAGE	142	1,211
CONFERENCE ASSISTANCE	2,058	1,893
CONFERENCE EVENTS	12,260	15,250
CONFERENCE REGISTRATION	22,240	21,242
CONTRIBUTIONS	35,023	22,986
INTEREST	2,387	236
MEMBERSHIP DUES	14,177	13,899
ONLINE SALES	3,982	1,661
<b>TOTAL INCOME</b>	<b>92,268</b>	<b>78,378</b>
<b>GROSS PROFIT</b>	<b>92,268</b>	<b>78,378</b>
<b>EXPENSES</b>		
<b>ADMINISTRATION</b>		
BOD MEETINGS	1,753	243
INSURANCE	1,834	1,473
TRAVEL & LODGING	2,345	3,048
<b>TOTAL ADMINISTRATION</b>	<b>5,933</b>	<b>4,764</b>
<b>OFFICE EXPENSES</b>		
ASSISTANT	185	
BANK CHARGES	1,319	738
EXECUTIVE DIRECTOR	21,800	23,600
LICENSES & SUBSCRIPTIONS	1,367	717
MISCELLANEOUS	745	999
OFFICE	168	
OFFICE SUPPLIES	893	1,325
PETTY CASH	445	576
POSTAGE	3,616	3,801
PRINTING	1,446	2,435
PROFESSIONAL FEES	3,650	3,650
REFUNDS	100	
TELEPHONE	1,128	932
<b>TOTAL OFFICE EXPENSES</b>	<b>36,762</b>	<b>38,871</b>
<b>PROGRAM</b>		
CONFERENCE	26,426	23,231
CONFERENCE - SPEAKER		1,995
INVENTORY	2,506	1,620
OUTSIDE SERVICES	600	900
REGIONAL COORDINATORS	2,185	3,770
<b>TOTAL PROGRAM</b>	<b>31,717</b>	<b>31,517</b>
<b>TOTAL EXPENSES</b>	<b>74,412</b>	<b>75,153</b>
<b>NET OPERATING INCOME</b>	<b>17,857</b>	<b>3,225</b>

### BALANCE SHEET AS OF DECEMBER 31, 2014

	AS OF DEC 31, 2014	AS OF DEC 31, 2013
<b>ASSETS</b>		
<b>CURRENT ASSETS</b>		
BANK ACCOUNTS	32,193	10,422
ACCOUNTS RECEIVABLE	4,004	1,938
<b>OTHER CURRENT ASSETS</b>		
INVESTMENTS - OTHER	7,380	10,901
PREPAID EXPENSES	0	2,492
<b>TOTAL OTHER CURRENT ASSETS</b>	<b>7,380</b>	<b>13,394</b>
<b>TOTAL ASSETS</b>	<b>43,577</b>	<b>25,753</b>
<b>LIABILITIES AND EQUITY</b>		
<b>LIABILITIES</b>		
SCHOLARSHIP FUND	6,145	6,178
<b>TOTAL LIABILITIES</b>	<b>6,145</b>	<b>6,178</b>
<b>EQUITY</b>		
RETAINED EARNINGS	19,575	16,350
NET INCOME	17,857	3,225
<b>TOTAL EQUITY</b>	<b>37,432</b>	<b>19,575</b>
<b>TOTAL LIABILITIES AND EQUITY</b>	<b>43,577</b>	<b>25,753</b>

# 2015 TTSGI CONFERENCE - REGISTRATION

Surrounded by the comfort and support of other twinless twins, you will discover new tools and new twin friends to help you on your healing journey. You will leave feeling renewed in spirit and more informed about twin loss and grief. You will finally feel that you are not alone. Twinless Twins and their supporters (spouses, significant others, family, and friends) are welcome.

We look forward to seeing you this year at our Annual Conference beginning July 23rd at 6:30pm and ending July 25th at 10pm in Nashville, Tennessee!

To join us, please follow the steps below:

## 1. Register for the Annual Conference

You must be a current paid member of TTSGI to attend the Annual Conference. Spouses, significant others, family, and friends may register as well when accompanying a paid member.

[Click here to register on-line.](#) If you would like to register for the conference by using a paper form, please contact us at ([contact@twinlesstwins.org](mailto:contact@twinlesstwins.org) or 1-888-205-8962) and we will mail a registration form to you.

## 2. Reserve your room at the Nashville Marriott at Vanderbilt University by calling toll free 1-800-228-9290 or direct at 615-321-1300.

\* Be sure to say you're coming for the Twinless Twins conference so you'll receive the reduced room rate of \$159/single (includes breakfast for one), or \$169/double (includes breakfast for two). A block of rooms have been reserved for this conference, however, the special room rate will only be available until Wednesday, July 1st or until the group block is sold-out, whichever comes first.

## 3. Make your travel arrangements

Book your flights into Nashville International Airport (BNA)

\* Most participants will arrive July 23rd in the early afternoon and depart July 26th in the morning.

**We'll see you in Nashville!**





# 2015 TTSGI CONFERENCE - TENTATIVE SCHEDULE

Please note the beginning and ending times will not change so feel free to make travel arrangement based on beginning and ending dates & times.

## THURSDAY, JULY 23, 2015:

Pre-conference meetings for all Board members and Regional Coordinators

9:00am – 12:00pm Board meeting  
9:00am – 12:00pm Regional Coordinator meeting  
12:00pm – 1:00pm Working Lunch: Board and Regional Coordinator meeting  
1:00pm – 3:30pm Board meeting cont.  
1:00pm – 3:30pm Regional Coordinator meeting

### – Conference Officially Starts –

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

## FRIDAY, JULY 24, 2015

7:30am – 8:00 am Inspirations for the Day  
8:30am – 9:00am Announcements  
9:00am – 10:00 am Keynote Speaker: Mitch Carmody, Twinless Twin, Author & Compassionate Friends Speaker  
10:00am – 10:30am Break  
10:30am – 12:00pm Parallel Group  
10:30am – 12:00pm Sharing Time, with Dave Jones, TTSGI Treasurer  
12:30pm – 1:30pm Lunch Provided – box lunch  
1:30pm – 3:00pm Sharing Time (continued)  
3:30pm – 4:30pm Memorial Walk and Balloon Release – wear your conference t-shirt  
4:30pm Free-time in Nashville!

## SATURDAY, JULY 25, 2015

7:30am – 8:00am Inspirations for the Day  
8:30am – 9:30am Announcements/Annual Business Meeting with Ray Boyle, TTSGI President  
9:30am – 10:00am Break  
10:00am – 12:00pm Parallel Groups: TBD there will be several to choose from  
12:00pm – 1:30pm Lunch Break (on your own)  
1:30pm – 2:30pm Keynote follow up: Mitch Carmody  
2:30pm – 3:30pm Closing Ceremony  
3:30pm Sales Table closes  
4:30pm Pick-up your Raffle Items  
3:30pm – 5:30pm Free time  
5:30pm – 10:00pm Dinner, Awards & Auction

# 2015 TTSGI CONFERENCE - AUCTION AND RAFFLE

## AUCTION AND RAFFLE - NASHVILLE, TN - JULY 23-25, 2015

by Dawn Barnett, twin to Daryl

I know it's not until July, but everyone please start thinking about the conference and please consider donating items for the conference auction and raffle. 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 issue of the Twinless Times. This is our major fundraiser at the conference, so please give generously.

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## TTSGI LIST OF PAST CONFERENCE LOCATIONS

- 1994 First conference in Fort Wayne, Indiana
- 1995 Fort Wayne, Indiana
- 1996 Fort Wayne, Indiana
- 1997 Chicago, Illinois
- 1998 St. Louis, Missouri
- 1999 Memphis, Tennessee
- 2000 Cincinnati, Ohio
- 2001 Denver, Colorado
- 2002 Detroit, Michigan
- 2003 Delray Beach, Florida
- 2004 Chicago, Illinois
- 2005 San Francisco, California
- 2006 Delray Beach, Florida
- 2007 Dallas, Texas
- 2008 Toronto, Canada
- 2009 Denver, Colorado
- 2010 Detroit, Michigan
- 2011 Minneapolis/St. Paul, Minnesota
- 2012 Columbus, Ohio
- 2013 Los Angeles, California
- 2014 Baltimore, Maryland

## GRAND OLE OPRY TICKETS

By Margaret Daffin, twin to Josie

TTSGI is suggesting a possible social evening at the Grand Ole Opry in Nashville on Friday, July 24, 2015 during the free time portion of the 2015 TTSGI Conference, or there are other music venues in the area.

If you are interested in purchasing Opry individual tickets, please see the following information:

**Grand Ole Opry**, The show that made country music famous.

- \$5.00 off Grand Ole Opry Tier 2 seating or \$3.00 off Tier 3 seating
- Shows every Tuesday, Wednesday, Friday and Saturday at 7:00 pm at the Grand Ole Opry House.

Tickets may be purchased at the box office, online or by calling:

1-800-SEE-OPRY or 800-733-6779

<http://www.opry.com>

Use code **BNAC15** to receive discount.

Discounts valid for events July 19 - 28, 2015. Valid for up to eight tickets per person. Not valid on price level one or children's prices. Not combinable with any other offer, coupon. Offer is not retroactive. Tickets subject to service charges. Shows and schedules subject to change.

## MATCHING GIFT CAMPAIGN

By Margaret Daffin, twin to Josie

TTSGI's first ever Matching Gift Campaign at the end of 2014 was a huge success because of the number of donors who participated. Thank you from the bottom of our hearts for your contributions, in memory of your twins.

A special thank you to the anonymous donor who matched these contributions up to \$5,000 – without you, this campaign would not have been possible.

Please consider a financial contribution to TTSGI during the year to help us support the twins in need.



# 2015 TTSGI CONFERENCE - FREQUENTLY ASKED QUESTIONS

## **When is the 2015 conference?**

The conference begins the evening of Thursday, July 23, and ends at the closing banquet on Saturday, July 25. Plan to depart on Sunday, July 26.

## **Where is the conference?**

Nashville Marriott at Vanderbilt University  
2555 West End Avenue  
Nashville, TN 37203  
615-321-1300

[Click here to reserve your hotel room and receive a discounted TTSGI rate.](#)

## **What airport do I fly into?**

Nashville International Airport (BNA)

## **How do I get back and forth from the airport to the hotel?**

The hotel does not provide shuttle service. You will need to arrange your own transportation from the airport to the hotel, which is a distance of about 10 miles. The hotel can connect you with the Grayline Airport Express on request, which will take you to the airport for \$12 (one way).

## **What will the weather be like?**

In July the average Nashville daily low is 70° and the average daily high is 89°. For more information visit [www.weather.com](http://www.weather.com).

## **What should I wear?**

Almost anything goes. For the welcome reception evening some people wear business casual, others their traveling outfit, t-shirt and jeans. During the day, wear what you feel comfortable wearing, pants, t-shirt, blouse, jeans, shorts. Remember, there will be air conditioning, so be prepared if the A/C is cooler than you prefer. In the evening, for dinner, you can choose to change or stay in what you wore during the day. It doesn't matter, attendees do both! For the closing banquet, people tend to dress up a little more – nice slacks outfit, nice dress. Men usually wear suits. This is a nice affair but NOT formal.

## **What should I bring?**

Photographs of your twin.

Consider donating a gift to be used at the auction or raffle to help support the organization.

## **I am a first-time attendee, what should I expect and what is expected of me?**

To welcome you to the Conference, we invite you to join us for our first-time attendee's reception where you will have the opportunity to meet other first-time attendees, as well as Board Members and Regional Coordinators. First-timers' registration will be held on July 23 at 7:00pm with the first-timers' reception beginning at 7:30pm. The Board Members and Regional Coordinators will be available to meet with you to answer any questions you may have concerning the conference.

After the first-timers' reception you will be asked to join all conference attendees at the dessert reception at 8:00pm. Be sure to have dinner prior to the first-timers' registration at 7:00pm. During the conference, there will be time for sharing what you feel comfortable concerning your twin and twinship. There will be speakers, and various different breakout sessions, free time to relax, reflect and casually meet others and a closing banquet on Saturday evening. Plan to depart on Sunday.

### **What do we do for meals?**

#### **Read this section carefully.**

Thursday – Dinner at your own expense.

Welcome Dessert Reception – 8:00pm desserts and beverages (open registration at 7:30pm).

Friday Breakfast – Hot breakfast is provided at the hotel and is included in your room rate.

Friday Lunch – Box lunches with an assortment of sandwiches to choose from.

Friday Dinner – At your own expense.

Saturday Breakfast – Hot breakfast is provided at the hotel and is included in your room rate.

Saturday Lunch – At your own expense.

Saturday Dinner – Banquet

Sunday – Depart

### **Does the hotel have a fitness center?**

There is an onsite indoor swimming pool as well as a full-service fitness center featuring cardiovascular equipment and free weights. The hotel also offers bicycle rentals if you want to get exercise outside.

### **How close are we to tourist attractions?**

The hotel is located in downtown Nashville, close to the Grand Ole Opry, Music Row, The Parthenon/Centennial Park, and Second Avenue Entertainment District. There is a free shuttle service to many downtown attractions. [Click here for more information on local activities.](#)

### **What is the cost to attend the conference?**

The Regular Registration fee until May 1, 2015 is \$225.00 per person and Late Registration after May 1 is \$250 per person. You must be a paid-up member of TTSGI to attend. The hotel rate is \$159.00/single and \$169.00/double per night plus tax. The cut-off date for the hotel's special rate is July 1 so it is imperative that you make your reservation by that date. There will be no exceptions.

### **What should I do if I have to cancel at the last minute?**

Unfortunately, we are unable to refund any registration fees one month prior to the conference. Once the "firm" attendee count is given to the hotel we are not able to decrease that number. For hotel cancellations, please contact the hotel directly regarding their cancellation policy.

### **What if I want to attend but am unable to afford the conference?**

Please contact our Executive Director, Michelle Getchell at [contact@twinlesstwins.org](mailto:contact@twinlesstwins.org) to find out about possible assistance.

The Conference Committee, the Board of Directors and the Regional Coordinators are all looking forward to a great conference full of companionship, making connections, sharing our stories, a powerful keynote address, worthwhile break-out groups and MOST IMPORTANTLY SEEING EACH OF YOU THERE!

If you have any further questions or concerns, please consult your Regional Coordinator or our Executive Director, Michelle Getchell at [contact@twinlesstwins.org](mailto:contact@twinlesstwins.org).

## MEMORY WALK - 2015

### “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 7th Memory Walk at our 2015 International Conference in Nashville, Tennessee on **Friday afternoon, July 24th**. The walk will take place in an area close to the hotel, and I encourage everyone to join us for this incredible and moving experience. At the end of the walk, we will have a balloon release.

Last year, the walk was held in Baltimore, Maryland. 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.

Or, if you would like to donate online, please go to our website: [www.twinlesstwins.org/donate](http://www.twinlesstwins.org/donate) and remember to indicate that your donation is for the Memory Walk.

Thank you,

Margaret Daffin, twin to Josie  
Chairman of the 2015 Memory Walk



# MEMORY WALK - 2015

## 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 2015 Twinless Twin Memory Walk will be held at our International Conference in Nashville, Tennessee on **Friday afternoon, July 24th** and it will take place in an area close to the hotel.

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

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

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

### **Q: How is the money collected?**

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

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

1. Your donation sheet, along with your donations can be sent to Margaret Daffin, Chairman of the Memory Walk. If possible, Margaret would like to have all your donations mailed to her by **July 1st**. Please do not send cash. Margaret's mailing address is: **Margaret Daffin, 9352 Briar Forest Drive, Houston, TX 77063**. Please make checks payable to TTSGI and write Memory Walk on your envelope. If you are sending your donation sheet to Margaret, please indicate on the donation sheet if you will be attending the conference and be sure to put your twin's name along with your name on the sheet so we can walk in memory of your twin if you cannot attend.
2. Your friends, family and community have the option of donating to TTSGI online by using our website at [www.twinlesstwins.org](http://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](mailto:medaffin@aol.com).

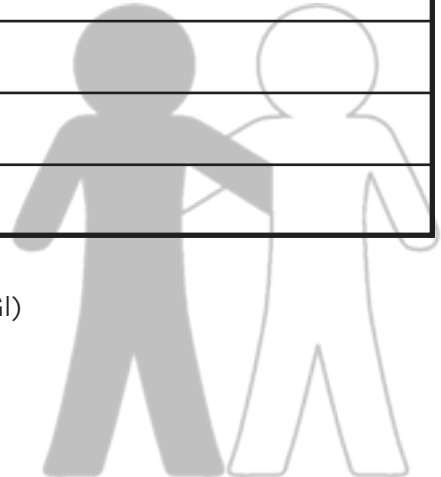
# TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

## MEMORY WALK 2015

Name \_\_\_\_\_

Donations in Memory of \_\_\_\_\_

	NAME OF DONOR	ADDRESS & EMAIL	DONATION
1			
2			
3			
4			
5			
6			
7			
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Please make checks payable to: Twinless Twins Support Group International (TTSGI)

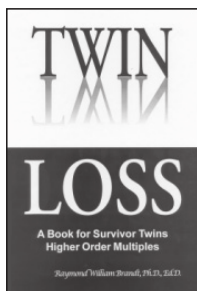
Conference Information  I will be attending the Nashville Conference  
 I will not be attending the Nashville Conference



# IN RECOGNITION OF OUR CONTRIBUTORS SINCE FALL 2014

- Anonymous Donor** – matching gift to TTSGI
- Joan Angelis** – donation to cover two members' membership in her region; donation to the general fund and a donation in the name of her brother, Paul Angelis, as a Christmas gift to him
- Phyllis Ashliman** – in memory of her twin, Phil
- Dawn Barnett** – in memory of her twin, Daryl
- Sarah Beebe** – in memory of her twin, Heidi Doyle
- Jean Benner** – in memory of her twin
- Steve Bergman** – in memory of his twin, Hal
- Raymond Boyle** – monthly pledge and donations in memory of his twin, Jimmy
- Miriam Brandt Doetsch** – donation for two TTSGI memberships
- Michael Caruso** – in memory of his twin, Lee
- Sandra Brown** - donation to cover 2014 conference expenses
- Margaret Daffin** – quarterly pledge and donations in memory of her twin, Josie
- Miriam Doetsch** – donation to help keep membership dues at \$50/annual and donation in memory of Dr. Brandt
- Thomas Doyle** – in memory of Heidi Doyle, twin of Sarah Jean Beebe
- Lea Eriksen** – in memory of her twin, Eve
- ExxonMobil Foundation** – for volunteer hours and matching grants by Margaret Daffin in memory of her twin, Josie Wilson
- Terry & Sheldon Foor** – donations for twin's membership and in memory of her twin, Sherry Lewis, to help support TTSGI
- Sally Faust**
- Pamela Fender** – in honor of our BIG birthday
- Eileen Friedman** – in memory of her twin, Franny Drandoff
- Laraine Frost** – in memory of her twin, Judi
- Joan Garcia** – in memory of her twin, Jane De La Cruz
- Sandy Goad** – in memory of her twin, Jim
- Jacqueline Goldman** – in memory of her twin, Fredda
- GoodShop** – up to 20% of every purchase goes to TTSGI – THANK YOU
- James (Renie) Hallford** – donation to cover 2014 conference expenses
- Virginia Holleman** – in memory of Betsy Katz, my beloved twin
- IGive.com** - from all twinless twin members who use IGive to buy online – THANK YOU!
- Eileen Jensen** – in memory of her twin, Elaine
- Cyndie Jacobson** – in memory of her twin
- Jennifer Johnson** – in honor and memory of Michelle Leigh McElroy
- Joanne Jones** – in memory of her twin, Heather Jones
- Joette Kofoot** - donation to cover 2014 conference expenses
- Sungnam (Sunny) Lee** – in memory of his twin, Yongnam Lee
- Donna Linscomb**
- June Loertscher**
- Brent Loschiavo**
- Jane Malcolm** – donation to assist TTs to attend 2015 July conference
- Laura Massey** – in memory of her twin, Thomas Carter Massey
- Adele Dee Martin** – in honor of my twin sister, JoAnn Martin
- Deandra McKaig** – in honor of Hadley Woodcock
- Oppenheimer Funds**
- Aashish Patel** – donation for those who cannot afford to travel
- Robert & Yolanda Penney**
- Anna Perez** – in memory of her twin, Mary
- Debbie Perrone** – in memory of my angel Randy Perrone, identical twin to Rusty Perrone
- Pamela Roberts**
- Becky Sehenuk** – in memory of her twin, Jenny
- Carolyn Shane** – Steve Bergman & Family – in memory of your wife and mother made from the NY and NJ region
- Margarita Simpson** – general funds
- Beverly Smyk** – monthly pledge and donation in memory of Lisa, twin to Rob Fitzmaurice
- Stuart K.J. Smyth** – for Elisabeth – a gift from Stuart K.J.Smyth
- Rachel Starr** – in memory of her twin, Richard Matz
- Dena Stitt** – donation to cover 2014 conference expenses plus donation in memory of her twin, Dean
- C.J. Udell** – a generous donation to TTSGI
- Matt Vierling** – in memory of his twin, Mark Lester
- Linda Stephens & Laura Wilson** – twins who give so generously each year to TTSGI
- Camille Wissman** – in honor of Carmen, twin to Camille

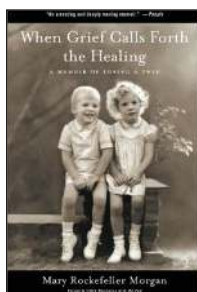
We apologize if we have missed you. Please let us know and we will recognize you in our Fall 2015 newsletter. Contact Margaret Daffin at [medaffin@aol.com](mailto:medaffin@aol.com)



## “TWIN LOSS”

By Raymond W. Brandt, PhD

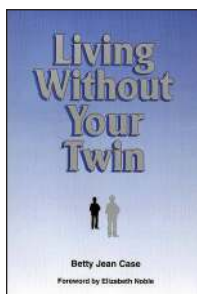
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



## “WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

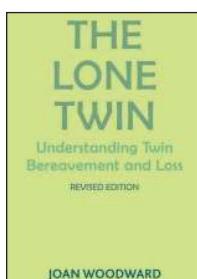
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael’s death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



## “LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

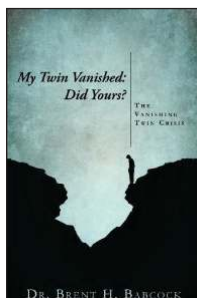
Author Betty Jean Case generously makes a donation to Twinless Twins each time one of her books is purchased through us. Betty is a twin, grew up with twin siblings, and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also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

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

## WRITE FOR THE TWINLESS TIMES NEWSLETTER

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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](mailto: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

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**Spring Issue: February 10th**

**Summer Issue: May 12th**

**Fall Issue: August 11th**

**Winter Issue: October 27th**

Submissions should be emailed to:  
[twinlesstimes@yahoo.com](mailto:twinlesstimes@yahoo.com)

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

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