

TWINLESS TIMES



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FALL 2018

PRESIDENT'S CORNER

Dear Twins,

At the time of this writing, we are just a few weeks out from having held our annual conference. By all appearances, it seemed to be our most attended conference yet. It was also an example of how events shape an experience. Several of us anticipated that the conference would unfold, as many have previously done. However, it became necessary for three of us to leave on the Friday morning to return one of our twins to his home, when an unexpected circumstance arose. It was an almost three hour drive each way, and from a personal perspective, it was a deeply meaningful experience, as these two twins, whom I have known for years and I, continued to bond through this shared mission. As many of us know from our respective twinloss, a moment can change everything. Our conference experience changed just as dramatically.

Also, as I write this, I am mindful that today marks forty-three years since my father's sudden death. He was a decent, family man who was dealt a terrible hand, as he and my mother faced the sudden death of a child, my twin. My heart always goes out to parents who have lost a child.

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

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

WE ARE NOT ALONE

In 1999, I found myself going to Memphis, Tennessee to attend my first Twinless Twin's National Conference. I had never met another twinless twin. I knew somewhere there must be other twins who could comprehend how hard it was to get out of bed in the morning and start another day without their twin.

When I arrived in Memphis, I began to feel apprehensive. I suddenly realized that I really had no idea of what to expect. By entering through that door, I was acknowledging that I was now eligible to be part of a group of people that I had hoped never to be a part of. The reality was that I was now one of "them".

I remember my heart pounding as I dragged myself into the hotel. It wasn't long before my fears were calmed. The twin who had greeted me at the door gave me a comforting hug. After hearing my story, she led me to another twin who had also lost her twin suddenly just as I had and I knew for the first time *I was not alone*. We went around the room and introduced ourselves. Some twins had been meeting together for several years. Some were even laughing. I thought to myself that these twins couldn't have lost their twin. But maybe this was a hopeful sign. Maybe this meant that I too would survive.

After attending the Twinless Twin's National Conference for a few years, it didn't take me long to realize why there were still twins who continued to come back year after year. They were there to give support back to the newly twinless, showing them that there was still life after the death of their twin. I will be forever thankful for the compassionate twins who helped me to take those first wobbly steps down the grief road and have continued the journey with me. Twins like Dave, Michelle, Eileen, Margaret, Dena, Phyllis, and many others.

Dr Alan Wolfelt, a top grief educator, author and grief counselor, states "that healing requires the support and understanding of those around you as you embrace the pain of your loss... You need people who will walk beside you and provide you *divine momentum* – affirmations that what you are doing is right and necessary for you. Sharing your pain with

others won't make it disappear, but it will, over time, make it more bearable. Reaching out for help also connects you to other people and strengthens the bonds of love that make life seem worth living again."

As a bereavement caregiver, Dr. Wolfelt is a "*companion*". He says, "Companioning is about being present to another person's pain... It's about listening with the heart... It's about bearing witness to the struggles of others... It's not about judging or directing the struggles... It is about walking along side. That is what I have found though the Twinless Twins Support Group: "*Companions*" walking with me on my journey through grief.

I am so glad that I took a chance that day back in 1999 and walked through those meeting room doors. I have been doing the same ever since, rarely missing a national conference. Sadly, I was not able to attend the conference this year in Columbus. I missed all the close twin friendships that I have developed over the years and I missed those twin hugs!

Recently, I have been reminded again, through comments posted on the Twinless Twin Facebook page, why this organization exists and continues to work so hard to be a support for twins who have lost their twin. A few of the comments are below:

"This group is truly life saving."

"I would never have survived my last year without you."

"Since my first TTSGI conference, I feel validated and strong. I don't feel alone anymore."

"This group is amazing."

"Thanks for the positive thoughts... Love you guys so much."

It has been more than 26 years since my twin brother Jim died and not one day passes that I don't think of him. But in this safe place (Twinless Twins), I have found unconditional acceptance, love and support. You will too.

Years from now, I still plan to be at each conference to greet the newly bereaved twin with an empathetic and reassuring hug, just as I had been welcomed years ago and I will be there to let them know that if I have survived the unthinkable, they can too.

"We Are Not Alone".

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 Fall Edition will focus on the first one:

ONCE A TWIN, ALWAYS A TWIN – The twin or multiple birth experience, whether it is experienced exclusively in utero or continued for any period of time following birth, is a profoundly important human experience, differing in major respects from all other forms of human interaction. Twin loss can be experienced in deep and unique ways. This special “twinship” experience of loss is recognized, valued, and honored by TTSGI.

The next story shows what the principle of Once a Twin, Always a Twin means.

ONCE A TWIN, ALWAYS A TWIN: OUR CONFERENCE EXPERIENCE

By Marci Scher, mother to Beca Scher, twin to Ian



What an incredible beginning. Becca and I are off on the journey of her/our 1st Twinless Twins Conference. Our journey began early on Wednesday, July 11th, leaving the house at 7:30am, heading to Silver Spring. We were headed to Mike’s home, another Twinless Twin, so we could begin the drive to Columbus, Ohio, the site of the 2018 Twinless Twins international conference. As you can see, we wanted to make sure we had everything we needed, probably plus some. Arriving at Mike’s, many thoughts went through my head. I couldn’t believe we were doing this, it was spear headed by Becca. She wanted to go after Brian and I pretty much forced her to go to the regional meeting in April.

When I first started this post, I was going to go into details of the conference and all the things we did. Now, as we sit in the car on our way home, I’m not exactly sure how I’m going to proceed.

This weekend was more emotional than spiritual and physical. Seeing all the twins, and yes, they are all still twins, (once a twin, always a twin) was remarkable. There is a connection that singletons just don’t and can’t understand. The twin connection starts early on, in utero, some even say at conception, that was hard to deny this weekend. I realized that twins also bond and connect with other twins because they understand the bond they all shared with their twin. It didn’t matter the age of the surviving twin, someone was able to connect with another. They gave each other “twin” hugs and they shared their individual, unique yet similar stories. Each story was different, some were in utero/early loss, some were cancer, some were accidents (car, swimming), some were murder, some suicide and some were other medical illnesses. Some bonded over the way their twin passed, some bonded over the age they were when their twin passed, and some bonded based on where they live, while others just bonded because they were a twinless twin. Their pain is real. Their emptiness is real. Their loneliness is real. The love they have for each other is real, they become family. Others, even the parents of the twinless twins, can’t understand what they are going through. I have told Becca, many times, that I don’t know what it is like to lose a sibling, especially a twin, but I do know what it is like to lose Ian. Well, the “family” friends she met this weekend, can give her something I can’t and for that I am forever grateful. Becca has already made it clear we are going to the Twinless Twins conference in 2019... so Alabama you are on our calendar.

COLUMBUS, OHIO

2018 TTSGI CONFERENCE









THE 2018 ANGEL AWARD RECIPIENT: JANET BAIRD, TWIN TO MARGARET

By Sandy Goad, twin to Jim



The Angel Award is only given out every two years to a twin who has given exceptional service to other twins and to TTSGI. At the annual conference it is given out at the final banquet. No one knows who it is going to be apart from the TTSGI Board.

Emery Nester, in his writing called *"Together"* said "A man was walking in a wilderness. He became lost and was unable to find his way. Another man met him. "Sir, I am lost, can you show me the way out of this wilderness?" "No," said the stranger, "I cannot show you the way out of the wilderness, but maybe if I walk with you, we can find it together."

Our Angel Award this year goes to someone who has helped many twinless twins "find their way out of the wilderness". She has been holding two meetings in her area since 2010 and a planned social each year in June. In her own words she said, "A meeting is the place to share our emotions and losses, but I believe they are also places to celebrate our successes."

She doesn't realize what a difference she has made in so many twinless twins' lives. A few definitions of an angel are "someone who helps people when they are in need especially when they are going through really tough times... someone who has a heart of gold... a very understanding and gentle human being... they are selfless and try to do the best for others."

Those words describe our Angel award recipient for this year – Our Affiliate member from the United Kingdom, Janet Baird, twin to Margaret.

From Janet Baird, twin to Margaret:



The Ohio 2018 conference was my 6th conference. I first went in 2010 to Detroit and then to Minneapolis, Los Angeles and Tennessee. The 2016 conference was in Detroit again and then this year it returned to Columbus, Ohio. I missed Baltimore in 2014 and Tucson in 2017 due to work commitments. In 2011, I was appointed as the U.K. Affiliate which means I liaise between the two organizations.

On the evening of Saturday, July 14th I had no idea what was about to happen. My roommate Joan had got the Angel Award in 2014. She asked if she could join me for the Banquet dinner and of course I said yes! I'm nervous about social occasions, so I suggested we sat near the back but Joan said she couldn't hear well and propelled me to the front table. We were joined by some other twins and the banquet started.

After dessert, the President of the Twinless Twins Ray Boyle asked my roommate Joan to come up on stage. I had no idea why as she hadn't said anything to me about making a speech. She started talking about a twin who had helped many a twinless twin find their way out of the wilderness. This twin held two meetings a year plus a social. Strange, I thought, same as me! Then Joan read out some quotes about how our meetings are places to share our emotions but they can also celebrate our successes! My words, written after two amazing twins in my group announced they were training to be counsellors! Then I heard Joan announce my name as the recipient for the 2018 Angel Award!

A big roar went up and everyone jumped to their feet! I was in total disbelief so Margaret Daffin, the U.K. twin who lives in Texas came over to support me and take me up to the stage to receive my award. The rest is a blur, but I did give some kind of an acceptance speech as I received a beautiful engraved glass plinth with my name on.

I'm still in disbelief even now but I feel so honoured. After I lost my twin Margaret in 2004 I was in the wilderness. But after the conference in Detroit in 2010, I knew I had a mission. To start my own Northern group for the U.K. Lone Twins Network and to work with both organizations to make life better for lone twins and Twinless Twins on both sides of the Atlantic Ocean. It's not always easy and this last year, I've felt discouraged and tired and I've wanted to give up. I felt as if I wasn't doing enough. But maybe my best is good enough? This award has inspired me to carry on. To try and make a difference to every twin I meet.



KEVIN'S CORNER

By Kevin Mullen, twin to Brian - Twinless Times Correspondent

ONCE A TWIN, ALWAYS A TWIN: MY TWINS DAY FESTIVAL EXPERIENCE

As many of you know, I have been attending the Twins Day Festival in Twinsburg, OH since 2006. On August 1st, Mom and I started our trip to Twinsburg, for the 43rd Annual Twins Day Festival. Over the years there have been several twinless twins who've attended the Festival. Some twinless twins were able to attend the festival with their twin like Lea, twin to Eve, Alice, twin to Anita, and Russell, twin to Ralph. Russell was there again this year with his brother Stanley. It was great to see them.



There are two twinless who attend the festival but they're not currently members in TTSGI, they're Ed Wasko, twin to JJ, and Richie Boudreau, twin to Ralph. Both Ed and Richie went to the festival when their twins were alive and continue to go to the festival to honor their twinships. Ed and JJ started the Twin Bowling, which Ed continues to do with the help of our twin friends/twin Family. I'm Ed's bowling partner on Sunday night when the Twins Festival ends for the year.



Richie Boudreau, twin to Ralph and a set of twins named Harvey and Elliott Caplan started the Reaubs Fund, which raises money selling souvenir photo buttons to raise money to help fund twins to make the Festival each year. The Reaubs Fund is where twins and multiples go to get a picture button made for the year.



Even the Founder of TTSGI, Dr. Raymond Brandt went to Twins Day Festival in the past. I attend the Festival to honor and embrace my twinship, as I know Brian would want me to do. Once a twin, always a twin. I've made so many friends over the years. They don't treat me any different with or without my twin brother Brian by my side.



This year was a special year as two sets of twin friends, Briana and Brittany Deane married Jeremy and Joshua Salyers. Our twin friends Ronald & Donald Hayes did the service. Ed Wakso and Richie Boudreau were among the 10 sets in the wedding party. The double wedding for the Deane and Salyers was taped and will be airing on TLC in 2019. I also knew both sets of Kings and Queens in the Royal Court this year including Dustin and Drew Snyder and Kassy and Karey Kraemer. It was a great year!



WHY I WASN'T AT THE TTSGI CONFERENCE THIS YEAR

By Kevin Mullen, twin to Brian, Twinless Times Correspondent

I'm sorry I wasn't able to make the 2018 conference in Dublin, Ohio. As many of you may know, I was elected President of the Vermont SAR (Sons of the American Revolution). Last year I was a Delegate, so I was able to leave early and make the TTSGI conference which started after the Knoxville SAR Congress. This year the 128th SAR Congress was at the same time as the TTSGI conference and my role as President required me to be at the SAR Congress for voting.



You can see by the picture, I was able to see Matt Vierling, twin to Mark, for a few hours and get caught up. The last time I saw Matt was at the Nashville TTSGI conference in 2015, so I was glad that we had a mini twin gathering in Houston at the 128th SAR Congress.

I hope to be at the TTSGI conference in Huntsville, Alabama next year if the dates line up better and Matt hopes to be there also.

In the picture: Matt, twin to Mark and Kevin twin to Brian.

PARTICIPANTS FOR THE AUCTION/RAFFLE

By Terry Lewis-Foor, twin to Sherry

The Board of Directors would like to thank all of our members for donating auction and raffle items at the conference and for those of you who were present to bid on the live auction and purchase tickets for the raffle items. I think you all will agree that the Saturday evening live auction is not to be missed and is always such a wonderful way to end the conference. As this is our largest fundraiser of the year, we need your support and we certainly had an abundance of it this year. THANK YOU!

TTSGI made a record breaking \$1,780 on the raffle, \$1,180 on the 50/50 drawing, and a total of \$4,956 for silent auction/live auction combined!

We would also like to thank the following people who took time away from the conference to help us out in the raffle, silent auction and live auction. Because of their tireless efforts it made 2018 another successful year for fundraising and we couldn't have done it without them – a BIG SHOUT OUT to: Venice Lacy, Sandra Brown, Margaret Daffin, Lea Eriksen, Dena Stitt, Margaret Gron, Becca Scher and Beth Harrison.

2018 TTSGI CONFERENCE RAFFLE & AUCTION DONATIONS

Larry Adams	Laura Elliott-Sisterson	Michael Karbeling	Alyssa Pratt
Kelly Bailey	Lea Eriksen	Tasha King Hepburn	Cyndi Pratt
Daniel E. Beckman	Kurt Foor	Jan Konya-Grabill	Russell Scott
Julie Belgue	Joan Garcia	Kyle M. Lane	Karla Scanlan
Brandon & Meggy Biss	Jacque Goldman	Matthew Lem	Becca Scher
Joyce Blade	Sam Goldman	Terry Lewis-Foor	Carolyn Shane
Ray Boyle	Margaret Gron	Katy Liest	Emily Slosberg
Rose Cahill	Alejandrina Guajardo	Diane Lorentz	Peter Spanitz
Wilmette Combs	Rosa I. Guajardo	Larry Lynch	Kim Sprott
Cynthia Conforti	Beth Harrison	Jane Malcolm	Dena Stitt
Kimberly Crews	Paul Heiden	Anita Manley	Sunday Thomas
Leslie Cutler	Ami Hoyt	Tresa J. McCann	Stacy White
Margaret Daffin	Caren Hoffman	Laurie Meier	Dr. Camille Wissmann
Susan Doyle	Matt Hughes	Jennifer Niswender	Jacob Yurich
Phillip Drange	Ellen Hunt	Bob Osterholt	
Eduardo Echeverria	Eileen Jensen	Breckinridge Peabody	
(Connor) Elliott Sisterson	Kevin W. Johnson	Sharon Pickford	

Thank you to all who participated in the raffle and silent/live auctions at the 2018 Columbus Twinless Twins Conference. Your generosity and willingness to give is so appreciated. To everyone who bought raffle tickets, thank you. If your name is not listed above, we apologize and thank you.

MY TTSGI CONFERENCE EXPERIENCE

By Janet, twin to Margaret

The 2018 USA Twinless Twins conference was held in Dublin near Columbus, Ohio. I flew out from Manchester to Columbus via Philadelphia on July 11th, so I could attend the Regional Coordinators' meeting on Thursday July 12th, before the conference actually started.

The conference was held in a huge Marriott hotel outside the city. After breakfast the next morning, seven of us met at 9am and our meeting lasted until the Board lunch at 12 noon. We introduced ourselves and talked about our meetings and how we ran them. Also, how to attract more Twins to join our organizations so they could go to face-to-face meetings. Jessica Wickey led the meeting, as our regional coordinator adviser Sandy Goad, was not able to travel to the conference. We got almost through the agenda before our lunch with the Board, where we discussed our ideas from the meeting.

In the afternoon, twins started arriving from all over the USA. The new twins had a first-time attendees' gathering, where Dena Stitt welcomed them and told them about the conference. We collected our conference T shirts and bags and went to a Dessert Reception with the new twins, so we could meet with them and get to know them.

The next morning, we had a group breakfast in the main atrium from 7.30am. Some of us went for the optional Inspirations at 8am. It was prayers and music and very moving. At 8.30am Michelle Getchell welcomed us all and made announcements about the conference. Then it was time for the main keynote speaker Dr. Heidi Horsley, who is a grief counsellor in New York. She isn't a twin but she lost her brother in a road accident when she was 20 and he was 17. She agreed the sibling loss bond was different, but there were similarities to twin loss. Her Keynote speech was titled 'Finding Hope Again After Loss.'

After Dr. Heidi's speech we had the choice of staying in the main room for Self-Introduction time or going to a breakout group on Ten Reasons why Twin Loss is Difficult, run by Dr. Heidi. It was very informative and lively with a lot of vocal feedback from twins.

Then it was time for lunch in the hotel. It wasn't included but the hotel provided a \$12 buffet. After lunch we could stay for more Self-Introductions or

go to the breakout session which was a Resilience workshop, run by Carolyn Shane. It was called 10 Steps to Becoming More Resilient. It was a writing exercise where we were given ten ways of being resilient on a hand out and we had to apply them to ourselves and order them in priority. The ten ways were:

- Find a sense of purpose in your life
- Build positive beliefs in yourself
- Nurture strong support systems
- Embrace change and accept that change is part of living
- Take better care of ourselves
- Teach ourselves to become more optimistic
- Cultivate our spirituality and look for opportunities for self
- Cultivate an Attitude of Gratitude
- Enhance our problem-solving skills
- Reminisce

We then put them in an envelope with our name and address on. Carolyn is going to post them to us in a year's time so we can see our progress!

I then went back to the Self-Introductions session, which was ongoing. The idea is you go up to the front and tell your story. It's not mandatory, but I decided to do it! I wanted to show the new twins that we can manage our loss and achieve, despite it.

Then it was free time and a chance to go out to dinner with other twins. I went to the Amish restaurant about 20 minutes away. It's part of an Amish village set in the lush green Ohio countryside. The food is all local and fresh and they serve hundreds of customers at a time.

Back at the hotel we had a candle lighting ceremony at 10pm outside. It was very moving. The candles were electric and we could keep them. We lit them as we listened to a list of all the Twinless twin conferences held in the past. We had to light our own candle for the year we had first attended and mine was in 2010.

The next morning (Saturday) we had breakfast as a group, optional Inspirations and then had the business meeting. We found out that the next conference is going to be in Huntsville in Alabama from July 11th to 13th, 2019. Also, that the new president of Twinless Twins will be Lea Eriksen, after Ray Boyle steps down in 2019.

We had a choice of breakout groups for the rest of the morning. The choices were Early Loss, New and Raw Grief, Anguish and Anger, Unfounded Guilt, Healing Through Laughter, and for family and friends a session

called For Loved Ones. I went to the one on guilt and it was very powerful and moving.

There were two other twins at the conference who had recently lost their twins to anorexia, and I talked to them both over the three days. This is why the conference is so important. It's a chance to meet other twins and be inspired. Ohio was my 6th conference, so I feel my role is to reach out to new or fairly new twins and to show that the unique connection that we all have as Lone/Twinless Twins is our lifeline.

We then had time for lunch in the hotel or out at a local restaurant, but we had to get back for the Keynote speaker Dr. Heidi at 2pm. She gave us some feedback on the reaction she'd had about her presentation and encouraged us to get in touch with her to share our stories, as she's very interested in twin loss. She works for a company in New York who make tv programmes and podcasts on loss.

The raffle and silent auction results were announced and then it was time for the Memorial Walk. We all signed a large banner with our names and our twin's names. Air-conditioned buses took us to a local park and we walked round the lake for a mile with the banner. It was very hot and one twin was ill, so I stayed with her. But she made it round for the balloon release at the end. We wrote our twin's names on coloured balloons and released them into the air to music. They all floated up into the incredibly blue sky and we stared after them until we couldn't see them anymore.

We got back on the buses and went back to the hotel to shower and get ready for the Banquet. It was held in the largest room in the hotel and we had a lovely hot buffet. Then the awards were given out and to my complete surprise I got an Angel award! I was so shocked I could hardly make it up to the platform to receive it.

After the dinner ended I went to bed and the conference was over. Most left early the next day but my flight to Arizona wasn't until 6pm so my Ohio twin pal came to pick me up for the airport at 3pm. Some of us went to a cafe for lunch first and I was able to talk to some more twins at the hotel.

We drove off to the airport and I felt really sad to be leaving all the twins I'd met. I can't wait for Alabama next year!



BIDING MY TIME

by Sunday Thomas, twin to Cindy

Heart racing
I can't breathe
Overwhelmed with sadness
Since you had to leave
The emptiness controls me
My thoughts running all the time
The "what if's" and "can't believes"
Occupy my mind
No more memories to create
No more "remember when's" to share
I want to reach out and touch you
But you are not there
Life on earth without you
Is definitely not the same
Trying to keep moving
Is like playing a losing game
The mirror makes me sad
As it is your face I see
Someday the image will change
And you won't be looking back at me
I will turn old and gray
As the days and years pass by
You will be forever young
This makes me want to cry
My need to leave this earth
Grows stronger every day
I hold back my desires
Cuz you wouldn't want it that way
I'll strive to make you proud
There's so much more in life to see
I will do my very best
To let you live inside of me
I have never been alone
Without you by my side
This new life I am living
Is such a lonely ride
I wish you didn't leave me
That day I won't forget
I will live this life on earth
Cuz God doesn't need me yet
But please let him know
As I bide out my time
That being together again
Weighs heavy on my mind



2018 MEMORY WALK, COLUMBUS, OH

By Margaret Daffin, twin to Josie and Host of the 2018 Memory Walk

The 10th TTSGI Memory Walk was held at a local park on Saturday afternoon, July 14th. Some of the twins carried the Memory Walk banner, which had been signed by all twinless twins, in memory of their twins. Each year, the Memory Walk is held as a fundraiser for TTSGI and this year we successfully raised approximately \$6,625.

A number of twins raised donations from family and friends:

Kevin Mullen – 2 donors helped him raise \$150

Lea Eriksen – 3 donors helped her raise \$175

Kelly Bailey – 3 donors helped him raise \$325

Leslie Cutler – 6 donors helped her raise \$150

Eileen Jensen – 29 donors helped her raise \$1,605

Margaret Daffin – 30 donors helped her raise \$3,000

Additional donors who made contributions during the conference – \$1,220

Thank you to all twins and support guests who walked and/or supported this wonderful event. See you next year in Huntsville, Alabama.

A special thank you to Linda Burke who, every year, sends out the TTSGI tax receipt letters to our donors.

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

HERE ARE A FEW THAT ARE COMING UP:

- NORTH CENTRAL REGIONAL MEETING - SEPTEMBER 22, 2018 IN MINNEAPOLIS, MINNESOTA
- SOUTHWEST REGIONAL MEETING - SEPTEMBER 29, 2018 IN DENVER, COLORADO
- CANADA/NORTH CENTRAL REGIONAL MEETING (JOINT) – SEPTEMBER 29, 2018 IN THE YPSILANTI, MICHIGAN
- SOUTH CENTRAL REGIONAL MEETING - OCTOBER 20, 2018 IN HOUSTON, TEXAS
- MIDWEST REGIONAL MEETING - OCTOBER 27, 2018 IN PARK RIDGE, ILLINOIS

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

2018 MEMORY WALK DONATIONS

Julie Belgue, in memory of her twin, Martha
Dorothy (Dottie) Bruch, in memory of her twin, Patty Schelly
ExxonMobil Foundation – matching grant from Margaret & Paul Daffin
Joan Garcia, in memory of her twin, Jane DeLaCruz
Jacque Goldman, in memory of her twin, Fredda Gottwais
Ami Hoyt & Family, in loving memory of Angela Hoyt – for Scholarship
Jane Malcolm, in memory of her twin, Joan and Mary George Beyer
Laurie Meier, in memory of her twin, Linda
Sandy Goad, in memory of her twin, Jim
Bob Osterholt, in memory of his twin, Bill
Ruth Osterweis Selig, in memory of her twin, Rollyn Osterweis Krichbaum
Dena Stitt, in memory of her twin, Dean
Camille Wissman, in memory of her twin, Carmen

The following donors gave in honor of Margaret Daffin, in memory of her twin, Josie Wilson

Paul & Margaret Daffin
Beverly & George Yeiter
Daisy Wood
Joyce & David Barr
Jane Borst
Jane & Tim Anderson
Adriana Boretti & Pedro Jaldin
Eleanor Jicha
Elizabeth Woelfel
Phuong Vuong
Terhi & Dale Chambliss
Meggy & Brandon Biss
Lester & Sue Smith Foundation
Betty Yianitsas
Elizabeth & Joe Ivers
Susan & Martin Nusynowitz
Susan & Michael Klaveness
Robert Ducharme
Sharon Michaels
Dr. Robert Porter & Joy Shiller
Joanne & Steve Downes
Tracey & Darrel Smith
Marion & Gary Geer
Elida & Thomas Charitable Fund
Marion & Dick Dare
Jane Kendrigan
Angela McCarthy
Carol Coats
Amelia Tobin

The following donors gave in honor of Eileen Jensen, in memory of her twin, Elaine Moench

Sheryl Somrak
Nadene Anderson
Marilyn Wittrock
Wes Moench
Clifford Pigg, Jr.
Ray & Melba Rader
Barbara Dils
Wes & Doris Riewe
Derol & Nelva Mays
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Zeta Graham
Gean & Marlene Buerer
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Tim J. Jensen
Charlotte Weigel
Richard & Malita Jensen
Elizabeth Dunbar
Don & Cindy Sharman
Eileen Jensen
Marlene & Ted Meincher
John & Barbara Wallace
Evie & Phil Miller
Patsie & Mike DeHuff
Rick & Toni Gunther
Lovie Morris
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2018 MEMORY WALK DONATIONS

The following donors gave in honor of Lea Eriksen, in memory of her twin, Eve Eriksen Richards

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The following donors gave in honor of Kelly Bailey, in memory of his twin, Kim

Feri DiSera
Dan Dixon
Kelly Bailey

I apologize if your name is not shown and you gave a donation for the Memory Walk – contact Margaret Daffin, medaffin@aol.com

SAVE THE DATE: 2019 CONFERENCE

Twinless Twins 2019 Conference to be held July 11-13, 2019 in Huntsville Alabama.

Please note that a special early bird rate will expire by March 1, 2019 so watch for registration details and more information to follow on January 2.

From a Twinless Twin who attended the Conference: “It was a wonderful feeling to be surrounded with so many twins who truly understand my loss, my emptiness, my pain, and every single feeling that I have. I truly felt like a twin again. Though my twin is gone, I felt connected as a twin to all of them.”



THE WASHINGTON POST ARTICLE

by Ruth Selig, twin to Rollie and TTSGI Board Member Emeritus

The Washington Post published the article shown below on May 29, 2018. It is reprinted by *Twinless Times* with permission from the editor of the Health and Science section of the Post. The online version of the article includes hyperlinks to supporting materials and further resources and can be found at:

https://www.washingtonpost.com/national/health-science/years-ago-when-my-twin-got-breast-cancer-i-took-drastring-action-and-am-grateful-i-did/2018/05/25/5910c354-5238-11e8-9c91-7dab596e8252_story.html

BACKGROUND TO THE WASHINGTON POST STORY



My article (“Years ago when my twin got breast cancer I took drastic action and am grateful I did”) began as a long “letter” to an author who previously had written an article for the Post’s Health and Science section about her decision to have prophylactic breast surgery. That earlier article (“Given My Genes, Should I Get A Double Mastectomy?”) was published on March 20, 2018.

I thought this earlier article was negative and discouraging and it made me want to present a different view, an optimistic and positive account of my own experience since I felt so strongly that genetic testing had saved, not ruined my life. I thought the other article damaging, and I wanted to do something about it.

I submitted my letter to the editor of the Health and Science section. At first, I heard nothing, but eventually the editor sent me an email explaining that they don’t publish responses to their articles nor do they print letters to the editor. At the same time, she invited me to submit a new, stand-alone essay that would present my alternate view using my own experience.

My article resulted from that challenge although it went through several different versions. The article was the most difficult piece of writing I have ever done. When I had a version I thought they would accept for publication, I sent it to my twin sister’s son Steven and to my children, Bill and Deborah. I told them I would not publish it if they did not want me to do so. All three of them loved the piece and encouraged me to submit it for publication. After the article was published, I received many emails praising the article and saying it would save lives.

I have no doubt that Rollie would have wanted the article published and that she would have been proud to have her voice and words an important part of the story. Rollie published several articles about her struggle with cancer and the excellent healthcare she received in Detroit. Through this Washington Post article, Rollie’s words continue to live and to help others; what better legacy could there be?

YEARS AGO WHEN MY TWIN GOT BREAST CANCER I TOOK DRASTIC ACTION AND AM GRATEFUL I DID

By Ruth O. Selig

Nearly 40 years ago, when prophylactic double mastectomies did not generate the reassuring headlines they do today, I had both of my breasts removed. It was a decision that began in tragedy and fear but unfolded into health and healing.

It was the right decision, and I want to explain why.

Today genetic testing offers information indispensable to making informed medical decisions about treatments

and risk reducing options. Not all breast cancers are hereditary (10 percent or less). But for patients at high risk because of family history or genetic make up, such information can be lifesaving.

In 2000, 20 years after my breast surgery, I had the BRCA test. The report from Myriad Genetic Laboratories Inc. stated that I tested positive for the deleterious mutation BRCA2 that “may confer as much as an 84 percent lifetime risk of breast cancer and a 27 percent risk of ovarian cancer by age 70.”

In the fall of 1980 when I made my decision, I knew nothing about BRCA mutations. Angelina Jolie was probably starting kindergarten. The BRCA genes (for BReast

Cancer) were discovered in 1990, but it was several years more before scientists connected their mutations (BRCA1 and BRCA2) to cancer risk. Myriad Labs offered the first BRCA genetic testing in November 1996.

Reproductive cancer made its first awful appearance in my family in May 1979. My identical twin, Rollyn Krichbaum, told the story in an article published in the spring 1981 issue of Wellesley, the college alumnae magazine:

Who could be more blessed than I? I had everything I'd ever wanted, a terrific husband, great kids, stimulating job, and an adorable eighteen month-old baby. I also had a twinge in my right breast. My doctor was alarmed... and five days later - May 11, 1979 - I was on the operating table.

Rollie's radical mastectomy at age 37 included removal of her mostly malignant lymph nodes and the beginning of almost three years of struggle. As our lives bifurcated, the looming specter of breast cancer terrified me as I breast-fed my own baby, born one month after Rollie's mastectomy. Doctors told me nursing might reduce my cancer risk, a belief supported by recent research.

On April 1, 1980, the fast-growing cancer reappeared in her bones, and Rollie began a diary to help her, as she wrote, "bring half a life to a fully rounded conclusion":

Although it seems unbearably cruel that I should have become a victim of a terminal disease so early in my life, I feel I was given enough time to fulfill many of my dreams and goals.

While hoping for the best, she prepared for the worst, reaching an extraordinary level of peace:

I don't seem to be afraid of death anymore... Now it seems like a very natural thing once the body can go on no longer.

BONE MARROW TRANSPLANT

Rollie's doctors broached a long-shot experiment - a transplant of bone marrow from me. She was ecstatic:

I have just had the most marvelous thought filling me with the first rays of hope - being an identical twin may save my life... Ruthie would keep me alive and I could live years more.

To prepare for a possible transplant, Rollie's doctors in Detroit asked me to visit specialists in my home town of Washington to make sure I didn't have breast cancer. My OB/GYN had responded negatively to my earlier request for semiannual breast exams. I decided to find a new OB/GYN and consult general surgeons specializing in breast cancer.



Two surgeons found nothing but recommended (partial) breast reduction, then believed to lessen breast cancer risk. Sibley Memorial Hospital surgeon Peter Petrucci recently told me, "I am glad you ended up with prophylactic mastectomies; breast reduction has not been shown to be associated with cancer risk reduction."

The third surgeon I consulted in 1980, William Feller (now deceased), thought he felt something suspicious. In September he removed two small lumps in my right breast where my twin's initial malignancy had occurred. Mercifully, they were benign.

After this scare, I desperately wanted to live. A friend suggested I call her brother-in-law, San Francisco medical oncologist Brian Lewis. He urged me to undertake a rare operation being done for high-risk but otherwise healthy women: a prophylactic bilateral mastectomy and reconstruction.

Feller hesitated and wanted to consult colleagues at Houston's MD Anderson Cancer Center. Their judgment: My having an identical twin with breast cancer put me at extremely high risk; they supported the operation. My prophylactic double mastectomy with reconstruction may have been the first of its kind in the D.C. area; it certainly was Feller's first.

He recommended plastic surgeon John Little, who had recently performed a bilateral reconstruction following a single prophylactic mastectomy. The patient had had breast cancer and a single mastectomy five years earlier.

My cousin, psychiatrist David Scharff, told me about his friend Shelley Levi, who had had breast reconstruction. David suggested I call Shelley to learn about her experience. In an amazing coincidence, she turned out to be the patient Feller had mentioned. In her Bethesda

living room, she told me about her 1974 breast cancer and her decision five years later to ask surgeons Petrucci and Little to perform a single prophylactic mastectomy and a double reconstruction, which she proudly showed me by lifting up her shirt.

I remember my words exactly: “You look like a Playboy bunny. If I could look like that and never worry about breast cancer again, I would have the operation tomorrow.”

FIRST PROPHYLACTIC SURGERY

On November 3, 1980, I underwent an eight-hour operation for both breast removal and reconstruction. Feller visited me all five days in what is now MedStar Georgetown University Hospital. I had no complications, one blood transfusion, and drains. While my chest felt tight, relief and optimism lifted my spirits.

The plastic surgeon said, correctly, the scars would fade and the tightness would diminish. A 36C bra replaced my 38DD. The silicone implants, placed underneath my muscles, skin and veins, remained soft. An outpatient surgery several months later completed the cosmetic creation of nipples. My health insurance covered all the costs.

Emotionally, survivor’s guilt replaced crippling fear. Rollie never told me her reaction to my surgery, but years later I read her diary entry for Jan. 17, 1982:

I find it hard to be with Ruth now... I know she must bear terrible guilt about me but... all I see is her cute new figure and the fact that she has a future.

Rollie wrote these words three weeks before her death, three months before our 40th birthday, and 14 years before the first BRCA test.

In late January, Rollie’s doctors ruled out the bone marrow transplant; it couldn’t be done safely, they said. She was devastated but bravely asked to move to palliative care. On Feb. 4, 1982, she ate ice cream in the morning while visiting with her husband and children and, in the afternoon, no longer able to talk or even squeeze our mother’s hand, she quietly slipped away.

SECOND PROPHYLACTIC SURGERY

In 2000, during my semiannual pelvic sonogram, my OB/GYN Thomas Magovern discovered a uterine polyp. A biopsy proved negative, but the polyp needed removal. Would I choose a D&C or a hysterectomy? The BRCA test was ordered and came back positive for BRCA2. By then several other family members had been treated for prostate, uterine or ovarian cancer. Magovern gently explained: “Your reproductive organs gave you two beautiful children; now they primarily represent risk.”

I chose an oncology surgeon to remove my uterus, cervix, ovaries and fallopian tubes while also looking for any precancerous tissue, which he did not find. Since I had no history of cancer or reproductive organs, I began a daily low dose of estrogen. Within a month, my mood smoothed out, hot flashes disappeared, and renewed energy and deep sleep returned. Long separated and now divorced, within the year I began dating the man who would become my life partner the past 15 years.

TWIN STUDIES

In recent decades, research helped confirm my earlier decisions. Twin studies compare disease incidence in identical and fraternal twins, using huge data sets of twin pairs. Twins provide a natural laboratory for estimating the comparative influence of genes and the environment, information relevant to all people, not just twins. Twin studies give us statistics on the genetic risks of diseases such as diabetes, coronary heart disease, stroke or cancer.

One study, for example, estimated individual risk for 23 different cancers using data on 200,000 twins in Denmark, Norway, Sweden and Finland.

Researchers estimated that when one fraternal twin was diagnosed with any cancer, the co-twin’s risk of getting cancer was 37 percent; among identical twins, the risk jumped to 46 percent. This statistic underscores the high risk of anyone whose identical twin has cancer. For a twin with a BRCA mutation, the risk for breast and ovarian cancer is much higher.

The study also showed that some cancers carry higher genetic risks than others, for example, skin melanoma, and the reproductive cancers (prostate, ovarian, breast and uterine).

It is because I am an identical twin that I will always believe that my sister saved my life. Had Rollie and her doctors known about our genetic mutation and our family’s subsequent reproductive cancers, how different her life - and mine - might have been. It was my twin’s bravery in facing her tragic illness that helped me take proactive steps to minimize my risks. I still think about my twin sister every day, knowing that only one of us could live to see all of our children grow to adulthood.

Selig is writing a memoir about identical twins. She currently serves on the board of the Twinless Twins Support Group International and recently retired from a 35-year career at the Smithsonian Institution. Seligruth@gmail.com

BOOK REVIEW: ACCIDENTAL BROTHERS THE MOST UNUSUAL TWIN STORY I EVER HEARD

By Ruth O. Selig, twin to Rollie

A new book by Nancy L. Segal (TTSGI Keynote Speaker, 2009 Annual Conference, Denver) offers one of the most unusual twin stories I have ever heard. Segal, herself a fraternal twin, has spent her professional life studying twins (and twin loss) and her books, based on scientific research, are filled with fascinating stories that make them accessible to a general audience. Segal is currently Professor of Psychology at California State University, Fullerton, and Director of its Twin Studies Center, which she founded in 1991. (<http://drnancysegaltwins.org>).

Accidental Brothers: The Story of Twins Exchanged at Birth and the Power of Nature and Nurture (St. Martin's Press, 2018) tells the gripping story of two sets of identical twins, born in Colombia, South America, who grew up as fraternal twins, despite their having no biological relationship to one another. How is that even possible?

Three of the four babies involved were being cared for in the same hospital in Bogotá. Two were newborn identical twins born in that hospital. The third baby, an identical twin born in a rural hospital in Vélez, was brought to the Bogotá hospital by the baby's grandmother because he needed advanced medical care. She left her grandson at the hospital and returned home to the countryside. One week later, the baby's maternal aunt, who lived in Bogotá, went to the hospital to take him back home to the countryside to his mother and twin brother.

Through circumstances still not fully understood, the baby the aunt brought back to the rural countryside was NOT her nephew, not the baby born in Vélez. Instead the baby taken back to the countryside was one of the pair of twins born in the Bogotá hospital. The aunt's nephew, along with the other remaining twin, were taken home by the other twin's unsuspecting family who lived in Bogotá.

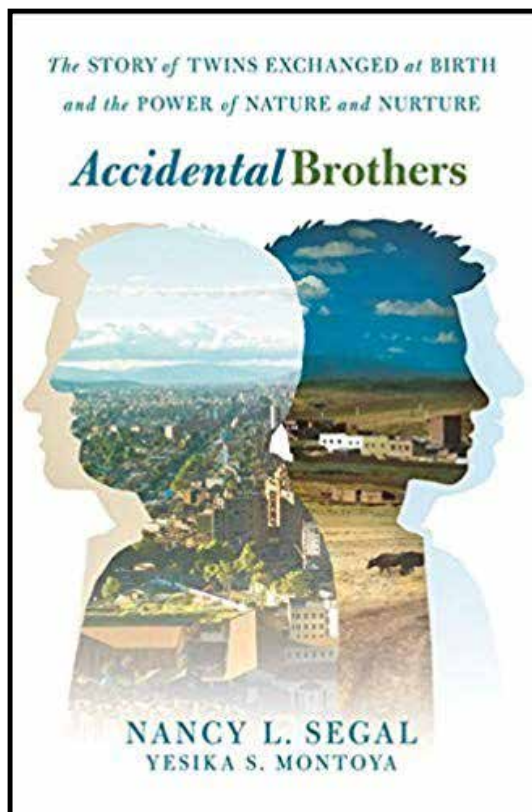
The book explains in detail the creation of these two sets of "accidental brothers," describing their different experiences growing up. Written much like a mystery story, the book lets the facts unfold as the two pairs of identical twins find one another at the age of 25.

The book's structure helps the reader understand this complicated story. A Prologue sets the scene, followed by two chapters describing each set of "fraternal twins." William (born in Bogotá) and Wilbur grew up in a remote, rural setting in La Paz (outside of Vélez), in a house with no electricity or indoor plumbing. This remote area offered little opportunity for education beyond the 5th grade. Carlos (born in Vélez) and Jorge grew up in Bogotá, with education through high school and college. The narrative explains how the four twins eventually find one another, after a young woman thinks she recognizes a work colleague who appears to be simultaneously working as a butcher in a Bogotá meat market. When he does not recognize her, she realizes he could be her colleague's identical twin brother. Months later and after some sleuthing using photographs and social

media with each young man and the "fraternal twin" he grew up with, the mix-up of these two sets of identical twins becomes clear.

The book is co-authored with Yesika S. Montoya, who was born in Bogotá and is the Associate Director of Advising at Columbia University's School of Social Work. Montoya first brought the story to Segal's attention after hearing about it on Colombia's private national television network. The international media's response led to Segal's involvement first with a July 2015 New York Times' Magazine story, "The Mixed-Up Brothers of Bogotá" (<https://www.nytimes.com/2015/07/12/magazine/the-mixed-up-brothers-of-bogota.html>), and eventually to two research trips that Segal took to Colombia, one with Montoya. They met with the twins, and retraced with them the arduous journey to the remote area where William and Wilbur grew up.

Segal's psychological and physical measurement tests demonstrated the ways in which the identical twins were more alike than the "fraternal twins" with whom they were raised, although differences were also detected



and documented. She studied their resilience and self-esteem in the face of their extraordinary life journeys. The final chapter, "Twins, Pairs and Pedigrees," is one of the book's strongest, detailing the four twins' reactions once their true relationships were discovered.

The book concludes on an optimistic note. Now living in Bogotá, William has been able to advance his education, entering law school and planning to run for political office. William's identical brother, Jorge, who had so many educational advantages, has recently dedicated his energy to helping his identical twin William pursue his dreams. Carlos, who grew up in Bogotá despite his biological parents living in rural La Paz, has grown ever more grateful for the advantages he had growing up, while at the same time, he is creating new bonds with his rural biological family. The two twins who grew up where they were born, Jorge in Bogotá and Wilbur in La Paz, appear to have had the least stress adapting to the changes in their lives.

Because Segal's specialty is twins, including her researching all of the seven, other switched at birth twin pairs, she describes in this book many facts and insights about twins. For example, she explains how scientists prove if twins are identical, using DNA testing available since 1986, but also the contributions of fingerprints, birth records, body measurements, and sophisticated

blood testing. She also notes that only 2/3 of identical twins share a placenta, while the other 1/3 have separate placentas just like all fraternal twins.

Segal has known many twinless twins, and continues to offer twinless twins the opportunity to participate in an ongoing study of twin loss. To participate, access the Twin Loss Survey by clicking on <http://drnancysegaltwins.org> and scroll down to the red box on the lower left side. There you will see a list of current studies; click on the link to the study of twinless twins.

For readers interested in learning more about twins, Segal's other books, also described on the website, include the 2017 *Twin Mythconceptions: False Beliefs, Fables, and Facts About Twins* (Elsevier, 2017) that details recent research and explains various kinds of misinformation, offering reality checks and scientific facts about twins. Several of Segal's books focus on twins separated at birth, including: *Born Together-Reared Apart: The Landmark Minnesota Twin Study* (Harvard University Press, 2012); and *Someone Else's Twin: The True Story of Babies Switched at Birth* (Prometheus Books, 2011). For basic information about twins, Segal's first two books are still considered classics: *Indivisible by Two: Lives of Extraordinary Twins* (Harvard University Press, 2005), and *Entwined Lives: Twins and What They Tell Us About Human Behavior* (Dutton, 1999, Plume 2000).

EMBRACE

by Jennifer Rudd, twin to Janet

Oh, how I love this word. The first week of July I met a public-school friend for lunch. What is the first thing we do...give each other a big hug. When she draws a picture in my birthday card, the three of us have our arms around each other.

I remember when I went to Minneapolis for a regional gathering, I barely made it in the door before getting hugs from two twins who had been waiting for me. There are differences in each hug...the joy of seeing a friendly face and to comfort someone.

I have had a lot of losses in a short amount of time, so I had to embrace change. It was hard because I don't like change. I had to embrace the person that I had become and hope that other people would too. That's why I hold on to the friends that I can be open and honest with. And I embrace the ones that make me laugh.

When I go out with my friend I also have to embrace the goofiness. At the same time, there will be times when I feel sad at these moments too, because Janet isn't there to share in it. I know that she is with us in these moments and smiling.



NORTHEAST (NEW YORK/NEW JERSEY) REGIONAL GATHERINGS

By Carolyn Shane, twin to Cary



NEW YORK GATHERING - On Sunday June 10, 2018, we held our New York area sub-group meeting at the home of Steve Bergman. We met at 12:00 pm for munchies, sandwiches, beverages and conversation. Attending were six twinless twins and four supporters. The weather was glorious, and we ate and chatted outside on the patio beside the pool for almost an hour. Five members had been to prior meetings and one member was attending her first meeting, although she had previously met with two of our members for lunch, shortly after she first contacted us.

The formal meeting started with a recitation of the ground rules. Our group lit a candle to memorialize our twins. Sandy started with an opening poem/prayer called "The Gift of Memory" by Evelyn Mehlman and a reading, "He/She is Gone" with an uplifting message of support for survivors of a tragic loss. Nancy Bergman then read a moving prayer. Sandy discussed the upcoming national Twinless Twins conference in July in Dublin, Ohio. We then went around the group, with each member talking about their lives with their twin, how their twin died, their uniformly profound sense of loss and the lasting impact the loss of each twin had on their lives.

After each twinless twin had spoken, we then broke for some more munchies, beverages and informal conversations. After this relaxing break we resumed the formal meeting. Each person who spoke held a stone which was then passed to the next person who wished to speak. The topic was, "Letting go and getting on with life". The questions posed were, "When you are having a hard time, how do you deal with it? Also, how to go about with our daily lives?" Each twinless twin had their own unique answer to these questions and expressed their unique approach to their loss and current life.

The formal meeting ended after each twin spoke at length. Steve then served as a master chef, turning out platters of freshly cooked hamburgers and hot dogs just after we posed for our group photo.



NEW JERSEY GATHERING - On Saturday, June 16, 2018, we held the New Jersey sub-group meeting at the home of Carolyn Shane. Our get-together began at 12:00 noon with a light lunch and drinks with everyone bringing munchies and sweets galore. No one left hungry!!

There were nine members in attendance; two first-timers, two who attended their 2nd meeting and one who joined and attended meetings during Dr. Brandt's life-time. The remaining four have been attending meetings for years lending support to one another and new twinless twins.

The meeting began, as has become our tradition, with lighting of a candle to memorialize our twin, a non-religious blessing and a review of meeting guidelines, the purpose of our organization and our need to support it and information concerning the upcoming annual conference. Everyone had an opportunity, and everyone did, as we went around the room to share his/her twin story, taking whatever time each person needed. Afterwards, we took a 20 minute break for more snacking and informal conversation.

We resumed our meeting with a program led by Susan Riddle. Susan distributed notecards to each person. On each card everyone was asked to write a happy memory of their twin beginning with their childhood; writing from 3 to 5 notecards per person. When everyone finished, each person shared a memory going around the circle until everyone shared all of the memories written, plus more. The room was filled with much laughter and many "us too's." Many thanks to Susan for a great upbeat program enjoyed by all.

The meeting ended with everyone joining hands as a quote by Joshua Loth Liebman entitled, "We should learn not to grow impatient", was read. The candle was extinguished with hugs all around.

"We should learn not to grow impatient" by Joshua Loth Liebman

"We should learn not to grow impatient with the slow healing process of time. We should discipline ourselves to recognize that there are many steps to be taken along the highway leading from sorrow to renewed serenity and that it is folly to attempt prematurely to telescope and compress these successive stages of recuperation into a miraculous cure. We should not demand more of ourselves than nature herself will permit. We should anticipate these stages in our emotional convalescence: unbearable pain, poignant grief, empty days, resistance to consolation, disinterestedness in life which gradually give way under the healing sunlight of love, friendship and social challenge, to the new weaving of a pattern of action and the acceptance of the irresistible challenge of life."

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

LONE TWIN NETWORK SOCIAL AT HETTIE'S CAFE

Nine of us met at Hettie's cafe in Skipton on the last very hot Saturday in June. This year we met at 1.30pm to allow for last food orders at 3pm. I arrived early as did several other twins, so we had a coffee and starter of cake downstairs. By 1:15pm we were all seated upstairs in the window overlooking the High Street and the church. David Roberts, the manager, was away but we were beautifully looked after by the staff. Orders varied from triple vanilla ice cream to a roast beef sandwich with chips, so we were a tricky group. We worked our way through four bottles of water and at least 12 cups of coffee and pots of tea. Not to mention the raspberry pavlova!



Hettie's is a social, not a meeting, so conversation ranged from catching up with each other, looking after puppies and holiday plans! But we did talk about counselling and how valuable it can be if you are lucky enough to find a good one.

Several familiar faces were missing either because of illness, family commitments or other engagements. But it was such a lovely time and as we waved each other on the pavement outside, I felt sad to say goodbye. In between trains at Leeds on the way back, a friend phoned with the news that Ann Worthington from our group had died that morning. We'd all signed a card for her at Hettie's. We knew she was very ill but it was such a shock. She will be much missed.



NEW AND RETIRING BOARD MEMBERS

THANK YOU TO DENA STITT, TWIN TO DEAN

TTSGI would like to thank Dena Stitt, twin sister to Dean, who is retiring from the board after serving for 17 years! Dena Stitt has been a member since she met Dr. Brandt in 2000. Dena lost her twin Dean at the age of 2 and when she met Dr. Brandt he gave her back her twinship. She served as TTSGI's first president in 2001 following the death of Dr. Brandt and has made invaluable contributions to TTSGI over the years. Fortunately, Dena will continue to serve as a Board Member Emeritus and provide advice to help guide the board. We want to thank Dena for her service to TTSGI.



WELCOME TO NEW BOARD MEMBER JANICE KONYA-GRABILL, TWIN TO HAL

Jan stumbled upon TTSGI soon after her twin brother Hal died in 2014 of a traumatic brain injury he suffered twenty years earlier. Jan is happily married to Dennis and together they have five children between them, all now grown. Jan graduated law school in 1997 and has been clerking for a Federal Magistrate Judge working exclusively on his death penalty cases for the past 18 years. Jan lives in Saint Paris, Ohio. TTSGI has enabled her to achieve high levels of happiness and joy while keeping her twin at the center of her life, even in his absence.



TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

2018 DONATION FORM

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

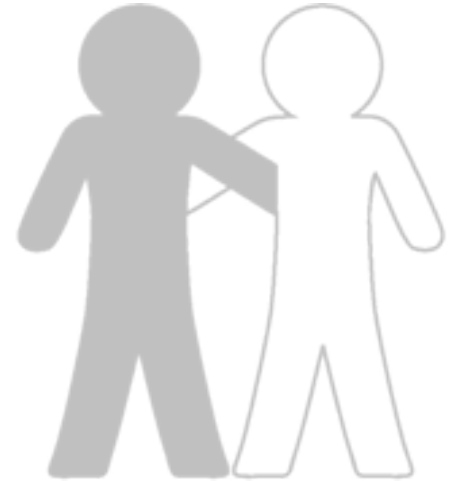
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P.O. Box 980481
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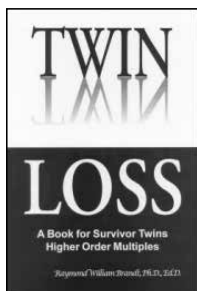
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Twinless Twins, Inc. is a 501(c)3 nonprofit tax-exempt organization and your donation is tax deductible within the limits of the law.



“TWIN LOSS”

By Raymond W. Brandt, PhD

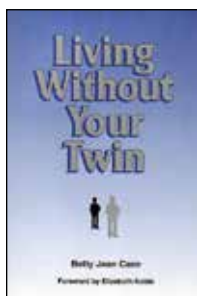
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

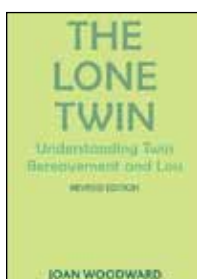
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael’s death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

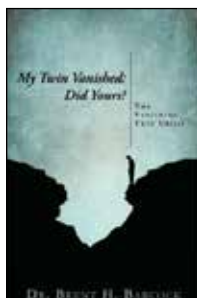
TTSGI receives a donation each time one of author Betty Jean Case’s books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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



“THE LONE TWIN: A STUDY IN BEREAVEMENT AND LOSS”

By Joan Woodward

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



“MY TWIN VANISHED DID YOURS?”

by Dr. Brent Babcock

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

TWINLESS TWINS SUPPORT GROUP, INTERNATIONAL™

BOARD OF DIRECTORS

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Lea Eriksen – Vice President (2021)

Janice Konya-Grabill – Director (2021)

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Venice Lacy – Secretary (2020)

Margaret Daffin – Director (2020)

Terry Lewis Foor – Director (2021)

Bob Osterholt – Director (2020)

Becky Sehenuk Waite – Director (2019)

Board Emeritus: James “Renie” Hallford

Board Emeritus: Ruth Selig

Board Emeritus: Dena Stitt

EXECUTIVE DIRECTOR

Michelle Getchell

P.O. Box 980481
Ypsilanti, MI 48198

contact@twinlesstwins.org

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 and she will mail it to you. Please note that the holiday issue will still be mailed to everyone.

WRITE FOR THE TWINLESS TIMES NEWSLETTER

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

Submit to: twinlesstimes@yahoo.com

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

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

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

NEWSLETTER ARTICLE SUBMISSION DEADLINES

Spring Issue: February 10th

Summer Issue: May 12th

Fall Issue: August 11th

Winter Issue: October 20th

Submissions should be emailed to:
twinlesstimes@yahoo.com

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

LIST OF REGIONAL COORDINATORS – 2018

PLEASE USE CONTACT@TWINLESSTWINS.ORG TO CONNECT WITH YOUR REGIONAL COORDINATOR.

UNITED KINGDOM
JANET BAIRD
AFFILIATE MEMBER

AUSTRALIA
TOM ROSE
AFFILIATE MEMBER

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AMI HOYT

- Alberta
- British Columbia
- Manitoba
- New Brunswick
- Newfoundland
- Nova Scotia
- Ontario
- Prince Edward Island
- Quebec
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- Maine
- Massachusetts
- New Hampshire
- Rhode Island
- Vermont

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ALIA LIZOTTE

- Delaware
- District of Columbia
- Maryland
- Pennsylvania
- Virginia
- West Virginia

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- Florida
- Georgia
- North Carolina
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- Iowa
- Michigan
- Minnesota
- Nebraska
- North Dakota
- South Dakota
- Wisconsin

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SARAH BEEBE

- Illinois
- Indiana
- Kentucky
- Missouri
- Ohio

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• POSITION OPEN •

- Arkansas
- Louisiana
- Mississippi
- Oklahoma
- Tennessee
- Texas

SOUTHWEST
• POSITION OPEN •

- Arizona
- Colorado
- Kansas
- New Mexico
- Nevada
- Utah

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• POSITION OPEN •

- Idaho
- Montana
- Wyoming

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• POSITION OPEN •

- Alaska
- California
- Hawaii
- Oregon
- Washington