

TWINLESS TIMES

WINTER 2019

HELPING TWINS WHO
HAVE LOST THEIR TWIN



PRESIDENT'S CORNER

Dear Twins,

As I write this, I am reflecting on last month, which was the 16-year anniversary of my twin's death. When I lived in Ohio, I used to take the day of Eve's "angelversary" off and spend it with my family visiting Eve's grave. Well since I moved to California five years ago and took a demanding job, I stopped taking it off and just worked through it. This year I have been very busy at work at an even more demanding job. At work, I send my team leadership articles from time to time for personal development and growth, and so last week I chose to share an article that I am sure you all can empathize with.

It is a LinkedIn article called "It's later than you think" by J.R. Storment, which tells the heart wrenching story of an executive who learns the importance of taking time off for family, but only after losing one of his twin sons suddenly. After reading the story, I realized that I needed to honor my twin and my family and not work so much, so in my email transmitting the leadership article, I revealed to my entire department about the upcoming anniversary of my twin's death and how I planned to leave early and to spend some time with my mom that day remembering my twin. Anyway, I felt a bit vulnerable sharing that with the entire department, but I got a lot of lovely responses back via email and in person. I did leave early that day and was met with a bunch of reassuring smiles as I left for the day. That was affirming.

Anyway, you can google the article to read it, if you are up for it since it could be triggering to many twins, but besides the work/life balance part of the message, the other part that stuck with me is where he realizes that "work is love made visible", but that there needs to be balance that lets us offer our gifts to the world but not at the cost of self and family. This is very true and what I find so great about our work for Twinless Twins, is that it does involve both showing our love and sharing our gifts, with also spending time with family... our twin family!

As I write this, the board is getting ready to meet for our winter board meeting where we will go over our strategic plan and the results of the 10-year visioning exercise conducted at the last conference. Our regional coordinators are hard at work hosting numerous regional gatherings. Our Facebook moderators are welcoming and tending to the ever-growing Facebook membership. And I also just found out again that generous twins are agreeing to match year-end donations dollar for dollar in our annual "double the donation" campaign. There is so much love and generosity in this organization, and I am so thankful to be a part of it. I am especially thankful for all the twins who have reached out and supported another twin. That is who we are and what we do. As we embark on the holiday season, which is a difficult time for many twins dealing with bereavement and loss, this is a good time to be kind to yourself, to check in on each other, and to know that you are not alone.

Lea Eriksen, President



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THE EMPTY CHAIR

by Sandy Goad, twin to Jim

WE REMEMBER THEM

The Merriam-Webster Dictionary defines remember as “to bring to mind or think of again”; “to retain in the memory”. This fall I spent some special time “remembering”. I had the opportunity to visit Wellsville, NY – a small town on the Pennsylvania border where Jim and I were born 72 years ago. I spent my time there going by the hospital where we were born, the theater where we stepped out on stage in a fashion show at age 4, the church where we were baptized, and the house where we had lived! Unfortunately, our school and the swimming pool, where we took our first lessons to swim on chilly mornings in New York, had been torn down long ago.

The “icing on the cake” was discovering that our old neighbors were still living next door to our house. We had moved there in 1957! We spent our time together sharing pictures of Jim and me from their scrapbooks and recalling stories of us as small children. We even got to eat at a local diner that was actually there at the time we lived there.... so many memories!

Grief is not about forgetting the person who has died, but about finding ways to remember them. Remembering brings healing. When someone dies, our feelings for them and the memories of them stay alive inside us. By taking an active part in creating ways of remembering, you can turn those memories into your most prized possessions.

We can try to ignore the signs that winter is coming and with it the holidays, but we know winter will come and so will the holidays. In the middle of the traditions of food, family and friends, and all the activities associated with the holidays, we have an empty chair, but I hope that each of you will be able to find moments to remember the life you

shared with your twin. Be gentle with yourself whatever the holiday season brings and may your holidays be filled with reasons to be thankful. Having loved and been loved is perhaps the most wondrous reason of all.

We Remember Them is perhaps one of the most famous readings found in the Jewish liturgy touching Jews and non-Jews alike. We often read it during our candle-lighting ceremonies at our regional meetings. Maybe you will find an opportunity to read it at your family gathering.

WE REMEMBER THEM

In the rising of the sun and its going down,
We Remember Them.
In the bowing of the wind and in the chill of
winter,
We Remember Them.
In the opening of the buds and in the rebirth
of spring.
We Remember Them.
In the blueness of the skies and in the
warmth of summer,
We Remember Them.
In the rustling of the leaves and in the
beauty of autumn.
We Remember Them.
In the beginning of the year and when it ends,
We Remember Them.
When we are weary and in need of strength,
We Remember Them.
When we are lost and sick of heart,
We Remember Them.
When we have joys and special celebrations
we yearn to share,
We Remember Them.
So long as we live, they too shall live, for they
are part of us.
We Remember Them.

HOLIDAY GIVING – GIVING SO THAT OTHERS MAY RECEIVE

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

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

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

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

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

Again this year, we are fortunate that anonymous donors of TTSGI will generously match all year-end donations received, so please give, knowing that your donation will be doubled for TTSGI.

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

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

In Gratitude – Margaret Daffin, Fundraising Coordinator



DOUBLE
the **DONATION**
Giving with the power of two!

Right now, through the generous gift of an anonymous supporter, any donation received will be matched, dollar for dollar! If you give \$100, it turns into \$200!

Every gift, no matter the amount, will be used to help support hurting twinless twins around the world.

Make a donation today by visiting 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.

2019 DONATION FORM



TWINLESS TWINS
Support Group INTL.

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

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

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

(Alternatively, you may make your donation online at www.twinlesstwins.org and use the DONATE button.)

Designate Funds – please check one:

- General Fund Conference Assistance Fund
 Scholarship Fund Matching Gift

CONTACT INFORMATION:

Name _____
Address _____
City _____ State _____ Zip Code _____ Country _____
Phone No. _____ Email _____

PAYMENT OPTIONS:

Amount of Donation: \$ _____
Canadian twins should send money orders in U.S. funds only

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

Name of matching company _____

Recognition for the Newsletter _____

Name on Credit Card: _____

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

Credit Card Number: _____ (no dashes or spaces)

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

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

TTSGI GUIDING PRINCIPLES: YOU ARE NOT ALONE

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 Winter Edition will focus on the second one:

YOU ARE NOT ALONE – Twinless twins need to be heard and to know they are “not alone” in their feelings. Every twinless twin has a history and a story to tell, a sorrow to express, a pain to endure, a twin to remember, and a life to continue to live. TTSGI encourages the sharing of stories and feelings in a mutually supportive environment without judgment or unsolicited advice. Members of TTSGI offer compassionate listening and emotional support for sharing and telling these stories. Information shared among twins is held in confidence in mutually supportive group settings.

Below is a story of a twin that illustrates what it means when you are not alone.

YOU ARE NOT ALONE

Dawn Barnett, twin to Daryl

October 12th is coming up which is my angelversary, then by the time you read this, Daryl and I would've had our 72nd birthday on December 12th. It seems like it has been such a lonely life even with all of the things I've been able to do throughout my life - raised four sons who have families now, have earned awards in my sports activities (bowling, tennis, auto crossing, golfing) and worked in the legal field which I truly enjoyed.



I had never known or spoken to a twin who had lost their twin until I saw Dr. Brandt on a TV talk show around 1992. They gave a telephone # for him before the end of the show and I called him. It took over 45 years for me to feel all alone as until then I didn't think about others like me being out there. The rest is history - I got to know Dr. Brandt and Miriam, and Miriam on occasion still calls or emails me. I became a regional coordinator after the regions were

I say lonely because I say my life has been like being in a room full of family and friends yet feeling all alone. Like you're at a social gathering and feel out of place. Since Daryl died at 10 months, we didn't even get to have our first birthday cake so I have never had a cake with both of our names on it. Being a twin for me was not anything special, it only brought sadness and questions of why and what “if's”. I have questioned God many times asking why were we born twins yet didn't get to be with each other past 10 months.

There have even been times I did not want to be a twin because it hurt so much; I would think "let's not think about being a twin here on earth (I don't remember being with her and it brings so much heartache thinking of her and what all we missed out on) and wait until I'm with her again". But no matter what, there's the phrase we twinless twins live by "Once a twin, always a twin".

named in 2001 after Dr. Brandt's death. I have been a volunteer in various positions for TTSGI since then and I feel it brought my twinship back. The twins I have met or helped throughout the years are like family to me helping me to feel not so alone anymore. We're not alone - there are over 4,000 of us on Facebook and I often try to get twins together by asking them to post where they live. I tell everyone there's nothing like meeting another twin who has lost their twin to not feel so alone. Even though we have at times that feeling of utter loneliness, our twin is with us in spirit.

All we can do living without them is to live a life that will make our twins proud of us and do things that will honor them. My brother and sister are now with Daryl so I look forward to being with all of them when my work on earth is done.



KEVIN'S CORNER

By Kevin Mullen, twin to Brian - Twinless Times Correspondent

MY TRIP TO ARLINGTON CEMETERY

On August 21st, I flew to the Nation's Capital of Washington D.C. for the 165th annual meeting of General Society War of 1812. One highlight of my trip was visiting Dr. Brandt's grave in Arlington Cemetery. My mentor, founder of TTSGI, Dr. Raymond Brandt was drafted into the Korean conflict after his twin's death. He was wounded twice and received two Purple Hearts and a medical discharge.

On a hot summer day, for the first time, I paid respect to his grave site in Arlington Cemetery and spent time telling him everything that has happened in my life. If you are ever in D.C. you should go and pay your respects to Dr. Brandt and our military soldier by visiting Arlington Cemetery. I know for me going was nice and going with another twin would be nicer. I even visited another TTSGI past member's grave site of Kyle Balduf, twin to Kevin.



SAVE THE DATE: 2020 CONFERENCE!

The Twinless Twins 2020 Conference will be held July 9-12, 2020 in Denver, Colorado.

Please note that a special early bird rate will expire by February 29, 2020 so watch for registration details and more information to follow on January 2nd.

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."



GRIEVING AND COPING WITH LOSS OVER THE HOLIDAYS

by Mary R. Morgan L.M.S.W.



For anyone experiencing the loss of a loved one, especially the loss of a twin, the holidays can represent a daunting challenge. The grief and the void we feel are accentuated as it is experienced in relation to the high expectations we have for loving interactions with family and friends. For a twin whose life has revolved around the other twin, holiday celebrations become even more challenging.

The death of your loved one may be experienced by other members of your family and by your loved one's friends, however, it is important to understand that deep personal loss is unique to each individual, and the grieving process is experienced and expressed in many different ways. The grieving process also takes different lengths of time depending on the individual circumstance.

Listen for, honor, and believe in your individual experience and in your personal feelings. In doing that, you can move to be able to feel entitled to let go the expectations others have of you, as well as the expectations you might have for yourself during normal holiday celebrations. Craft a holiday time that fits the truth of where you are and supports your healing path. Holidays are a time of remembering. We heal in experiencing the emotional memory of our loved one's life and our relationship to her or him, and by expressing those memories in some form. In that process, our loved one and/or our twin are honored and we slowly release the pain of the physical loss of his or her life.

Knowing that we heal in this necessarily challenging and often deeply painful way, and that the holidays will bring unfulfilled expectations and painful memories, how can we craft a holiday or meet a set holiday tradition in a way that is healing but not overwhelming? Here are a few thoughts:

- Listen for and decide what you can comfortably handle and let your friends and family know your feelings. Try to make suitable changes in a family celebration, and if you are not able to do so, feel free to go to a different environment and create your own unique celebration where you can express your personal feelings.
- Share your feelings with a close friend. Another person who is grieving or another twinless twin is in a unique position to understand.
- Recognize your loved one's presence in your family celebration. Someone suggested the wonderful idea of having a stocking for your loved one, where family members put in notes with their thoughts and feelings. Another suggested that you light a candle in your loved one's memory. Have a family experience that incorporates doing something your loved one or twin especially enjoyed during the holidays.
- Recognize that the grieving experience takes enormous personal and physical energy, especially during holidays. It is a step-by-step process. You are integrating the loss of someone who was of seminal importance to your life. Be kind to yourself. Pace yourself; get enough rest; do things when you are ready – not before.
- Try to share and connect with others, with animals, with nature – healing takes place in connection with all forms of life.

GRIEVING AND COPING WITH LOSS OVER THE HOLIDAYS

continued

- If you are alone, try to get up the courage to do something entirely different this holiday – something that supports and honors your needs and spirit.
- Healing is an up and down experience, especially during the holidays. If your feelings are happy, express them. In healing, you are honoring your loved one's life. It is larger than their death.
- Consider doing something for someone else. Touch someone else with your presence. It helped me to do this in my twin's memory.

As we heal by expressing the emotional memories of our lost physical relationship, we begin to slowly experience these memories without pain. This happens also as we are slowly accepting the reality of the loss of our loved one as a physical presence in our lives. Most important, we realize that the essence of our relationship with them can remain with us. And, as we heal, holiday celebrations, like these memories, can once again become something we look forward to and enjoy. Our loved one/our twin is there in our hearts, nourishing our new connections and relationships. Their everlasting love remains with us as a gift.



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

GATHERINGS & UPDATES

LONE TWIN NETWORK LONDON MEETING

United Kingdom affiliate Janet Baird, twin to Margaret

It wasn't easy travelling into London on October 12th. The underground was shut down on some lines, it was raining, there was a demonstration going on, plus two incidents on the main rail routes. Undaunted, most of us still made it to the London Lone Twin meeting near St Pancras Station.

The committee trailblazed there first for their meeting at 11am. I signed in at reception and a lift whizzed me up to the 10th floor. There was an awesome view of London from the ceiling to floor windows and we could see Eurostar crawling at St Pancras station. We had tea or coffee then worked our way through the agenda, led by our chairman David Elvy. There have been so many changes recently but the committee stays strong as we make sure the Lone Twin Network is a safe watertight ship for all Lone Twins.

I zoomed down in the lift at 12:30pm to meet up with two new twins at the St Pancras hotel. The rain was pouring down but that didn't curb our spirits as we made our way back to the meeting. Twins were pouring in from the UK and Europe as we registered and met old and new faces. The noise level rose until David Elvy greeted us and started the meeting. The London LTN meeting is an informal meeting where you can join in with group discussions or just wander and chat over tea and biscuits. For those who wanted a group discussion we split into three groups - adult loss, birth loss and twins who were there for the first time. Our group of adult loss met in the main room which meant I could still marvel at the view and watch Eurostar. I have to say I have never been in a group where everyone shared so deeply. It's just so special to have a place where we can say how it really is not to have our twins physically with us and where we can learn and be inspired by how other twins progress and manage their loss.

After our sessions, we grouped over tea and biscuits for informal discussions. This is often the most valuable part of a meeting. People started to leave but some went on to a local hostelry for drinks. I made my way to Euston station in heavy rain but my heart felt lighter than it had done for months! The main line station was chaos and my train didn't make its destination but eventually I made it back.

I'd made some new twin friends, met old friends and I felt inspired and uplifted. Thanks to David Elvy and the committee for organizing such a valuable meeting.

LONE TWIN NETWORK SCOTTISH MEETING

United Kingdom affiliate Janet Baird, twin to Margaret

I left a dark and very wet Yorkshire before sunrise for the Edinburgh LTN meeting on Saturday October 26th. The mist and murk lasted past Newcastle before my LNER train burst into bright sunlight and it stayed sunny all day. It felt like a metaphor since I felt dismal and so needed a twin meeting!

The venue for the Scottish LTN meeting was the Mercure hotel, right on Princess Street in Edinburgh and very near to Waverley Street Station. I arrived on time and met Carolyn, the group organizer. We'd both been at the London meeting two weeks earlier but somehow never met! We had a lovely private table in the far corner of the dining room facing Princess Street. Carolyn waited for other twins to arrive while those there ordered tea and coffee. Once we'd all arrived the meeting was very informal but with so many opportunities to learn about each other and from each other. Carolyn gave out special LTN 30th anniversary pens from the London meeting which reminded us all how long lasting and valuable the Lone Twin Network is.

I'm half Scottish as my father was born just outside Edinburgh, so I have memories of childhood holidays in the area. It felt as if my twin, when she was 7 years old, was dancing around in my head as I listened to the others talking about their backgrounds. Around noon we ordered lunch and I had excellent tomato soup. The ice cream was amazing too. Over lunch we heard more stories and discussed birth loss issues in depth as there were some new birth loss twins at the meeting. The discussions came to a natural end and we started saying goodbye as we headed for our various destinations.

As my new Azuma train speeded past the bright blue North Sea at Berwick, I felt both sad and elated. Sad to lose my twin, sad to leave Scotland but elated to be part of the LTN where for a short while we can be twins and share just as much as we need to. Thanks to Carolyn for such a lovely meeting and I'll be back in September of next year!



GATHERINGS & UPDATES

SOUTH CENTRAL REGIONAL GATHERING

By Margaret Gron, twin to Edith

It is never easy to leave my family, work and home, but that is what I did, along with many other twins the last weekend of October. My region of twins all met at Springhill Suites in Houston, Texas, to share and listen to our twin stories, ask and answer questions and acknowledge our birthdays. We left for our homes with more knowledge and strength in just knowing we are all walking this twin journey holding hands. I'm better for it and I hope they are as well. My only prayer to these twins and significant others is thank you.



SOUTHEAST REGIONAL GATHERING

By Jessica Wickey, twin to Jennifer

Fantastic turnout with 9 twins and one supporter. We shared twin stories, played twin Bingo (LeeAnn won!). Eva shared her books, we did the circle of grief exercises, memorial walk to lunch, and Tasha now has 126 twins in her twin hugs journey book to her 1,000 twins goal. It was a wonderful day of laughs, tears, sorrow, healing, helping, and best of all, being able to be a twin again for one day. Surrounded with other twins makes me so very happy. I can't wait to see you all again.



NORTHEAST REGIONAL GATHERING

By Laurie Everitt, twin to Judy

On August 17th, Ann Albano opened her home and backyard to twins from New Jersey, Connecticut and New York and any other twins who could make it. Eleven twins were there, coming from far and wide, along with numerous significant others, plus a grandchild or two. The day was beautiful, the pool sparkled and the 2-level deck was festively decorated, tented and spread with a delicious feast to which we all contributed.

We played in the pool, chatted on the decks and ate! Domenick Abbate spent hours grilling hamburgers, cheeseburgers and hot dogs. There were thick sandwiches courtesy of Ann, many different kinds of vegetable and fruit salads, snacks and, to top it all off, a cake and ice cream.

As always, the best part was fellowship, caring and support. Many of us had not seen each other since our split into separate New York and New Jersey regions and it was a pleasure to catch up. Some of us got to meet other twins with whom we would not normally have connected. We all had so much fun that, although the party was meant to end at 6:00pm, many stayed later, some until 11:30pm!

Thanks to everyone who came for the great food and great company. Thanks to those who traveled many miles to attend. Thank you, especially Ann, for making us feel so warmly welcomed. And thanks to Domenick and Carolyn for all the work they put in to make this party so fulfilling. It really was splendid!

1st row (L to R): Carolyn Shane with grandson Joseph & daughter Suzi
2nd row (L to R): Sheri Parham, Susan Riddle, Domenick's spouse Joanne, Diane Lorentz, Ann Albano (hostess)
3rd row (L to R): Laurie Everitt, Salimah Latham, Renee Manger, John (Ann Albano boyfriend)
4th row (L to R): Domenick Abbate, Fred Donegan, Elaine Zeitlin



TTSGI 2019 WINTER BOARD MEETING, DENVER, CO

By Board Member Margaret Daffin, twin to Josie

The TTSGI Board members arrived on a very cold Friday, November 1st for the winter board meeting in Denver. Unfortunately, some board members and our Executive Director were absent – Dena Stitt; Terry Lewis-Foor; Ray Boyle and Michelle Getchell – we missed you all.

Newly elected President, Lea Eriksen, led a full all-day productive meeting on Saturday, November 2nd, followed by a board dinner that evening. Many important agenda topics were covered during this time.

The meeting was held at our 2020 TTSGI Annual Conference location hotel in Aurora, Colorado, close to Denver airport. We all agreed that the hotel is perfect for next year's conference, with a huge lobby area, restaurant, bar and very nice guest rooms. We look forward to seeing all of our twin members and support guests next July.

Standing: Bob Osterholt; Wilmette Combs; Alyssa Pratt; Matt Vierling; Ruth Selig
Seated: Lea Eriksen; Jan Konya-Grabill; Venice Lacy; Margaret Daffin



IN THE WOMB

By Ginni Rosenfeld



I am an early loss twin. My twin was miscarried at the end of our first trimester and although it has taken me years to fully claim my twinship I've felt it forever. Years ago, in meditation, I spontaneously was "in the womb" with my twin sister. Through webbed fingers my twin explained to me that she

knew she wasn't going to be born into this lifetime for a few reasons. She said if she were born into this lifetime my brothers wouldn't have been born. She explained my parents, my father in particular, would have been too overwhelmed with twins to have more children and my brothers needed to come into this world; I'm the oldest of three. She also told me if she'd been born into this lifetime, I would be so absorbed in our relationship that I wouldn't go out and do what I'm supposed to do in this lifetime which was to become a doctor specializing in the management of complicated and high-risk pregnancies. It's a second career for me as I was a late bloomer. Through this experience with her and other metaphysical experiences, I know with every fiber of my being my twin and I have travelled through many lifetimes together – always as twins. We are twin souls never really separated despite the apparent physical world/spiritual world boundary. I have hesitated to share this with late loss Twinless Twins because I can't imagine the pain of those twins who have lived a lifetime with their twin and lost them. I truly believe twins are soul-twins and hope others can find comfort in this. I've attached a picture of my fairy twin ornament that reminds me of my twin.



WHY IS MY BOX EMPTY?: REDEFINING MEMORIES FOR EARLY LOSS SURVIVORS

By Alyssa Pratt, LMSW – twin to Karyn

One of my favorite projects to do with bereavement groups is creating memory boxes. The idea is to find an appropriate and/or meaningful container and fill it with mementos that remind you of your loved one. I've seen many versions of this project – a manila envelope filled with photographs and documents, a suitcase with clothing and knick-knacks, a shoe box of pictures and collectibles. I love all of the



creativity that everyone brings to the project and getting the opportunity to “meet” their loved ones that are no longer with us. Group members usually enjoy the project as well because it is a way to keep telling the story of those that have died as well as a physical reminder that as we progress on our healing journey we can take our grief out when we're ready to face it and put it away when other demands arise. As I have helped others create memory boxes over the years, the early loss twin in me can't help but ask why is my box empty and what does memory mean to me?

At the annual conference last summer, I challenged the early loss breakout group to rethink the definition of memory. According to the Oxford English dictionary, memory is defined as “the faculty by which the mind stores and remembers information” and “something remembered from the past; a recollection.” What can I recollect if my loss happened before or shortly after birth? What memories could possibly be stored? Like with the memory box project, I was amazed at the different ways the early loss twins rethought the concept of memory. We shared our twins' likes, dislikes, personality traits, memories we may have shared if they lived, and lasting impressions of the loss. One thing was very clear – we all have a strong sense of who our twins were and the relationship we shared with them. The brief time we spent together has left an impact on us that is greater than grief and loss. Our twins were very real people that left us with very real memories.

When we allow ourselves to expand the definition of memory from “recollection” to “sense of

knowing,” suddenly the early loss memory box is not so empty. It may not contain pictures or personal possessions, but it is full of items that tell the story of a life cut short, a twinship that continues. My “box” is a playlist of songs that make me feel connected to Karyn and inspire me to live a life that honors her existence. I would like to challenge all early loss twins to think about what memory

means to you and your twinship. Create your version of a memory box and tell the story of your twin. I gave this “homework assignment” to the early loss breakout group at the last conference and invite you to bring yours to share next July as well. Always remember we grieve because they died, but we celebrate because they LIVED!

BUTTERFLIES

By Janet Baird, twin to Margaret

You give me a vintage tea towel,
Linen, bleached, with butterflies,
emblazoned.

There are strident Monarchs, who fly
brave.

Subdued Browns, who fly in the shade
Admirals, who guide others.
And a small purple butterfly who is not
there at all.

I think this is how Lone twins are.
Butterflies of different shapes, colours and
sizes.

Some of us fly, others hide.
Together we emerged with our
symmetrical twins,
But the purple butterflies didn't fly at all.
Yet all are beautiful, all have wings,
And when I look at my butterflies, my
heart sings.

WELCOMING A NEW REGIONAL COORDINATOR TO THE WEST COAST REGION



I am Eduardo (Ed) Echeverria, twin to Alfredo. My twin died March 13, 2016 as a result of two massive strokes. Alfredo lived in Colorado and I live in California. In early February 2016, I started having back pain. It got bad enough that I went to urgent care by the end of that month. When asked by the doctor when the pain began, I said six days ago. Don't know why I said six days ago because it wasn't the case. I later found out my twin had had spinal fusion surgery six days prior to my doctor visit. He had complications from the surgery and a couple weeks later had a stroke. As soon as I learned of his condition, I knew he wouldn't make it. I flew to Denver and after I arrived, he had a second massive stroke. The next step for him was comfort care only. A morphine drip was started. I noticed my back pain lessened as the morphine drip continued. My back pain went away when my twin passed. I had never experienced this special connection with my twin before.

I had a very difficult time after my twin died. Fortunately, I found TTSGI through an internet search and discovered my feelings are a normal part of twin loss. I have been a member since February 2017. I have attended two annual conferences and several regional meetings in California. I have enjoyed the friendships that have developed from these experiences.

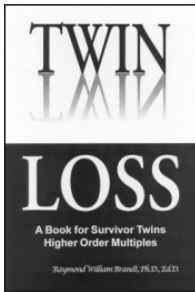
Twin power is real! Meeting with fellow twinless twins provides comfort and support not found anywhere else. It's my therapy! Becoming a Regional Coordinator allows me to help myself by helping others as I continue on my healing journey.

UPCOMING EVENTS

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

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

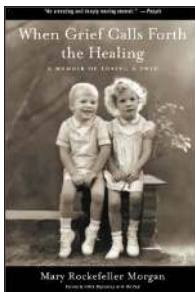
RECOMMENDED TWIN BOOKS



“TWIN LOSS”

By Raymond W. Brandt, PhD

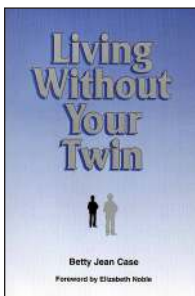
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

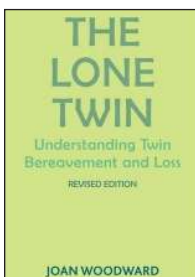
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael's death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

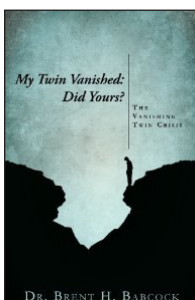
TTSGI receives a donation each time one of author Betty Jean Case's books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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



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Ypsilanti, MI 48198

contact@twinlesstwins.org

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.

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.

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:
Margaret Gron & Emily Heekin

LIST OF REGIONAL COORDINATORS – 2019

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

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AFFILIATE MEMBER

AUSTRALIA
• OPEN •
AFFILIATE MEMBER

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- British Columbia
- Manitoba
- New Brunswick
- Newfoundland
- Nova Scotia
- Ontario
- Prince Edward Island
- Quebec
- Saskatchewan

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CAROLYN SHANE

- New Jersey
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NEW ENGLAND
GARRY RAYNO

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- Maine
- Massachusetts
- New Hampshire
- Rhode Island
- Vermont

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

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- Florida
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- South Carolina

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- Michigan
- Minnesota
- Nebraska
- North Dakota
- South Dakota
- Wisconsin

MIDWEST
SARAH BEEBE

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- Indiana
- Kentucky
- Missouri
- Ohio

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MARGARET GRON

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- Oklahoma
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- Colorado
- Kansas
- New Mexico
- Nevada
- Utah

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• POSITION OPEN •

- Idaho
- Montana
- Wyoming

WEST COAST
EDUARDO ECHEVERRIA

- Alaska
- California
- Hawaii
- Oregon
- Washington

