

TWINLESS TIMES

SPRING 2020

HELPING TWINS WHO
HAVE LOST THEIR TWIN



PRESIDENT'S CORNER

Dear Twins,

This edition of the Times newsletter is focused on the guiding principle of "healing by helping." This principle recognizes that helping other people in similar circumstances helps not only the recipient, but also the giver. As we exist as a peer-to-peer support organization, we are entirely run by volunteers, with the exception of our Executive Director, Michelle Getchell. There are a variety of ways that you can help out as a member of TTSGL, that are detailed in this newsletter from designated Twinless Twins. As a non-profit organization, please support us while you shop on Amazon, or help out with events in your region.

I am so thankful for the volunteering spirit of our members. This week, I was very sad to learn about the passing of one of our former Regional Coordinators, John Rohrer, twin to David. John found TTSGL in 2002 after the death of his twin David in 1988. He became the Regional Coordinator for the South Central Region in 2007 and served for 10 years. John was a selfless person who generously gave his time and kindness to the region. Current Regional Coordinator and Newsletter Editor, Margaret Gron, has a beautiful tribute to John in this edition, where she asks twins to honor John by doing Acts of Kindness in his honor. I will truly miss John but am glad that his legacy can be so honored.

The conference committee is busy planning the details for our summer conference in Denver in July. It is looking to be another great conference, and I am so looking forward to seeing many of you there. Due to a family obligation, past President Dena Stitt will not be able to attend, so I made a special trip to Tucson this February to visit with her and receive her counsel and guidance. She will be missed at this year's conference, the first that she will miss in over 20 years.

We have many special twins who have served to support TTSGL over the years, and we are looking for more. This is the time that we also have a call for nominations for new board members. With several openings, we are hopeful to have some dedicated volunteers step forth. Information about the board nomination process is also in this newsletter.

Lea Eriksen, President

MISSION:

TTSGL 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.



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THE EMPTY CHAIR

by Sandy Goad, twin to Jim

THE CHALLENGES OF HELPING OTHERS

“Twinless Twins Support Group International (TTSGI) provides a safe and compassionate community for twinless twins to experience healing and understanding. Members at different stages in their bereavement listen to each other and reach out in the spirit of healing through helping others.” You may have met another twinless twin at our National Conference, at a regional gathering, or in our Facebook group that you wanted to reach out to help.

Kenneth C. Haugk, founder and executive Director of Stephen Ministries, asked caregivers to tell what they thought were their greatest challenges in relating to those who were grieving. He also asked those who had received care to share what they perceived others’ difficulties were in relating to them. Over 4,000 people who have known grief offered specific insights, suggestions, and examples of what to say and do- and what not to say and do. Here are some of the major challenges they reported in the study:

1. Knowing what to say

When you don’t know what to say, try saying nothing. Just let your quiet presence be a powerful witness. Your presence is worth much, much more than words. Your presence communicates to the other twin that he or she is valued.

2. Talking too much, listening too little

One of the most effective and caring ways for you to invite the other twin to open up is for you to be quiet. Listen. The very best gift you can offer a grieving twin is a heart full of understanding and ears ready to listen. One woman in Kenneth C. Haugk’s study said,

“I don’t remember anything they said, only their presence and prayers.” Another said, “My friends asked me to do the things with them I had always done and they were willing to stop and listen to my pain whenever and wherever it came out.” Another said, “When I lost someone, the ones who helped me the most were the ones who said little.”

3. Having a “fix-it” mentality

Do you try to give answers and fix the problem? “The tendency to fix things overlooks feelings. It bypasses where the person actually is at the moment.” Nothing you can do will miraculously remove their pain. So, don’t expect that you will be able to provide just what the twin needs to make it all better, but you can offer love, support and compassion. When you do that, you will be making a significant difference in the grieving twin’s life.

4. Being judgmental

It is important not to judge a twin for the way he or she is handling grieving or to compare that twin to anyone else. Everyone grieves differently. Remember that each twin’s grief is uniquely different.

So, what really helps a grieving twin? You being fully present for them. Just simply being there... Not to fix anything or do anything in particular, but just to let them feel they are supported and cared about. It’s your presence that’s important. Then they will know they are not alone.

“Twin friends are angels who lift other twins up when their wings forget how to fly.”

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 Spring Edition will focus on the third one:

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

HEALING BY HELPING

By Margaret Gron, twin to Edith

A TTSGI Regional Coordinator links twinless twins to other twins in supporting each other through their healing journey. It is a volunteer position, both rewarding and challenging, that allows a twin the opportunity to heal by helping. This was one opportunity John Rohrer, twin to David could not pass up. John found himself twinless at the age of 45 when his twin David died from meningitis. John came to TTSGI in 2002 and regained his twinship, but it wasn't until 2007 when he became Regional Coordinator for the South Central region, that he started to heal by helping. John honored the life of his twin David by doing acts of kindness with TTSGI and by doing so touched many twin lives, including mine. On February 4, 2020, John Rohrer died but he will always live on through all of us. As we continue our twin journey, let us be inspired by John and honor him by doing Acts of Kindness in his honor. I have created an Act of Kindness suggestion box to honor John all year and I hope you will join me in this effort.

TTSGI 52 WEEKS OF KINDNESS CALENDAR IN HONOR OF JOHN ROHRER, TWIN TO DAVID

| Week | Act of Kindness | Week | Act of Kindness |
|------|---|------|--|
| 1 | Become a pen pal to a Twinless Twin | 27 | Make a donation to TTSGI |
| 2 | Post an inspiration on TTSGI Facebook group | 28 | Volunteer at an animal shelter |
| 3 | Be kind to yourself | 29 | Be kind to Earth |
| 4 | Give a care package to a twinless twin | 30 | Thank someone who normally is not noticed |
| 5 | Turn off digital devices & engage | 31 | Buy snacks for your coworkers |
| 6 | Show appreciation to your supporters | 32 | Invite someone over for dinner |
| 7 | Send a twin or someone flowers | 33 | Smile at a stranger |
| 8 | Collect donations for TTSGI | 34 | Write a "thinking of you" note to a twinless twin |
| 9 | Donate winter coats, hats, gloves & mittens | 35 | Read to patients at a hospital |
| 10 | Pick up litter in your neighborhood | 36 | Learn about someone else's culture |
| 11 | Leave a kind note for a twinless or someone | 37 | Pay for someone else's meal in a drive-through |
| 12 | Run an errand for someone | 38 | Help an elderly person |
| 13 | Help at a nursing home | 39 | Give someone a compliment |
| 14 | Donate school supplies to a teacher | 40 | Cook an extra meal to give to someone else |
| 15 | Give supportive comments on TTSGI Facebook | 41 | Reconnect with an old friend |
| 16 | Pay for a twin's TTSGI membership | 42 | Reach out to a parent of a Twinless Twin |
| 17 | Send a thank you note to a service person | 43 | Donate food to a local animal shelter |
| 18 | Give a book to someone who would appreciate | 44 | Recycle something instead of throwing away |
| 19 | Bring a meal to new parents | 45 | Tell someone you are proud or appreciate them |
| 20 | Walk or bike instead of using your car | 46 | Volunteer at a food pantry or soup kitchen |
| 21 | Donate Gatorade to first responders | 47 | Write a thank you card to a Twinless Twin |
| 22 | Buy coffee for a stranger | 48 | Donate food to the local food bank |
| 23 | Make cookies for someone | 49 | Say something kind to everyone you meet today |
| 24 | Do something helpful for someone | 50 | Write an article for the Twinless Times newsletter |
| 25 | Go to your regional twin gathering | 51 | Give stuffed animals to police/fire departments |
| 26 | Write 3 things you are thankful for daily | 52 | Start a charity box |



REMEMBERING JOHN ROHRER, TWIN TO DAVID

NOVEMBER 5, 1943 – FEBRUARY 4, 2020

"Thank you, John for helping me through the loss of my twin Kelvin. You were a very important support for me at a very difficult time in my life. Hope you continue to look down on us and help us through our difficult times."

Kevin Johnson, twin to Kelvin

"John Rohrer was a very special person, who came to TTSGI, years after losing his twin brother David, from meningitis. As soon as he found the group, he knew he was in the right place, where other twins understood his loss, as no others had. He would always say: "that TTSGI gave him back his twinship, which he felt he had lost." John was a great regional coordinator for the South Central region of TTSGI and we were honored and lucky that he served in this position and still remained involved for years afterwards. I will miss John's attendance at our gatherings and holiday dinners, but know, that he is finally at peace, in the arms of his twin brother, David. I love you John."

Margaret Daffin, twin to Josie

"Although I did not have the good fortune of meeting John, twin to David, I do know he gave generously of his time to TTSGI, an organization I also support. I am grateful for his contributions and I mourn the loss of such a remarkable man who did so much for so many."

Judith Olson, twin to Julie

"I met John, twin to David at my first twin gathering with TTSGI. Always a gentle soul and authentic when expressing his love for his twin David. I am at peace knowing they are once again together in twinship. You will be missed John!"

Margaret Gron, twin to Edith

"John was regional coordinator for TTSGI and helped me enormously as I transitioned into his position. He was the sweetest, sweetest, gentlest man and shared his love of greyhound rescue dogs as well as his

partner Tim and their shared love of RVing. He will be missed greatly."

Barb Terry, twin to Brien

"I first met John in the summer of 2002. He and I attended our first Twinless Twins meeting. He had lost David years before, I had lost Meg just months before. We were mirror twins; and so, we connected quickly. I will miss his dog stories, I will miss his compassion, and I will miss his friendship. I am glad that he is no longer Twinless."

Betsy Miller, twin to Meg

"John, you are my twin rock star. Ever since I met you when I was the regional coordinator of TTSGI in 2002 I knew you were special. Five years later you became regional coordinator and you gave 110%, serving in this volunteer position for many years. I love you as my twin friend and salute you for the 100's of twins' hearts you touched, including mine. I will miss you but happy you are with David now and not suffering anymore. With big twin hugs and lots of love."

Dawn Barnett, twin to Daryl

"John was a very special man and I was proud to call him friend. He was my regional coordinator when I came to TTSGI. I was scared, like a whipped puppy with my tail between my legs. Not knowing what to expect, John was welcoming, patient and kind while showing me the ropes. I will never forget you, John. RIP, twin friend."

Carol Gutmann, twin to Brenda

"John, thank you so much for all the memories we shared about our twins. I enjoyed hearing your twin stories & you always let me share my twin stories with you. You did an awesome job as our regional coordinator for many years. I know you are with your twin now and your heart is happy. Twin love and hugs."

Sandra Brown, twin to Sammy

HEALING BY HELPING

HELPING THROUGH VOLUNTEERING!

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

ASSIST WITH SPECIALIZED NEEDS:

The TTSGI Board is looking for twins who are media experts and marketing professionals who would like to volunteer their time and talent to do public relations work so we can reach more twinless twins. Also, we are looking for twins who have grant writing experience. If you have specialized expertise that you feel would help TTSGI, please contact Lea Eriksen at Lea.eriksen111@gmail.com.

ASSIST WITH THE CONFERENCE:

The Annual Conference is our largest event that we conduct every year. We have volunteer needs each day of the conference as described below. If you are interested in helping with any of these, please email Michelle Getchell at chellegetch@gmail.com.

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

ASSIST IN YOUR REGION:

We are looking for volunteers who can assist their Regional Coordinators. Please use contact@twinlesstwins.org to connect with your Regional Coordinator.

GIVE WHILE YOU SHOP:

You can shop online and give to TTSGI at the same time!

iGive.com

iGive.com will link you to hundreds of popular retail websites. A portion of your online purchases will go directly to Twinless Twins. To date, over \$800 has been raised from you all using this site.

GoodShop

Use GoodShop.com when you shop online – they work with more than 2,500 major brands, have over 100,000 coupons and donate a percentage (up to 20%) of every purchase you make to us.

AmazonSmile

AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Please choose Twinless Twins Support Group International.

MATCHING GIFT CAMPAIGN

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



By Margaret Daffin, twin to Josie

TTSGI's Matching Gift Campaign (Double the Donation) at the end of 2019 was another huge success because of the number of donors who participated. Thank you from the bottom of our hearts for your contributions, in memory of your twins.

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

Please consider a financial contribution to TTSGI during 2020 to help us support the twins in need. Complete and send the donation sheet in this newsletter or go online to www.twinlesstwins.org/donate.

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.



KEVIN'S CORNER

By Kevin Mullen, twin to Brian – Twinless Times Correspondent

July 2001, my dad and I flew out to Denver for the annual TTSGI conference. In the lobby talking with other twins, I met Sean Joyce, twin to Thomas, who was new to the organization. We hung out a lot that conference and kept in touch ever since. Dr. Brandt had told me about Sean and as I talked to Sean about Dr. Brandt, he gave me so many hugs. Before my 21st birthday, back in May 2002, I took the bus to Philly and spent a week with Sean and had a great time visiting the zoo and watching movies. Sean and I still talk on the phone or text each other daily. In 2013, I got to see Sean twice that year. Once in Florida, spending an afternoon together and again in July for the TTSGI conference in Los Angeles having dinner and visiting the pier. It is always great to see Sean. We call each other for our birthdays and twin loss anniversary days. Knowing Sean will always be there for me is a great feeling.

On a brisk fall morning September 17, 2019, I flew to Louisville, Kentucky to attend the Sons of the American Revolution (SAR) fall leadership meeting. I sent a text to Jon Hilber, twin to Justin to let him know about my trip and planned seeing each other. Jon drove to Louisville and picked me up for a tour of Indianapolis. I was able to see his mom Robin and brother Jordan as well. That evening he took me to mass at the oldest church in the city and I got to see Lucas Oil Stadium, which is next to the church. I'm so blessed to have Jon in my life and always have the opportunity to see him when I'm in town.



IN RECOGNITION OF OUR CONTRIBUTORS SINCE FALL 2019

- Anonymous Donors** – “Double your Donation” year-end matching gifts to TTSGI
Phyllis Ashliman – monthly pledge in memory of her twin, Phil – general fund
Kelly Bailey – in memory of his twin, Kevin
Perry Barber – in loving memory of my twin sister, Warren Barber Kertland;
in gratitude for the work done by Carolyn Shane, Pamela Fender, and other
regional TT representatives, for keeping the community of
lone twins connected to each other
Mr. & Mrs. Joe Behrendt
Julie Belgue – in memory of her twin, Martha
Jonathan Bock – Double your Donation campaign
Janine Caleo
Charles Schwab Charitable – Nancy Springgate, twin to David – wherever most needed
James Costello – in memory of Timmy De Rosa
Margaret Daffin – quarterly pledge and donations in special memory of her twin, Josie
Alice Dalling
Tracey De Rosa
Eduardo Echeverria – in memory of his twin, Alfredo
ExxonMobil Foundation – for volunteer hours and matching grants by
Margaret & Paul Daffin in memory of her twin, Josie Wilson
Ella Forel – donating for my dear friend, Margaret Daffin, in memory of her beautiful twin, Josie
GoodShop – up to 20% of every purchase goes to TTSGI – THANK YOU
Margaret Gron – donation of regional meeting expenses
Karen Will Home – in memory of Jensen Butch Alexander Napoletano
Lorraine Horstman – in memory of her twin
Elizabeth Hoyt – in memory of her twin, Elaine Hoyt Darling
IGive.com – from all twinless twin members who use IGive to buy online – THANK YOU!
Eileen Jensen – a memorial gift in memory of my dear twin Elaine, missing her so much!
Kris Johnson – in memory of Missy Janssen, twin to Michelle Getchell
David Jones – in memory of his twin, Dennis
Susan & Michael Klaveness – in honor of Margaret Daffin, twin to Josie
Jennifer Konesko
Krista Littleton – in memory of my twin brother, Soren Myles Nauman
Jane Malcolm – double donation for the holidays, in memory of my twin sister, Joan
Jill Meyer – in memory of Jensen Butch Alexander Napoletano
Kevin & Susan Mullen – designated for general fund
Network for Good – all donations through Facebook – THANK YOU!
Nordstrom Rack – matching gift from the efforts of Venice Lacy
Ohio CAT – in memory of Jensen Butch Alexander Napoletano, as requested by their family
Judith A. Olson – in memory of Edith, twin to Margaret Gron, on her 25th Anniversary
Christine Poisson – for baby Jensen Napoletano and his sister, Holly
Ann Poritzky – in memory of Howard Karbeling
Shyam Rai
Sharon Roberts
Alexandra & Ananda Robie – monthly pledge for Scholarship fund
Russell Scott – general fund, Double your Donation – in memory of his twin, Ralph
L.S. Stephens Living Trust – with love, Skip, Linda, Gene and Laura
Dena Sitt – in memory of her twin, Dean
Melissa Stricklin
Matthew Vierling – in memory of his twin, Mark
Susan Williams – in memory of Josie Wilson
Donations from the Scarpello Family:
Steven Anderson – to honor the wishes of Geri Lynn Scarpello of Omaha Nebraska
who passed away on October 23rd from myself and Sandy Nekuda, my dear friend
Heafey Hoffman Dworak Cutler Mortuaries and Crematory
Kathleen Drews
Mary Drey
Amy Melton
Geraldine Sanderson

We apologize if we have missed your name in this listing. Please let us know and we will recognize you in our Fall 2020 newsletter.
Contact Margaret Daffin at medaffin@aol.com

2020 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.

TWINLESS TWINS SUPPORT GROUP, INTERNATIONAL FINANCIAL REVIEW

By Lea Eriksen, twin to Eve

Our three main sources of revenue are conference and its activities, contributions and membership dues. The percentages are 47%, 31% and 22% respectively for 2019. This is compared to 2018, 49%, 28% and 23% respectively.

Our conference revenue from registrations and scholarships was \$31.7K in 2019 vs \$30.7K in 2018. Conference costs for 2019 were \$30.8K vs \$25.2 in 2018. It should be noted that hotel costs were higher in Huntsville than they were in Columbus in 2018. Conference sales / auction activities were similar in both years (\$11.7K - 2019 vs \$12.2K - 2018). These activities help generate the extra and needed organizational income.

Our contributions rose \$3.8K year over year. It should be noted that of the \$28.2K in 2019 contributions, over \$11.1K came from Network For Good (through Facebook). This is an organization that people may make donations to, which are forwarded to us. We have known that twins celebrating a birthday, often ask their dearest friends and family via Facebook to donate to TTSGI rather than receive gifts. Unfortunately, we have no idea who the donors are since that information is not provided to us.

Our Memory Walk continues to be well supported. Margaret Daffin raises a significant sum each year, and her encouragement has made it possible for others to embrace this.

In summary, our net income was \$10.5K in 2019 vs \$11.9 in 2018, and the above highlight the sources for this difference.

| Twinless Twins Support Group International | | | |
|---|---------------|---------------|---------------|
| Profit and Loss | | | |
| | 2019 | Total 2018 | Change |
| Income | | | |
| Conference Assistance | 5,000 | 4,205 | 795 |
| Total Conference Events | 11,697 | 12,222 | -525 |
| Conference Registration | 26,730 | 26,540 | 190 |
| Contributions | 28,262 | 24,429 | 3,833 |
| Interest | 178 | 125 | 52 |
| Membership Dues | 20,550 | 20,099 | 451 |
| Online Sales | 2,476 | 1,085 | 1,390 |
| Total Income | 94,892 | 88,785 | 6,106 |
| Gross Profit | 94,892 | 88,785 | 6,106 |
| Expenses | | | |
| Administration | | | |
| BoD Meetings | 3,749 | 724 | 3,025 |
| Insurance | 3,614 | 3,582 | 32 |
| Travel & Lodging | 2,025 | 2,447 | -422 |
| Total Administration | 9,388 | 6,753 | 2,635 |
| Office Expenses | | | 0 |
| Assistant | 1,920 | 1,920 | 0 |
| Bank Charges | 1,580 | 1,719 | -139 |
| Executive Director | 28,200 | 28,200 | 0 |
| Licenses & Subscriptions | 780 | 681 | 99 |
| Miscellaneous | 1,628 | 1,854 | -227 |
| Postage | 965 | 1,377 | -412 |
| Telephone | 24 | 24 | 0 |
| Total Office Expenses | 35,097 | 35,775 | -678 |
| Program | | | 0 |
| Conference | 27,427 | 22,771 | 4,656 |
| Conference - Speaker | 3,363 | 2,457 | 906 |
| Inventory and Storage | 5,631 | 3,624 | 2,007 |
| Outside Services | 750 | 600 | 150 |
| Regional Coordinators | 2,537 | 4,188 | -1,651 |
| Website | 197 | 671 | -475 |
| Total Program | 39,905 | 34,312 | 5,593 |
| Total Expenses | 84,390 | 76,840 | 7,550 |
| Net Income | 10,502 | 11,945 | -1,384 |

UPCOMING EVENTS

HERE ARE A FEW THAT ARE COMING UP:

SOUTH CENTRAL REGIONAL GATHERING, MARCH 28, 2020 IN DALLAS, TEXAS

WEST COAST REGIONAL GATHERING, MARCH 2020 IN MODESTO, CALIFORNIA

SOUTHWEST REGIONAL GATHERING, APRIL 2020 IN DENVER, COLORADO

NEW ENGLAND REGIONAL GATHERING, APRIL 17, 2020 IN YORK, MAINE

NORTH CENTRAL REGIONAL GATHERING, MARCH 28, 2020 IN MINNEAPOLIS, MINNESOTA

MID-ATLANTIC REGIONAL GATHERING, MARCH 28, 2020 IN FREDERICK, MARYLAND

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.

ONE WISH

By Patrick Vassar, twin to Edward

I have brother
That I only knew
We played together
In our Mothers womb

November 29th nineteen hundred and
fifty seven
The day God called you away to Heaven
A pestering curiosity I may never understand
Why you remain a newborn and I am a man

It was you and me brother, not sure who
breathed first
I went home alone with our cries well rehearsed
Who breathed first for me has never really
mattered
My life after moments breathing with you was
totally shattered

I have thought of you so many times
I imagine your smile when hear this fine rhyme
I have wished for you in so many ways
I hope you think of me as well, everyday

"Identical" the doctor said
But I do not think so my dearest Ed
Though similar in many ways
You would have been MY rock on stormy days

I get up each day, look in the mirror
Our features merge and I see you clearer.
An opaque Déjà vu looking back at me
Half my life missing, I need to play with you
desperately



IMPORTANT: BOARD POSITION OPENING

This is your chance to nominate a member for the TTSGI Board of Directors for the 2020-2023 Term of Office. You have until May 1st to send your nomination to Vice President Jan Konya-Grabill at jantwintohal@gmail.com.

CRITERIA AND DESIRABLE QUALIFICATIONS

1. Must be an active member of TTSGI for at least two years and have a pattern of attendance and giving and is willing to donate their time, talent and/or treasure.
2. Must have been a twinless twin for at least two years, who is in a good place in their grief journey and is able to cope effectively with their loss
3. Must demonstrate integrity and ethics and abide by the TTSGI Code of Conduct
4. Able to act with tact and diplomacy in interactions with other twins
5. Able to demonstrate empathy and discernment and able to keep sensitive issues confidential
6. Must have access to and be proficient with technology in order to communicate with Board through emails.
7. Must attend the Annual TTSGI Conference as well as attend a Winter meeting of the Board, at their own expense.
8. Must be willing to participate in administrative duties that may be assigned to them.
9. Must be willing to commit to entire Term of Office, which is for three (3) years.

PROCESS

1. The Nominating Committee will review the recommendations that are received by May 1, 2019 and submit list to the President for evaluation.
2. The Nominating Committee will review the proposed candidates using the above criteria and desirable qualifications and also consider who brings diversity to the board whether it is geographical, gender, race, type and age of loss, type of twinship, and other factors to ensure an inclusive and welcoming board.
3. The Committee Chair will then present the slate at the General Business meeting held on Saturday, during the Annual Conference. There will be no nominations taken from the floor.

2020 TTSGI CONFERENCE – REGISTRATION

From a Twinless Twin who attended the Conference: “I expected to mostly sit and listen and to hear what to do to survive. What surprised me, though, was how the other twins genuinely wanted to hear my story. They asked about what I loved and missed so much about my twin. It was this love, in the simple gift of listening, that gave me my first feelings of hope.”

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

We look forward to seeing you this year at our Annual Conference beginning 7 PM on July 9th and ending at 10 PM on July 11th in Denver, Colorado.

To join us, please follow the steps below:

1. Register for the Annual Conference

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

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

Early Registration:

Before February 28 – \$225 per person

Regular Registration:

March 1 to April 30 – \$275 per person

Late Registration:

May 1 to June 5 – \$300 per person

***(Online registration closes June 5th)**

Walk-in/at door registration fee:

\$325 per person

***All attendees must register individually.**

2. Reserve your room in the room block at [DoubleTree by Hilton Denver-Aurora](#) or call **303-337-2800.**

*Be sure to say you're coming for the Twinless Twins Support Group conference so you'll receive the reduced room rate of \$149/2 doubles or 1 king. Cost includes a breakfast buffet. A block of rooms has been reserved for this conference. However, the special room rate is only for a limited number of rooms so please book early.

3. Make your travel arrangements

We recommend you book your flights into the Denver International Airport (DEN). This has both international and domestic flights.

* Most participants will arrive Thursday, July 9th in the early afternoon and depart Sunday, July 12th in the morning.

We'll see you in Denver!

If you have any questions or concerns, please consult your Regional Coordinator or contact us at contact@twinlesstwins.org.



2020 TTSGI CONFERENCE – KEYNOTE SPEAKER



DR. JOAN FRIEDMAN

Dr. Joan A. Friedman is a psychoanalytically trained psychotherapist who has devoted many years of her professional career to educating twins and their families about twins' emotional needs. Having worked through her own twinship challenges and parented her fraternal twin sons, she is a definitive expert on twin development.

She is the author of *Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children* and *The Same but Different: How Twins Can Live, Love, and Learn to Be Individuals*. Her latest book, *Twins in Session: Case Histories in Treating Twinship Issues*, was published in June 2018. It is a book written for psychotherapists and educators who are seeking specialized insight into twin psychology. She has spoken to and consulted with culturally diverse groups of twins around the world. Dr. Friedman's work focuses on issues that adult twins confront as they adjust to life as singletons after having been raised as twins.

LIVE, SILENT AND RAFFLE AUCTIONS WE NEED YOUR HELP!

THE CONFERENCE COMMITTEE NEEDS YOU!!

by Terry Lewis-Foor, twin to Sherry

As our Conference is our premiere fundraiser for the year, the Silent, Live and Raffle Auctions are fun and important events during the Conference – all of the items we auction are coming from you, our TTSGI family. By the way, the items donated are tax deductible, within the limits of the law. We have a lot of fun receiving your donations on Thursday evening; the first evening of the Conference.

Here is how you can help!

Live Auction: Airline tickets; destination get-aways (donation of condos, etc.), art pieces; sculpture pieces; items with the TTSGI logo; jewelry; and any donation you think would bring in a good amount for the organization.

Silent Auction/Raffle Auction: These are miscellaneous items of lesser value, but still highly desirable by our conference attendees. There is often a contest to see who gets what they have seen that they like, this makes it a lot of fun for those competing for items!

We are only as successful as you make us. I would be happy to answer any questions you might have, including how to ship the items safely, so please email me at sherrystwin@sbcglobal.net. Please know, I look forward to seeing you in Denver in July!!

2020 TTSGI CONFERENCE – TENTATIVE SCHEDULE

DENVER, COLORADO JULY 9 – JULY 11

Note: This is a tentative schedule. However, the start time on Thursday and the end time on Saturday will not change. Please feel free to make transportation reservations based upon the start/end times in this schedule.

Thursday, July 9, 2020

| | |
|------------------|--|
| 7:00pm | Registration Opens: first-time attendees |
| 7:30pm – 8:00pm | First-time attendee gathering |
| 7:30pm – 9:30pm | Registration opens for all |
| 8:00am – 9:30pm | Dessert Reception |
| 9:30pm – 10:00pm | Bring all raffle and auction items |

Note: Memorial Walk Banner will be available to sign at registration table

Friday, July 10, 2020

| | |
|------------------|---|
| 7:30am– 8:30am | Breakfast on your own (included in room rate) |
| 8:00am– 8:30am | Inspirations for the Day |
| 8:30am–9:00am | Housekeeping announcements |
| 9:00am– 9:30am | Remembering our twins |
| 9:30am–10:30am | Keynote: Dr. Joan Friedman |
| 10:30am– 11:00am | Break / Visit raffle and auction tables! |
| 11:00am– 12:15pm | Self-introduction time |
| 11:15am– 12:15pm | Breakout: TBD: Dr. Joan Friedman |
| 12:15pm–2:00pm | Lunch on your own |
| 2:00pm– 3:30pm | Twinless Twins Panelist Q&A |
| 2:00pm – 5:30pm | Self-introduction time continued |
| 5:30pm | Free Time: Enjoy time with new twin friends! |
| 9:30pm SHARP! | Candle Lighting ceremony |

Saturday, July 11, 2020

| | |
|-------------------|---|
| 7:30am – 8:30am | Breakfast on your own (included in room rate) |
| 8:00am – 8:30am | Inspirations for the Day |
| 8:45am – 9:30am | Annual TTSGI Business Meeting & Board Elections |
| 9:30am – 9:45am | Break / Visit raffle and auction tables! |
| 9:45am – 11:45am | Breakouts: Please choose one: <ul style="list-style-type: none">• Early Loss (in-utero or shortly after birth)• New & Raw Grief: Processing the shock of it all• Time has passed – Living with twin loss• 10 Steps for Being More Resilient• Healing through Laughter• For loved ones (family members and friends) |
| 11:45am – 12:00pm | Last call of all bids and raffle tickets |
| 11:45am – 1:00pm | Lunch on your own |
| 12:00pm | Private drawing of raffle winners |
| 1:00pm – 2:00pm | Keynote: Dr. Joan Friedman |
| 2:00pm – 2:15pm | Pick-up you auction and raffle winnings |
| 2:30pm | Meet in Hotel Lobby for Memorial Walk |
| 3:00pm – 4:00pm | Memorial Walk |
| 4:00pm – 4:30pm | Balloon signing & song dedication |
| 6:30pm – 8:00pm | Dinner & Awards |
| 8:00pm – 9:30pm | TT Annual Live Auction |

LIST OF PAST TTGSI CONFERENCE LOCATIONS

1994 First conference in Fort Wayne, Indiana

1995 Fort Wayne, Indiana

1996 Fort Wayne, Indiana

1997 Chicago, Illinois

1998 St. Louis, Missouri

1999 Memphis, Tennessee

2000 Cincinnati, Ohio

2001 Denver, Colorado

2002 Detroit, Michigan

2003 Delray Beach, Florida

2004 Chicago, Illinois

2005 San Francisco, California

2006 Delray Beach, Florida

2007 Dallas, Texas

2008 Toronto, Canada

2009 Denver, Colorado

2010 Detroit, Michigan

2011 Minneapolis/St. Paul, Minnesota

2012 Columbus, Ohio

2013 Los Angeles, California

2014 Baltimore, Maryland

2015 Nashville, Tennessee

2016 Detroit, Michigan

2017 Tucson, Arizona

2018 Dublin, Ohio

2019 Huntsville, Alabama

2020 TTSGI CONFERENCE – FREQUENTLY ASKED QUESTIONS

WHEN IS THE 2020 CONFERENCE? The conference begins the evening of Thursday, July 9 and ends at the closing banquet on Saturday, July 11. Plan to depart on Sunday, July 12.

WHO MAY ATTEND THE CONFERENCE? Current members of TTSGI and their guests (family, friends) are welcome to attend. A current member is one who has joined or renewed membership (\$50.00 annually) within the last 12 months.

WHERE IS THE CONFERENCE? The conference will be held in Denver, Colorado. Sleeping rooms for the conference will be at the DoubleTree by Hilton Denver-Aurora, and meeting space will be in the DoubleTree Hotel. TTSGI has contracted a block of sleeping rooms for this event at a discounted room rate. Please make your reservation early, as we only held a limited number. The cost of the rooms in our block will be \$149.00/night (+tax), which includes breakfast. **Book your room at the group rate for Twinless Twins now.** The TTSGI room block will be held until June 17, 2020, unless all the rooms are reserved from the block before that date. **Important Reminder:** The link may allow you to book 3 days before/after the conference at our discounted rate if the hotel has availability. **However, the dates of the conference and the rooms held in our block are from July 9–11, 2020.**

WHAT AIRPORT DO I FLY INTO? Denver International Airport (DEN). This has both international and domestic flights

HOW DO I GET BACK AND FORTH FROM THE AIRPORT TO THE HOTEL? There are several options for ground transportation from the Denver airport. You can call the hotel 303-337-2800 and advise the front desk you have arrived. The hotel will provide you with the next shuttle pick up time. Head to East Baggage Claim, Level 5 door 505, and crossover to the

third island, outside of the doors, to the sign “Hotel”. Uber and Lyft are also available.

WHAT WILL THE WEATHER BE LIKE? In July the average low is 54° and the average high is 86°. For more info visit www.weather.com.

WHAT SHOULD I WEAR? The conference is a casual event. Most attendees wear comfortable clothes such as pants, t-shirt, blouse, jeans, shorts. The hotel meeting rooms will be air conditioned, so be prepared in case the hotel is cooler than you prefer. The Saturday night closing banquet is a bit dressier event. Men may wear a sports coat and ladies often wear dresses or nicer pant outfit.

WHAT SHOULD I BRING? Attendees often bring photographs of their twins to show to other twins they meet. Also, please consider bringing something to donate for the auctions, which help support the organization.

I AM A FIRST-TIME ATTENDEE, WHAT SHOULD I EXPECT AND WHAT IS EXPECTED OF ME? The first two items on the schedule are Check-in and the First Time Attendee’s Welcome Reception. At check-in, each first-time attendee will receive a name tag and a packet of information. Once checked-in, the attendee can go to the welcome reception. This event is designed to ease first-time attendees into the conference weekend. At this reception, attendees will have the opportunity to meet others attending for the first time. They will also meet Board Members and Regional Coordinators. After the 30-minute reception, first-time attendees will be invited to join the other conference attendees at a dessert reception. We recommend having dinner prior to check-in. During the conference, there will be keynote speaker sessions, breakout sessions, memorial events, and workshops. Our goal is to offer ample time for sharing. However,

2020 TTSGI CONFERENCE – FREQUENTLY ASKED QUESTIONS

no one is required to speak. Between sessions, there will be scheduled free time for attendees to relax, reflect, and casually meet others. Finally, we will have a closing banquet on Saturday evening, followed by our annual charity auction. Plan to depart on Sunday.

WHAT MEALS ARE INCLUDED?

Thursday – No dinner provided; Light dessert reception provided

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

Friday Lunch – Not provided

Friday Dinner – Not provided

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

Saturday Lunch – Not provided

Saturday Dinner – Banquet meal provided

Sunday – Hot breakfast is provided at the hotel and is included in your room rate

DOES THE HOTEL HAVE A FITNESS CENTER?

Yes, there is a complimentary 24-hour fitness room and a swimming pool.

ARE ANY TOURIST ATTRACTIONS NEARBY?

There are many local attractions such 16th Street Mall, Coors Field and Pepsi Center.

WHAT IS THE COST TO ATTEND THE CONFERENCE?

Conference Registration:

Early Bird Fee (Jan 2 – Feb 28):
\$225.00/person

Regular Registration Fee (March 1 – April 30):
\$275.00/person

Late Registration Fee (May 1 – June 5):
\$300.00/person

Walk-In/at door registration Fee:
\$325.00/person

*All attendees must register individually for the conference, which does not include hotel reservations.

WHAT SHOULD I DO IF I HAVE TO CANCEL AT THE LAST MINUTE?

Unfortunately, we are unable to refund any registration fees 30 days prior to the conference. The conference center requires our final attendee count one month prior to the conference, and they calculate our cost based on that number. The conference center is unable to make cost adjustments for last-minute cancellations. For hotel cancellation, please contact the hotel directly regarding their cancellations policy.

WHAT IF I WANT TO ATTEND BUT AM UNABLE TO AFFORD THE CONFERENCE?

Please contact our Executive Director, Michelle Getchell at contact@twinlesstwins.org to find out about possible assistance.

The Conference Committee, the Board of Directors and the Regional Coordinators are all looking forward to a great conference full of companionship, making connections, sharing our stories, a powerful keynote address, worthwhile break-out groups and most importantly seeing you all there!

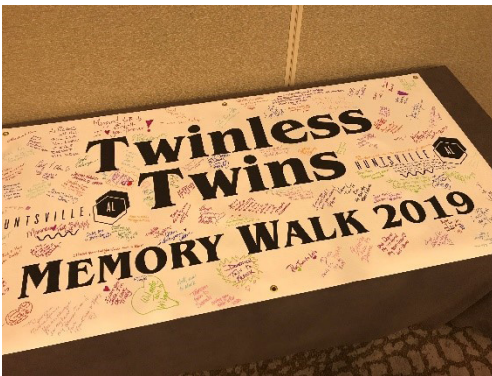
If you have any further questions or concerns, please consult your Regional Coordinator or our Executive Director, Michelle Getchell at contact@twinlesstwins.org.

MEMORY WALK – 2020



“TOGETHER WE WALK”

Margaret Daffin, twin to Josie, Chairman of the 2020 Memory Walk



I am very pleased to announce that we will be holding our Annual Memory Walk at our 2020 International Conference in Denver, Colorado on Saturday afternoon, July 11th. I encourage everyone to join us for this incredible and moving experience.

Last year, the walk was held in Huntsville, Alabama. As we joined hands on a rainy Saturday afternoon in July, the Memory Walk became about each twinless twin's healing journey and as they took each step, they didn't have to walk alone. Most of this event took place in the hotel lobby, followed by an in-house balloon ceremony!

I am deeply grateful for the generosity and support of those who donated to our walk over the past years. Your gift does make a difference. Because TTSGL is a non-profit organization, your gift helps us to continue to support twins and other multiples that have lost their twin due to death.

I promise you that your donations to Twinless Twins will be used wisely.

Please consider giving in memory of your twin. Please ask family and friends to join you in this endeavor and add their names and details to the Donation Form in this newsletter. A number of twinless twins raised a considerable amount last year from family and friends (including asking via Facebook) and you can do the same – you'll be surprised as to how generous others will be!

Please see the separate Frequently Asked Questions sheet and the Donation Form in the newsletter. Or, if you would like to donate online, please go to our website: twinlesstwins.org/donate (from the drop-down menu) and remember to indicate that your donation is for the Memory Walk.

MEMORY WALK – 2020

FREQUENTLY ASKED QUESTIONS ABOUT THE TTSGI MEMORY WALK

Q: What is the Twinless Twin's Memory Walk?

A: The Memory Walk is an event to raise funds to provide support for twins and other multiples who have lost their twin due to death or estrangement at any age. We are a non-profit organization that depends on charitable donations from twinless twins, their friends and family and the community to fund our organization so we can continue to reach out to all twinless twins. We would like to take this opportunity to raise funds to support our mission of "healing through helping others" so that no twin ever has to walk alone. (Donations are optional and are not required to participate in the walk.)

Q: When and Where is the Memory Walk?

A: The 2020 Twinless Twin Memory Walk will be held at our International Conference in Denver, Colorado on **Saturday afternoon, July 11th**.

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

A: No. You do not need to be an actual participant in our walk to take part in this fund-raiser. You can still participate by collecting donations in memory of your twin for TTSGI and another twinless twin, who will be there, will carry the name of your twin on our Memory Walk. You may also choose to walk where you live with twins, family and friends or at one of your regional gatherings. (Please be sure to email Margaret Daffin at medaffin@aol.com if you want you and your twin's name to be carried on our walk in Denver.) Many companies may have a matching gifts program. Matching gifts are a great way to increase the amount of money you can raise. You can check with your company's human relations department to see if they have such a program in place.

Q: How is the money collected?

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

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

1. Your donation sheet, along with your donations can be sent to Margaret Daffin, Chairman of the Memory Walk. If possible, Margaret would like to have all your donations mailed to her by **July 1st. Please do not send cash.** Margaret's mailing address is: **Margaret Daffin, 9352 Briar Forest Drive, Houston, TX 77063.** Please make checks payable to TTSGI and write Memory Walk on your envelope. If you are sending your donation sheet to Margaret, please indicate on the donation sheet if you will be attending the conference and be sure to put your twin's name along with your name on the sheet so we can walk in memory of your twin if you cannot attend.

2. Your friends, family and community have the option of donating to TTSGI online by using our website at www.twinlesstwins.org. The donate button is located on the left side of our home page. By clicking on that button, they can go to a secure server to make their donation. However, only PAYPAL transactions will be accepted online. Please be sure they note that this is a Memory Walk Donation. They will receive a thank you from our organization as their tax receipt.

3. If you are attending the conference, you can bring the donated money and your donation sheet with you.

Q: Are donations tax deductible?

A: Yes. All donations are tax deductible in the United States. Twinless Twins Inc. is a 501(c)(3) non-profit organization making your contribution tax deductible within the limits of the law.

If you have any other questions, you can contact Margaret about the walk at medaffin@aol.com.

MEMORY WALK 2020 DONATION FORM



Your Name _____

Donations in Memory of _____

| | NAME OF DONOR | ADDRESS & EMAIL | DONATION |
|----|---------------|-----------------|----------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
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| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |

Please make checks payable to: Twinless Twins Support Group International (TTSGI)

Conference Information: I will be attending the Denver Conference
 I will not be attending the Denver Conference

GATHERINGS & UPDATES



LONE TWIN NETWORK HARROGATE MEETING

United Kingdom affiliate Janet Baird, twin to Margaret

Saturday November 2nd was our first fused meeting for the Harrogate and Manchester LTN groups. Jill Ingham and I noticed our meetings were close together and some twins were going to both. Plus, finding venues in Manchester was becoming increasingly difficult and expensive. So, we decided to pool resources and meet at the lovely St Michael's Hospice on the outskirts of Harrogate. I have to say I was nervous before the meeting as the numbers were higher. We had 17 on the list! But Jill and I bounced emails and texts at each other and we had it planned down to the last piece of cake!

On the actual day I bought milk on the way down to the venue and watched the rugby final at the Premier Inn where we were to meet. Rules for a good meeting are it has to be near a station and near a twin friendly inn where twins can stay overnight and we can have tea and drinks after the meeting before our re-entry into the nontwin world! The Hospice ticks all those boxes and more. I also think the first part of a meeting is vital as emotions run high, especially, for first timers. We had tea and coffee on the go, plus a box of extra chocolate biscuits as an ice breaker. Once we'd all arrived, I was quite overcome by just how many were there. We had all the 'core' Harrogate twins plus three new ones. We settled around the big table in the window of the Day care center of the hospice and gazed out at the spectacular view of Crimple Valley as we did quick introductions. We kept it to just our names and our stage of loss and where we came from as with 17 it would have taken all the meeting to start sharing. We all had name badges which helped us remember who was who!

Jill then told us the meeting dates over the next year. The committee are coordinating the dates of all regional meetings so we don't have too many bunched up

together. The next actual event is planning Jill Deeley's apple tree up at Stanbrook which will be in November. This will be a small informal digging event followed by a picnic open to all in early summer. We'll dedicate the tree and family and friends can enjoy a look around Stanbrook and meet Sister Julian! I then told everyone about my USA conference which was in the summer this year in Alabama. It's all in the newsletter but I did want to just say again what an impact it had on me. Especially the expert speaker and how she showed us the video of twins in utero.

We discussed the recent UK tv program on long lost twins. This was about twins who were separated from birth and who had got back together. The research looked at how similar they were despite not knowing they were twins! It was both interesting and heartbreaking to watch. Lunch was next. Always a lovely shared event as we all bring food and we chat and catch up with other twins or talk to new ones. Sadly, we couldn't go outside this year on the balcony as it was wet! At 2pm we divided into two groups. We decided not to do this by loss as the numbers wouldn't be even so we just divided into two halves based on where we were sitting around the table. I took one group and Jill took the other. I think the smaller groups worked well as we could do proper sharing in a more informal setting. We then regrouped around the table for Jill's wonderful homemade orange cake and shared our thoughts from our group work. A new adult loss twin read her poem out on her experience of her recent loss and the room was perfectly silent as we listened! We did a big tidy up and took left over food up to the nurses.

They seemed very grateful. Some of us headed for the inn up the road while others left so they could reach home before dark. We sat around one table in the inn and agreed it had the best twin meeting so far. I'm not quite sure why, but it just was! Huge thanks to Jill Ingham for co-running it with me!



GATHERINGS & UPDATES

LONE TWIN NETWORK STANBROOK MEETING

United Kingdom affiliate Janet Baird, twin to Margaret

It's almost a year now since we lost our Lone Twin Network chairman Jill Deeley, on December 3rd 2018. We had the idea of planting a tree for Jill at Stanbrook Abbey because she loved seeing Sister Julian there. Stanbrook stands high on a hill in North Yorkshire and it's such a remote and special place. It just felt right for a part of Jill to be there so we could remember her and have a place to go. Plus, last year we planted a first apple tree at Stanbrook for all Lone twins and we felt it needed a twin tree next to it. Sister Julian chose an apple tree from the tree nursery Rogers at Pickering. They suggested a Kidd's Orange Red as this will cross pollinate the other apple tree which is a Ribston Pippin so we can have apples from the trees! We had to choose a hardy species which would survive the climate at the top of Sutton Bank!

As I arrived at Stanbrook, the new apple tree was leaning up against the front door. Her branches were slender and vulnerable and it made me think how vulnerable we are as Lone twins on our grief journey. We rang the monastery bell and a Sister came out and ushered us in. The Deeley family were already in the guest kitchen with Sister Julian. They were all looking at photo albums and also the Twin Book which stays at Stanbrook. Every time we go there for a Lone twin gathering, we sign it and Sister Julian adds notes and photos. The family had also brought a special album made for Jill's 75th birthday. Jill was a great photographer and was always giving out printed photos of Lone twin events. So much better than digital images on our laptops and our phones.

Time was ticking as Mass is at 12 noon on a Sunday at Stanbrook and it was nearly eleven o'clock. The rain was holding off as we picked up the apple tree at the door and a large sharp spade. We slithered down the grassy slope just below the main drive of the Abbey and gathered round the hole dug for the new apple tree. The estate gardener had already dug a neat rectangular

hole for the tree, so we placed the roots in and the family took turns to spade in the loose earth round the tree. The family had brought a small jar of Jill's ashes and had permission from the Abbey to sprinkle them round the new apple tree. We all added some earth from the pile and made sure the tree was straight. David Deeley said some special words in memory of Jill and said her tree would be there for all Lone Twins to visit. It was very emotional and moving.

There was a glorious view out to the Yorkshire Wolds as we walked back to the Abbey and the rain still held off! Back in the guest kitchen in the Abbey, we had tea and cake and looked at the family albums. I went to the service in the church at 12 while Fran stayed with Jill's family. I was really uplifted by the music and the words said by the priest. The sun showed through the grey clouds as I looked out of the church windows across the fields and it felt like a symbol of peace and hope. Sister Julian played the organ as I left the church, which was really special. The families were just leaving as I came out, so we said our goodbyes. There will be a family and friend's picnic at Stanbrook at the end of June to commemorate Jill's tree and dedicate a plaque. More details nearer the time. Fran and I stayed on for lunch (a proper Sunday lunch!) in the guest kitchen then Sister Julian rejoined us. The time flew and after more tea we drove back to Harrogate as darkness covered Yorkshire. Thanks to Sister Julian and Stanbrook for making the whole day possible and to Fran for transporting me. It was a very special day in the history of the Lone Twin Network as we remembered a very special person who contributed so much to Lone Twins in the UK.

GATHERINGS & UPDATES

MID-ATLANTIC REGIONAL GATHERING

By Sandy Goad, twin to Jim



On Saturday, October 26, 2019, the Mid-Atlantic Region gathered together on a beautiful autumn day in Frederick, MD. The Mid-Atlantic region includes the states of Delaware, Maryland, Pennsylvania, Virginia, and West Virginia and Washington, D.C. Surrounded by the comfort and support of other twinless twins, we discovered new tools and new twin friends to help us on our healing journey.

We held our morning meeting in the conference room of the Hampton Inn. We began by introducing ourselves, discussing our Mid-Atlantic News and the National Conference news. Then after a brief break, with our chairs in a circle, we shared about our twin loss.

In that circle, we opened our hearts while being surrounded by the comfort and support of other twinless twins. We also welcomed again our twins attending for the first time. It takes a lot of courage to walk through those conference room doors. We hope that they will continue to return to our meetings as one of our "returning twins" to find the support we are able to offer each other. Each new twinless twin received a special "Angel of Healing" as a reminder of the day. We ended our morning meeting with a candle-lighting and group photo.

We want to thank Ruth Selig, twin to Rollyn for facilitating our twin sharing and Becca Scher, twin to Ian for selecting our song for the candle-lighting.

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

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

Our next Mid-Atlantic Regional gathering will be held in Frederick, MD on Saturday, March 28. If you have never attended our regional gatherings, consider coming to our next gathering in March. For further information you can contact Michael Karbeling at mkarbeling@gmail.com.

GATHERINGS & UPDATES

NORTHEAST REGIONAL GATHERING

By Eleanor Maddy, twin to George



The Northeast Region of Twinless Twins Support Group International met in the Bordentown Public Library on Saturday, November 9, 2019. Thanks to Kuma, twin to Panin, for making the arrangements with the library and to Susan, twin to Judy, for leading our topic discussion.

Eight twins attended. None of us were newcomers. The 2019 National Conference in Alabama and the 2020 National Conference in Colorado were discussed briefly. Although Alabama was hot, the conference was a good one. Colorado should be more pleasant in July! Carolyn,

twin to Cary, our Northeast Regional Coordinator, encouraged everyone to join as members to TTSGI. The organization needs our support to continue its work.

As usual, the meeting started with everyone sharing their twin stories. The pain of losing a twin never goes away but it's important to learn where everyone is in their grief journey. Kuma and Sheri, twin to Shelley, talked about being able to set boundaries with their other family members such as siblings or children of their twins in order to take care of themselves.

After the break, we discussed the topic: coping with the upcoming holidays and other family gatherings such as weddings, dinners, etc. The theme of taking care of ourselves continued throughout. If the rest of the family is not supportive, we can avoid these occasions all together or limit the amount of time we spend with them. It's ok to 'unplug' if that's what we need to do. Some of the suggestions were contradictory. For example, to change our routines or traditions or to keep them the same. We have to decide what's best for ourselves. Helping others can give new meaning to our lives even if it's just little gestures like making a phone call, texting someone or bringing tea to a neighbor. However, this has to be a balanced approach. Taking on too much and being busy all the time can lead to exhaustion. Someone pointed out that grief work is work. Practicing self-care such as taking a vacation day or going to a spa once a month can help us recharge.

However, we cope with these events, it's always a good idea to lower our expectations and to remember that it's just another day. We have the advantage that TTSGI offers us a lifeline. We can ask for help and discuss our feelings with someone else who really understands our unique loss as only another twin can.

L to R: Diane Mandell, Eleanor Maddy, Kuma Alston, Sheri Parham, Tabatha Rivera, Susan Riddle, Carolyn Shane and Salimah Latham

WEST COAST REGIONAL GATHERING

By Eduardo Echeverria, twin to Alfredo

Thank you to everyone who attended both meetings. What a pleasure to meet you all.



December 15, 2019 Regional Meeting in the Los Angeles area. Attended by (left to right) Venice Lacy, Phillip Drange, Paula Mattioli Walker, Eduardo Echeverria, Lea Eriksen, Michael Spitaletto, and Kyle Lane.



January 25, 2020 Regional Meeting in Seattle. Attended by (left to right) Lucinda Diann, Marlene Clohessy, Joan Angelis, Sara Bendy, Darla Patterson, Tanner Iszler, Eduardo Echeverria, Angel Fouch, Erik Bjodstrup, and Jan Waters.

GATHERINGS & UPDATES

THERE IS SUNSHINE AFTER RAIN

By Katie Setzler, twin to Greg

SOUTH CENTRAL REGIONAL GATHERING

By Judith Olson, twin to Julie

When it comes to socializing, it didn't take much to get the Dallas Twinless Twins together. You see, in January, they joined together not once... but THREE times! No agendas or structures, just good old fashioned getting together with those who can relate to the *un-relatable* in each of us. It was a perfect solution to a holiday season filled with rollercoaster-type emotions.



Chuy's in Addison



Celebration in Dallas



Evening hosted by Jennifer Khonsari

When my twin was killed on June 30, 2012, I remember thinking and saying, "How am I ever going to survive this?" The days were so sunny and warm, but my soul felt dark and empty. The thought of losing my twin had never been something that had crossed my mind. His loss temporarily paralyzed me.

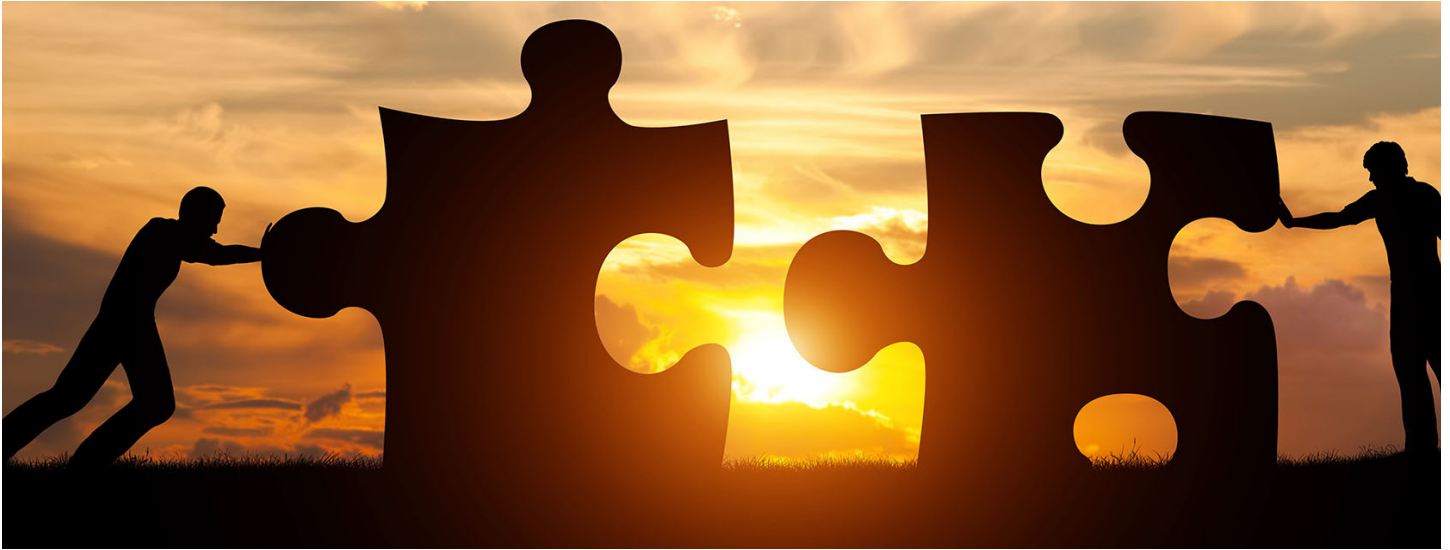
He was killed by a hit-and-run drunk driver. Everyone expected me to be angry and hateful toward the man that did it. I was the opposite; I showed him grace and mercy. The sadness over losing my twin was so engulfing that I did not have one ounce of energy to put toward hate. The right thing to do is often the most difficult; and that was to forgive him and mean it when I said it. This was something that, thankfully, I had prayed for years prior to my twin's death; to be able to pray for someone who has done me wrong and to make my words match my heart. It is easy to want to get vengeance; it's a natural feeling to something so tragic. No matter what I said or did or how hateful I could have been with my words, nothing would have brought my twin back; death is finite. I prayed to use this heartbreaking event as an opportunity for a positive platform. The tragedy in all of it would have been to let my brother's death be in vain.

Loss of someone can cause us to be bitter or better. I chose to allow my twins passing to make me an even better person. Beginning the Christmas immediately following his death, my family and I began a Christmas tradition that we carried on for six years. We adopted families in our community in his memory and gave them what they needed and more. Although we don't do it any longer, I continue to remember my brother and all of the light he brought in to the world. He had a million-dollar smile, gave the best hugs, and lit up a room when he entered with his contagious, adventurous and charismatic personality. He was a generous soul and stood up for the underdog. He is always missed and he is always on my mind. I carry his memory with me daily. I pray for the man who killed him; how terrible it must be to live with that on your conscience every day.

I still grieve though. I grieve him; what he never got to experience in life; marriage, the birth of a child, seeing his nieces and nephews that were born after his passing. I know one thing though. There is a life beyond this physical realm. It is with hope, strength, and faith that we will one day be reunited and whole with the rest that have gone before us. I lean on my family, friends, and God for strength to get through the rough days; "The Lord is near to all who call upon Him" Psalm 145:18. I continue to hope that others can see that tragedy is survivable. Even in the moment when it feels so helpless, hopeless, dark and overwhelming; there is sunshine after the rain.

ONCE UPON A TIME, THE END: THE ART OF STORY-TELLING FOR EARLY LOSS

By Alyssa Pratt, twin to Karyn



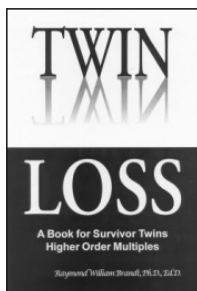
When I decided to write a series of articles about the early loss experience, I knew I wanted to tackle story-telling because it is such a common struggle for early loss survivors. Our twins may have only been present in the womb. Some only had hours, days, weeks, or months together after birth. Even those that spent a few short years with their twins have little memory to draw from. How do we tell a story that appears to have so little content? Perhaps more importantly, if healing comes from story-telling, how will we ever be able to heal? These are huge questions I kept coming back to because I think we DO have stories and they CAN be healing, but even with that conviction I was stumped to find an answer. Then I started a new jigsaw puzzle and realized it was time to rethink the way we tell stories.

I find jigsaw puzzles to be very relaxing. They have become a great way to clear my mind after work or manage my occasional insomnia. During one of those sleepless nights, I pulled out a new puzzle and was sorting through to find the edge pieces. I think most puzzlers start this way because it creates a framework on which to build. It is easier to see what the picture will be when the edges have been defined. However, the edges are not the most important part of the puzzle. The majority of pieces are not along the edge, and those are the pieces that really create the image you see. In a moment of enlightenment, I saw that this is also how story-telling works.

In story-telling, the edge pieces are the beginning and end whereas the other pieces are the fullness of the experience. In a story of life, we have a habit of using the beginning of life and the event of death as the edges within which the story is told. It is very difficult for an early loss survivor to share a story within those narrow parameters. My twin died before birth, so how do I define the edges of my story? Is there even space for other pieces? As twins, our stories automatically begin differently than singletons. We have a world of experiences before birth that only other multiples can understand. Does it not also stand to reason that our experience of death and loss is also unique?

The story of my twin begins with the two of us being created. We shared space. We shared love. For however briefly, we shared life. Her physical story ends in the womb, but that's not the end of our story. I lived and held her presence with me. I continue to experience life and continue to carry her with me still. The pain of twin loss is one side of the coin. The opposite side is the beauty of twinship. As long as one still lives, the story of both continues. Our twins go with us every day. Their memories make us the people we are. Every decision is influenced by the impact being a twin has on us. We do ourselves a disservice when we accept the belief that the edges have already been put together. There are still so many pieces to this puzzle that we haven't sorted through yet. We all have a healing story to tell, but the most important thing to remember is this story is so far from over!

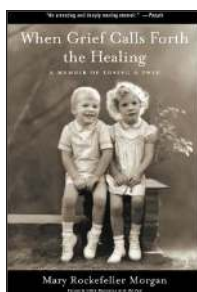
RECOMMENDED TWIN BOOKS



“TWIN LOSS”

By Raymond W. Brandt, PhD

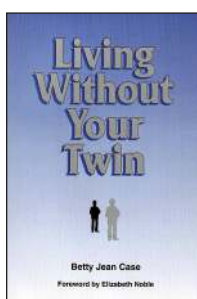
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

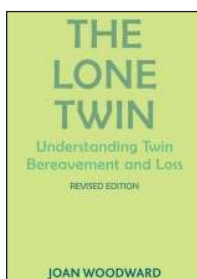
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael's death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

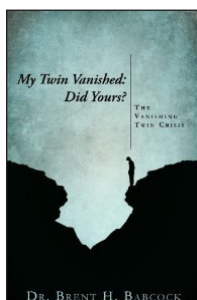
TTSGI receives a donation each time one of author Betty Jean Case's books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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

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