

# TWINLESS TIMES

SUMMER 2020

HELPING TWINS WHO  
HAVE LOST THEIR TWIN



## PRESIDENT'S CORNER

Dear Twins,

As many of you know, the TTSGI Board has been closely monitoring the evolving COVID-19 situation and made the difficult decision to cancel the 2020 TTSGI annual conference. Our first priority is to keep our members safe and with so many unknowns we could not guarantee this if we were to move forward with the 2020 conference as originally planned. In addition, all in person regional gatherings have been suspended. Fortunately, many regions are continuing to meet virtually through Zoom or other video conferencing platforms.

We recognize that canceling or postponing face-to-face meetings can intensify feelings of isolation for many twinless twins who are deeply hurting. To help address this issue, in lieu of this year's annual conference, the conference committee is working on a remote plan. The goal is to offer a Webinar with a guest speaker, virtual breakout group sessions, and a remote memorial walk/run. These events will be held on Saturday, July 11, 2020 with the session times to be determined. There will be no charge for these virtual events. We will send more information as plans are solidified.

The lack of the conference also means that we won't be holding our annual auction and raffle which generate funds to help support the operating costs of TTSGI. We know that many twins may be hurting financially due to the resulting economic crisis, but for those who have the ability to contribute, please consider making a donation to TTSGI for whatever amount you are comfortable with. For instance, you could consider donating what you normally would have spent at the auction and raffle, or donating a portion of what you would have spent on travel to the conference. Raising funds from your family and friends for the remote Memorial Walk is another opportunity to contribute and more information about that is in this newsletter.

The cancellation of the conference has also impacted the board's ability to have our in-person summer board meetings, which normally occur before and during the conference. This will impact our ability to effectively bring on and orientate new board members. Given this situation, I will be asking the board to take a vote to consider a one-time amendment to our bylaws to extend all current board terms by one year. This is truly an unprecedented situation, but I believe this action is in the best interest of organizational stability at this time.

Thank you for your patience and understanding as we all navigate these uncharted waters. I know this is a time of great uncertainty and also anxiety. It is OK to feel uncertain and anxious. One thing that will help is learning about and practicing self-care. This is also the time to connect with one another virtually through text, Facebook, email, Zoom or other online platforms. Whatever method you use, find a way to connect with each other and check in. You may never know how a friendly note or call makes a world of difference to a fellow twin. We can be #TogetherApart, #YouAreNotAlone. None of us know exactly what to expect in the days to come, but we do know that as a community of healing, we will get through this unforeseen challenge together.

Lea Eriksen, President



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# THE EMPTY CHAIR

by Sandy Goad, twin to Jim

## THE CHALLENGE OF STAYING CONNECTED

During the last few months, you may have received an email from your Regional Coordinator that read something like this, "In this time of uncertainty, I want you to know that your safety is our top priority. That is why we have made the decision to cancel our Mid-Atlantic Spring Meeting in Frederick, MD. Due to the Coronavirus, we cannot meet in person. So, we will be meeting by a video conference (using Zoom) on Saturday, May 16 beginning at 9:00am."

This is a challenging time for all of us to stay connected. The isolation that all of you have been facing has added another complication to moving forward in your grief. We are spending more time in our homes using technology to connect us by telephone conference calling and Facebook. These connections have replaced sharing our stories face-to-face.

Dr. H. Norman Wright a top grief expert says, "We are all in the same boat, but we are not all in the same storm. For some people, it's sprinkling. It's a rest, a pause, a time to reconnect with their families... But for some others, it's a storm. It's a bit scary. It's disruptive. It's enough to make you stay up and watch the news and worry a bit. For some, it's a hurricane... and we're not going to respond normally."

We are in a "new normal". People are "social distancing" and wearing masks. Many have lost a job and they're just waiting day after day to see when they're able to go back to work. Many are concerned about their finances. Some can't travel to see their loved

ones. Some have lost a loved one. Each of your circumstances is different and each twin will approach this time from a unique and personal perspective.

So, what can you do during this time? Here are a few suggestions: Acknowledge your own grief. Stay connected with others who will listen to your story and if you need help, ask for it. When you are ready, you can share the comfort you have received with others in need. Text, call or write a note to someone who needs encouragement.

Commit to the journey that leads you back to the point where you can live with optimism and hope. America's inaugural Youth Poet Laureate Amanda Gorman offered some inspiration during this coronavirus pandemic. In a performance for "CBS This Morning" at the Los Angeles Central Public Library, she used her voice to give comfort and courage to the nation in her poem *The Miracle of Morning*. These are a few of her words:

"While we might feel small, separate,  
and all alone,  
Our people have never been more  
closely tethered.

The question isn't if we will weather  
this unknown,

But how we will weather this unknown together.

We will weather this storm together and  
believe that we will be back together again,  
face-to-face, more compassionate, kind  
and ready to help each other.

You are not alone."

## REGIONAL ZOOM GATHERINGS:

For upcoming Regional Zoom Gatherings please check our website  
<http://www.twinlesstwins.org/events/> and your Regional Coordinator.

# TTSGI GUIDING PRINCIPLES: JOURNEY TO HEALING

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 Summer Edition will focus on the fourth one, which is described in the article below and in Kevin's Corner:

**JOURNEY TO HEALING** —The loss of a twin can affect many areas of a twin's life for varying lengths of time. The ability to accept one's loss and to move forward is valued and supported by TTSGI. Membership status offers a myriad of personal and informational resources and support in the form of small and larger meetings, newsletters, telephone and electronic communication, an official website, books and articles and other media. The organization honors each twin's "journey to healing" and exists to help each person find her or his own time and way to accept and grow beyond loss.

## JOURNEY TO HEALING DURING COVID-19

By Janet Baird, twin to Margaret

It's difficult to know if lone twins have experienced the isolation of lockdown during the Covid-19 pandemic in a different way. We can't imagine how it feels not to be a twin. My own experience of this health crisis started on my birthday, March 15th. It was my 16th birthday by myself and I'd arranged breakfast out with pals and lunch out with my brother and cousin. I've learned how to socialize on the actual day.

There was an odd feel to the world. The number of deaths in Italy were scary and a lot of people I knew had been skiing there over half term. It was a storm waiting to happen. Looking back, we should have cancelled my birthday but lockdown hadn't yet started and there was a 'last day out' feeling. The shock of hearing Boris Johnson, England's Prime Minister, say we all had to stay home to save lives was seismic. I watched it live on TV at 8:30am on March 17th. There was no one to share it with as I live on my own.

I texted and used WhatsApp with pals as the news unfolded. My first feeling was one of panic. "Staying Home" is not something I do. I don't feel this flat is home. Nowhere has felt like home since my twin left here for the hospital. She never came back and she was ill here for a long time. My reaction was to spend as little time as I could here. I ate out, had tea and coffee out, travelled, stayed with pals, booked on courses and retreats and generally avoided being 'home.' Then came lockdown. I had no choice except to be here. Suddenly all the cafes I used to haunt closed and then even the take outs stopped. My close pals were



shielding so I couldn't go there. All the events in my diary disappeared. I was left with just me and my flat. In lockdown isolation.

So how did I cope? I coped by setting up a daily timetable with set times to go out for essential shopping and my bike ride. I changed my activity on the hour. I got use to Zoom, FaceTime and video messaging, even though I don't like seeing myself on screen. I ate more fresh food and learned how to bake and cook all over again. I had stopped cooking after my twin became ill 18 years ago. I set myself an A to Z challenge with a new activity

or skill to try each day. I signed up with voluntary agencies and cleaned PPE equipment. I kept in touch with the twins in the UK and the USA and tried to talk to one each day. I wrote 600 words a day for my middle grade children's book and I got to reading and writing poetry. And I rediscovered my love of gardening, in a friend's vacated garden.

In short, I reconnected to where I live. Despite a roller coaster of emotion like most in this pandemic. Like many I had no actual contact with any of my family or my friends and no one to share how I felt about the scary news and escalating deaths. I can't say I like my flat even now or my life on my own, but I can say that the Covid-19 experience has forced me to stop travelling. It's made me slow down and appreciate the small and more beautiful things in life. Especially nature and I really appreciate that.



## KEVIN'S CORNER

By Kevin Mullen, twin to Brian - Twinless Times Correspondent

### JOURNEY TO HEALING

It's always fulfilling to help a twinless twin on their journey to healing. It's especially fulfilling and powerful to walk the twinless grief journey in solidarity with another twinless twin that's admired and is a longtime friend. Jon Hilber, twin to Justin, is my admired longtime friend and I was honored to be his best man at his wedding this past February.

I flew to Indianapolis the week before Jon's wedding in February to help with final wedding preparations and to revisit the city. I'll treasure the time we all spent catching up with Larry Lynch, twin to Garry, at his house and seeing his motorcycle outside.

Jon's wedding was held in downtown Indianapolis at Saint John the Evangelist Catholic Church. A lovely church of Gothic Revival architecture and beautiful copper twin spires. There couldn't be a more perfect backdrop to feel the pain of twin loss and to be a witness to Jon's healing.



## 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.**

## VOLUNTEER!

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

We are looking for volunteers who can assist their Regional Coordinators.

Please contact your Regional Coordinator using the "Contact Us" form on the website or from the RC Listing on the back page of this newsletter.

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

# 2021 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.

## RAFFLE, SILENT AND LIVE AUCTIONS

by Terry Lewis-Foor, twin to Sherry

Hello Twins!

I hope you're staying safe and well during these unusual and unpredictable times. Your safety and well-being are of the utmost importance to all of us on the Conference Committee and the Board of Directors of TTSGI.

During our Annual Conference we are dependent upon your donated items for the Raffle, Silent and Live Auction tables. The ticket sales and your bids on the Silent and Live Auction items contribute to TTSGI's largest annual fundraising to support our organization.

Because of this year's annual conference cancellation, we ask for you to please consider making a monetary donation. Those items intended for auctions, please save for 2021!

Online donations can be made by visiting <https://www.twinlesstwins.org> or you can mail your financial contribution to:

Twinless Twins Support Group International  
PO Box 980481  
Ypsilanti, MI 48198-0481

# MEMORY WALK 2020



## “TOGETHER WE WALK”

“I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness. We are all together, reaching out our hands for strength greater than ours, and as we join hands, we find love and understanding beyond what we could ever have imagined.”

The above has been the motto for our Annual TTSGI Memory Walk, but unfortunately, because of COVID-19, we will not be together this year for our planned walk in Denver, Colorado. Hopefully, for July 2021 in Denver, we will be able to walk, once again, as a group.

Last year, the walk was held in Huntsville, Alabama. As we joined hands on a 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.

However, in lieu of the Memory Walk taking place at the conference, I encourage each twinless twin, and family members, to do their own memory walk sometime during the weekend of July 11-12, at their own pace and location, carrying with them memories of their departed twin.

I am deeply grateful for the generosity and support of those who donated to our walk during the past years. Your gift does make a difference. Because TTSGI is a non-profit organization, your gift helps us to continue to support twins and other multiples that have lost their twin due to death at any age. 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 and you can do the same - you'll be surprised as to how generous others will be!

Please see the following Frequently Asked Questions and the Donation Form in the newsletter.

### **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 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.

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

A: There will be two ways for you to get your donations to TTSGI.

1. Your donation form, along with your donations can be sent to Margaret Daffin, Chair of the Memory Walk. If possible, Margaret would like to have all your donations mailed to her by July 10th. 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 form to Margaret, please be sure to put your twin's name along with your name on the form.

2. Your friends, family and community have the option of donating to TTSGI online by using our website at [www.twinlesstwins.org](http://www.twinlesstwins.org). The donate button is located at the top of our home page. By clicking on that button, they can go to a secure server to make their donation. Be sure they note that this is a Memory Walk donation. They will receive a thank you from our organization as their tax receipt.

Note: 50% of the money raised from the Memory Walk is allocated to the Scholarship Fund to assist twins in attending future annual conferences. The additional 50% is allocated to the General Operating Fund.

### **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 questions about the walk, please contact me at [medaffin@aol.com](mailto:medaffin@aol.com).

Thank you for your support of TTSGI.

Margaret Daffin, twin to Josie  
Chair 2020 Memory Walk

# MEMORY WALK 2020 DONATION FORM



Your Name \_\_\_\_\_

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

	NAME OF DONOR	ADDRESS & EMAIL	DONATION
1			
2			
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4			
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11			
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13			
14			
15			

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

# GATHERINGS & UPDATES

## TTSGI NORTHEAST REGION

By Eleanor Maddy, twin to George

We were pleased to have a larger number of participants (25) at our Zoom gatherings held on May 9th and 12th, with eleven twins as newcomers. Twins shared their stories and although the circumstances of everyone's loss was different, we could all relate to the feelings and the emotions expressed. Several people gave testimony to how much TTSGI had helped them heal and eventually learn how to live again without their twin. One said she found the group to be very warm and supportive and another told us his experience at the annual national conference was magical. We agreed to set up a follow-up Zoom gathering to discuss the topic of coping with the loneliness of being without our twins and the added burden of social isolation due to the pandemic.



## TTSGI CANADA REGION

By Ami Hoyt, twin to Angela

Even with our country in lockdown for Covid-19, we were still able to host a regional twin gathering. Thanks to Zoom, twins from across the country were able to attend. We had twins from the east coast, west coast and even one from the Yukon!! For some, it was their first time meeting another Twinless twin. So amazing!



## TTSGI NEW ENGLAND REGION

By Garry Rayno, twin to Terry

The setting for this year's New England regional twin gathering was a little different. It was not York Beach, Maine, the usual location, instead it was in the living rooms, bedrooms and offices of more than 20 twins in New England, but also California, Florida and Pennsylvania. Several new loss twins attended the Zoom gathering, necessitated by the coronavirus pandemic, and were able to share their stories with 20 other twins including long-time participants and two former New England regional coordinators, Linda Pountney and Amy McDonald, who along with facilitator Larry Wilson, offered thoughtful and seasoned guidance.



While it may have been held electronically, the shared stories of our twins and our journeys through grief were much the same as if we were sitting in a circle sensing the comfort of other twins who share the difficult journey of twin loss. Who knows what the venue will be for future meetings, but in New England we know we can still reach out to other twins even if the distance between us is in miles and not in chairs.



# GATHERINGS & UPDATES

## TTSGI MID-ATLANTIC REGION

By Michael Karbeling, twin to Howard



On Saturday, May 16, 2020, a group of 22 twinless twins from the Mid-Atlantic Region gathered for our 24th meeting since 2002, and our first "virtual" gathering via "Zoom". Our group included two new twins, Ellen Berg, twin to Eric, and Gloria Chiantella twin to Tony. We also had a wonderful reunion of returning twins who for various reasons, have not been able to travel to meet with us for many years, but could attend our virtual meeting. We plan to continue virtual meetings to assure our meetings are accessible.

We began by introducing ourselves, discussing our Mid-Atlantic Region news, and the latest National Conference news. Then after a brief break, we started our sharing time. We opened our hearts and shared tears and smiles as we told stories of our twins, everyone providing comfort and support as we discovered new tools and new twin friends to help us on our healing journey.

We want to thank Ruth Selig, twin to Rollyn for facilitating our twin sharing, and Jennifer Gonzalez, twin to Jeanette for sharing a beautiful poem which spoke of the need to use compassion and love to work our way through loneliness and grief. Our region continues to bring twins together and I only wish that each of you could have been there to experience first-hand the healing that took place as twinless twins came together and experienced love, support, encouragement, and hope.

## TTSGI NORTH CENTRAL REGION

By Joan Angelis, twin to Jean



There were eleven of us in all. Our losses ranged from one year to 38 years ago, from age ten to age 74. There were no physical hugs exchanged, because the meeting was a virtual one, held through the "Zoom" online platform. We supported each other by the words we spoke individually, as well as comments we'd all write while another one of us spoke. The meeting brought together twins from geographic areas too far away to meet in-person. Yes, the hugs were missed, but we still connected through our shared losses, and that to me is healing.

## TTSGI SOUTH CENTRAL REGION

By Margaret Gron, twin to Edith



ZOOM. If you are not saying it or hearing it, you are doing it! With Covid-19, zooming is apparently the new normal, giving way for the world to continue to connect. Although wonderful to connect large numbers of twinless twins on a virtual platform, it can be overwhelming and limit individual sharing. After our regional gathering, I hosted smaller break-out sessions dealing with specific twin struggles and it was well received. Cyber space has never been so appealing, especially if you are a twin!

# GATHERINGS & UPDATES

## LONE TWIN NETWORK HARROGATE MEETING

United Kingdom affiliate Janet Baird, twin to Margaret

The Lone Twin Network's first ever online meetings took place on Sunday May 16th. To keep the meetings small with only six twins online, two different times were offered that same day at 12pm and 3pm. Jill Ingham, the Northern Group Regional Coordinator and Lone Twin Network vice chairman ran both meetings.

After a quick introduction from Jill, we each told our story and there was a real international feel in our group as we had twins from as close as Portugal, to as far as the USA.

Jill then told us about future meetings both online and hopefully later in the year, face to face! I had some real cake which I offered to all but sadly no one could reach out for it. We always have Jill's fabulous cake at the end of our Northern meetings.

Lone Twin Network arranged a phone number for us to ring if we felt upset during or after the meeting as we couldn't do real hugs or use a breakout room. After we waved goodbye, I had cake. Real cake. I felt more at peace than I had felt for weeks since the Covid virus started.



## MY 2.6 CHALLENGE

United Kingdom affiliate Janet Baird, twin to Margaret

It's Sunday April 26, 2020 and it should have been the London Marathon. But like so many other events it didn't take place. Corona virus meant it wasn't safe to hold the event which meant many charities lost on sponsorship and donations. The 2.6 challenge was launched to encourage the public to take place in their own 'marathon' events in lockdown. We could do any challenge based on the numbers 2 and 6.

For me it had to be a biking challenge. Before I lost my twin in 2004, we biked everywhere and we were known as the Cycling twins. The charity ride to Israel, Jordan and Egypt my twin and I took part in was for Queen Charlotte's Hospital in London. It specialized in women's health and is now part of Genesis. So, my chosen charity was Genesis.

I decided to join up with Patricia, a Lone twin in Portugal as she was doing the 2.6 challenge for a cancer charity as she lost her twin Susana to cancer in 2015. Sunday 26th was a very special day for Patricia and Susana as it was their birthday. Patricia was in lockdown in Lisbon and shielding her parents, plus she



was still recovering from an operation, so we decided on a 26 Minute twin bike challenge. That way we could ride as far as we wanted.

So, at precisely 11:11am we set off. I was toggled up in my bike gear, complete with my coveted yellow jersey awarded by Cycling UK in December 2019. It took me 14 years to get back on my bike after losing my twin but I'm gradually regaining my confidence!

I felt a burst of elation as I set off on my bike. It felt like people all over the world were taking part in something really special. And it felt so good to be biking at the same time as a special twin pal.

I did my usual circuit around the neighborhood and was back as the 26-minute alarm went on my phone! I took a bike selfie before and after my challenge and Patricia sent her pics too. It felt like a shared experience and for a short time I felt the joy I used to feel when I biked with my own twin. It had been a really special 2.6 experience for us both.

# 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](http://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: \_\_\_\_\_

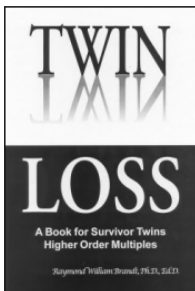
Type of Credit Card: \_\_\_\_\_ (Visa/MasterCard/Discover)

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.

# RECOMMENDED TWIN BOOKS



## “TWIN LOSS”

By Raymond W. Brandt, PhD

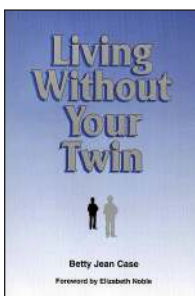
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



## “WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

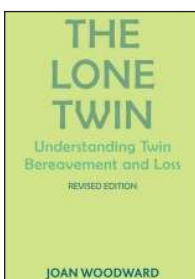
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael's death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



## “LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

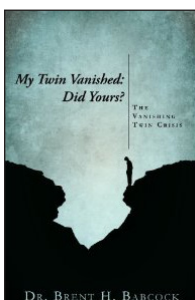
TTSGI receives a donation each time one of author Betty Jean Case's books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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

P.O. Box 980481

Ypsilanti, MI 48198

[contact@twinlesstwins.org](mailto: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](mailto:twinlesstimes@yahoo.com)

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

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

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

## TWINLESS TIMES BY MAIL

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

## 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](mailto:twinlesstimes@yahoo.com)

Twinless Times Co-Editors:  
Margaret Gron & Emily Heekin

# LIST OF REGIONAL COORDINATORS – 2020

PLEASE USE [CONTACT@TWINLESSTWINS.ORG](mailto:CONTACT@TWINLESSTWINS.ORG) TO CONNECT WITH YOUR REGIONAL COORDINATOR.

**UNITED KINGDOM**  
**JANET BAIRD**  
**AFFILIATE MEMBER**

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• OPEN •  
**AFFILIATE MEMBER**

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• OPEN •

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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
- New York

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**GARRY RAYNO**

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

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**MICHAEL KARBELING**

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

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**JESSICA WICKEY**

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- Florida
- Georgia
- North Carolina
- South Carolina

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**JOAN ANGELIS**

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

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**SARAH BEEBE**

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- Indiana
- Kentucky
- Missouri
- Ohio

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**MARGARET GRON**

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- Louisiana
- Mississippi
- Oklahoma
- Tennessee
- Texas

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**JACOB YURICH**

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- Colorado
- Kansas
- New Mexico
- Nevada
- Utah

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• POSITION OPEN •

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- Montana
- Wyoming

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**EDUARDO ECHEVERRIA**

- Alaska
- California
- Hawaii
- Oregon
- Washington

