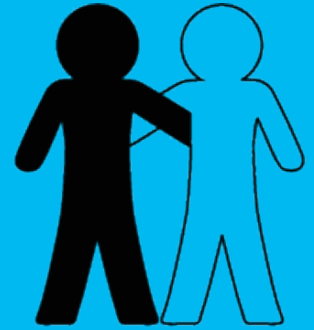


TWINLESS TIMES

SPRING 2021

HELPING TWINS WHO
HAVE LOST THEIR TWIN



PRESIDENT'S CORNER

Dear Twins,

The TTSGI Board continues to closely monitor the evolving COVID-19 situation and will be reconvening in March to evaluate the status of COVID-19 and determine whether to move forward with planning an in-person conference or a virtual conference this summer. Because of the uncertainty, this edition of the newsletter doesn't contain the typical content about the upcoming conference. We will send an email to our membership once a decision is made. In the meantime, we are working on virtual programming that will take place this Spring with past keynote speaker Nancy Weil. Nancy spoke at our 2017 TTSGI Conference in Tucson, Arizona. The virtual programming will be open only to paid TTSGI members and more information will be sent to members once details are finalized.

In this issue, our Treasurer Ray Boyle has included our financial results for 2020. Both our revenues and expenses declined due to not having in-person events, including the conference; however, due to generous twins' contributions and a growing membership, we did end the year with revenue exceeding expenses.

As you may know, there are our four principles that guide TTSGI in our mission to provide a safe and compassionate community. Within this community, twinless twins can experience healing, understanding, and the opportunity to help others cope with the loss of their twin. We focus on a different principle in each newsletter. This edition of the newsletter is focused on the guiding principle of "Healing by Helping." This principle recognizes that helping other people in similar circumstances helps not just the recipient, but also the giver. Since we exist as a peer-to-peer support organization, we are run almost entirely by volunteers (the exception being our Executive Director Michelle Getchell). I am so grateful for the generous volunteer spirit of twins serving in leadership roles, including our Regional Coordinators, Facebook Moderators, Board Members, and Committee Members. We have many special twins who have served to support TTSGI over the years, and we are looking for more. At this time, we are calling for nominations for new board members. With several openings, we are hopeful that some dedicated volunteers will step forth. Information about the board nomination process is on page 8.

Lastly, the Board held a winter board meeting virtually in December. During the meeting, we approved the addition of a fifth guiding principle, one that affirms our commitment to diversity and inclusion. This commitment will ensure a safe and welcoming community for ALL twinless twins. The Board's Statement regarding the fifth guiding principle: "Uniting Our Diverse Community," is on page 7. Our intention is to be the leading resource for compassion, information, communication, support, and personal connection for twinless twins worldwide. As part of this commitment, we are forming a diversity and inclusion committee. We are also looking for volunteers to serve on this new committee. If you are interested, please contact me at lea.eriksen111@gmail.com.

Lea Eriksen, President



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THE EMPTY CHAIR

by Sandy Goad, twin to Jim

SEEING HOPE

"Hope is the capacity to see through the darkness of this moment to the returning light of tomorrow." Hope is essential to life, so we must look for it. Last year, America's Youth Poet Laureate Amanda Gorman offered hope to all of us during pandemic. Her words are

worth repeating in my column again this year. In her poem, "The Miracle of Morning", she uses her voice to give comfort and courage to the nation. "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."

Twinless twins across the world are weathering this challenging time together and finding hope. I looked for hope in articles that were printed in previous Twinless Twins newsletters. There it was:

"We were pleased to have a larger number of participants (25) at our Zoom gatherings... Several people in our meeting gave testimony to how much TTSGI had helped them heal and eventually learn how to live again without their twin." Submitted in the Northeast Regional News by Eleanor Maddy, twin to George.

"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!" Submitted in the Canada Regional News by Ami Hoyt, twin to Angela

"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. The Zoom gathering, necessitated by the coronavirus pandemic, and they were able to share their stories with 20 other twins... 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." Submitted in the New England Regional News by Garry, twin to Terry.

Every January, I look forward to receiving the information from TTSGI about our upcoming National Conference in July. The words in the email I received this year were different from all the others: "The Board has decided to postpone reopening registration for the 2021 TTSGI conference until April 2021. The Board will reconvene in March to evaluate the status of COVID-19 and determine whether to plan an in-person conference or a virtual conference for July 2021... Please know that as a community of healing, we will get through this challenging time together."

This email was different from all the other January emails I received in the past, but there it was again - words of hope. There's hope we might be able to have an in-person conference in July. If that isn't possible, there's hope we will again have a virtual conference. There's also hope we will continue to meet on Zoom in both our regional gatherings and other specialized gatherings throughout 2021. We are meeting these challenging times together and seeing hope.

America's Youth Poet Laureate, Amanda Gorman, spoke words of hope to a nation this year that could also apply to us. In her poem, "The Hill We Climb", she begins: "When day comes, we ask ourselves, where can we find light in this never-ending shade?" She ends with these words: "The new dawn blooms as we free it. For there is always light. If only we're brave enough to see it. If only we are brave enough to be it."

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.

TTSGI GUIDING PRINCIPLES: HEALING BY HELPING

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 just the recipient, but also the giver. Assistance can come in several forms: attending meetings in which those twins with new, older, delayed, or un-mourning losses meet other twins who become a support system; serving as volunteers for committee and board assignments; serving as a Regional Coordinator; or volunteering time, talent, and resources to help TTSGI realize its mission.

Below is an amazing story of a twin that illustrates this guiding principle.

HEALING BY HELPING

By Margaret Gron, twin to Edith, and Twinless Times Editor

After 9/11, therapist Mary R Morgan expanded her work to include working with twins who lost their twin in the Twin Towers disaster. Mary, in her own words, explains how her own twin journey shaped her life:

"I am a twin, part of a beloved twinship, but part of a primary relationship that abruptly ended in 1961 when I was 23. I lost my twin brother, Michael, when he disappeared off the southern jungle coast of New Guinea while collecting indigenous art for a museum in New York City. Michael was never found. When I finally acknowledged my twin's death and connected with the deep inner loss, I realized I had not only separated from Michael, but I had also separated from myself."

Mary is a licensed psychotherapist who specializes in working with twins. She has counseled lone twins, led a bereavement group for twins whose twin died in the 9/11 World Trade Center disaster, lectured on the subject of twin loss, and authored *When Grief Calls Forth the Healing: A Memoir of Losing A Twin*. In addition, Mary has been heavily involved with TTSGI for thirteen years. It was a twin from her 9/11 twin bereavement group who recommended her as the Keynote Speaker in 2003 which resulted in a long-term relationship with TTSGI. Mary has attended multiple annual conferences where she has given other keynote speeches, provided workshops, crisis intervention and assisted Regional Coordinators,



especially in the development of their handbook. Mary, in her own words, explains how healing by helping has shaped her twin journey:

"I loved getting to know and work with so many twins who touched my heart, and, in the best TTSGI tradition, was able to feel part of a community of people who understood. This, as you know, is a rare gift for twins. My healing journey, like for many twins, was precarious and very long. I secretly denied my brother's death for 27 years in an effort to preserve a sense of our love and bond, which I depended upon for my primary identity as a twin. But, I am lucky, for over the years I was helped to listen inside in order to find and to develop my own separate identity. Slowly, this essential process allowed me to feel safe enough to let go of the denial and to face Michael's death; safe enough to find supportive places where I might grieve and heal. In the grieving process, I bore witness to my twin brother's life and our relationship. It was this process that allowed that relationship to transform. From its physical death, it reawakened to become ever-present in my heart."



Photo Credit: Rosalie Winard

By actively serving, Mary brilliantly demonstrates the power of our featured principle of healing by helping. What a gift she has been for the twin community and our TTSGI organization. Thank you, Mary.

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

ASSIST WITH THE CONFERENCE:

The Annual Conference is our largest event of the 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.
- Friday: Before and between sessions, we need volunteers to help us intake and setup raffle and auction items.
- Saturday: In the afternoon, we need volunteers to help us close out the raffle and silent auction. In the evening, we need volunteers to help with the live auction. At the end, we'll also need volunteers to help with tabulating winners and with tearing 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 2020 was another huge success. A generous donor made this campaign possible. Thank you from the bottom of our hearts for your contribution.

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

Please consider a financial contribution to TTSGI during 2021 to help us support the twins in need. Complete and send the donation sheet on page 5 or go online to 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.

2021 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.

IN RECOGNITION OF OUR CONTRIBUTORS SINCE FALL 2020

- Joel Abramson** – in memory of Doris Abramson, her loss of a twinless twin, just peace
Joan Angelis – donations received from four face masks, in memory of Jean
Anonymous Donor – “Double your Donation” year-end matching gifts to TTSGI
Michael D’Arata & Lawrence Price – Double your Donation
Phyllis Ashliman – monthly pledge and Double your Donation in memory of her twin, Phil – General Fund
Kelly Bailey – Double your Donation – Kevin, twin to Kim
Joe Basehart – Double your Donation in memory of his twin
Julie Belgue – in memory of her twin Martha
Janine Caleo – Double your Donation from Australia
Wilmette Combs – donations received from making TTSGI face masks and donation in memory of her twin, Wilma Usher
Kimberley Crews – I am donating on behalf of Wilmette Combs for her beautiful TTSGI logo face mask.
Thank you for allowing her to use the logo, it means so much to me
Margaret Daffin – quarterly pledge and Double your Donation in special memory of her twin, Josie
Pierre Decker – Double your Donation
Valerie Dosland – Double your Donation
Eduardo Echeverria – Double your Donation in memory of his twin, Alfredo
Lea Eriksen – Double your Donation in memory of Eve Richards
ExxonMobil Foundation – for volunteer hours in memory of her twin, Josie Wilson
Fidelity Charitable (Jamie E. Behrendt) – in memory of twin brother John, lost on November 25, 2016
Fidelity Charitable – where most needed
Joan Garcia – Double your Donation in memory of her twin, Jane DeLaCruz
GoodShop – up to 20% of every purchase goes to TTSGI – THANK YOU
Margaret Gron – AmazonSmile donations in memory of Edith Gron
Phillip & Donna Hague – Double your Donation plus a second donation
Lorraine Horstman – in memory of Elaine Fleming
Donna Hughes – Double your Donation
IGive.com – from all twinless twin members who use IGive to buy online – THANK YOU!
Michael Jackson – Double your Donation in memory of his twin, Christine – General Fund
Dave Jones – Double your Donation in memory of his twin, Dennis
Janice Konya-Grabill – Double your Donation in memory of her twin, Hal Robert McCracken
Kathleen Liest – thank you for being there for me, Katy, twin to Kay
Sari Liptz – Double your Donation
Jane Malcolm – Double your donation in memory of my beloved twin sister, Jane
Sandra & Burton Masnick – Double your Donation
Laurel Ann McDaniel – Double your Donation in honor of my twin Lindy in Heaven to
wish you a beautiful Happy New Year, twins forever
Kevin Mullen – Double your Donation, in memory of Brian Mullen
Network for Good – all donations through Facebook – THANK YOU!
Marie Nutter – Double your Donation
Judith Olson – AmazonSmile donations in memory of her twin Julie
Darla Patterson – Double your Donation in remembrance of Karla and in honor of Patrick Pointon
Ann Poritzky – Double your Donation
Alexandra & Ananda Robie – monthly pledge for Scholarship fund
Angela Brigitte Roemelt
Schwab Charitable – David twin to Nancy
Russell Scott – Double your Donation – General Fund and birthday donation Russell, twin to Ralph
Carolyn Shane – Monthly pledge in memory of Cary, Michaela, and all of the angel twins in my region
Rachel Starr – Double your Donation
Don Steenson – Donation of conference fees to TTSGI
David Tomasko – Double your Donation
Ernst van Eeghen – Double your Donation
Alice Ward – Double your Donation in memory of her twin, Anita

We apologize if we have missed your name in this listing. Please let us know and we will recognize you in our Fall 2021 newsletter.
Contact Margaret Daffin at medaffin@aol.com



KEVIN'S CORNER

By Kevin Mullen, twin to Brian

What does Elvis Presley, twin to Jesse, and Kevin Mullen, twin to Brian, have in common - other than being early loss twins? They were both named Kentucky Colonels! Kentucky Colonels is the highest title of honor bestowed by the commonwealth of Kentucky. It is given by the governor. There are a slew of celebrities who are Kentucky Colonels: George Clooney (ER), Nick Clooney, Rosemary Clooney (White Christmas), and Bing Crosby (White Christmas, High Society). I feel honored both to receive this award and to be a Kentucky Colonel alongside Elvis.



TTSGI BOARD STATEMENT AFFIRMING TTSGI'S COMMITMENT TO DIVERSITY AND INCLUSION

**Once a Twin, Always a Twin
You Are Not Alone
Healing by Helping
Journey to Healing**

These are our four principles that guide TTSGI in our mission to provide a safe and compassionate community. Within this community, twinless twins can experience healing, understanding, and the opportunity to help others cope with the loss of their twin. Our intention is to be the leading resource for compassion, information, communication, support, and personal connection for twinless twins worldwide. The Board of TTSGI recognizes that our membership is diverse and comes from all different backgrounds and locations. In light of recent events occurring in the United States and worldwide, we issue this statement affirming our commitment to provide a safe and welcoming community for all twinless twins.

Uniting Our Diverse Community - TTSGI welcomes all identical and fraternal twinless twins, regardless of when loss occurred, race, ethnicity, age, disability, sexual orientation, gender, gender identity, socioeconomic status, geography, political affiliation, or religion. We share the common bond of twinship regardless of our differences. It is important that all twinless twins know they are welcome and integral to our healing community. Our community includes

all twinless twins. Twinless twins are defined by our organization as a person who has lost due to death either a twin, or a sibling part of a higher order multiple such as triplets.

Uniting Our Diverse Community is as much a guiding principle as our original four guiding principles and our Strategic Plan will be revised to prioritize this. Henceforth, our five guiding principles will be:

**Once a Twin, Always a Twin
You Are Not Alone
Healing by Helping
Journey to Healing
Uniting Our Diverse Community**

Additionally, the Board is creating a Diversity and Inclusion Committee. This will ensure that our leadership, programming, meetings, content, and operations are equitable and inclusive. The committee will be comprised of passionate TTSGI members, including some from the Board, who affirm and understand the importance of diversity and inclusion. If you would like to be a member of this committee, or if you have any ideas to share with this committee on how TTSGI can advance equity and inclusion, please email TTSGI Board President Lea Eriksen at lea.eriksen111@gmail.com.

THANK YOU TO RETIRING BOARD MEMBER TERRY LEWIS-FOOR



By Lea Eriksen, twin to Eve and TTSGI President

TTSGI would also like to thank Terry Lewis-Foor, twin to Sherry Lewis, for her TTSGI Board service. Terry is stepping down from the Board after serving for nearly six years. Terry found TTSGI a few months after Sherry was brutally murdered. She was killed August 1994 in a house she had listed for sale. Sherry was only 30 years old.

After seeing Dr. Brandt on a nationally televised program, Terry attended her first conference in 1995. Since then, she has attended many regional twin gatherings throughout the Chicagoland area. On the board, Terry served on the Conference Planning Committee, ran both the live and silent auctions, and was in charge of the raffle. Fortunately, Terry is willing to continue helping with the auction and raffle moving forward. We will miss you on the board Terry!

IMPORTANT: BOARD POSITION OPENINGS

This is your chance to nominate a member for the TTSGI Board of Directors! This nomination will be for the 2021-2024 Term of Office. You have until April 15th to send your nominations 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 April 15, 2021, and submit the list to the Board 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.

FINANCIAL STATEMENT INFORMATION

By Ray Boyle, twin to Jimmy, and TTSGL Treasurer

Our three main sources of revenue have historically been the conference and its activities, contributions, and membership dues. However, due to the pandemic, TTSGL was not able to hold an in-person annual conference for the first time since its inception. Consequently, this had an impact on organizational net income.

In 2020, the organization held a virtual conference. We had a keynote speaker and also held a virtual memory walk. The thought of not being together to have this walk together touched many twins. Accordingly, twins organized their own fundraising, surpassing what was raised in 2019. This helped to partially mitigate in-person conference fundraising events. Margaret Daffin, twin to Josie, continued to help drive this as co-chair, joined by co-chair Judith Olsen, twin to Julie.

Our contributions declined \$6.9K year over year. Included in 2020 contributions was a generous anonymous sponsor for our Double Your Donation year end campaign. Board member Wilmette Combs, twin to Wilma, generously created and mailed COVID masks, and asked only that recipients donate to TTSGL. Network for Good, an organization that people may make donations to us via Facebook, is also a significant source of contributions. We have also had some twins who have faithfully pledged a monthly amount to TTSGL.

Our membership dues increased \$3.2K over 2019 due to an increase in paid members. As total income declined \$42K our expenses similarly declined \$39.7K. The most significant decline was \$27.4K related to not having an in-person conference. The hotel where we planned to host our 2020 conference allowed us to defer the conference one year. Conference board meetings and executive director travel was also not incurred in 2020, saving the organization \$5.7K. We incurred a \$1.8K charge for legal services. In summary, we ended the year with revenue exceeding expenses and our net income for 2020 was \$8.0K, which was slightly less than the net income of \$10.5k in 2019.

Twinless Twins Support Group International			
Profit and Loss			
	Total		
	2020	2019	Change
Income			
Conference Assistance		5,000	-5,000
Total Conference Events	6,715	11,697	-4,982
Conference Registration		26,730	-26,730
Contributions	21,315	28,262	-6,947
Interest	339	178	161
Membership Dues	23,750	20,550	3,200
Online Sales	517	2,476	-1,959
Total Income	52,636	94,892	-42,256
Gross Profit	52,636	94,892	-42,256
Expenses			
Administration			
BOD Meetings		3,749	-3,749
Insurance	3,727	3,614	113
Travel & Lodging		2,025	-2,025
Total Administration	3,727	9,388	-5,661
Office Expenses			
Office Expenses			0
Assistant	1,920	1,920	0
Bank Charges	1,382	1,580	-198
Executive Director	28,200	28,200	0
Licenses & Subscriptions	840	780	60
Miscellaneous	1,031	1,628	-597
Postage/Printing	1,965	965	1,000
Professional Fees	1,800		
Telephone	25	24	1
Total Office Expenses	37,163	35,097	266
Program			
Program			0
Conference	30	27,427	-27,397
Conference - Speaker	1,500	3,363	-1,863
Inventory and Storage	792	5,631	-4,839
Outside Services	600	750	-150
Regional Coordinators	266	2,537	-2,271
Website	568	197	371
Total Program	3,756	39,905	-36,149
Total Expenses	44,646	84,390	-39,744
Net Income	7,990	10,502	-2,512

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

2021 TTSGI CONFERENCE • JULY 8–10, 2021



The TTSGI Board has continued to closely monitor the evolving COVID-19 situation. While the arrival of effective vaccines is definitely a very positive development, we realize that it will likely be months until the vaccines reach the general public. With the uncertainty surrounding both vaccine distribution plans and the protocols that will be in place with respect to travel and gatherings, **the Board has decided to postpone re-opening registration for the 2021 TTSGI conference until April 2021.**

The Board will reconvene in March to evaluate the status of COVID-19 and determine whether to plan an in-person conference or a virtual conference for July 2021. If the Board chooses to move forward with an in-person conference, twins who have pre-registered for the conference will receive priority registration for hotel rooms before the hotel block is open to remaining TTSGI members, the Facebook group, and the general public. If the Board chooses to move forward with a virtual conference in lieu of an in-person conference, all pre-registrations will automatically be applied to the 2022 conference, but all pre-registrants will again be given an opportunity to request a refund.

In the meantime, the Board has decided to move forward with planning quarterly virtual programs, which will be free of charge to all TTSGI paid members. In addition, Regional Coordinators will continue to host virtual regional gatherings and other specialized virtual gatherings throughout 2021. In the last year, in addition to virtual regional gatherings, TTSGI has hosted specialized virtual gatherings for twins who have lost their twin early in life and twins who have lost their twin by suicide. TTSGI has also hosted virtual gatherings for male twins to bond and get connected. While there is typically no charge for these gatherings, TTSGI paid membership is often required to participate. More details on upcoming virtual programming and gatherings will be forthcoming.

Thank you for your continued patience and understanding as we all navigate these uncharted waters. Please know that as a community of healing, we will get through this challenging time together.

Questions? Please feel free to reach out to Michelle, Executive Director, at contact@twinlesstwins.org

KEYNOTE SPEAKER: DR. JOAN FRIEDMAN

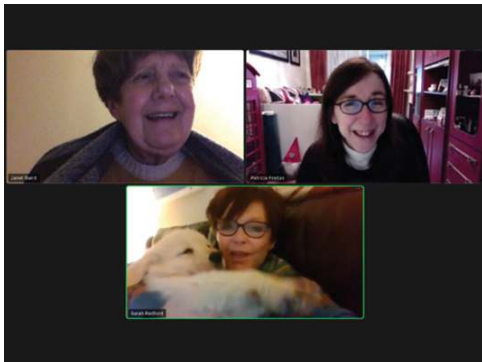


Dr. Joan A. Friedman is a trained psychotherapist who has devoted many years of her professional career to educating twins and their families about twins' emotional needs. Having worked through her own twinship challenges and parented her fraternal twin sons, she is a definitive expert on twin development.

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.

TWIN GATHERINGS & SPECIALITY GROUPS

Regional Coordinators continue their efforts despite the pandemic. Zoom twin gatherings have provided a safe environment to connect and share our twin stories and journey.



LTN twin gathering by **Janet Baird**



New England twin gathering by **Gary Rayno**



Northeast twin gathering by **Carolyn Shane**



South Central twin gathering by **Margaret Gron**



Southeast twin gathering by **Jessica Wickey**



West Coast twin gathering by **Ed Echeveria**



Early Loss twin gathering by **Carolyn Shane**



Men's twin gathering by **Margaret Gron**

TWIN GATHERINGS & SPECIALITY GROUPS

TTSGI LEADERSHIP HOLIDAY MINGLE

by Lea Eriksen, twin to Eve and TTSGI President



Over the holidays, twin volunteers involved in the leadership of TTSGI gathered virtually to mingle and connect. There are over 30 twins involved in the leadership of TTSGI, including board members, regional coordinators, Facebook moderators and committee members. Not all of the twins could make it, but some of the group that could are pictured below. The gathering was organized by Board Member Venice Lacy, twin to Toni, and involved a meet and greet, a few festive holiday themed games, a reflection of 2020, and the work ahead to accomplish our vision. Thank you to Venice for organizing the Holiday Mingle!

FINDING MYSELF AFTER TWIN LOSS

By Denise Longworth, Twin to Dianne

My twin, Dianne, died on April 18, 2020. I had lost who I was long before that. My life had melded into her illness, as her caretaker, her confidante, her decision-maker, her advisor, her nurse, her ... all-of-it. Who I was had long disappeared and I was hardly aware that I was not me until after she passed away. In August, I asked my family physician for a referral to a therapist. I knew I needed more support than just from friends and family. I was so lost. Depression, which I have fought for years, had reared its ugly head ferociously. I knew if I did not get help, I would be swallowed up in that monster's gaping, dark mouth.

Therapy offers me a safe and confidential place to voice my fears, my anger, my guilt, and my regret. I can also find healing and tools to help me through the hard days ahead. My therapist and I have completed several activities to help me confront my anger issues as well as forgiveness toward myself and other family members.

Writing letters is one of the homework assignments that my therapist has given me. One of my assignments was to write a letter to myself forgiving myself for anything that I felt I needed to in regards to Dianne. As I wrote the letter, I was reminded of all of the "last" times - the

last time we went to a restaurant, went shopping, saw a movie, the last time Dianne drove her car, the last meal she prepared, the last time she hugged her son, the last time she played with Rosie her dog, the last time she reached for my hand. What I discovered about forgiving myself was that I did the best I could and it will take time for me to realize that.

Just as it will take time for me to rediscover who I am again. I am writing; this is something I have always loved. I am back to meditation and music, too. I am beginning to appreciate my apartment, not just as a place I had to move to after Dianne died, but as a home. I am spending time with my nephew Chris, Dianne's son. He and I have always been close, but now we have a different relationship. We are a support system for each other. I have created a Gratitude Journal with prompts. I am exercising my mind and my body.

Therapy may not be for everyone. For me, therapy is allowing me the chance to get to who I want to be after losing my twin. No, things will never be the same, and I know there are difficult days ahead. I miss Dianne every day. I can only hope she is proud of her strong twin who is finding herself again.

CHAOS

By Ava Ginsburg, twin to Dan

cha·os /'kɑːəs/Noun - complete disorder and confusion.

Mishigas (uncountable) craziness; silliness; tomfoolery; nonsense.

It's Sunday and Chicago is snowed in. Full on storm. A blizzard. This snow day is a gift, and like you, Dan, it brings playfulness, excitement, and sheer chaos. Children are shrieking in the distance, cars beeping and backing up, shovels scraping ice, chit-chat, my upstairs neighbor's organ. People are mystified by this peaceful snowy blanket-overnight, it has made everything sparkle. And I, nestled under my sleeping bag-turned-comforter, think of your mishigas. No matter how many adults tried to discipline you or tame you or box you in, you were triumphant until the very end, the mischievous grin on your face to prove it. You never refrained from this chaos, and Dan, I am so proud.

As a child, I didn't see what it was then: bravery. We used to cause trouble together, too: mocking lectures, all the times you made me burst into laughter in a quiet setting, running away in opposite directions, disregarding rules, defying authority. I, personally, had a blast, though I can't say my dad can say the same. When Lily was born, we were four, and you saw a nurse holding a balloon in the hospital hallway. So, you ran down the hallway, chasing her. And I ran, trying to catch up with you. And Dad ran after us which made him miss Lily being born. We were three. You ran full speed and jumped into a pond in Central Park that was covered in algae because from afar it looked like an open field. And even though I saw you jump in first, knowing fully well it was a pond and not a pasture, I followed. Quickly, we were both told, "Ok, time to get out!"

Like snow, our troublemaking was abundant and now dreamy. Even when mine became more subdued, yours remained unprecedented. Who else has dyed their hair purple with kool-aid, staining our bathtub pink for weeks? Or asked for a Samurai sword when you turned twelve, as well as a bejeweled skull cane? Or said the book of

history behind Lord of the Rings was "more boring than the bible" in front of Sinéad's Irish and very Catholic grandma? I miss causing trouble with you and the chaos that ensued. It was worth every consequence, every time we got yelled at, every nerve in me that panicked, that might not have gone through with our fiendish plans had I not had you as a partner in crime.

Your silliness, playfulness, mishigas – this is what got you and us into trouble, but it is also what makes you memorable. You were never afraid of anything; how I wish I was like you. You made me brave.

AFTER EPIPHANY

By Janet Baird, twin to Margaret
United Kingdom Affiliate

After the early taking down of the
decorations

The stop-start of 2021

The trees dressed themselves

Held light, in their snow laden boughs
Reached out to touch our frosty locked
down souls

Darted brightness, shouted out behold!



WHAT SCIENCE TELLS US

A PASSION FOR STUDYING TWINS

By Ruth O. Selig, twin to Rollie

TTSB Board Member Emeritus, recently retired from the Smithsonian Institution

This month's Feature, **What Science Tells Us**, explores one twin's lifelong passion to better understand twins. This includes the special grief experienced by twins who lose their twin. This is "the most devastating loss a twin can experience." My interview with fraternal twin Dr. Nancy L. Segal, whose biography appears at the article's end, was edited primarily for space.



son. She remained in NYC where we grew up. I received a BA from Boston Univ., a Ph.D. from the Univ. of Chicago, and completed my post-doc at the Univ. of Minnesota. Today I am a professor of psychology at Calif. State Univ., Fullerton, and Director of the Twin Studies Center. I have been with the same boyfriend for 18 years.

Ruth Selig: Tell me about your experience growing up as a twin?

Nancy Segal: *I remember feeling special and different from my peers - I had something they didn't have - sister of the same age with whom I shared my birthday. We knew we were fraternal twins, but for years my mom never told us who was born first - she said we were born at exactly the same time. One day a friend, also a fraternal twin, told us that that was impossible so we pressed my mom to learn the truth. I was 7 min. older - surprising to me because I was smaller, and still am: 4 inches shorter (see the photo of my sister and me in 2018). I enjoyed my birth status for about thirty minutes, but my sister always seemed like the older twin, so nothing changed. This memory reflects the widespread twin belief that birth order somehow matters, and also reminds me that one of the most common questions posed to twins is "who is the older twin?" Birth order matters, but not in the way most people think it does. As I explained in my book *Twin Myth* conceptions: There is nothing psychologically significant about being the first or second born twin unless others make that difference meaningful... In contrast, birth order can spell important biological and medical differences between twins. Naturally delivered second born twins are at a higher risk for health problems, such as respiratory distress, neonatal trauma, and infection, than firstborns. Second born twins are also at greater risk for newborn death. These problems are partly associated with the decreased size of the uterus after the delivery of the first twin...Of course, not all second born twins have difficult births, but their average risk is higher.*

Selig: How has your twin sister's life differed from yours?

Segal: *My twin sister is a lawyer, very smart and very attractive. She completed law school (Univ. of Penn, after a BA from Harvard) and worked most of her career at American Express. She married and has a*

Selig: How would you describe your twin relationship since becoming adults?

Segal: *We are very close and I have full trust and confidence in her. We also acknowledge and appreciate our differences. We are not like identical twins: They often come to similar conclusions, enjoy the same things, and think in similar ways. I love to dance and do so several times each week. She enjoys working with weights and has a professional trainer.*

Selig: How did you first decide to study twins professionally?

Segal: *As a psych major in college, I wrote an "A" paper about school separation in twins. I enjoyed that research more than anything I had ever worked on. When I entered graduate school, I took classes that included twin studies, which led to my Master's thesis about twin research and my doctoral dissertation studying cooperation and competition between twins, comparing identical and fraternal twins on various tasks, like puzzle completion. I always knew twin studies were my passion.*

Selig: Describe your participation in the Minnesota Study of Twins Reared Apart?

Segal: *"The MN Study of Twins Reared Apart" was probably the greatest research experience of my life. I was involved for 9 years (1982-91), starting as a post-doc, but then becoming the Assistant director of the Mn Center for Twin and Adoption Research for my last 6 years. The findings became frontpage news at the time, controversial and exciting. It was a privilege to meet and learn so much about twins up close! [editor's note: see Selig's column that describes the MN Study: https://www.twinlesstwins.org/wp-content/uploads/2020/11/tt_2020_04_winter_print.pdf].*

Selig: When did you begin studying Twinless Twins, in particular?

Segal: *My interest in twins who had lost their twin*

WHAT SCIENCE TELLS US, CONTINUED...

began in 1982 at the University of MN. Our team was contacted by a twinless twin who asked for help understanding her feelings of utter devastation. It occurred to me that this was another way of understanding twin relationships - so our study director, Prof. Thomas J. Bouchard, Jr. and I put together a Twin Loss Survey that could be given to twinless twins.

Selig: What kinds of studies have you published about Twinless Twins?

Segal: My research has appeared in book chapters and scientific articles, all listed on my Website (drnancysegaltwins.org). Currently I am analyzing data for a new paper with a colleague, based on a data set of over 700 twinless twins, many of whom came to us through TTSGI. Our work also has come to the attention of attorneys managing wrongful twin death cases (for example, in the case of an automobile accident in which a twin dies the surviving twin and family sometimes become engaged in wrongful death litigation as a result). I continue to serve as an expert witness testifying to the psychological and emotional harm done to the victim's twin, as well as that twin's other relatives such as a spouse or children. Interestingly, this legal work has led to other work in cases of twin injury and accusations of identical twins cheating with one another due to similar test answers. With regard to these unusual cases, I believe instructors are wrong, and I cite research showing how identical twins generally think and process information alike.

Selig: From your study of grief in Twinless Twins, what insights can you share?

Segal: The loss of a twin is the most devastating loss a twin can experience. Both identical and fraternal twins rate twin loss as having higher grief intensity, on average, than the loss of other relatives. The intensity of grief can be measured using questionnaires developed to compare various indicators of grief for various categories of relatives.

Selig: How have you combined your twin studies with your teaching?

Segal: I include twin lectures in my undergraduate developmental psych. classes and teach a graduate seminar every few years on twin studies - I am excited to do this in Spring 2021. I have a twin-based website designed by identical twins (drnancysegaltwins.org). You can find all my books and a list of my articles and research activities (including an online and printable twin loss survey) on my website.

Selig: What are your current and future projects?

Segal: Currently I am completing my 2021 book, *Deliberately Divided: Inside the Controversial Study of Twins and Triplets Adopted Apart* (Fall 2021). This book is an in-depth look at the controversial NYC study of the 1960s-70s in which separated identical twins were secretly studied until age 12 without their adoptive parents knowing they were twins. This study was the subject of the 2018 documentary film, *Identical Strangers*, and the 2017 documentary film *The Twinning Reaction*. I also am working to locate a publisher interested in cooperating on a volume that will include amazing pictures I have from the February 1985 Auschwitz reunion of Mengele twins, the hearing that immediately followed in Jerusalem, and the Inquest held in Indiana. I would appreciate hearing from anyone who could be of assistance in this regard.

Selig: Can Twinless Twins participate in your twin studies? How can they contact you?

Segal: The study is still ongoing and can be accessed online at my website: drnancysegaltwins.org. The links are:

Online:

https://fullerton.qualtrics.com/jfe/form/SV_1HLLyfmpfsivb9j

Print and scan or mail back:

<http://drnancysegaltwins.org/index.php/twinless-twins-download>

Dr. Nancy L. Segal is Professor of Psychology at California State University, Fullerton and Director of the Twin Studies Center. She has authored over 250 articles and six books on twins and twin development, including her 2012 book, *Born Together-Reared Apart: The Landmark Minnesota Twin Study* that won the 2013 William James Book Award from the American Psychological Association. Segal's most recent books include *Twin Myth conceptions: False Beliefs, Fables and Facts About Twins* (2017) and *Accidental Brothers* (2018), which follows the life histories of identical Colombian twins who were inadvertently exchanged at birth [Editor's Note: Selig's book review of *Accidental Brothers* appeared in *Twinless Times*, see https://www.twinlesstwins.org/wp-content/uploads/2018/09/tt_2018_03_fall_proof2.pdf]. Segal's upcoming book, *Deliberately Divided: Inside the Controversial Study of Twins and Triplets Adopted Apart* (Fall 2021), details the controversial 1960s-70s NYC study of separated identical twins who were secretly studied until age 12 without their adoptive parents knowing they were twins.

MY INTERVIEW WITH EIRENE

By Beverly Smyk, twin to Donna

For us at Eirene, we're looking to understand all aspects of the end-of-life space, and we were particularly intrigued by your support group. We'd love to hear a little about how this group came to be, and why the work that you do is so necessary?

The Twinless Twins Support Group International (TTSGI) was founded in 1987 by the late Dr. Raymond Brandt who also was a twinless twin having lost his identical twin brother many years earlier. He founded TTSGI in an effort to support other hurting twinless twins. This organization provides a safe and compassionate community for twins or other multiples who have lost their twin due to death at any age – either in utero, as infants, young children or into adulthood. Everyone involved with TTSGI is a twinless twin. There is a myriad of grief support groups out there but for a twinless twin, TTSGI is the only support group where everyone in the group can understand and relate first hand to their pain and grief because we also lost our twin and we know all too well what they are going through and that gut wrenching pain they feel – there is no "imagining" what their loss feels like, we feel those exact same roller coaster emotions and feelings. Sometimes when someone shares their pain, they are speaking for all of us...we share the same feelings and I know for me; I say to myself so many times "yes, that's exactly how I feel, I couldn't describe it any better". We connect with each other in a way only another twinless twin can and our sense of trust among each other is felt immediately because we know and understand each other's loss and pain. In our group, a twin can often find another twin who also lost their twin in the same way, often around the same age and that makes the connection that much stronger. Also, we share about our healing process and newly twinless can find hope that they too can experience healing.

Can we dive a bit into the actual experience of those who have lost a twin? Could you give us some insight into what is the unique experience that twins face when dealing with grief and a loss as monumental as the loss of a twin?

You describe our loss quite accurately as "monumental". For me personally, losing my identical twin sister is the biggest loss I have ever experienced in my life and I've lost both my parents and a few other loved ones. It is unlike any other kind of loss because I believe it's the bond we formed even before we were born and to have that bond physically severed, when that's all we have ever known, it's quite traumatic and literally feels like you lose part of yourself, part of who you are. Us twins would say that losing our twin hurts longer, more intense than that compared to say losing a sibling or parent or other loved one. It's not a loss that you can just "get over", like some people would say, for us we have to now learn to live in a new world, it's like our life if now in two parts – life before our twin's death and life after. Birthdays are never ever the same, personal accomplishments and milestone celebrations are never a wholehearted happy occasion because we are always reminded that our other half is not here to share in our joy. For some of us, the anxiety we experience with upcoming birthdays and the anniversary of our twin's passing is sometimes like losing our twin all over again. Some of us twins even question if we are still a "twin" after our twin dies and for that reason one of TTSGI's motto is "Once a twin always a twin".

We've heard a little bit about the experience now – can you shed a light on survivor's guilt in twins? What is this experience and what is different in the case of twins than with other loss?

Oh, survivors' guilt is a big one and so many of us experience this. I still feel that guilt, even after years of therapy, because I often wonder why her and not me when we were both in the same car crash. The guilt makes me feel like I have to make my life that more meaningful, I feel like I have to live life for her too because she was robbed of her life at a young age and I owe her that, to live the best life for both of us. Some twins feel like they can't live up to the expectations of their families and are always a reminder to their families of the loss. Some twins who lost their twin to disease like cancer, often can't understand why they are

healthy and their twin, who shares the same DNA is stricken with illness that leads to their death. So many early loss twins share how they feel guilty that maybe they were the reason their twin didn't survive to birth or passed soon after because they may have taken all the nutrients in the womb and that's why their twin died. For twins who lost their twin to suicide, the survivor's guilt is so much more insurmountable because they often question why and how come they didn't know how their twin was feeling, what their twin was thinking and going through mentally and emotionally. How could they have missed the signs...so many questions left unanswered.

Is there a difference between early twin loss and general twin loss? Can you share those differences with us? Is identical twin loss different than other twin losses?

I don't believe there is any difference in the dept of pain early loss twins feel verses late loss twins. The bond is already formed before birth, so the loss is felt very deeply regardless of when we lost our twin. I know many early loss twins who describe their grief very similar to twins who have had their twins for many years. What I would say is different is that early loss often has no or very little memory of their twin, have nothing personal of their twin to hold on to, no stories to share, all they have is this longing for the lost twin they grieve for. For me, I am so envious of twins who have had their twin into adulthood and celebrated each other's successes and comforted each other in times of sadness, celebrated marriages and motherhood with their twin because I didn't get to share those milestones with my twin. But when I think of early loss twins, then I feel so grateful to have had my twin for the years I had because I have memories, I have some of her personal things and I can hear stories shared by others of her. As for identical twin vs fraternal twins, the loss is no different, again, I believe the bond is formed before birth so regardless of identical or fraternal I don't see a difference. My fraternal twin friends share the same grief and feelings and emotions I do from losing my identical twin.

We're interested in learning about the support process. How can families support the surviving twin? What resources does the TTSGI provide?

TTSGI offers several ways to find support. On our website you will find a number of resources for twin loss including audio files from past conferences, book recommendations and articles. There are regional meetings held throughout the year as well as a national annual conference. TTSGI also publishes a quarterly newsletter where all twins contribute sharing stories and photos about their twin or to simply share how they are progressing in their grief and also to share their healing stories. We also have a Facebook support group page of more than four thousand twinless twins who connect with each other on a daily basis. Twins are welcomed and often encouraged to bring a support person, either a spouse, partner, family member or friend to any of the regional meetings or conference so they can get some insight into our unique loss and grief and better understand our loss so they in turn will be better equipped to offer the support we need.

Do you have any recommendations on books/resources for twins that are grieving?

My best recommendation is to join TTSGI and become a member and use the resources that comes with membership including full access to the website for book recommendations, audio files and articles, attending regional meetings and the annual conference. Join the Facebook group support page and connect with other twins and you will find that slowly, but surely, the fog of grief will lift, and you will find healing.

THE CRAFTY TWIN

By Janet Baird, twin to Margaret

This February, the Northern group of LTN won't be meeting as usual at St Michael's in Harrogate, UK. We won't be sitting round the long wooden table in the window and catching up with each other over real cups of tea. Those of us who can Zoom will be postage stamp sized images on a screen as we meet online for the 9th time since COVID changed the World in early 2020.

We've learned a lot since our first online meeting last year. We've upped our tech skills and increased our Zoom welfare strategies. We're now very careful to run special Zooms for twins who are new to LTN, particularly very recent adult loss during lockdown. They need time and a safe space to tell their stories and receive on and offline support. That frees us up on our general loss zooms so we can explore how to support more long-time loss twins. We can just say who we are and how and when we lost our twins, then move on to positive topics.

On February 13th we are inviting twins to show us their craft skills and tell us how craft can help them on their Lone Twin journey. We have a slide show packed with rich images of amazing art work, quilting, knitting, and writing! I'm so looking forward to the meeting as I know it will be valuable and uplifting. It will also prove that we can make life meaningful and fulfilling. There'll be a write up on our LTN Facebook page and in our LTN newsletter. Watch this space for a write up for the twinless twins!



JIMMY'S PILLOW SHIRT

By John Smith, twin to Jimmy

This is a shirt Jimmy loved. He wore it a lot when we were together. He loved the shirt.

When Jimmy moved out of one apartment and into another, I cleaned most of the clothes out of his old place. He had been hospitalized, but I never expected him to die. After he passed, I wanted to have a memory quilt made of his clothes. Unfortunately, I didn't keep enough to have it done.

Instead, a nice lady offered to make a pillow out of my brother's favorite shirt. She had just lost her husband. She did a great job and the pillow turned out to be a wonderful gift. Not only is it a real conversation piece, it keeps Jimmy's memory front and center. Now I can lay with him whenever I want to or need to.

It is very special to me.



FORGIVENESS

By Marie Nutter, twin to Mark

Growing up as fraternal twins, Mark and I had created an unspoken feeling and deep sense of knowing that if we ever needed to give up our kidney or our life for one another, we would. Even as adults, despite any distance that was ever placed between us, it always still felt that simple.

In December of 2017, my twin brother went missing on a hike in the mountainous regions of Namibia during a solo holiday vacation. Despite continuous efforts, Mark has not yet been found. When tragedy struck, I found myself repeatedly asking what I could have done differently to have helped prevent it all from happening. I occasionally still do.

The bond that took a lifetime to create slowly became spiritually tested as I started to second guess our twinship, or level of closeness we once felt.

What kind of twin was I if I couldn't have even seen THIS coming? The shame and guilt that followed those critical thoughts ultimately compounded the grief that was already there. Although this wasn't my first lesson in loss, it was my first lesson in trying to find my own sense of closure without anything tangible or real to hold on to. It was only years later, after fumbling my way through this healing process that I stumbled upon the idea of self-forgiveness.

Forgiving myself for not being able to save or prevent the demise of my twin was not something I knew I needed to do until I took the time to ask how I could possibly move forward. I had been exposed to and practiced the idea of forgiving others through previous social and religious experiences in life, but never the idea of self-forgiveness. It made sense, but I was even more baffled as to how to begin.

Initially, I pretended that maybe this wasn't an important part of my healing. Did my spirit even deserve to move on? For the first few years, I was perfectly fine settling with the idea that I failed

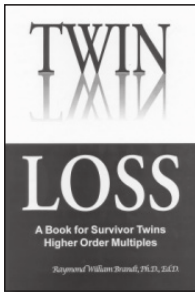


Mark and our twin bond. I hadn't yet believed that I was even capable of letting my twin-self off the hook. As time moved on, and my pain did not, I started to question how long I wanted to punish myself and believe my own guilt.

At times, I would ask myself... what would Mark say to me now if he could? And in the same unspoken feeling and deep sense of knowing we still share, I believe he has already answered. Now it's just up to me to simply trust in that. It's still a constant work in progress.

Although I'm fairly new to TTSGI and this lifetime crash course in healing, I am glad I have been able to find new roads and new connections that can make this journey a little less bumpy. I can only hope that as time continues to go by, we all can find our own footsteps towards a more healed self along the way.

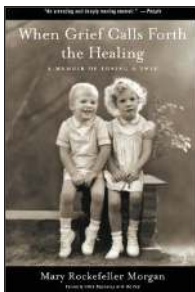
RECOMMENDED TWIN BOOKS



“TWIN LOSS”

By Raymond W. Brandt, PhD

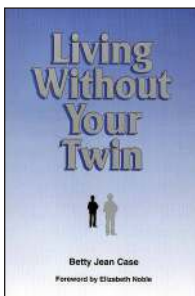
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

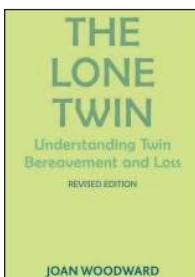
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael's death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

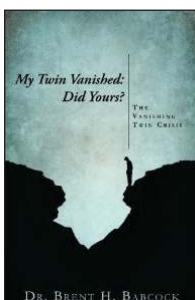
TTSGI receives a donation each time one of author Betty Jean Case's books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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

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Submissions should be emailed to:
twinlesstimes@gmail.com

Twinless Times Co-Editors:
Margaret Gron & Emily Heekin

LIST OF REGIONAL COORDINATORS – 2021

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

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