

# TWINLESS TIMES

SPRING 2022

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 while we are concerned about Omicron and future variants, we are hopeful that we can still safely hold an in-person conference in Denver, Colorado from July 14-16, 2022. In order to ensure that the conference is safe for twins, we are putting in place safety requirements and protocols for the conference. Please note that these requirements could change as the COVID situation changes and Local, State and Federal requirements evolve. Our hope is that with these measures in place we can safely hold an in-person conference that is also welcoming and inclusive to all twins. We also ask that each twin evaluate their own risk level before deciding to attend the conference.

In this edition of the newsletter, we have information about both the conference registration and the COVID protocols. I am really looking forward to seeing twins in person. I have really missed the in-person connection and recognize that this connection is an essential component of our healing journeys. For twins who are unable to attend the conference in person, the Conference and Programming committee will work to ensure that some components of the conference are able to be broadcast virtually (either during or after the conference). More information will be forthcoming on that.

In addition to the annual conference, Regional Coordinators will continue to host virtual regional gatherings and other specialized virtual gatherings throughout 2022. In addition, depending on the success of holding an in-person annual conference, there may be in-person regional gatherings held post-July 2022, which follow CDC guidance and local requirements for physical distancing, occupancy requirements, handwashing, and mask-wearing. More details on upcoming programming and gatherings will be forthcoming.

In this issue, our Treasurer Ray Boyle has included our financial results for 2021. Both our revenues and expenses have remained lower than normal due to not having in-person events, including the conference, but due to generous twins' contributions and growing membership, we did end the year with revenue exceeding expenses.

As you may know, there are five principles that guide TTSGI in our mission to provide 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. 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 only the recipient but also the giver. As we exist as a peer-to-peer support organization, we are entirely run by volunteers with the exception of our Executive Director, Michelle Getchell.

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. This is the time that we also have a call for nominations for new board members. Information about the board nomination process is in this newsletter.

Lastly, this is the last newsletter for our Co-Editor Margaret Gron. Margaret has served in this role for over three years and has lovingly prepared the newsletters with Co-Editor Emily Heekin, who does the layouts. I want to thank Margaret for doing a fantastic job with the newsletter over the past three years. If any twin is interested in this volunteer opportunity or would like to learn more about what is involved with the role, please send an email to [twinlesstimes@gmail.com](mailto:twinlesstimes@gmail.com).

Lea Eriksen, President



### IN THIS ISSUE...

PRESIDENT'S CORNER .....	1
THE EMPTY CHAIR.....	2
TTSGI GUIDING PRINCIPLES .....	3
KEVIN'S CORNER .....	4
YEAR-END MATCHING CAMPAIGN ..	4
TTSGI DONATION FORM.....	5
LIST OF CONTRIBUTORS .....	6
ENDOWMENT FUND .....	7
ENDOWMENT FUND PLEDGE FORM...	9
BOARD OPENINGS .....	10
2021 FINANCIALS .....	11
2022 TTSGI CONFERENCE .....	13
STEPPING DOWN AS EDITOR .....	16
MEMORY WALK 2022.....	17
MEMORY WALK DONATION FORM ..	18
REMEMBERING J. WOODWARD.....	19
JOAN WOODWARD INTERVIEW .....	20
WHY I HATE SHAVING .....	21
WHAT SCIENCE TELLS US .....	22
SPECIAL INTEREST MEETINGS.....	24
LEARNING TO SAY GOODBYE.....	24
TWIN HUDDLES .....	25
RETIRING & WELCOME.....	25
AFFINITY GROUP UPDATES .....	26
REGIONAL UPDATES.....	27
MY HAPPY BIRTHDAY LETTER .....	27
BOOK REVIEWS.....	28
WRITE FOR THE TIMES .....	29
SUBMISSION DEADLINES.....	29
REGIONAL COORDINATORS .....	30



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# THE EMPTY CHAIR

by Sandy Goad, twin to Jim

## CARING IS AN ACTION

TTSGI exists “to help twins who have lost their twin by providing a safe and compassionate community for twinless twins and other multiples to experience healing and understanding”.

Experiencing grief is a normal and natural reaction to a loss of a twin. It is concrete proof that you are a normal, real live human being. Grief is not a sign of weakness and it is not a lack of faith. Darcie Sims, a grief educator who spoke at our National Conference many times, has said, “Grief is the price we pay for love”... And so it is.

You may be in a place right now in your grief where you need to be on the receiving end and are reaching out for help. Grief hurts and the only way out of grief is to work through it. Elizabeth Levang, in her article Grieving, states, “Grief creates chaos. Like a glass plate dropped on a kitchen floor, our life is fractured by grief. We must change, adapt, reconstruct our world, and fit the loss into a new reality. As anguishing and awful as it seems, the world has drastically changed for us, and we must learn that we cannot possibly recapture what we once had. It is up to us to find new meaning for our life.”

As you begin to heal from the loss of your twin, there are many opportunities through

TTSGI to build relationships with other twinless twins. These twins are there, not to fix things, but to be there to listen and care and to let you feel supported. Letting you know you are not alone. Opportunities come from many resources that TTSGI offers including our regional and national meetings, affinity groups, and Facebook group. As you move forward, you will find many opportunities available to you to volunteer to help twinless twins on a regional and national level.

When we give of ourselves, we also receive. In Kenneth Haugk's book, *Journeying through Grief*, he states “The sequence of care is really amazing. Those who lose a loved one need people who really care. People who have suffered a loss are much more sensitive and caring to others who are hurting. When one person gives care to another person, both end up benefitting.”

One of TTSGI's principles is “healing through helping others”. When you first come to this group, it is to receive help for yourself. As you begin to meet together with other twinless twins in groups on Zoom or in person, you will find caring twins who support each other. Through these compassionate and understanding groups, you will experience healing yourself and are able to reach out and care for and support other twinless twins.

Caring is an action and times of suffering call for the best that we can bring to one another.

## 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: JOURNEY TO HEALING

TTSGI has five guiding principles:

1. Once A Twin, Always A Twin
2. You Are Not Alone
3. Healing by Helping
4. Journey to Healing,
5. Uniting Our Diverse Community

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-mourned 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.

## 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 with grant writing experience. If you have expertise that you believe would help TTSGI, please contact Lea Eriksen at [Lea.eriksenIII@gmail.com](mailto:Lea.eriksenIII@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](mailto: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 of the evening, 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](mailto: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 and has 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.





## KEVIN'S CORNER

By Kevin Mullen, twin to Brian and Twinless Times' Correspondent

### 25 YEARS TTSGI MEMBER

I can't believe this is my 25th year in TTSGI. I joined in 1997 as a teenager. I want to thank my mentor, our founder Dr. Raymond Brandt for being there for me through the teen years. I wanted to be just like him when I grew up. Over my 25 years, I've become close to several other twins like Jon Hilber, twin to Justin, Ken Spoor, twin to Kevin, Sean Joyce, twin to Tom, and Matt Verling, twin to Mark, just to name a few.

I've been fortunate to have seen Sean Joyce, Jon Hilber, and Matt Verling outside of the Twinless Twins' Conference. I was in Jon's wedding, and served as one of two best men. The other best man couldn't make the wedding because of the pandemic lockdown.

I want to thank our current President, Lea Eriksen, twin to Eve for the opportunity to write this column since 2014. It's a way I like to honor my twin brother, Brian.

At the Toronto Conference, when I was 27, I became an Angel Award honoree. I was shocked to receive this award. In 2011, I had the pleasure of giving my best friend Matt, twin to Mark his award, one of two, the other going to Becky, twin to Jenny.

When I see Sean, Jon, and Matt on visits it's always a great time but seems to go quicker every time. I am looking forward to another 25 years and beyond.

## YEAR-END MATCHING GIFT CAMPAIGN

By Margaret Daffin, twin to Josie

**DOUBLE**  
the **DONATION**

*Giving with the power of two!*



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

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

Make a donation today by visiting [www.twinlesstwins.org](http://www.twinlesstwins.org).

TTSGI's Matching Gift Campaign (Double the Donation) at the end of 2021 was another huge success because of the number of donors who participated. Thank you from the bottom of our hearts for your contributions, in memory of your twins.

A special thank you to the donors who matched these contributions up to \$1,500 – without you, this campaign would not have been possible.

Please consider a financial contribution to TTSGI during 2022 to help us support the twins in need. Complete the donation form in this newsletter or go online [www.twinlesstwins.org/donate](http://www.twinlesstwins.org/donate).



# 2022 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 to:

Twinless Twins Support Group International  
P.O. Box 980481  
Ypsilanti, MI 48198-0481

Or fax to: 1-888-205-8962  
Or email to [contact@twinlesstwins.org](mailto:contact@twinlesstwins.org)

**Designate Funds – please check all that apply:**

General 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 checks and money orders in U.S. funds only)

- Paid in full at this time.
- Check enclosed (only checks or money orders are acceptable)
- 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 \_\_\_\_\_

Alternatively, you may make your donation online through PayPal at [www.twinlesstwins.org](http://www.twinlesstwins.org) and use the DONATE button at the top right-hand side of the home page.

Recognition for the Newsletter \_\_\_\_\_

Twinless Twins, Inc. is a 501(c)3 nonprofit tax-exempt organization and your donation is tax deductible within the limits of the law.  
Revised 2/6/2022



# IN RECOGNITION OF OUR CONTRIBUTORS SINCE FALL 2021

- Larry Adams** – Double your Donation
- Anonymous Donors** – “Double your Donation” year-end matching gifts to TTSGI
- Phyllis Ashliman** – monthly pledge and Double your Donation in memory of her twin, Phil – General Fund
- Joseph Behrendt (Fidelity Charitable)** – Grant
- Kurt Boma, twin to Karl**
- The Benevity Community Impact Fund American Online Giving Foundation, Inc.**
- Janine Caleo** – in memory of Leanne Caleo – Double your Donation
- Gloria & James Costello**
- Margaret Daffin** – quarterly pledge and Double your Donation in special memory of her twin, Josie
- Christene Degasperis**
- Judith & Robert DeRosa** – in memory of Tim DeRosa
- Kathleen DeRosa** – in memory of Tim DeRosa
- Miriam Doetsch** – in memory of Dr. Raymond Brandt – Double your Donation
- Sister William Eileen Dunn** – in memory of Noreen – Double your Donation
- Eduardo Echeverria** – in memory of all twinless twins
- Elida El-Gawly (Fidelity Charitable)** – in honor Margaret Daffin – Double your Donation
- Lea Eriksen** – in memory of her twin, Eve – Double your Donation
- ExxonMobil Foundation** – for volunteer hours in memory of her twin, Josie Wilson
- Pamela Fender** – this is to honor my twin brother on the anniversary of his passing, December 3, 2008 – Double your Donation
- Allison Freewalt** – Double your Donation
- Clarissa Giargoni**
- Sandy & Paul Goad** – in memory of her twin, Jim – Double your Donation – Scholarship Fund
- GoodShop** – up to 20% of every purchase goes to TTSGI – THANK YOU
- Carol Grossi** – Double your Donation
- Glen Heyman**
- Martha Heinicke** – this gift is in memory of my twin, Mary, who passed February 29, 2021 – Double your Donation
- IGive.com** – from all twinless twin members who use IGive to buy online – THANK YOU!
- Eileen Jensen** – in memory of her twin, Elaine – Double your Donation
- David Jones** – in memory of his twin, Dennis – Double your Donation
- Shaina Kambo** – in loving memory of my dearly departed twin, Hannah – Double your Donation
- Jan Konya-Grabill** – in memory of ALL of our Beloved Twins – Double your Donation
- Nancy Springgate Kushner** – Charles Schwab Charitable Fund donation
- Kathleen Liest** – Double your Donation
- Julie Maloney**
- Laurel Ann McDaniel** – Double your Donation
- Network for Good** – all donations through Facebook – THANK YOU!
- Darla Patterson** – in memory of Karla and in memory of Patrick Pointon – Double your Donation
- Ann Poritzky** – Double your Donation
- Shyam Rai** – in memory of his twin, Ram Rai
- Jennifer Roberts** – in memory of her twin, Ellen – General Fund – Double your Donation
- Denise Ross** – Double your Donation
- Russell Scott** – in memory of his twin, Ralph – Double your Donation
- Carolyn Shane** – Monthly pledge in memory of Cary, Michaela, and all of the angel twins in my region
- Alissa Shives**
- Scott Skura** – honoring Tim DeRosa
- Roger Sommerville** – Double your Donation
- Judy Carol Valdez** – in memory of Linda – Double your Donation
- James Walsh** – in memory of his twin, Patrick Walsh – Double your Donation
- Webster Gladstone Foundation, Inc.** – in memory of Joseph Behrendt
- Patricia Wilbee-Matesic** – in memory of Pauline (Penny) Kincaid – Double your Donation

We apologize if we have missed your name in this listing. Please let us know and we will recognize you in our Fall 2022 newsletter.  
Contact Margaret Daffin at [medaffin@aol.com](mailto:medaffin@aol.com)



# THE TTSGI FOUNDERS' MEMORIAL ENDOWMENT FUND

By Margaret Daffin, Fundraising Committee Chair

As a reminder, it is not too late to become a "Founding Member" of the TTSGI Founders' Memorial Endowment Fund.

Initial donors to the Endowment Fund must pledge a minimum of \$5,000.00, payable in full or up to two (2) installments, by December 31, 2023. These donors will be considered, in perpetuity, the "Founding Donors" of the Endowment Fund.

After January 1, 2024, donors who make at least a \$5,000.00 minimum contribution to the Endowment Fund, payable in full or over a maximum three-year period, will be known as "Sustaining Donors." No further gifts will be necessary for donors to be forever named "Founding Donors" or "Sustaining Donors" to the Endowment Fund.

Each donor must sign a Donor Pledge Form for Twinless Twins, Inc., regarding their gift to the Endowment Fund, including those who choose to give their entire gift in one year and those who give their gift over several years.

The Pledge Form is printed in this edition of the Newsletter and can be obtained from Margaret Daffin, Fundraising Committee Chair ([medaffin@aol.com](mailto:medaffin@aol.com)). The Executive Director will receive all gifts to the Endowment Fund by checks made out to Twinless Twins, Inc., and sent to the following current address:

Michelle Getchell c/o Twinless Twins, Inc.  
10399 Cobb Hollow Farm Saline, MI 48176

## WHAT CAN THE ENDOWMENT FUND INCOME BE USED FOR?

The Board can spend income from the Endowment Fund to support one or more of three purposes:

1. Special Board Initiatives to enhance TTSGI as the leading resource for information, communication, support, and personal connection for Twinless Twins;
2. Scholarship funding for the Annual Conference; or
3. Specific projects identified in the TTSGI Strategic Plan.

For more information, check out your copy of the Fall, 2021 Times Newsletter or contact Margaret Daffin at [medaffin@aol.com](mailto:medaffin@aol.com). Your support of TTSGI is always appreciated.

Please refer to the article from the [Fall 2021 issue](#), pages 12-16



# TTSGI FOUNDERS' MEMORIAL ENDOWMENT FUND "FOUNDING MEMBERS" AS OF MARCH 1, 2022

Mary R. Morgan, twin to Michael Rockefeller  
Ruth Osterweis Selig, twin to Rollyn Osterweis Krichbaum  
Laurie Everitt, twin to Judy Anne Nobel Jakups  
Margaret & Paul Daffin, twin to Josie Wilson  
Lorraine Horstman, twin to Elaine Horstman  
Renee Manger, twin to Stephen Manger  
Lea Eriksen, twin to Eve Richards  
Nadeen (Dena) Stitt, twin to Dean Arthur Thompson  
Michelle & Rick Getchell, twin to Melissa (Missy) Janssen  
Janice Konya-Grabill & Dennis Grabill, twin to Hal Robert McCracken  
Sandy & Paul Goad, twin to Jim Shillato  
Paul Heiden, twin to Peter Heiden  
Jane & Bob Osterholt, twin to Bill Osterholt  
Margaret Gron, twin to Edith Gron  
Dr. Camille Wissmann, twin to Carmen Sigrid (Johnson) Gruman  
Phyllis & Monty Ashliman, twin to Phillip (Phil) Exstrom  
Laura & William Wilson, twin to Linda Stephens  
L.S. Stephens Living Trust (Linda Stephens), twin to Laura Wilson  
Russell Scott, twin to Ralph Scott  
Raymond & Susan Boyle, twin to Jimmy Boyle  
Susan, Doug, Scott & Elaine Schneider, in honor of Robin K. Schneider

I wish to thank all of the above Endowment Fund "Founding Donors" for their generosity and commitment to TTSGI Margaret Daffin, Fundraising Committee Chair

## 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)



# THE TWINLESS TWINS SUPPORT GROUP INTERNATIONAL (TTSGI) FOUNDERS' MEMORIAL ENDOWMENT FUND DONOR PLEDGE FORM



## TTSGI FOUNDERS' MEMORIAL ENDOWMENT FUND:

The TTSGI Founders' Memorial Endowment Fund (hereinafter referred to as the "Endowment Fund") has been established with a 2019 gift of \$100,000.00 by Mary R. Morgan, to create a permanent sustaining source of financial support for TTSGI; to provide stability for the organization into the future; to augment the funds available for scholarships to attend the Annual Conference; to enable the Board to undertake special initiatives to strengthen the organization and realize its vision as articulated in its strategic plan; to provide a mechanism to attract major gifts to the organization; to honor some of the organization's earliest and most generous donors and their twins; and to create a special legacy for twin donors to honor their twins.

## DONORS RESPONSIBILITY:

Initial donors to the Endowment Fund must pledge a minimum of \$5,000.00, payable in full or up to three (3) installments, by December 31, 2023. Such donors will be considered, in perpetuity, the "Founding Donors" of the Endowment Fund. After January 1, 2024, donors who make at least a \$5,000.00 minimum contribution to the Endowment Fund, payable in full or over a maximum three-year period, will be known as "Sustaining Donors." No further gifts will be necessary for donors to be forever named "Founding Donors" or "Sustaining Donors" to the Endowment Fund.

## THE BOARD CAN SPEND ONLY INCOME FROM THE ENDOWMENT FUND TO SUPPORT ONE OR MORE OF THREE PURPOSES ONLY AFTER THE FUND REACHES A SPECIFIED LEVEL:

1. Special Board Initiatives to enhance TTSGI as the leading resource for information, communication, support, and personal connection for Twinless Twins;
2. Scholarship funding for the Annual Conference; or
3. Specific projects identified in the TTSGI Strategic Plan.

## DONOR PLEDGE:

I/We \_\_\_\_\_ pledge the TOTAL amount of \$ \_\_\_\_\_ to the Endowment Fund, to be paid in Full or up to three (3) installments by the end of 2023 as follows:

- \$ \_\_\_\_\_ Amount of donation Paid in Full  
\$ \_\_\_\_\_ Amount of first donation by December 31, 2021  
\$ \_\_\_\_\_ Amount of second donation by December 31, 2022  
\$ \_\_\_\_\_ Amount of third donation by December 31, 2023

**PRINT NAME & TWIN'S NAME BELOW** (As you would like them to appear for recognition purposes in all printed materials):

\_\_\_\_\_  
Signature of Donor(s) \_\_\_\_\_ Date \_\_\_\_\_

Pledge Received by Michelle Getchell, Executive Director

Signature \_\_\_\_\_ Date \_\_\_\_\_

CC: Margaret Daffin, Fundraising Committee Chair

# IMPORTANT: BOARD POSITION OPENINGS

This is your chance to nominate a member for the TTSGI Board of Directors for the 2022–2025 Term of Office. You have until April 15, 2022 to send your nomination to Vice President Jan Konya-Grabill at [jantwintohal@gmail.com](mailto: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, 2022, and submit the list to the Board for evaluation.
2. The Nominating Committee will review the proposed candidates using the above criteria and other desirable qualifications. They will also consider whether a candidate brings diversity to the board. This will help to ensure an inclusive and welcoming Board of Directors. Factors include geographical location, gender, race, type and age of loss, type of twinship, and other considerations.
3. The Committee Chair will then present the slate at the General Business meeting. This meeting will be held during the Annual Conference, on Saturday. There will be no nominations taken from the floor.



## NEWSLETTER EDITOR POSITION VACANCY

Becoming the next newsletter editor is a great way to heal by helping. This position is now vacant and in need of a new twin to serve in this wonderful role. Creating each edition allows you to bring healing by helping as other twins publish through articles and twin stories. If interested, please step forward for this awesome opportunity by contacting [twinlesstimes@gmail.com](mailto:twinlesstimes@gmail.com).



# 2021 TTSGI FINANCIALS

By Ray Boyle, twin to Jimmy, and TTSGI Treasurer

In maintaining the policy of the organization to be financially transparent, the Balance Sheet and Income Statement of TTSGI for the year ended December 31, 2021, with a comparison to 2020 is presented. Below are some notes of explanation that will clarify items.

## Balance Sheet

Our main bank account had a balance of \$166K, up \$24K from 2021. The increase will be explained with the Vanguard information.

Vanguard is our financial advisor for managing the funds from the TTSGI Founders' Memorial Endowment Fund. When twins pledge, then contribute to the Endowment Fund, the monies are deposited into our operational bank account. These funds are then transferred to Vanguard. At the end of the year, approximately \$19K had not yet been transferred from our operational account into Vanguard. These Vanguard deposits are managed in four funds. These funds pay dividends and are immediately reinvested. In the Equity section, we have carried forward prepaid conference registrations to our July 2022 Denver conference. As of December 31, this represented 92 twin registrations.

The Scholarship Fund represents donations and half (50%) of the memorial walk donations. These funds are used to bursary twins in financial hardship to attend a conference. A board committee reviews each applicant. This fund will also bursary membership fees for those in hardship.

The Founders' Memorial Endowment Fund of \$220K represents the donations of the twins to the fund and dividends paid by Vanguard.

## Income Statement

Our three main sources of income, historically, have been from conference activities, including registration, contributions, and membership dues.

Our net income for 2021 was almost \$6K, down \$2K from 2020. This was also the second year in the age of COVID, that the organization was not able to hold an in-person conference. As we did in 2020, we held a virtual conference, which also included a virtual memorial walk.

Donations to the memorial walk are allocated 50%, as described above for bursaries and 50% to the operations of the organization. In 2021, we also held a silent auction and sold t-shirts for the walk.

Our contributions remained flat, and our membership increased by almost \$6K. The membership dues structure has remained the same since about the turn of the century. This is quite remarkable, but we encourage twins who can do so, to double their membership fee, essentially, for their twin also.

Much of our expenses are detailed and are consistent with the prior year with a few lines that have increased. For example, our conference speakers' fee increased as we held two virtual conferences/programming series in 2021, which necessitated needing two speakers. Our website now has a monthly contract to maintain functionality. In 2021, our website was evaluated, which gave rise to the need for such a service.

# Twinless Twins Support Group International

## Balance Sheet

As at December 31, 2021

### Balance Sheet

	Total		Change
	As at Dec 31, 2021	As at Dec 31, 2020	
<b>ASSETS</b>			
Current Assets			
Total Bank Accounts	165,820	141,432	24,387
Prepaid Expenses	1,584	1,584	-
Vanguard	201,543	162,202	39,342
<b>TOTAL ASSETS</b>	<b>368,947</b>	<b>305,218</b>	<b>63,729</b>
<b>LIABILITIES AND EQUITY</b>			
Equity			
Conference Registration Next Year	17,865	19,465	(1,600)
Founders Endowment Fund	220,043	165,952	54,091
Opening Balance Equity	7,044	7,044	-
Retained Earnings	89,615	81,624	7,991
Scholarship Fund	28,522	23,142	5,380
Net Income	5,858	7,991	(2,133)
<b>TOTAL LIABILITIES AND EQUITY</b>	<b>368,947</b>	<b>305,218</b>	<b>63,729</b>

### Profit and Loss

	Jan - Dec 2021	Jan - Dec 2020	Change
<b>Income</b>			
Conference Assistance			0
Conference Events			
Auction/Sales	1,760		1,760
Memorial Fund	6,860	13,431	-6,571
Memorial Fund Contra	-3,430	-6,716	3,286
<b>Total Conference Events</b>	<b>5,190</b>	<b>6,715</b>	<b>-1,525</b>
Conference Registration	0	0	0
Contributions	20,405	21,315	-910
Interest	472	339	133
Membership Dues	29,650	23,750	5,900
Online Sales	714	517	197
Miscellaneous	300		300
<b>Total Income</b>	<b>56,731</b>	<b>52,636</b>	<b>4,095</b>
<b>Gross Profit</b>	<b>56,731</b>	<b>52,636</b>	<b>4,095</b>
<b>Expenses</b>			
Administration			
BoD Meetings			0
Insurance	3,676	3,727	-50
Travel & Lodging			0
<b>Total Administration</b>	<b>3,676</b>	<b>3,727</b>	<b>-50</b>
Office Expenses			
Assistant	1,920	1,920	0
Bank Charges	1,198	1,382	-184
Executive Director	28,200	28,200	0
Licenses & Subscriptions	890	840	50
Office	961	1,056	-95
Postage	1,838	1,189	649
Printing	704	776	-72
Professional Fees	480	1,800	-1,320
<b>Total Office Expenses</b>	<b>36,191</b>	<b>37,163</b>	<b>-972</b>
Program			
Conference	0	30	-30
Conference - Speaker	3,900	1,500	2,400
Inventory and Storage	2,376	792	1,584
Outside Services	600	600	0
Regional Coordinators	1,500	266	1,233
Website	2,631	568	2,063
<b>Total Program</b>	<b>11,006</b>	<b>3,756</b>	<b>7,251</b>
<b>Total Expenses</b>	<b>50,874</b>	<b>44,645</b>	<b>6,229</b>
<b>Net Operating Income</b>	<b>5,857</b>	<b>7,991</b>	<b>(2,133)</b>
<b>Net Income</b>	<b>5,857</b>	<b>7,991</b>	<b>(2,133)</b>



# 2022 TTSGI CONFERENCE



## CONFERENCE REGISTRATION FEES

- Early Bird Registration Fee (January 2 – February 28): \$225.00/person
- Regular Registration Fee (March 1 – April 30): \$275.00/person
- Late Registration Fee (May 1 – June 5): \$300.00/person
- Walk-In/at-door registration Fee (July 14th): \$325.00/person

## IMPORTANT INFORMATION (PLEASE READ CAREFULLY)

- All conference attendees must register individually.
- The conference begins the evening of Thursday, July 14 and ends at the closing banquet on Saturday, July 16. Plan to checkout and depart on Sunday, July 17.
- There are no discounts for partial attendance. All twinless twin members paying the registration fee can attend as much or as little of the conference as they are able. TTSGI does not offer day rates.
- You must be a current paid member of TTSGI to attend the Annual Conference. Family and friends who wish to attend must accompany a paid member and must complete their own registration.
- Registration fee includes: Thursday evening dessert reception, Saturday evening banquet meal (semi-formal), all conference materials, guest speakers, and breakout space. For more detailed information about the conference, including hotel information, please refer to the Annual Conference FAQs below.
- Conference registration fees do not include hotel accommodations. TTSGI has contracted a block of sleeping rooms for this event at a discounted room rate of \$154.00/night (+tax), including breakfast. Reservations are made directly with the hotel.
- The last day to receive a refund for registration fees is June 14th. After June 14th, we are unable to refund registration fees for any reason.



# 2022 TTSGI CONFERENCE – FREQUENTLY ASKED QUESTIONS

**WHEN IS THE 2022 CONFERENCE?** The conference begins the evening of Thursday, July 14 and ends at the closing banquet on Saturday, July 16. Plan to checkout and depart on Sunday, July 17.

**WHERE IS THE CONFERENCE?** The conference will be held in Denver, Colorado at the DoubleTree by Hilton Hotel Denver–Aurora.

13696 East Iliff Place, Aurora, CO 80014  
Phone: (303) 337-2800

Attendees make their room reservations directly with the hotel. To help with costs, TTSGI has contracted a block of sleeping rooms for this event at a discounted room rate. Reservations are made directly with the hotel. Please make your reservations early, as we only hold a limited number of rooms in the block. The cost of the room is \$154.00/night (+tax), which includes breakfast.

[Click here to book your room at the TTSGI group rate](#)

The TTSGI room block will be held until June 17, 2022, unless all the rooms are reserved from the block before this date. Rooms in the block are 1st come, 1st serve.

Important Reminder: The conference dates are July 14-17 (arrive on Thursday and leave on Sunday).

**ARE THERE ANY SAFETY PROTOCOLS FOR THE CONFERENCE?** Yes. [Click here](#) to review a list of our current safety requirements and protocols in light of the pandemic.

**WHOMAYATTENDTHECONFERENCE?** Current members of TTSGI and their guests (family, friends) are welcome to attend. A current member is one who has joined or renewed membership (\$50.00 annually) within the last 12 months. [Click here](#) to become a member.

**WHAT IS THE SCHEDULE FOR THE CONFERENCE?** A 2022 Conference Schedule will be posted soon. [Click here](#) to view our last Conference Schedule in 2019 to get an idea of what to expect.

**WHAT AIRPORT DO I FLY INTO?** Denver International Airport. The airport code is: DEN

Note: The locals call the airport DIA (Denver International Airport).

**HOW DO I GET BACK AND FORTH FROM THE AIRPORT TO THE HOTEL?** There is a complimentary shuttle service to/from the hotel. See instructions below:

## Airport pick-up

- Call the hotel at 303-337-2800 and reach the front desk to let them know you have arrived. You will need to provide your name, phone number.
- The hotel will let you know when the next shuttle will be pick you up.
- After collecting your luggage, head over to East Baggage Claim, Level 5, and find Door 505. Then, make your way over to the 3rd island outside of the doors where it says "HOTELS".
- Once the shuttle arrives, make sure the driver is heading towards the DoubleTree Denver–Aurora.

## Airport drop-off

- Upon check-in, hotel staff are happy to arrange a shuttle departure time with you. Be sure to sign up in advance, so the hotel can ensure we have space for you.
- You will be dropped off at the East Terminal, Level 5, Door 505, at the 3rd island (where the driver picked you up!

## Other important information about the shuttle

- Space is limited on the hotel shuttle. Make sure you speak with the hotel's team ahead of time to ensure a seat.
- Shuttle is only available during specific times.
- DIA is approximately 20-40 minutes from our hotel, depending on traffic.

## Other options for transportation to/from hotel

- SuperShuttle is available at \$22.00/per person/one way. Their phone number is 303-370-1300 or visit [www.SuperShuttle.com](http://www.SuperShuttle.com).
- Taxi services, including Uber and Lyft, are also available.

**WHAT WILL THE WEATHER BE LIKE?** In July the average low is 54° and the average high is 86°. For more info visit [www.weather.com](http://www.weather.com).

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

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



# 2022 TTSGI CONFERENCE – FREQUENTLY ASKED QUESTIONS

## **I AM A FIRST-TIME ATTENDEE, WHAT SHOULD I EXPECT AND WHAT IS EXPECTED OF ME?**

The first two items on the schedule are Check-in and the First Time Attendee's Welcome Reception. At check-in, each first-time attendee will receive a name tag and a packet of information. Once checked-in, the attendee can go to the welcome reception. This event is designed to ease first-time attendees into the conference weekend. At this reception, attendees will have the opportunity to meet others attending for the first time. They will also meet Board Members and Regional Coordinators. After the 30-minute reception, first-time attendees will be invited to join the other conference attendees at a dessert reception. We recommend having dinner prior to check-in. During the conference, there will be keynote speaker sessions, breakout sessions, memorial events, and workshops. Our goal is to offer ample time for sharing. However, no one is required to speak. Between sessions, there will be scheduled free time for attendees to relax, reflect, and casually meet others. Finally, we will have a closing banquet on Saturday evening, followed by our annual charity auction. Plan to depart on Sunday.

**WHAT MEALS ARE INCLUDED?** Thursday – No dinner provided; Light dessert reception provided

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

Friday Lunch – Not provided

Friday Dinner – Not provided

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

Saturday Lunch – Not provided

Saturday Dinner – Banquet meal provided

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

**DOES THE HOTEL HAVE A FITNESS CENTER?** Yes, there is a complimentary fitness room and a swimming pool.

**ARE ANY TOURIST ATTRACTIONS NEARBY?** Yes, there are many local attractions such as shopping at the 16th Street Mall, Coors Field, Larimer Square, the Colorado State Capitol, City Park, and more.

## **WHAT IS THE COST TO ATTEND THE CONFERENCE?**

Conference Registration:  
Early Bird Fee (Jan 2 - Feb 28):  
\$225.00/person

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

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

Walk-In/at door registration Fee (July 14):  
\$325.00/person

One parent accompanying a minor child (under 18) can pay a reduced fee of \$100.00 because TTSGI requires that a parent also attend the conference.

Note: There are no discounts for partial attendance. TT member paying the registration fee can attend as much/little of the conference as he/she is able. TTSGI does NOT offer day rates.

\*All attendees must register individually. The registration does not include hotel reservations.

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

Unfortunately, we are unable to refund any registration fees 30 days prior to the conference. The last day to receive a refund for registration fees is June 14th. After June 14th, we are unable to refund registration fees for any reason. The conference center requires our final attendee count one month prior to the conference, and they calculate our cost based on that number. The conference center is unable to make cost adjustments for last-minute cancellations. For hotel cancellations, please contact the hotel directly regarding their cancellation policy.

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

Please contact our Executive Director, Michelle Getchell at [contact@twinlesstwins.org](mailto:contact@twinlesstwins.org) to find out about possible assistance.

## **CAN I TRANSFER MY REGISTRATION FOR THE CONFERENCE TO ANOTHER MEMBER OR FAMILY MEMBER?**

No, we do not allow transfers of registrations.

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

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



# 2022 TTSGI CONFERENCE – COVID-19 PROTOCOLS

As the COVID-19 global pandemic status changes with the Omicron variant, Twinless Twins Support Group, International (TTSGI), is continuing to monitor the data in anticipation of our July 2022 Annual Conference in Denver, Colorado, the first since 2019. We will continue to monitor and update safety precautions for the Conference regularly, and coordinate with trusted national resources, state and local public health agencies, and the hotel venue hosting the event.

As of February 2022, TTSGI has updated its policies to the below and will, of course, notify the membership in a timely manner of any modifications. Our hope is that with these measures in place we can resume our in-person Annual Conferences in a way that is safe, welcoming, and inclusive to all twins.

- **VACCINES AND COVID-19 TESTS:** TTSGI strongly encourages all attendees and presenters at the 2022 Annual Conference to be vaccinated and to have received a booster shot. Vaccinated individuals must show proof of vaccination upon arrival at the Conference venue in Denver. Unvaccinated attendees will be required to show documentation reflecting a negative PCR test administered no more than 72 hours prior to arrival at the conference. Onsite rapid antigen tests will be available to test unvaccinated attendees who are unable to meet the PCR test requirement as well as anyone who exhibits symptoms of

COVID-19 during the conference. Should a rapid test show a positive result for any attendee, that person will be required to quarantine in their hotel room for the duration of the Conference.

- **MASKS:** All attendees and presenters at the TTSGI Annual Conference will be required to wear a KN95, KF94s, N95, or disposable surgical mask at all times during the Conference except while actively eating or drinking, and while they are in their hotel room. Simple cloth masks and gaiters will not be accepted as facial coverings at the TTSGI Annual Conference. Disposable surgical masks will be provided for any attendee who does not bring their own required mask. Masks must be worn so that they cover the nose and mouth of the attendee. Individuals who have a documented disability that precludes the wearing of a mask may request a modification to mask policies.
- **PHYSICAL DISTANCING:** Many venues are not currently requiring physical distancing but many people prefer to maintain 6 feet between themselves and others or bump elbows or fists instead of hugging. In order to respect each individual's preference, TTSGI suggests approaching other attendees cautiously and asking about their preferences. In addition, hand sanitizer will be amply available in the Conference and communal spaces.

## STEPPING DOWN AS EDITOR FOR THE TWINLESS TIMES



You will notice, in this newsletter, there is a vacancy announcement for the Twinless Times newsletter editor position, as I have completed my term. I feel tremendous pride in the 14 editions I've produced in this volunteer role and I look forward to witnessing the expansion of what new ideas another twin will bring.

I want to thank Ray Boyle for nudging me to take this position three years ago, Lea Eriksen for supporting me through the transition into the role, Margaret Daffin's endless efforts of proofreading each edition and to Emily Heekin in creating a layout that always gave the final polished look. The greatest thank you is to all the twins that sent in an article and allowed my heart the first glimpse of their story. It has been a wonderful experience and a gift to have served in this role which I am forever grateful.

As I let go of one role, I grow into another and begin a new focus as the new USA/UK Liaison to our sister organization the Lone Twin Network (LTN). I look forward to what new adventures this role will allow me and although I was not able to meet the founder of the LTN, Joan Woodward, in person she did grant me an interview, which turned out to be her last. This interview was published in our fall 2020 Twinless Times edition and that of the LTN newsletter but to honor her recent passing I have included it once again.



# MEMORY WALK 2022

## “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.”

I am very pleased to announce that we will, once again, be holding our Annual Memory Walk at our 2022 International Conference in Denver, Colorado. Time and location TBA. I encourage everyone to join us for this incredible and moving experience.

It has been three years since our last conference and live Memory Walk, which was held in 2019 in Huntsville, Alabama. As we joined hands on that beautiful 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.

I am deeply grateful for the generosity and support of those who have donated to our Memory Walk in 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 or estrangement. 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 Memory Walk Donation form in this newsletter. A number of twinless twins raised considerable amounts over the years from family and friends and you can do the same – you'll be surprised as to how generous others will be!

Please see the separate Frequently Asked Questions sheet and the General Donation Form in this newsletter for those wishing to send a check for the Memory Walk.

Or, if you would like to donate online, please go to our website: [twinlesstwins.org/donate](https://twinlesstwins.org/donate) and remember to indicate that your donation is for the Memory Walk.

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

A: The Memory Walk is an event to raise funds to provide support for twins and other multiples who have lost their twin due to death 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: When and Where is the Memory Walk?**

A: The 2022 Twinless Twin Memory Walk will be held in July at our International Conference in Denver, Colorado. Destination and time to be determined.

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

A: No. You do not need to be an actual participant in our walk to take part in this fund-raiser. You can still participate by collecting donations in memory of your twin for TTSGI and another twinless twin, who will be there, will carry the name of your twin on our Memory Walk. You may also choose to walk where you live with twins, family and friends or at one of your regional meetings. (Please be sure to email Margaret Daffin at [medaffin@aol.com](mailto:medaffin@aol.com) if you want you and your twin's name to be carried on our walk in Denver.)

Many companies may have a matching gifts program. Matching gifts are a great way to increase the amount of money you can raise. You can check with your company's human relations department to see if they have such a program in place.

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

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

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

1. Your Memory Walk donation sheet, along with your donations can be sent to Margaret Daffin, Chairman of the Memory Walk. If possible, Margaret would like to have all your donations mailed to her by **July 1st**. Please do not send cash. Margaret's mailing address is: **Margaret Daffin, 11423 Gallant Ridge Lane, Houston, TX 77082**. Please make checks payable to TTSGI and write Memory Walk on your envelope. If you are sending your Memory Walk donation sheet to Margaret, please indicate on the donation sheet if you will be attending the conference and be sure to put your twin's name along with your name on the sheet so we can walk in memory of your twin if you cannot attend.

2. Your friends, family and community have the option of donating to TTSGI online by using PayPal on our website at [www.twinlesstwins.org](https://www.twinlesstwins.org). The donate button is located on the top right side 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.

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

### **Q: Are donations tax deductible?**

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

If you have any other questions, you can contact Margaret about the walk at [medaffin@aol.com](mailto:medaffin@aol.com).

Thank you,  
Margaret Daffin, twin to Josie  
Chairman of the 2022 Memory Walk

# MEMORY WALK 2022 DONATION FORM



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

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

	NAME OF DONOR	ADDRESS & EMAIL	AMOUNT
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

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

Conference Information:  I will be attending the Denver Conference.

I will not be attending the Denver Conference.



# REMEMBERING JOAN WOODWARD LONE TWIN NETWORK FOUNDER

By Margaret Daffin, twin to Josie

My dear friend and confidant, Joan Woodward, passed away, in Birmingham, England on November 20, 2021, at the age of 95.

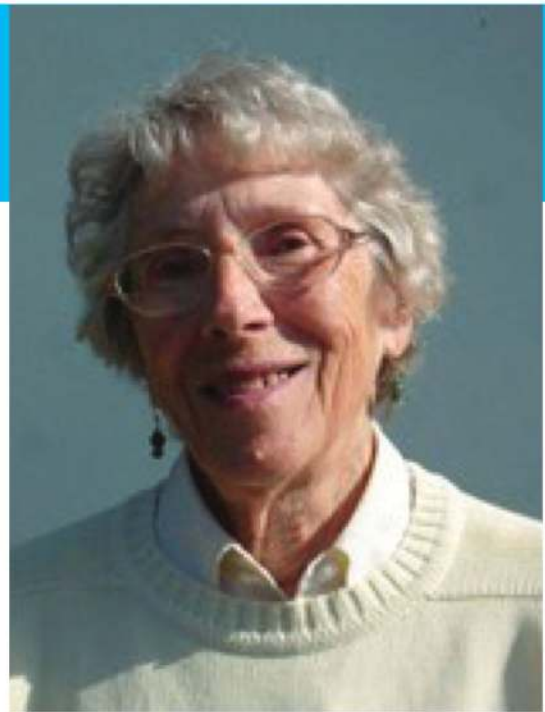
I became acquainted with Joan after my twin sister, Josie Wilson, was murdered by her husband in May 1996, in London, England. I reached out to Joan for support, and, over the years, she became a friend and was always there for me. I remember the first time I met her, at her son's flat in London. She had taken time out of her busy schedule to spend time with me and I remember so much of the conversation we had from that short meeting. She consoled me, as best she could, and continued to do so for years to come. I met up with Joan numerous times when visiting the UK, and, in 2010, I arranged a meeting with her and our own Mary R. Morgan.

One of the main points I remember from our original conversation, was when Joan told me that had Josie left John Wilson many years earlier, I would have lost her then, as he would never have let her go. He was the type of man who was not only extremely possessive, but jealous and abusive – if he could not have her, no one would! I remember her words so vividly!

Joan put me in touch with Dr. Raymond Brandt, and, in 1996, I became a member of Twinless Twins Support Group International and found solace and continued support for the next 25 years.

In 1989, Joan set up the UK's Lone Twin Network, a similar organization to Twinless Twins Support Group International, that enabled lone twins to contact each other and share their experiences. Joan was a lone twin, a twinless twin, and a psychotherapist based in Birmingham, England.

In 1998, she was the author of "The Lone Twin," a book on twin loss. Her view was that the loss of a twin can be overwhelming to the survivor twin. To quote Joan Woodward: "They need extra help



and support to take them through the loss of their other half." She worked as an attachment therapist, using John Bowlby's theories as her conceptual base. She believed that twins' attachment to each other may begin for most twins many months before birth. Then in 2019, she published "Discover Attachment Theory: Showing How Our Earliest Attachments Affect Us All Throughout Our Lives."

Joan lost her identical twin sister when they were three years old. Because she had not, to her knowledge, met any other lone twins to discover if they shared similar feelings to her own, she embarked many years later, on the first study ever done on the effect of twin loss on the surviving twin. She interviewed 219 lone twins in their own homes. The Study was presented to The International Congress of Twin Studies in Amsterdam in 1986 and subsequently chosen for publication in their Proceedings.

Joan retired from being an 'Attachment based' psychotherapist in 2008 but continued to lead an active life, writing, working on her allotment, and playing a part in a number of different social groups.

I know that all members of the Lone Twin Network will grieve the passing of their Founder, just as I will.



# JOAN WOODWARD, THE INTERVIEW

By Margaret Gron, twin to Edith

Joan Woodward, psychotherapist, is a name I've come to know very well. I read her book *The Lone Twin: Understanding Twin Bereavement and Loss* several years ago and ever since have been in awe of what she has done for us, the lone twin. She dedicated much of her life to serving the surviving twin through therapy, writing books and founding the Lone Twin Network.

Having so much wisdom, I reached out to Joan Woodward to answer some of my burning twin questions. I greatly appreciate Joan Woodward's answers and I can only hope you will too. I must express my gratitude to Janet Baird for all her support in making this interview happen and a huge thank you to Joan for gifting me this interview and for her dedication to helping me and other twins with this twin journey.

## THE INTERVIEW

**Margaret Gron:** What insight would you bestow on the younger generation of twins to enlighten us on how we can improve the quality of our own individual and twin journey?

**Joan Woodward:** Don't be surprised if sometimes you feel "ok" and other times very sad and lonely. The main thing is to have a friend or a lone twin friend to turn to. Turning to a lone twin who understands these feelings will help you over that moment when you feel extra sad and lonely, and vice versa, this lone twin can turn to you at their worst moment.

**Margaret Gron:** The branch of psychology has used twins for research to benefit society, yet very little research has been done to benefit the individual twin. How can twins get the branch of psychology to shift focus and serve us with the psychological struggles we encounter with this twin journey?

**Joan Woodward:** I don't think psychology will shift the focus. I don't expect it to, as psychology tends to be an academic science. What lone twins need, in my view, is the theory of psychotherapy; focusing on attachment which concerns itself with relationships.

**Margaret Gron:** How do twins who have lost their twin in utero—thru early childhood explain the feelings of sadness and loss they have emotionally when they didn't know consciously their twin existed?

**Joan Woodward:** There are two reasons why. First and probably the strongest reason is their parent's reaction to them. Second, how they have felt about themselves in response to this loss. Memory goes way back to the third trimester in utero.

**Margaret Gron:** How does a lone twin "move forward" when they, themselves, can't break from their own emotional investment in their twinship?

**Joan Woodward:** Ask a psychotherapist. This is the most basic problem, because a number of people actually at one level of their mind don't want to "let go" their sense of suffering. They may seem to cry out for help, but have an unconscious perception of themselves of being damaged, hurt or in pain and of needing to suffer to express these feelings.

**Margaret Gron:** When your twin dies and was the closest person within the family unit, making connections with the other family members is a struggle because they don't understand the grief. The family believes the mother is suffering worse and that the surviving twin is not supporting the mother enough. Do you have advice for this situation?

**Joan Woodward:** It's a competitive field, with the mother and sometimes the father trying to monopolize the feelings of loss, grieving and suffering. The surviving twin needs to stand up to whichever parent is proclaiming this monopoly of grief and say to her or him you have the loss of your child and I have the loss of my twin. They are different.

**Margaret Gron:** When we lose our twins, at any stage in our lives, is the new version of us a twin blend?

**Joan Woodward:** No. I don't believe so. We remain a lone twin.

**Margaret Gron:** After losing a twin, it is very painful to be around other twins. It's a trigger so avoidance is often the solution. Ironically the family many times has a difficult time being around the twinless twin because we are a trigger for their pain so avoidance is often the solution. How do we embrace our pain so that we can embrace each other?

**Joan Woodward:** When you meet other twins, it can be helpful to go up to them and not avoid them. Talk to them and tell them you are a twin. If they show interest say quickly, before they can ask you where your twin is, that your twin died at whatever age it was. I believe once you understand why you find it painful to be around twins, you can then understand that in a different way the family has the same difficulty. Try, if you can, to talk openly about the different senses of loss.



# WHY I HATE SHAVING

Fred Jensen, twin to Sharon

Oh hell, it's time to shave again, a drudge I suffer weekly. Disgusting stubble peeks out from my skin, if only meekly. I never seem to have the time for this abhorrent chore; Perhaps I would, if every week, I did it six times more.

But it can't be, my facial hair will never grow that fast, Because I made a trade-off in my embryonic past. For in my mother's uterus I never was alone – The feminine was with me where the two of us were sown.

I said to her, "My sister fair, so happy I'm with thee, I'd always be content to live in just thy company. But alas, it shan't be so. Methinks there's little doubt That by and by, yea soon enough, we'll both be pushed out."

"The coming future is a fact that we dare not dismiss. And though thou surely dost not fear, considerest thee this: We have but paltry problems here, and most we can ignore, But here our number is but twain; outside there could be more."

And she replied, "My brother dear, I know that thou art right. Have we not ears to hear a sound and eyes to see a sight? If this be all of life there is; this dark and silent place, Methinks that thou and I both have a highly cluttered face."

"Likewise our idle limbs, so cramped within this tiny womb, Foretell a future life when we shall surely have more room! Perchance this *afterwomb* is bound by nought but sky and soil, We'll know upon our shuffling off of this placental coil."

Then I to her, "My sister fair, how shall we then prepare? For we have yet to learn what manner folk there be out there." *O brother dear, we need not fear*, bespoke her winsome smile, And then aloud, "Our virtues joined could conquer any trial."

"Thou art disposed like one called *man*, and I've a *woman's* guise And thus we see two gender types, and therein might surmise That outside; although, indeed, there may be yet another, The chances are that most people are one or the other.

"Thus grant me some of thy male mind, but just a little part, And something of thy manly build, and of thy virile heart. Likewise therefrom these parts of me take thee a modicum. Subtracting from our differences, we'll form a novel sum."

And thus we made a covenant, an everlasting bind, The likes of which no singleton could ever hope to find – An oath that bound us closer than the tightest wedding band; Carved deeper than the dictates from the finger of God's hand.

*"What light from yonder cervix breaks? It seems our time draws near. Yet whitherward we now shall be, there's nothing we need fear. For thou hast me within you, and I have thee in me And thus betwixt us twain possess we all humanity."*

Together we were simply thrown into this hostile world; To face together anything which was to be unfurled. Together we had wisdom. Together we had pride. Together we had all, but then, my sister simply died.

So reaching forward now, I wipe the mirror clear of steam, And look at my reflection with its beard of shaving cream. It keeps on looking at me with an apathetic stare, Eventually I speak to it through foggy shower-air.

"Some say a child who knows disaster hides a wounded soul; That pain felt at an early age will always take a toll. But trust me – no heartaches have you left to be confessed – In fact, there's nothing wrong beneath that smooth and flabby chest."

"Three decades gone since you became the lonely eldest son And now I see that what was two is now but half-of-one. Get over it! You haven't any tears left to be shed. And don't be angry with her, for one cannot blame the dead."

And I'm not angry waking up, and driving into town; Nor am I angry, when at night, I finally lay me down; I am not angry, when alone; I eat my lunch at noon, I just wish these awful razors wouldn't wear out so awfully soon.

For it is that time to shave again, a drudge I suffer weekly. Disgusting stubble peeks out from my skin, but only meekly. I never seem to have the time for this abhorrent chore. Perhaps I would, if every week I did it six times more.



# WHAT SCIENCE TELLS US

## SOME SURPRISING FACTS ABOUT TWINS

By Ruth O. Selig, TTSGI Board Member Emeritus and twin to Rollyn O. Krichbaum

**Editor's Note:** Because of the scientific advances of the last few decades in the understanding of genetics and inheritance, as well as the breakthroughs in high-speed computing and the ability of researchers to analyze huge data sets from large-scale twin studies, we know much more about twins than ever before. Twin studies, new book publications, and articles in scientific journals inform the article, which has been reviewed for accuracy by twin specialist Dr. Nancy L. Segal (<http://drnancysegaltwins.org>). To learn more about the way scientists study twins, click on the link to Selig's earlier article "Twin Studies" on p. 14 of the Fall 2020 issue of *Twinless Times* ([https://twinlesstwins.org/wp-content/uploads/2020/09/tt\\_2020\\_03\\_fall\\_web2.pdf](https://twinlesstwins.org/wp-content/uploads/2020/09/tt_2020_03_fall_web2.pdf)).

### DOES TWINNING RUN IN FAMILIES?

If a woman inherits a genetic tendency that predisposes her to hyper-ovulate (i.e., to release multiple eggs during **ovulation**), her chance of having fraternal twins — which are produced from two separate eggs — increases. Parents can then pass to their children this tendency to release multiple eggs during ovulation, thus making it possible for fraternal twins to run in families. It is believed that this tendency to hyper-ovulate is passed down by the mother, but this does not rule out a contribution from the father.

Doctors and scientists still do not know what triggers a single fertilized egg to result in two embryos. There's no known gene linked to identical twins. Although it has become increasingly apparent that some families do have more incidence of identical twins, the reasons for this are unknown. "Despite sophisticated laboratory techniques, increased twinning rates, and advances in embryology and genetics, there is no proven explanation for why a fertilized egg divides, or why some families appear to be more likely to have identical twins than others." (Nancy L. Selig, *Twin Mythconceptions*. Academic Press: 48-52).

### WHAT ARE "MIRROR IMAGE TWINS"?

About 25% of identical twins show mirror-image effects, meaning the twins have some features that appear asymmetrically. For example, if one twin has a mole, freckle, or birthmark under the left eye, the other's may be under the right eye, or the pair might have a hair cowlick but on opposite

sides of their heads. Hence, when one twin faces the other, each can see the other as if in a mirror. The term "mirror-image twin" is inaccurate since reversal may be seen only in selected traits, not all traits.

There is no test to confirm mirror twinning effects. DNA analysis only confirms if twins are identical or fraternal. Observing physical features is really the main way to determine if twins show mirroring.

The cause of mirror twinning has not been determined, but some researchers theorize that mirror image effects occur when the zygote (fertilized egg) splits, causing some disruption in the usual cell processes. The link between later splitting and mirroring has been challenged; in particular, the link between later splitting and a shared placenta and fetal membranes is no longer fully accepted.

### DO TWINS RELATE TO ONE ANOTHER IN UTERO?

Researchers from the University of Padova in Italy studied 3D **ultrasound** videos of five sets of twins in the womb. When the fetuses were just 14 weeks old, the researchers noticed that the cotwins seemed to be reaching out for each other, touching, for example, arm to head. At 18 weeks, they were touching and even stroking each other more often and were in physical contact about 30 percent of the time. Some research may have suggested that twins appear to interact socially with each other just hours after birth. However, other scientists, including Dr. Segal, do not endorse this view of pre-natal interaction. As Segal explained in her 2017 book, *Twin Mythconceptions*, "prenatal twins' interactive behaviors do not appear to be expressed with any intention or awareness of the other. Low oxygen tension in fetal blood, as well as pregnanolone and prostaglandin D2 that is provided by the placenta, keep the fetuses sedated in utero. Research published in a 2012 article by E.J.H. Mulder, et. al. in the *Journal of Early Human Development* [88(3): 129-134] found no evidence that fetal dichorionic twins' body movements and rest-sleep cycles are coordinated, challenging some previous reports. It seems, instead, that any synchronized behaviors displayed by twins are infrequent, brief, and unintentional."



### **DO TWINS HAVE IDENTICAL FINGERPRINTS?**

Both fraternal and identical twins have different fingerprints, although identical twins' prints are more alike than those of fraternal twins. Fingerprints are complex in origin and appear to be under the influence of many different genes.

### **WHAT PHYSICAL AND PSYCHOLOGICAL TRAITS ARE INFLUENCED BY OUR DNA?**

In recent years, due to the advances made through twin study research, scientists know much more about the influence of genetics (nature) and environmental (nurture) factors. It is important to keep in mind, however, that heritability is determined on a "population" basis, not an individual basis. It is from the analysis of huge datasets, not the accumulation of anecdotal stories, that conclusions about heritability can be made. As Dr. Segal said in a recent talk: "Genetics works on a probabilistic not determinative basis—genetic effects on a population are pervasive, but also can be analyzed as trait-specific." So, for example, height is one of the characteristics that is highly influenced by genetics (90%), and therefore if a pediatrician knows the heights of the parents and grandparents, the child's eventual height may be assessed with a high degree of accuracy. Personality traits such as introversion, sociability, and general sense of well-being are less controlled by genetics (estimated at about between 50%).

### **ARE PHYSICAL AND PSYCHOLOGICAL TRAITS USUALLY CONTROLLED BY A SINGLE GENE?**

Unfortunately, the early hope that scientists would be able to identify trait-specific genes has not been borne out by decades of research. "Finding the genes responsible for complex human traits, such as intelligence, personality, autism, height, and weight has been more arduous than anticipated," wrote Segal in her 2017 book *Twin Mythconceptions*. Most complex human traits are influenced by many genes, even when it is a physical trait heavily influenced by genetics such as height.

### **IS THERE SCIENTIFIC EVIDENCE FOR TWINS HAVING ESP (EXTRA-SENSORY PERCEPTION OR COMMUNICATION) WITH ONE ANOTHER, INCLUDING FEELING THEIR TWIN'S PAIN DESPITE BEING SEPARATED BY MILES OF DISTANCE?**

According to scientists, there is no research evidence to support ESP communication between twins, although there are many

anecdotal stories about such occurrences, such as one twin knowing their twin, miles apart, was in trouble, having an accident, or even dying. There is no doubt that most if not all twins feel deep empathy and the ability to sense what their twin is experiencing, and in some twins, particularly in identical twins whose thought processes have been demonstrated to be almost identical, this can result in extraordinary experiences that are perceived as ESP. Some twins have even been wrongly accused of cheating on tests or in their essay writing in school because their answers can turn out to be almost identical. In my own case, when I finally read my identical twin sister's journal two decades after she wrote it during her two-year struggle with breast cancer, I felt I was reading my own writing. Because our writing style and phrasing were so similar, it became clear to me just how similar our minds worked. Because we thought in identical patterns, saw the world in similar ways, and came to many of the same conclusions about our experiences, it felt like the kind of ESP many twins claim to have experienced with their twin far away in time and space. My twin and I always thought we knew what the other was thinking or feeling and hence we would finish each other's sentences – a habit of many if not all twins, but one not so easily accepted by the non-twin world.

Come to the TTSGI annual conference where so many twins interact with one another at once, sharing these kinds of stories and never minding if another twin occasionally interrupts the conversation!

[Contact [seligruth@gmail.com](mailto:seligruth@gmail.com) with any questions, comments, or suggestions for future topics for the "What Science Tells Us" column.]



# SPECIAL INTEREST ZOOM MEETINGS FOR TWINLESS TWINS

Carolyn Shane, twin to Cary

This past year, through Zoom, TTSGI has made it possible to connect Twinless Twins around the country and even around the world, going beyond our traditional regional meetings to create specialized affinity groups. With support from our TTSGI national organization, we now have a flourishing program of specialized meetings determined by how twins lost their twin or how recently that loss occurred. These meetings are announced in the Twinless Times, on Facebook, on our website, and through individual email invitations. This is one of the best benefits of your membership in TTSGI, as only members can attend these meetings.

In this article below, you will find a listing of each of these “affinity groups,” along with the date of their next meeting. We also report in the Twinless Times on meetings that have already taken place.

I encourage each of our members to take advantage of these offerings and put at least one of the dates on your calendars now. Every “affinity group” has a host and a facilitator. When you receive the email invitation from the host of the meeting, all hosts are listed below with their “affinity group”, be sure to open the email and respond positively. Once you “sign up for the meeting,” you will be contacted through email and given the Zoom link the day before the meeting. We hope you will take advantage of this program. No one understands us more than another twin whose twin has passed away.

<b>Affinity Group</b>	<b>Host</b>	<b>Facilitator</b>	<b>Meeting Date</b>
Suicide Loss	Joan Angelis	Joan Angelis	July 9
Early Loss from the womb thru age 3	Carolyn Shane	Alyssa Pratt	August 28
Alcohol and Drug Overdose	Carolyn Shane	Jessica Wickey	April 24
Recent Loss: 3 years or less	Ed Echeverria	Ed Echeverria	March 27
Unexpected and Sudden Loss due to health issues or accidents	Beverly Smyk	Diana Morgan	May 19
Traumatic and Violent Loss includes murder, wrong place/wrong time	Carolyn Shane	Margaret Daffin	July 31
Mature Loss: 15 years and beyond	Carolyn Shane	Ruth Selig	September 18
Long-Term Illness	Garry Rayno	Jan Konya-Grabill	March 23
First Contact/New Members	Joan Angelis	Alyssa Pratt	September 10
Twin With Twins	Margaret Gron	Margaret Gron	TBD
Men's Only	Margaret Gron	Margaret Gron	TBD

## LEARNING TO SAY GOODBYE

By Ernst van Eeghen, twin to Chris

<https://www.learningtosaygoodbye.com/episodes/episode-04>

### Episode 04: A personal story of loss and healing Learning To Say Goodbye

Everyone has a story. And there is magic in sharing those experiences. Hear from Ernst van Eeghen about his personal story of love and loss and what it took for him to start healing his heart and ultimately finding the way to his happy ending.

[www.learningtosaygoodbye.com](http://www.learningtosaygoodbye.com)





# TWIN HUDDLES

By Janet Baird, twin to Margaret  
Lone Twin Network Liaison

I met up on-line recently with Sister Julian, from North Yorkshire, England, and Sister William, from Los Angeles, USA for what I call a twin huddle. How amazing to connect with other twins from so far away! The Lone Twin Network (LTN) is encouraging twins to meet up in small groups, or huddles, as we emerge from the COVID pandemic. Small is beautiful and our loneliness can vanish the moment we meet another twin.

I had another twin huddle but this time in Manchester, England, where I met with Jill Ingham, our LTN Vice President. We talked about LTN business over a light lunch and had our picture taken next to an amazing grandfather clock. My last twin huddle was with three twins in Leeds, England, this past November. We met at the train station at 11:00 am and had a prolonged coffee at a cafe bar nearby. Then we visited the glorious Victorian Arcades and saw the beautiful Christmas decorations. We had lunch at the famous Tiled Cafe at the art gallery and talked for ages as twins do when they get together. Our trains and buses left at 3:00 pm, so we walked down to the station to say goodbye after yet another coffee and doughnut cookie!

I'd really encourage other twins to meet up in their area and hold a twin huddle. It's so special as we are out and about and we can see other towns and cities.



## THANK YOU TO RETIRING MIDWEST REGIONAL COORDINATOR SARAH BEEBE, TWIN TO HEIDI

By Lea Eriksen, twin to Eve and TTSGI President

TTSGI would like to thank Sarah Beebe, who is stepping down as Midwest Regional Coordinator after serving in this role for almost 11 years. Sarah joined TTSGI in 2006 after her twin Heidi, died that year from suicide. Sarah is stepping down to focus on family and her demanding career. Sarah has also been Facebook Moderator for the past nine years and will continue serving in that role.



## WELCOME TO THE NEW MIDWEST REGIONAL COORDINATOR JOYCE BLADE, TWIN TO JANET

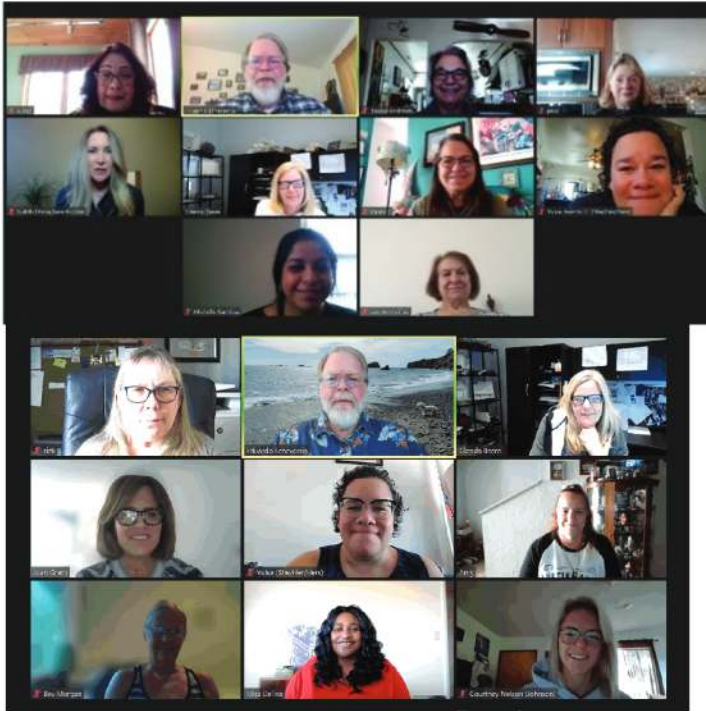
By Lea Eriksen, twin to Eve and TTSGI President



Joyce joined TTSGI in 2004 and has regularly attended conferences ever since. Joyce lost her twin Janet to a heart attack caused by cirrhosis. Janet left behind three children, which Joyce has raised. Janet says that twinless twins have brought her so much joy, recovery, and best friends over the years, and she is happy to serve as the new Midwest Regional Coordinator.



# AFFINITY GROUPS



**Recent Loss Affinity**  
By Eduardo Echeverria, twin to Alfredo



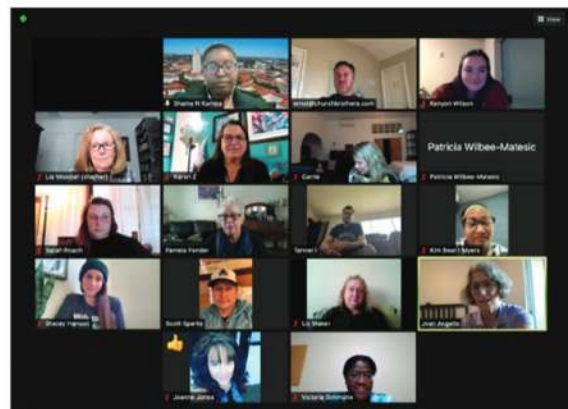
**Twin With Twins Affinity**  
By Margaret Gron, twin to Edith



**Womb Twin Survivor & Early Loss Affinity**  
By Carolyn Shane, twin to Cary



**Men's Only Affinity**  
By Margaret Gron, twin to Edith



**Suicide Loss Affinity**  
By Joan Angelis



**Drug and Alcohol Related Tragedy Affinity**  
By Carolyn Shane, twin to Cary



# REGIONAL GATHERINGS



**West Coast Regional Gathering**  
By Eduardo Echeverria, twin to Alfredo



**South Central Regional Gathering**  
By Margaret Gron, twin to Edith

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

## MY BIRTHDAY LETTER

By John Smith, twin to Jimmy

Jimmy,

I have been thinking about what I could give you for your birthday, it's not an easy answer. I tried to think about what I would like and I didn't come up with much either. God gives me a gift every Thursday I come down. It's so great to have that time with you; I look forward to it every week. You have been blessed with an incredible amount of wisdom, which you share so naturally, it helps me get through some tough times, more than you know!

I have witnessed on many occasions just how much people love you. I would be lying if I didn't say I was envious, but I am proud, you have matured into a wonderful person. The last few years have been a real mental challenge and you have always been there to support me and help me think it through. For that I am very grateful. I love to laugh with you; we have such a good time when the mood hits. There is not enough

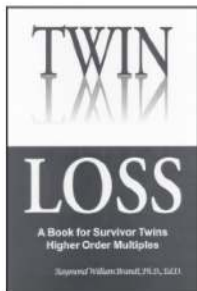
laughter in this world and people love to be with us when we let go. We have been blessed over the years with some wonderful people that have come into our lives. Some have gone and we wonder why. Perhaps we will never know, but we must not be too hard on ourselves, as we know we are good people. We made it to old age. Hard to believe and harder to accept.

I am optimistic that 2017 will go down as one of our best years. I am looking forward to doing some fun things with you in the New Year. Early in 2017 the business should be stable and it will afford me the time to arrange some neat outings. Stay tuned. The best thing we can give each other is each other. I love you so much and am thinking now we need to go for 100!!

All my love,  
"Happy Birthday Twin"  
John



# RECOMMENDED TWIN BOOKS



## “TWIN LOSS”

By Raymond W. Brandt, PhD

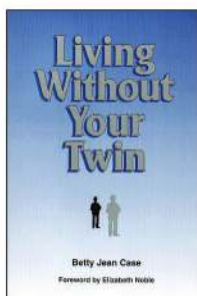
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



## “WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

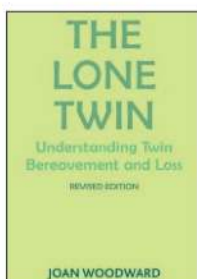
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael's death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



## “LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

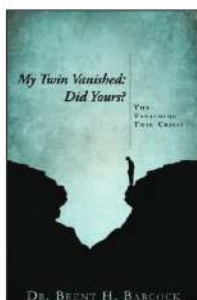
TTSGI receives a donation each time one of author Betty Jean Case's books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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

## **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.**

## **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**



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