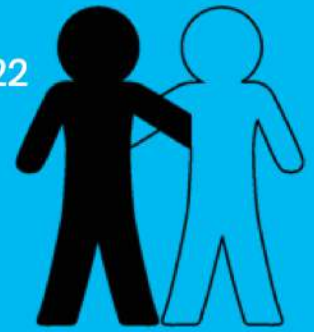


TWINLESS TIMES

SUMMER 2022

HELPING TWINS WHO
HAVE LOST THEIR TWIN



PRESIDENT'S CORNER

Dear Twins,

I am excited about our upcoming in-person conference in Denver, Colorado! 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. The Conference Planning Committee is hard at work putting together a conference that allows for meaningful connection with safety protocols in place. The TTSGI Board continues to closely monitor COVID-19 data and the rising cases due to the omicron subvariants; however, we are still hopeful that we can safely hold an in-person conference in Denver. To accomplish that we will have safety requirements and protocols for the conference in place; however, due to nationwide changes to masking requirements that occurred in the past few months, we will no longer require mask wearing at the conference. Instead, mask wearing is highly recommended, and each twin should evaluate their risk level and health needs in making the decision to wear a mask or not. 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. In this edition of the newsletter, we have information about both the conference registration and the revised COVID protocols. For twins who are unable to attend the conference in person, the Conference and Programming committee is working to ensure that there is a virtual component to the memorial walk and we will make sure a video of the keynote address is available after the conference on the Members Corner.

I wanted to take a moment to welcome our new newsletter editor, Brecky Peabody, twin to Kelly. Brecky has graciously and quickly jumped into this important role. A huge thank you to Brecky and to Emily Heekin who is continuing to serve as co-editor! I also wanted to take a moment to thank a twin who tirelessly serves in the uncredited role of final proofreader, Margaret Daffin, twin to Josie. Thank you Margaret for your excellent proofreading skills! I also want to give one last thank you to outgoing newsletter Margaret Gron, twin to Edith for her three years of skillfully coordinating this newsletter.

Lastly, I wanted to let you all know that I got married to my Fiancé Martin in March here in Long Beach, California in a small intimate wedding with family and very close friends in attendance. I wish I could have had a bigger wedding and invited my twin friends to celebrate our happy day, but safety was paramount. You will note that I am in the process of changing my name, so if you see Lea Talamantes on our Facebook group that is still me!

Lea Eriksen Talamantes, President



IN THIS ISSUE...

PRESIDENT'S CORNER	1
THE EMPTY CHAIR.....	2
KEVIN'S CORNER	3
TTSGI GUIDING PRINCIPLES	3
ODE TO SISTERLY LOVE	4
2022 TTSGI CONFERENCE	6
MEMORY WALK 2022.....	9
MEMORY WALK DONATION FORM ..	10
AFFINITY GROUPS.....	11
GATHERINGS.....	12
LONE TWIN HONORS J. WOODWARD ..	13
TRIBUTE TO J. WOODWARD	14
TWIN 2 TWIN INSIGHT	15
WILLIAMSTOWN.....	16
BOOK REVIEWS	17
WRITE FOR THE TIMES	18
SUBMISSION DEADLINES.....	18
BOARD OF DIRECTORS.....	18
REGIONAL COORDINATORS	19



THE EMPTY CHAIR

by Sandy Goad, twin to Jim

OUR JOURNEY OF HEALING TOGETHER

Amanda Gorman offered hope to all of us during the 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."

With the help of our Executive Director, our Board of Directors, our Regional Coordinators and many other volunteers, twinless twins across the world continued to meet during this challenging time and we are anticipating being together again, face-to-face, at our National Conference in July, more compassionate, kind and ready to help each other.

Being a twin is a gift. Because of the strong bond and love we shared as twins, the pain we feel from losing our twin is also a strong one. One thing that is consistent at all our meetings is a profound sense of togetherness and an understanding of twin grief that only another twinless twin has the capacity to comprehend. As twinless twins, we entered a world we knew nothing about. We needed help- someone who could speak our language of grief and we found TTSGI.

We share a common bond as companions on this journey of healing, but no one can make

this journey for us. Each footstep must be our own. Give this conference as a gift to yourself. A 2018 annual conference participant said, "It was the simple gift of other twins' listening that gave me my first feelings of hope."

Through our keynote speaker, our breakout groups, and your time together with other twins, you will explore your twinship and what it means to you. This is a safe place to share your feelings where an atmosphere of warmth and trust is created. Emotions are allowed here, in fact they are encouraged. It is so important to respect your emotions and to let yourself feel them.

For those of you who will come to the conference for the first time, I know it takes a lot of courage to walk through those doors. Remember that you honor your twin by being there and you are helping yourself. I know it will seem like you have walked into a room of strangers, but they won't remain strangers for long and many of the twins you meet there may become life-long friends.

At the beginning of our loss, we stumbled into a darkness that seemed endless. Come to the conference in July, and perhaps somewhere in the time you spend together with other twins, you will see a flicker of light that you have been seeking. I hope the conference will give you hope for your own future and that you will leave feeling renewed in spirit and knowing that you are not alone.

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 Summer Edition will focus on the fourth one: **Journey to Healing** –The loss of a twin can affect many areas of a twin’s life for varying lengths of time. The ability to accept one’s loss and to move forward is valued and supported by TTSGI. Membership status offers a myriad of personal and informational resources and support in the form of small and larger meetings, newsletters, telephone and electronic communication, an official website, books and articles and other media. The organization honors each twin’s “journey to healing” and exists to help each person find her or his own time and way to accept and grow beyond loss.



KEVIN'S CORNER

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

On May 1st, I attended the Pittsburgh Marathon, which was my first to cheer on my Cousin Kyle Zink, his wife Sara Schmitt and her twin Kari. With 17,000 other runners, I'm sure there must have been other twins and a few Twinless twins in the mix. I've read of Twinless twins running for their twin. Kyle, Sara and Kari ran together. They finished in under four hours.

Editor's Note: Have you run a marathon or performed a similar feat in honor of your twin? Tell us about it! Send a note and a picture to twinlesstimes@yahoo.com



AN ODE TO SISTERLY LOVE

by Ruth O. Selig, twin to Rollie O. Krichbaum and TTSGI Emeritus Board Member

The first phone call was devastating enough. My brother-in-law was crying:

"I have good news and bad news."

"Was Rollie in a car accident?" "Is she alive?" I asked.

"She's alive. That's the good news. The bad news - she's had a radical mastectomy."

"No one in our family has had breast cancer, Dan. This doesn't make any sense."

I was talking on the phone looking out the glass door leading to our small, fenced-in backyard, trying to process the news while watching our six-year-old son Billy happily playing with friends. My husband, Joel, was cooking hamburgers and hotdogs on a black Weber grill. We had looked forward to this small party celebrating the school year ending and our family's transition to a new baby sister, scheduled to arrive a month later by C-section. It was a warm Friday evening in Washington, DC.

It was May 11, 1979, around 7 o'clock - the exact moment my life turned on a dime.

Dan began telling me details of that morning's biopsy and mastectomy, but I didn't want to listen. "Dan," I shouted, "how many nodes were involved?"

"We won't have the lab results until next week." He seemed not to understand that it was the lymph nodes that would tell me whether Rollie was going to live or die.

I got through the party without mentioning the phone call. I told Joel afterwards, but I tried to imagine the lab report would be good. Rollie would have no nodes involved, and it was going to be OK.

I don't remember when the second phone call came, but I clearly remember the answer: 12 out of 13 nodes malignant. The cancer had already spread through her lymph system, which meant, for me, that Rollie was going to die.

For thirty-seven years I had been an identical twin. I never once thought I might lose my twin. Most twinless twins I know say the same thing. Losing one's twin is



incomprehensible - like losing an arm or a leg. I certainly thought about my own death occasionally, but never once did I think my twin would die.

Until that second phone call.

When I got off the phone, I sat at the bottom of the carpeted stairs in our Washington, D.C. townhouse, head in my hands, my heart beating so fast I could hardly breathe. The world stopped; everything became fuzzy; and, for the first time in my life, I completely lost my appetite - for days.

Every morning as I woke up, I thought I was having a nightmare: Rollie was sick; she was going to die. But then

I would realize, this is not a nightmare. My identical twin sister was going to die, maybe not right away, but within a few years. she would probably die. I could say these words, even out loud, but they didn't seem real.

I was in shock, completely unable to process what was happening. I could feel my systems "shut down," as I went into a "frozen state" that protected me from fully absorbing what was happening to her, and to me.

Rollie, meanwhile, was going through her own nightmare. She summarized that week in an article she wrote for her college alumnae magazine:

Who could be more blessed than I? I had everything I'd ever wanted, a terrific husband, great kids, a stimulating job, and an adorable eighteen-month-old baby. I also had a twinge in my right breast. Having no history of cancer in my family, I was not particularly alarmed because there had been no lump... but now I could feel two lumps... My doctor found cause for immediate alarm. He sent me to a surgeon who also seemed extremely concerned, despite a negative mammogram, and five days later, on May 11, 1979, I was on the operating table. Dan and I were so sure that this would turn out to be benign that we didn't cancel our weekend guests. I was stunned when I woke up and felt a long line of pain that told me this was more than a biopsy. I knew I was in for trouble then, because that first twinge had occurred quite a while back.

AN ODE TO SISTERLY LOVE... CONTINUED

My life – and Rollie’s were never the same again. There was a Before and there was an After – for her, and for me.

We faced one issue alike: our closest relationship was about to be tested in unimaginable ways. Growing up we had shared a room, dressed alike, and woke up happy to face “a mirror” every day. We were so close we never once said we loved one another – we just took our unconditional love and complete devotion to each other for granted. After all, we were “the twins,” one and the same, yet at the same time, we were two separate individuals. One person in two lives – or so it felt to me. What could possibly be a closer relationship between two people on earth?

Imagine someone who loves you, and who also knows and accepts you completely, including your darker sides – your anxieties, your inner life and fantasies, your quirks and annoyances, your likes, and your dislikes. We thought we knew it all, but that made no difference. We fought like all sisters, we often disapproved of one another, but we were devoted – without reservation.

For Rollie, the next two and a half years were filled with intermittent pain and treatments, but also with deeply satisfying career accomplishments. She worked as publications editor at the Detroit Institute of Arts, and she was deeply involved with a growing family of four children, including three from her husband’s first marriage. I became the twin who flew in to help, while also caring for two small children and sustaining an exciting career at the Smithsonian’s National Museum of Natural History.

For me, as well as for her, these were intense years of struggle – helping her while we were also separating from each other. I feared the looming specter of breast cancer while nursing my new baby daughter, Deborah. My anxieties became ever present, motivating me to undertake a risky, eight-hour prophylactic double mastectomy and reconstruction – a rare surgery in 1980, long before genetic testing made this option acceptable to doctors and patients alike. Through this operation and other changes in my personal life and career, I was slowly growing into a new sense of myself with a different life trajectory than my twin sister. Survivor’s guilt became more than an occasional warning I would hear about; I lived it everyday.

For Rollie, she saw her challenge as figuring out “how to bring half a life to a fully rounded conclusion,” while learning to accept her own mortality and likely early death. My challenge: to live without her – the sister I had depended on since infancy – for understanding, companionship, empathy, sympathy, defense, advice, and love.

Rollie spent time reading books about survivors of cancer and other extreme traumas, including the Holocaust. She carried on a rich correspondence with family and friends, even boyfriends from decades earlier. After her cancer reoccurred on April 1, 1980, her doctor said her illness was terminal, but that he could probably treat her for a couple of years, maybe even putting the cancer into remission. That day she began a Journal, writing about her life and her career so that her then almost three-year old son, Steven, would come to know her through her writing.

She meditated daily, gaining perspective on her life, and slowly accepting the awful tragedy that had overtaken her days. She wrote:

I don't seem to be afraid of death itself anymore... Now it seems like a very natural thing once the body can go on no longer. If I have any advice to others, it's not to worry about death while you're living. LIVE. When your time comes, you'll be able to handle dying. It's living fully, despite death, which is the great challenge.

I still don’t know what it is to live fully as a “singleton” because I was born, grew up, and will always be a twin. When years later I read my sister’s Journal, I imagined I would have had the same reaction had our lives been switched. But our fates were altogether different, because Rollie died just before our 40th birthday, and I have lived four decades more – not as a multiple, not as a singleton, but as a twinless twin.

Most twins I have known feel blessed to have been born a twin. The day after we celebrated our 39th birthday together, April 22, 1981, Rollie wrote:

Yesterday was my birthday and what a happy, wonderful day it was. I got to share it with my twin sister Ruth – something we haven't done in years. This is my ode to sisterly love. It has meant so much to me over the years to have three sisters and particularly to have a twin sister... (ROK Journal: 4/23/1981.)

I think about my twin every day. For decades, I could not accept that she was gone. She never aged beyond 39, but now as I grow older and grayer, it seems more real that she is no longer alive. Ours is the story of two separate but intertwined journeys: her search for meaning in the final years of her life and my search for identity in the four decades following. Writing enabled each of us to deepen our connections to others and created a path through which I, too, could offer this Ode to Sisterly Love.

TTSGI 2022 ANNUAL CONFERENCE JULY 14-16, 2022



KEYNOTE SPEAKER: NANCY WEIL



Nancy Weil is a leading authority on the relationship between humor and grief and is known for her energetic, entertaining and content-rich programs. Nancy is the founder of The Laugh Academy and serves as Director of Grief Support and Community Outreach for Veterans Funeral Care in Clearwater, FL. She has certifications as a Grief Management Specialist, Grief Services Provider, Funeral Celebrant and Laughter Leader. Besides blogging for Legacy.com on grief related topics, she is also the author of the book *If Stress Doesn't Kill You, Your Family Might*. For more information, visit: www.TheLaughAcademy.com.

Nancy has mastered the ability with her humor, fun loving, and enthusiastic way to give us the tools to manage sorrow and give us the practical healthy ways to cope with grief. You can't help but walk away feeling light hearted, happy, higher energy level and grateful for taking the time to sit in on Nancy's program. She is a master of laughter and humor. I believe everyone should take the time to meet this dynamic woman and experience one of her workshops.

Beth Gerrish, Dengler Roberts Funeral Home

You are the breath of fresh air needed for Richmond at our Good Grief Conference. Many people have told me they loved your time with us and I'm still chuckling with my red clown nose.

Angela Duncan, Virginia Commonwealth University

Nancy's program made our annual seminar a huge success. The audience was so pleased with her presentation that they were reluctant to leave. I believe they would have stayed as long as she was willing to talk!

John Winfield, Cremation Society of Rhode Island

Nancy was lively and engaging in her presentation! She was just what we were looking for to motivate and inspire our grieving families. Her material was thought provoking and gave our families new ways to reduce stress and negativity in their life. We were extremely pleased by the amount of positive feedback.

Crystal Jardine, Jardine Funeral Home

2022 TTSGI CONFERENCE – TENTATIVE SCHEDULE

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

Thursday, July 14th, 2022

7:00pm	Registration opens for first-time attendees
7:30pm – 8:00pm	First-Time Attendees Gathering
7:30pm – 9:30pm	Registration opens for everyone
8:00pm – 9:30pm	Welcome reception: dessert
9:30pm – 10:00pm	Bring raffle & auction items to main meeting session

Friday, July 15th, 2022

7:30am – 8:30am	Breakfast on your own (provided by hotel, included in room rate)
8:00am – 8:30am	Inspirations for the Day
8:30am – 9:00am	Welcome, Introductions & Announcements
9:00am – 9:30am	Remembering Our Twins
9:30am – 10:30am	Keynote Talk: Nancy Weil
10:30am – 11:00am	Break: Visit the raffle & auction tables!
11:00am – 12:15pm	Self-Introduction Time
11:00am – 12:15pm	Breakout Session
12:15pm – 2:00pm	Lunch on your own
2:00pm – 3:30pm	Breakout Session
2:00pm – 4:00pm	Self-Introduction Time Continued
5:30pm	Free Time
9:00pm	SHARP! Candle Lighting Ceremony

Saturday, July 16th, 2022

7:30am – 8:30am	Breakfast on your own (provided by hotel, included in room rate)
8:00am – 8:30am	Inspirations for the Day
8:45am – 9:30am	Business Meeting & Board Elections
9:30am – 9:45am	Break: visit the raffle & auction tables!
9:45am – 11:45am	Breakout Sessions (please choose one):

For the Twinless Twin:

- Breakout 1. Building a Memory Box
- Breakout 2. Navigating Family Relationships
- Breakout 3. Coping: My Grief Toolbox
- Breakout 4. What do I do with this guilt?
- Breakout 5. Managing Life's Moments
- Breakout 6. It's been 10 years: Look how far you have come

For family & loved ones:

- Breakout 7. For Spouses
- Breakout 8. For Parents/family

11:45am – 12:00pm	Last call of all bids and raffle tickets
11:45am – 1:00pm	Lunch break
1:00pm – 2:30pm	Twinless Twins Panelist with Q & A time
2:00pm – 2:15pm	Pick-up you auction and raffle winnings
3:00pm SHARP!	Load Bus for Memorial Walk
3:00pm – 3:30pm	Arrive at park
3:30pm – 4:30pm	Memorial Walk, Journaling & Bubbles
4:30pm	Load bus to return to hotel
6:30pm – 8:00pm	Dinner Banquet & Awards
8:00pm – 9:30pm	Twinless Twins Annual Auction

Conference Officially Ends

TTSGI 2022 ANNUAL CONFERENCE JULY 14-16, 2022

RAFFLE, SILENT AND LIVE AUCTIONS

TWO-GETHER AGAIN!

We're so excited to be planning the annual conference in person this year! We are also celebrating the return of our big fundraising events: the Live Auction, Silent Auction and Raffle.

We are counting on you to help us make these events a great success. We are looking for donations that fall into the following categories.

LIVE AUCTION: Items valued \$200 or more. Examples include fine jewelry, electronics, original artwork, artisan items, or handmade items such as quilts.

SILENT AUCTION: Items valued \$25 or more. Examples include gift baskets, jewelry, smaller artwork or handmade items, or gift cards.

RAFFLE: Items valued \$5 or more. Examples include costume jewelry, books about grief or twins, decorative items such as angels or twin figures, items related to self-care or relaxation, or a popular gift from your hometown.

These suggestions are not exhaustive so feel free to get creative and think about what items would get you bidding! Please make sure all items are in good condition and will bring value as these are fundraisers that help keep TTSGI going.

Bring any donation items with you to registration on Thursday, July 14th. Conference committee staff will be responsible for determining which category your item will be used for. Tax receipts will be provided for value of donation.

Have additional questions? Need to ship your donations to the hotel? Contact Alyssa Pratt [at dr_al_32@hotmail.com](mailto:dr_al_32@hotmail.com).

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

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

REGIONAL ZOOM GATHERINGS:

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

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 on Saturday, July 16th at 3pm SHARP. 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 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. (Donations are optional and are not required to participate in the walk.)

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. The walk will take place on Saturday, July 16th at 3 pm SHARP.

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 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. 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.

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.

AFFINITY GROUP ZOOM MEETINGS FOR TWINLESS TWINS

Organized by Carolyn Shane, twin to Cary, Northeast Regional Coordinator

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.

A new LGBTQ+ Affinity Group has been created to ensure twinless twins feel accepted and supported as they tell their stories about their LGBTQ twin who has died. This group is also available for TTSGI members, who identify as part of the LGBTQ community.

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.

Affinity Group	Host	Facilitator	Meeting Date
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	October 9
Recent Loss: 3 years or less	Ed Echeverria	Ed Echeverria	July 30, September 24
Unexpected and Sudden Loss due to health issues or accidents	Beverly Smyk	Diana Morgan	June 23
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	September 17
First Contact/New Members	Joan Angelis	Alyssa Pratt	September 3
LGBTQ+ (a new group just starting)	Ed Echeverria	TBD	August 7

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

RECENT TWIN GATHERINGS

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.



Recent Loss Gathering March 27, 2022

Submitted by Eduardo Echeverría,
twin to Alfredo
West Coast Regional Coordinator



Recent Loss Gathering May 29, 2022

Submitted by Eduardo Echeverría,
twin to Alfredo
West Coast Regional Coordinator



Mature Loss Gathering

Submitted by Carolyn Shane,
photo by Ruth Selig

LONE TWIN NETWORK HONORS JOAN WOODWARD

By Janet Baird, twin to Margaret

It felt as if we'd been waiting for ever to go to Stanbrook! We hadn't been able to visit Lone Twin Sister Julian up at her Monastery since before the Pandemic! Well over two years ago. We'd lost our LTN founder Joan Woodward in December 2022 and we wanted to plant a memorial bush for her up at Stanbrook. We already have two Lone Twin Apple trees planted at Stanbrook, so it felt right to plant something for Joan there. One of the Apple trees was planted in 2018 for all Lone Twins everywhere and the other was planted in 2019 for our late Chairman Jill Deeley. A date was decided. Saturday April 30th 2022.

A planned hip operation for Sister Julian threatened to upskettle our plans but then COVID upskettled the operation! As April 30th drew nearer, we ordered a red peony for Joan and Sister Julian wrote temporary labels for it and the Twin Apple Trees. The Deeley family were all set to come but family illness meant they had to pull out the day before we went. Joan's daughter sent us a beautiful card to say she was thinking about us all and how pleased her Mum would be to see us all gathered at Stanbrook.

April 30th dawned clear and sunny and we travelled to Stanbrook in North Yorkshire from Harrogate, Sheffield, Lancashire, Wales and London. We sat around the familiar kitchen table in the guest kitchen at the Monastery and it just felt so glorious to be back altogether.

We went out on to the Front Terrace, where Sister Julian had planted the peony the day before, while the Gardener was there to help. We put the beautifully written plant stake in the ground where the peony was next to the statue of St Benedict, who is a twin! Sister Julian chose a beautiful reading and poem about a star and David Elvy give a short address about Joan before he read the reading and the poem. It wasn't a sad occasion and several of us remarked that we felt Joan was very much with us.

It was then almost 12.30pm so those who wanted to go to the service in the chapel made their way there. It was a very moving but simple service. The service was so serene and it was so beautiful to hear the Sisters singing the Psalms and prayers. Afterwards, Sister Julian showed us the amazing Paschal Candle she designed and what all the Ukrainian symbols meant. The sun was actually shining so we sat outside the guest kitchen with our packed lunches. We made our own tea and coffee in the kitchen and it was all very relaxed and pleasant. I had a strange sensation of being back home, after a long time being away.

We enjoyed the sunshine for a little longer, then we all walked down the long drive from the monastery to where the Twin Apple Trees grow. We hung labels on each with words written by Sister Julian and read a poem out called The Apple Tree by William Kerr. It was such a special moment as both apple trees are in blossom and that is so significant.

We walked back to the Monastery and signed the Lone Twin book which is kept at Stanbrook. There's a page for each time the LTN have been up there. After more tea and some time spent in the shop (yes there was chocolate!) we all said our goodbyes and drove away. It had been an absolutely magical day. Many thanks to Sister Julian for making it all possible and to the community at Stanbrook for making us feel so welcome.



A TRIBUTE TO JOAN WOODWARD

By Janet Baird, twin to Margaret

I first heard about Joan Woodward when my counsellor gave me a copy of *The Lone Twin*. That was a few weeks after I lost my twin. I read all the adult loss stories and found great comfort and inspiration from them. I realised I wasn't on my own in the bewildering world of twin loss.

I didn't join the Lone Twin Network meeting until 2010. So that was six years after my loss. There wasn't a LTN Facebook then so I had no one to talk to who was a Lone Twin, apart from a twin in my own area.

But as soon as I did join, I rang Joan Woodward! I don't know what possessed me to do that but her number was in the Lone Twin Handbook. She immediately answered and was so sweet and kind. She made me feel as if I really mattered and suggested I got back on my bike, as my twin and I biked everywhere together. So I did and it felt like I had a companion wherever I went. Joan was a keen cyclist but sadly had been advised to stop, for medical reasons.

I was supposed to see Joan for the first time in summer 2010 when she was going to be the keynote speaker at the USA Twinless Twins Detroit conference. I joined the Twinless Twins and booked my airfare! Sadly, Joan was told she couldn't fly for medical reasons, so the USA organisers interviewed her in London and we watched the video at the conference in Detroit. I'll never forget how she totally entranced a conference of 96 Twinless Twins!

After Detroit, Joan invited me down to her house in Birmingham for lunch so I could tell her all about the conference. She picked me up from Birmingham New Street Station and whizzed me to her house in her little car. As we zoomed round scary roundabouts, she told me her house was a Chocolate House as her late husband had worked for a famous chocolate factory. Of course, it wasn't made of chocolate! We had a lovely memorable lunch and talked for hours. Joan was so ordinary and hated to be put on a pedestal or revered in any way. She was a Lone twin like us. But her mission to help twins understand the way they felt about their loss shone out like a lighthouse.

One thing she said to me has always stayed in my mind. We were just leaving her house for the drive back to the station. We were still talking deeply (as Lone Twins do) and she said that lone twins don't move on from the loss of their twin. They move forwards WITH their twin. I thought that was just so valuable.

Later in 2010 I attended my first UK LTN meeting in London. I was absolutely terrified of going as I'd already pulled out of going to a meeting in Birmingham. The meeting was held at the beautiful Quaker Hall on Euston Rd. I registered and then escaped to the small haven of a garden at the side of the Hall. Joan was leaning against a wall, while she ate her sandwiches. She was wearing a smart jumper and trousers and looked so tiny but indomitable. She welcomed me by name and we chatted. She told me she was giving the



address at the meeting and she was nervous too!

We went inside together and I remember her shooing off the LTN committee to their meeting while the rest of us mingled over tea and coffee. Joan was very insistent that she must step back from the organisational side of the LTN as she was not immortal!

When Joan did speak at that meeting, she was so informed and inspiring and didn't sound nervous at all! And she signed my copy of *The Lone Twin Handbook*, which I still have and treasure.

I met Joan again at a meeting in Birmingham and again I was struck by how special she made me feel. So many twins have said they felt the same. She always remembered everything about a twin she'd met before and she was also so kind and inspiring to new twins.

The last time I met Joan, sadly, was at Jill Deeley's funeral in December 2018. Three years ago. Jill was our LTN chairman at the time. We were all so upset and Joan was of course a close friend of Jill. But she was still so stalwart and strong for those of us who were there.

From that point Joan wasn't present at meetings, as she had some health issues. But I kept in touch with her by phone and I sent her little cards and notes with twin updates. My colleague Margaret Gron who is a USA Twinless Twin and also a Lone Twin, did a recent interview with Joan for the USA Newsletter. Margaret wrote the questions over in New Orleans and I read them out to Joan on the phone and I recorded her replies. It was such an honour for me to be part of it and Joan was on top professional form. It was during lockdown, so I think Joan welcomed the opportunity to use her expertise and experience to help twins on both sides of the Atlantic cope and adapt to their loss in a very difficult time.

I feel very privileged to have known Joan Woodward and to have met her. I'm devastated by her loss even though she was 95 and has had an amazing and fulfilling life. It's not easy losing any lone twin friend or colleague. All I know now is that it's up to us to carry on her incredible work with Lone Twins. And I know she will be moving forward with us.

TWIN 2 TWIN INSIGHT 2022

By Margaret Gron, twin to Edith
Lone Twin Network liaison (former Twinless Times editor)

Hello there. I'm sharing my Twin 2 Twin insights, for the month of June, for the first time in our quarterly newsletter but I send them out monthly for those interested. This is a personal twin feed with what has inspired me for the month. If you are interested in this monthly mailout, email me at twinlesstimes@gmail.com.

Twin 2 Twin Insight

Summer 2022

By Margaret Gron, twin to Edith - USA/UK Liaison for LoneTwinNetwork
Source contributor: Janet Baird, twin to Margaret - UK/USA Liaison for TwinlessTwinSupportGroup



I'm Inspired:

[Cristiano Ronaldo @cristiano](#) (440M followers)

Ronaldo with his womb twin survivor - Esmeralda. The name of her twin brother, who died at birth April 18, 2022, has not been publicly announced.

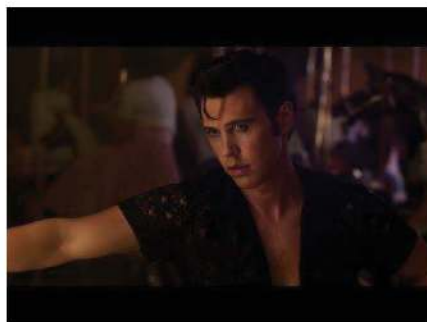
[Read more here](#) and [here](#).

I'm Listening:

[Losing Myself](#) by Will Young ([@willyoung 121K followers](#))

Will Young lost his twin Rupert by suicide and shared his loss on Tuesday, May 10, 2022.

[Read more here](#) and [watch here](#).



I'm Watching:

[Elvis](#) (Movie release set for June 24, 2022)

This womb twin survivor [wiggled](#) into our hearts for eternity.

gmgro@gmail.com

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WILLIAMSTOWN

By Brecky Peabody, twin to Kelly
Twinless Times Editor, as of Summer 2022

In April of this year, I took my older child on his first college visits, just mom and son. On the outset, our mission was a typical trip to check out a few places within Massachusetts (our home state). Ryan is just getting started - a rising senior, class of 2023. We live in Massachusetts now, but my twin Kelly and I grew up in Kentucky. We ventured north at the behest of our parents - in 1992. I landed in Connecticut at Trinity College and Kelly at Williams College in the Berkshires of Massachusetts.

From Boston, Ryan and I had a 90minute drive via the extremely scenic Route 2 West, known as the Mohawk Trail. As we traveled the curves along rivers and valleys, I shared stories of traveling to Williams from Hartford, to join Kelly. The travel was always perfunctory - before I had a car I went by bus. But I eventually had a car where I could take myself. Regardless of how I traveled, the trip from the waypoint to Kelly's dorm was always the most dramatic part. Every time, I would cross paths with people who thought I was Kelly.

I heard the funniest things lobbied at me: "You killed it today!" [I just did a fist-pump back]. "Will you be at the study group tonight?" [I nodded because I didn't know what else to do]. "Are you going to Pittsfield?" ["I threw my hands up - "I don't know yet! I'll tell you later!"]. Once I finally found Kelly, I would try to relay the messages as best I could, as well as how I was certain that I'd ruined all of her friendships. "The guy carrying the trombone seemed to be really undone." Thank goodness she had a great sense of humor - it never really bothered Kelly that I might have said or done the wrong thing. Over time, she introduced me to many of them and they learned how to tell us apart.

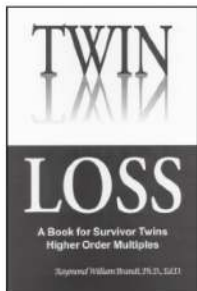
I was a bit nervous about returning to Williamstown - totally convinced I'd be unable to enjoy the town without Kelly. But

when we arrived on campus, nostalgia flowed, not sadness. I showed Ryan some of Kelly's classic spots on campus - the bagel shop, the art museum, the library. We parked the car and began walking up Spring Street - the main strip for amenities in town. A young man, clearly a student, approached us wearing a Williams hat and sweatshirt. "Hey! What's up! How are you?" He was talking to Ryan. This boy persisted, and Ryan was flustered, not sure what was happening. I stepped in - "Well, hello! We're here for a tour. What are you doing today?". "Oh, I thought you were somebody else. Have a nice day" he moved on, hiding any embarrassment of the mistaken identity.

Once the student turned the corner, Ryan turned to me and said "This does look like a place where things don't change, in a good way". The trip was of course for Ryan, however, through taking the journey with him and bonding as mother and son, I found both healing and future excitement at the same time.



RECOMMENDED TWIN BOOKS



“TWIN LOSS”

By Raymond W. Brandt, PhD

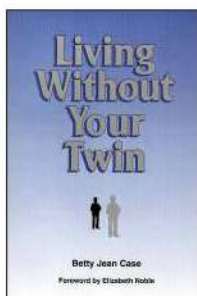
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

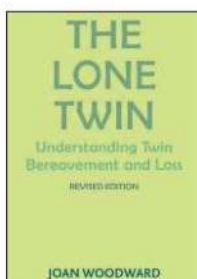
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael's death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

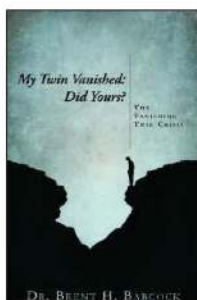
TTSGI receives a donation each time one of author Betty Jean Case's books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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



“THE LONE TWIN: A STUDY IN BEREAVEMENT AND LOSS”

By Joan Woodward

The reader is taken through the closeness of being a twin, including its negative aspects and twins' need to be different to one another. But what happens when twins are separated, especially by death? The text examines death and bereavement of twins, including the parental attitudes to the surviving twin, the surviving twin's guilt, coping, bereavement in childhood and adulthood. The book also covers the psychological effects in later life for children who lost their twin at birth. Throughout, the book is illustrated by the words of lone twins themselves. This book is available through the TTSGI website or through the distributor, International Specialized Book Services. <http://www.isbs.com/partnumber.asp?pnid=307963>



“MY TWIN VANISHED DID YOURS?”

by Dr. Brent Babcock

A survivor himself of a vanished twin, Dr. Brent H. Babcock is sharing with the public for the first time his knowledge concerning the vanishing twin.



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WRITE FOR THE TWINLESS TIMES NEWSLETTER

All members are invited to submit articles for publication in the Twinless Times. The email subject should be "Twinless Times Submission."

Submit to: twinlesstimes@yahoo.com

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

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

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

TWINLESS TIMES BY MAIL

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

NEWSLETTER ARTICLE SUBMISSION DEADLINES

Spring Issue: February 10th

Summer Issue: May 12th

Fall Issue: August 11th

Winter Issue: October 20th

Submissions should be emailed to:
twinlesstimes@yahoo.com

Twinless Times Co-Editors:
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