

TWINLESS TIMES

WINTER 2022

HELPING TWINS WHO
HAVE LOST THEIR TWIN



PRESIDENT'S CORNER

Dear Twins,

At our last Board meeting, we opened by going around and having every Board member share what they were most grateful for this time of year. Many shared they were thankful to be a twin and to be a part of such an enriching and supportive community through TTSGI. I couldn't agree more.

I am especially grateful for all the ways our members support one another with empathy, respect, and compassion. I want to thank all our Regional Coordinators (RCs) who are so dedicated to walking alongside other twins through their healing journeys as they continue to "heal by helping." In addition to hosting Regional Gatherings, RCs host several affinity groups each month, providing many opportunities for members to connect in meaningful ways around common experiences. I also want to thank our devoted Facebook moderators who manage our ever-growing Facebook membership (currently over 5,400 twins) and everyone who is involved in a TTSGI committee or plays a role in making our organization possible. Lastly, I want to thank you. Thank you for being open to healing. Thank you for being open to our community. Thank you for being open to the power and understanding that can only be found in connecting with other twinless twins.

As we journey into the holiday season, I am mindful of how difficult this time of year can be for many twins navigating grief and loss. Please remember, above all else, you are not alone. Embrace grace, be kind to yourself, help one another, and take advantage of the many opportunities to connect with other twins that TTSGI has to offer.

Before I sign off, I want to say a special word of thanks to Joan Angelis and Michael Karbeling, who are stepping down at the end of the year after serving as Regional Coordinators for over a decade. Joan and Michael embody the qualities that make TTSGI such a special organization. Both have served our community with selflessness, integrity, and an unwavering commitment to helping others. In doing so, they have not only impacted the lives of countless twins, but they have also honored their own twins in such a profound way. Thank you, Joan, and Michael!

In Twinship,
Matt Vierling, President



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THE EMPTY CHAIR

by Sandy Goad, twin to Jim

REMEMBERING AND HONORING YOUR TWIN

The holidays are a time when the difficult emotions of grief hit even harder and you need help and hope as you navigate the holiday season. There are ways to incorporate your twin and your loss into the holidays.

To remember and honor your twin this season, consider some of these ideas:

If you are buying gifts, buy a gift in memory of your twin and give it away.

Buy a small live tree to place in your yard after the holidays. The tree will be there for years to come.

Create an ornament or remembrance of some type that reminds you of your twin and place it around the house or on a holiday tree.

Keep a candle lit throughout the holidays to honor your twin. You can also place a candle on your holiday table to honor them.

Have a candle-lighting ceremony with your family or close friends. As each person lights their candle, he or she may share something meaningful about your twin.

Send a note to your family and friends asking them to write down a special memory or something they learned from your twin and compile them into a scrapbook or read them at a family gathering.

At family get-togethers, have everyone share a special picture of your twin and the memory associated with the picture.

Watch their favorite holiday movies.

Prepare your twin's favorite meal.

Find someone to help you create a photo collage, a quilt, a garden, or something in your twin's honor.

Visit a place that was special to your twin.

Volunteer in your twin's memory. Help serve a holiday meal at a shelter, hospital, the Salvation Army, a fire or rescue station or other available opportunities in your community. Finding a way to give back during the holidays is a wonderful way to channel your grief into something that can help others.

Donate to Twinless Twins in memory of your twin. "Healing by helping others" is one of Twinless Twins guiding principles.

David Kessler, author of "Finding Meaning," has spent many decades working with people in grief. He says, "Holidays are clearly some of the roughest terrains we navigate after a loss." In one of his podcasts he said, "I know some of you can't see a future after loss, but your loss of hope is temporary. I will hold onto hope for you." Hope is one of those things that you can't see or touch or measure... but you can feel it and share it and hold it in your heart.

If you are struggling with the loss of your twin this holiday season, hold on to the hope that someday you will find meaningful ways to remember and honor your twin. As you look beyond the holidays and the new year that is approaching, make a point to be in contact with people who will support and encourage you. Healing from grief happens in the context of community. Take the steps to reach out to the Twinless Twin community for help and hope. "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

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 Winter Edition will focus on the fifth one: **Once A Twin, Always A Twin**

ONCE A TWIN, ALWAYS A TWIN

By Janet Baird, twin to Margaret

One of the most memorable parts of my USA trip in summer 2022, was when my twin pal, Margaret Gron, gave me a beautiful bracelet. It has a silver figure of eight with 'Once a Twin Always a Twin' engraved on it. I immediately put it on my wrist and I've worn it day and night ever since. When I experience a twin wobble, I trace the figure of eight with my finger tip and remember the eternity of our relationship with our twins.

This October, Margaret came over to England for a week. She met up with some twins here and one of them drove us around some beautiful areas of my native Yorkshire and we visited a twin who lives in a Monastery up in the hills. Margaret gave both twins a similar bracelet with the same words on them. 'Once a Twin, Always a Twin.' There were tears in the eyes of the twins as they read those words. It's a mantra which unites us in our twinship, wherever we live in the world.





KEVIN'S CORNER

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

This picture was taken almost 20 years ago at a Twinless Twins meet-up in New York City at Christmas time. Flash forward to 2021, I wrote on The Whitney Family Facebook Page a post that I had finally proved my 7th great grandmother, Sarah Whitney, as a supplemental for Sons of Colonial New England. Right after I posted it there was a comment from Linda Burke, saying "You're a Whitney". We then spoke by email about our distant relatives. I am now up to 5 twinless twins that are distant cousins to me.



Kevin Mullen, twin to Brian and Linda Burke, twin to Lee; our common Ancestor is John Whitney (1588–1673). He was an early settler and Founder of Watertown, Massachusetts. Kevin and Linda are 9th cousins, 3 times removed.

In July 2002, at the 9th annual conference held in Detroit, Michigan, I met Jon Hilber, twin to Justin. Jon and I became close friends. I would call or email him throughout the year and we looked forward to seeing each other at the next conference.

Jon's last conference was in Dallas in 2007. From 2007–18, we texted, called, or Skyped one another. In the Fall of 2018, I started attending SAR leadership in Louisville, Kentucky. He would drive down after work and spend a few hours visiting.

On February 22nd, 2020, I served as Jon's co best man at his wedding. What an honor to be with him on his special day. We talk weekly on the phone these days and I enjoy my twice-a-year visits with my best friend/brother Jon after leadership.



THINGS WE DO FOR OUR TWIN

By Janet Baird, twin to Margaret

A few years ago we planted two Twin Apple Trees up at Stanbrook Abbey, where Lone Twin, Sister Julian lives in her Benedictine Community. One tree was planted in April 2018 in memory of all Lone Twins and another was planted later, in memory of our late LTN chairman, Jill Deeley.

This autumn, both trees produced apples. Ribston Pippin Apples, from the small village of Little Ribston in Yorkshire. The apples are crisp but sweet with a distinctive flavour.

To me, it is a small miracle that those tiny trees have survived and flourished high up on the Hambelton hills where Stanbrook Abbey is situated. It's a metaphor for how Lone twins survive, despite their loss and their fragility.



2023 TTSGI CONFERENCE



*Save
THE
Date*

CINCINNATI, OHIO
JULY 13-16, 2023

The 2023 Conference Registration will open on January 2, 2023. Please check out the TTSGI website to register online.

TTSGI SUGGESTED PLANNED GIVING OPPORTUNITIES

Prepared by: Margaret Daffin, Fundraising Committee Chair

There are several ways to include Twinless Twins Support Group International (TTSGI) in your estate plan, without incurring excessive expenses or professional fees, and moderate-income friends of TTSGI can plan for a significant future gift.

NOTE: **Twinless Twins, Inc. is the official 501(c)(3) tax exempt name to be used for all Planned Giving options.

You may want to consider one or more of the following options:

TTSGI FOUNDERS' MEMORIAL ENDOWMENT FUND - Consider becoming a 'Founding Member' (available until the end of 2023 or 'Sustaining Member' from 2024) of the TTSGI Founders' Memorial Endowment Fund, with a minimum pledged donation of \$5,000. (Either in full or pledged over two or three years.)

REGULAR GIVING PROGRAMS - Set up a regular monthly, quarterly, semiannual or yearly giving program with Twinless Twins, Inc. Giving through EFT (electronic funds transfer) means less administrative costs and more impact for TTSGI. Any amount that you are comfortable giving, goes a long way. Contact: Michelle Getchell to set up a regular giving program.

DOUBLE YOUR DONATION CAMPAIGN - Join us at year-end for our Double Your Donation Campaign - give in memory of your dear twin and your donation will be matched by generous donor(s). (60% of Americans give one-third in the last three months of the year).

CONFERENCE FUNDRAISING - Our largest fundraiser of the year is in July during our annual Conference - at this time you can support in many ways - walk and/or support the Memorial Walk; Donate to the Silent, Live Auctions and the Raffle; Purchase tee-shirts online, etc.

ANYTIME DONATIONS - Please consider giving to Twinless Twins, Inc. at any time during the year, in memory of your twin, perhaps on their birthday or anniversary date, or for any other reason!

In addition to the above Planned Giving options, we suggest the following possible giving opportunities to Twinless Twins Inc.:

AMEND AN INSURANCE POLICY OR RETIREMENT PLAN to include Twinless Twins, Inc. as an additional beneficiary, or simply purchase a new policy for Twinless Twins, Inc.'s benefit. This option allows for a substantial gift out of modest monthly or quarterly premium payments.

Visit your Human Resources office or contact your life insurance company and ask to amend your group life insurance policy or retirement plan to add Twinless Twins, Inc. as one of your beneficiaries; or, add Twinless Twins, Inc. as a recipient if another person predeceases you.

AMEND YOUR WILL - Instruct your lawyer to prepare a simple, inexpensive codicil to your existing will, creating a bequest for Twinless Twins, Inc.

Leave written or verbal instructions for your surviving spouse to include Twinless Twins, Inc., when redrafting his or her will.

REQUIRED MINIMUM DISTRIBUTIONS (RMDs) - are amounts that U.S. tax law requires one to withdraw annually from traditional IRAs and employer-sponsored Retirement Plans. In the Internal Revenue Code itself, the precise term is "**minimum required distribution**". Retirement planners, tax practitioners, and publications of the Internal Revenue Service (IRS) often use the phrase "required minimum distribution".

In 2020, the age for withdrawing from retirement accounts changed from 70½ to 72 years old. You must therefore begin withdrawing from a retirement account by April 1st following the year account holders reach age 72. The retiree is required to withdraw the RMD amount each subsequent year and these withdrawals will be taxed as income paid to you.

- Please consider using your RMD or a portion of it as a donation to Twinless Twins, Inc.

QUALIFIED CHARITABLE DISTRIBUTIONS - You can give up to \$100,000 of your required RMD with NO tax deducted on the portion of the amount given to a charitable organization, such as Twinless Twins, Inc. However, this **MUST** be sent directly to Twinless Twins, Inc., otherwise, if it comes through you, tax will be deducted. Any part of your RMD that you arrange to have sent to Twinless Twins, Inc., will not be taxed.

Please consult with your financial advisor or accountant if you want to make this kind of gift so that you can arrange for your donation to be sent directly to Twinless Twins, Inc., from the institution holding your retirement account.

Please remember to work with your Financial Advisor or Tax Accountant on any of the above options.

NOTE: **Twinless Twins, Inc. is the official 501(c)(3) tax exempt name to be used for all Planned Giving options.

HOLIDAY GIVING – GIVING SO THAT OTHERS MAY RECEIVE

DOUBLE
the DONATION

Giving with the power of two!



Right now, through the generous gift from Lorraine Horstman, twin to Elaine Flemming, 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 or by sending a check made out to *Twinless Twins Support Group, Intl.* in the enclosed envelope.

As the Holidays approach, we would like to ask you all to consider giving this season to TTSGI in memory of your beloved twin.

Year after year TTSGI has been here for each one of us, for the twinless friends we meet at conferences and meetings, and for all new twinless twins reaching out for compassion and healing for the first time.

But the non-profit organization that supports us in our time of need also needs us to be there too!

TTSGI provides us with first-class quarterly newsletters, conference planning and coordination, communication services via our website, financial management, a board of directors to provide guidance, regional coordinators, who are there for you, offering regional gatherings, virtual Zoom and Affinity Group gatherings, and so many “behind the scene” services. And, just like any organization or household we have a budget to meet, and we have a “wish-list.” *TTSGI can continue providing support and services with the loving help of all of us!*

How can we help? By sending TTSGI your donation or by making a pledge to give on a regular basis – monthly, quarterly, semi-annually, or annually, whatever plan works best for you. By setting up a giving-plan you give *TTSGI the gift of financial planning – and the essential resources to help us thrive and grow.*

This year, Lorraine Horstman, twin to Elaine Flemming, will generously match all year-end donations received, so please give, knowing that your donation will be doubled for TTSGI.

If you agree that giving is receiving, please complete the donation form in this newsletter and send it to Michelle Getchell. She'll make the arrangements to deduct the amount stated from your bank account or credit card as instructed by you. Alternatively, you can send a check to Michelle on a regular basis. Donating online at our website is quick and easy. Any amount is welcome (but please “stretch” if you can!)

You can make a donation or pledge in memory of your precious twin – it's a gift that only you can give – so that TTSGI can continue to give back.

In Gratitude - Margaret Daffin, Fundraising Committee Chair

2022 DONATION FORM



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

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 at 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 11/10/2022

THE TWINLESS TWINS SUPPORT GROUP STORE

FEATURE FOR THE HOLIDAYS: THE TWINLESS TWINS LOGO PENDANT

By Susan Robin Schneider, twin to Robin

Saudade is a Portuguese word meaning a feeling of longing for a person, place or thing that has been loved and lost, with equal measures of joy for having had the love and sadness for having lost it. There is no equivalent word in English. A Portuguese twinless twin shared this with me.

Saudade is what I think of when I wear my TTSGI logo pendant, which is often. My identical twin and I always had each other's backs. Even when we were not together, I knew, and she knew, that someone on this planet wholeheartedly supported me.

Our brilliantly designed logo perfectly celebrates this relationship. I know that from where she now exists, Robin still has my back. While the solid figure may represent me, the outlined figure, standing at my back, represents her.

This pendant is a one inch sterling silver tribute to the eternal tie between us. Our jeweler has nine pendants left in stock, which sell for \$99.00 each. For an additional \$10.00, there is room for an engraving (a line or two) on the back. It can be ordered through the gift shop on our website www.twinlesstwins.org. Once these nine sell out, we will reorder more. The price is only guaranteed on the ones in stock, future pendants may cost more.

I cherish this pendant as I honor our twinship.

Saudade. Also known as "the love that remains. Stationed at the midpoint along the spectrum between gratitude and sorrow.

Scan this QR code with your phone camera to go directly to the TTSGI Store: <https://twinlesstwins.org/product/twinless-twins-logo-pendant/>



AFFINITY GROUP ZOOM MEETINGS FOR TWINLESS TWINS

Organized by Carolyn Shane, twin to Cary,

Since June of 2021, 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 these dates on your calendars now. Every “affinity group” has a host and a facilitator. When you receive the email invitation from the host, 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. There are a few “affinity groups” that are sending the Zoom link in the initial announcement email without requesting an RSVP. We understand that those members who do receive the link in advance are well aware that the link they receive is unique to them and know the importance of not sharing it.

Kindly requesting Zoom Gathering etiquette: If you want to sign-up for a meeting but you are not sure you can make it, then when you RSVP let the host know at that time you are a MAYBE. If your plans change for whatever reason and you no longer can attend the Zoom Gathering, then PLEASE let the host know so those on the call will not wait in vain for you to get onto Zoom. If you are going to be late by 5 or more minutes, then PLEASE let the host know so those on the call will not wait for you to begin the gathering. Thank you!

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	Will Deutschendorf	Joan Angelis	Jan. 21, 2023
			Apr. 22, 2023
Early Loss from the womb thru age 3	Carolyn Shane	Alyssa Pratt	Feb. 12, 2023
Alcohol and Drug Overdose	Carolyn Shane	Jessica Wickey	Dec. 11, 2022
			Apr. 16, 2023
Recent Loss: 3 years or less	Ed Echeverria	Ed Echeverria	Nov. 12, 2022
			Jan. 7, 2023
Unexpected and Sudden Loss due to health issues or accidents		Beverley Smyk	Apr. 22, 2023
Traumatic and Violent Loss includes murder, wrong place/wrong time	Beverley Smyk	Kim Crews	Nov. 5, 2022
	Carolyn Shane	Margaret Daffin	Apr. 30, 2023
Mature Loss: 15 years and beyond	Carolyn Shane	Ruth Selig	Mar. 19, 2023
Long-Term Illness	Garry Rayno	Jan Konya-Grabill	Jan. 8, 2023
			Mar. 26, 2023
First Contact/New Members	Patricia Wilbee-Matesic	Alyssa Pratt	Dec. 3, 2022
			Feb. 25, 2023
Men's Only Group	Margaret Gron	Margaret Gron	Spring, 2023
LGBTQ+ (our newest group)	Ed Echeverria	Larry Adams	Nov. 6, 2022
			Feb. 4, 2023

RECENT TWIN GATHERINGS

First Contact Affinity Group

September 3, 2022

The First Contact Affinity Group is created for Non Members and New Members who are interested in learning more about the Twinless Twins Support Group International (TTSGI) organization. It is the only Affinity Group that does NOT require membership in TTSGI in order to attend its Zoom gatherings. This would be the place to start exploring what TTSGI is all about and what it offers its members. The host Patricia Willbee-Matesic (pawm54@outlook.com) and facilitator Alyssa Pratt (dr_al_32@hotmail.com), who volunteer to lead the gatherings, will be happy to answer any questions or concerns you may have. Meetings are held every couple of months. Meeting dates and times are listed on the TTSGI website (<http://www.twinlesstwins.org>), and the Facebook page (<https://www.facebook.com/groups/1403443829969016/about>).



Join us! We look forward to meeting you and sharing how important it is to have TTSGI in your life as you travel on your path of healing.

Southeast Regional Virtual Gathering

October 15, 2022

Jessica Wickey,
Regional Coordinator



What a great meeting with Sarah twin to Nicole, Patty twin to Paul, Kevin twin to Brian, and Susan twin to David (Jojo) Thank you for sharing a few hours of your day with me, Jessica twin to Jennifer to share our twin stories.



Affinity Group Leadership Team Zoom Meeting

October 16, 2022

Carolyn Shane, Host

RECENT TWIN GATHERINGS

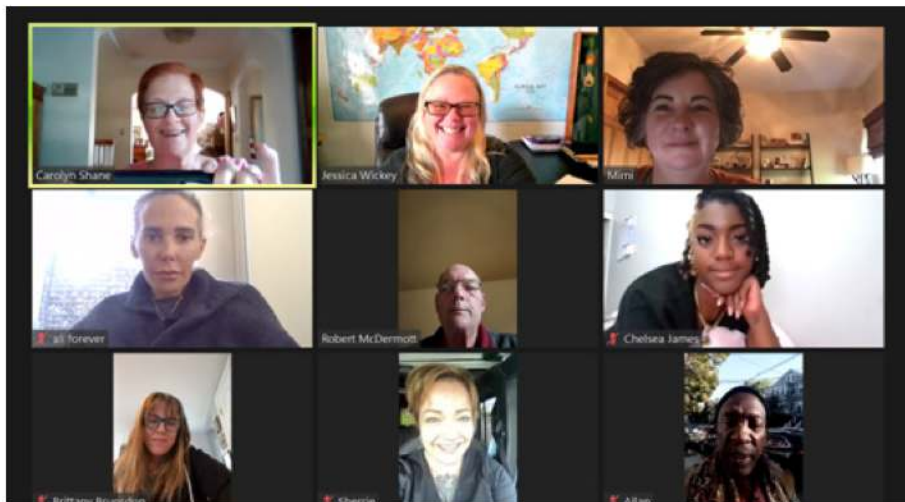
Drug and Alcohol Loss Meetings

Jessica Wickey, Facilitator and Carolyn Shane, Host

These Affinity Group Meetings are for twins who have lost their twins due to any drug or alcohol related loss.

Our next Drug and Alcohol Loss Affinity Group Virtual Meeting is December 11, 2022 from 2:00pm-4:00pm EST

April 24, 2022 - Debbie twin to Diane, Sister Mary twin to Michael, Anastasia twin to Nadia, and Kim twin to Joe, attended the meeting; Carolyn twin to Cary hosted the meeting; and Jessica twin to Jennifer facilitated the meeting. We discussed "PTSD from our losses" and "How each of our journey's included a lot of grief, guilt, shame, sadness, and similar feelings from their drug and alcohol abuse".



October 9, 2022.

Not everyone who came was able to stay for the photo. Robert twin to David, Mimi twin to Mark, Sherrie twin to Shelly, Ali twin to Scott, Chelsea twin to Cameron, Allan twin to Alfred, Brittany twin to Ashley, and Nicole attended the meeting; Carolyn twin to Cary hosted the meeting; and Jessica twin to Jennifer facilitated the meeting. We discussed "What would you want your twin to say to you today if they could?" and "What would you want to say to your twin today if you could?"



Mature Loss: 15 Years and Beyond

September 18, 2022
Ruth Selig, Facilitator
Carolyn Shane, Host

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

TTSGI BOARD NEWS

“We can be one with the power of two.”

Tribute to Joan Woodward, Lone Twin Network Founder [1926 - 2021]



On July 14, 2022, the Board of Directors of Twinless Twins Support Group International, unanimously voted to contribute \$500 to the Lone Twin Network in honor and memory of Founder, Joan Woodward. Like our founder Dr. Raymond Brandt, Joan was instrumental in bringing twins together to heal from twin bereavement by forming the Lone Twin Network in 1989.

Joan Woodward’s book “The Lone Twin: A Study in Bereavement and Loss” has been very helpful to twins across the world and Joan was known for being sweet and kind to the twins she met over the years. TTSGI values its ties to the Lone Twin Network, which is strengthened by the Lone Twin Network’s liaison to TTSGI Janet Baird, twin to Margaret and by TTSGI’s liaison to the Lone Twin Network, Margaret Gron, twin to Edith.

It is our hope that our contribution will help the Lone Twin Network carry on Joan’s legacy.

AMAZONSMILE GIVING

by Margaret Daffin, Fundraising Committee Chair

During the upcoming holidays, why not shop online at AmazonSmile and have a portion of your purchase go to Twinless Twins Support Group International?

Because I use AmazonSmile for many of my online purchases, they wrote saying:

“AmazonSmile has made a charitable donation to the charity you’ve selected, Twinless Twins Support Group, in the amount of \$101.26 as a result of qualifying purchases made by you and other customers between April 1st - June 30th.

Thanks to customers shopping at smile.amazon.com or using the Amazon app with AmazonSmile turned ON, everyday purchases make an impact. So far, AmazonSmile has donated:

- \$1,867.44 to Twinless Twins Support Group*
- Over \$377 million to US charities
- Over \$422 million to charities worldwide”

REGIONAL COORDINATOR NEWS

OUTGOING REGIONAL COORDINATOR

Michael Karbeling (Mid-Atlantic Regional Coordinator)

TTSGI would like to thank Michael Karbeling, twin to Howard, for his eleven years of service as Mid-Atlantic Regional Coordinator. As Regional Coordinator, Michael has impacted the lives of countless twinless twins, always encouraging and supporting members along their healing journeys. He fondly remembers his dedicated service to the Mid-Atlantic Region and TTSGI as a "labor of love, and a meaningful way to honor his twin Howard" who also loved helping people.

Michael became a member of TTSGI in 2006 after Howard died at age 51 from a heart arrhythmia on August 28, 2005. He first got connected to TTSGI after speaking with Sandy Goad (the Mid-Atlantic Regional Coordinator at the time) who invited Michael to a regional meeting and helped him learn so much about TTSGI and twin grief. He attended his first Annual Conference in Toronto in 2008 and was inspired to serve as Mid-Atlantic Regional Coordinator shortly thereafter in January 2009.

Reflecting on his eleven years as RC, Michael is proud that he had an opportunity to impact the lives of so many twins and watch twins work through their grief to see rays of hope. In his role, Michael also learned the value of "just listening" and the power of hugging a twin in pain. Just as his twin brother Howard was always there for him throughout his life, Michael was always there for the twin members in his region. Michael notes, "I am sure Howard was in me as I was helping all the twins in my region work through their grief."

Since joining TTSGI, Michael has attended eleven Annual Conferences and has developed a wonderful "twin family." He wants to especially thank Sandy Goad who supported him and mentored him from the very beginning of his twin loss journey. Michael also wants to thank all the RCs who worked with him over the years!

Thank you, Michael, for being such a pillar of our community. We are indebted to you for your years of service and for encouraging us all to seek hope in the midst of pain.



Pictured: Dr. Steven Nash, Michael Karbeling, Margaret Gron, Jessica Wickey, Janet Baird, Joyce Blade, Garry Rayno, Joan Angelis, Carolyn Shane (Ed Echeverria and Patricia Wilbee-Matesic not pictured)

REGIONAL COORDINATORS OUTING TO THE DENVER MUSEUM OF NATURE AND SCIENCE

During the 2022 TTSGI National Conference, the Regional Coordinators organized an outing to the Denver Museum of Nature and Science. They met with the Museum's Senior Curator of Archaeology and Director of Anthropology, Dr. Steven Nash, PhD. Dr Nash studies twin cultures and is also a twin himself! During the museum visit, Dr Nash was so gracious with his time, showing the RC's the "back of the house" tour of the museum. It was a special time for the hard-working RC's to spend time together, and see a magnificent museum collection.

Fun fact: only 1% of the museum's artifacts are displayed for museum attendees to view, the other 99% is kept behind the scenes in dedicated archives.

Special thanks to Margaret Gron for identifying Dr. Nash's research and suggesting the location, and to Jessica Wickey-Byrd for contacting Dr. Nash and organizing the site visit.

REGIONAL COORDINATOR NEWS

OUTGOING REGIONAL COORDINATOR

Joan Angelis (North Central Regional Coordinator)

TTSGI would like to thank Joan Angelis, twin to Jean, for serving as the North Central Regional Coordinator for the last twelve years. Joan first connected with TTSGI after reading a twin loss article in the Minneapolis Star Tribune in 2008, 26 years after losing her identical twin sister, Jean, to suicide on August 11, 1982, at age 28. After reaching out to the TTSGI email address included in the article, Joan was inspired to support other twins whose loss was more recent than hers. She attended her first Annual Conference in Denver, Colorado in 2009 and became a Regional Coordinator soon after that.

For Joan, the TTSGI guiding principle, Healing by Helping, "is the most successful way that I personally grew after my twin loss. It's what I live by." Not only has Joan experienced the healing power that comes through helping, but she has also inspired other twins to connect meaningfully with TTSGI's guiding principles.

Reflecting on her twelve years as RC, Joan is thankful for the opportunity to help twins throughout the country. In 2016, after her daughter had just moved to Seattle, Joan saw an opportunity to coordinate a TTSGI gathering during one of her visits, ultimately leading to deep, lasting friendships. Many twins from that gathering still correspond to this day. As RC, Joan always looked for ways to help others develop a sense of community.

Joan is also especially proud of her 2016 Angel Award, symbolizing the idea that we all have twin angels lifting us up, watching out for us, and encouraging us every day. In a letter to her twin after receiving the Angel Award, Joan writes, "I want to tell you how many people you have helped...I am a Regional Coordinator of a seven-state area, and so many people have thanked me for what I do...I feel this is YOUR award, that you are the one who has helped them. You have made the world a better place."

Thank you, Joan, for serving our community so well these past twelve years. Together with your twin Jean, you have certainly made this world a better place and we are so grateful.



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

IN MEMORY OF LARRY LYNCH, TWIN TO GARRY

By Lea Eriksen Talamantes, twin to Eve

Tragically, on October 12, 2022, Larry Lynch, twin to Garry passed away in a motorcycle accident at the age of 67. Larry was a kind and beautiful soul who gave generously of his time and would help anyone he met who was in need including many twinless twins. Larry was a retired journeyman industrial mechanic, who taught welding for the past 11 years. He also served as a Boy Scout leader. Larry grew up in Seymour, IN, the oldest of eight children. Larry also has a son Josh and a granddaughter Baylee. Larry's twin Garry passed away from an auto accident in 1980 and Larry was one of the first twins to join TTSGI.



even thought of. Some were scared of this new thing. But he wasn't. He could see the future. He could see that we as twiins could be there in each other's living rooms anywhere across the world in seconds. He envisioned a place where twiins could meet 24/7. But, besides all this intuition and ability, to see what others could not - the future. He had the ability to sit with another wounded twiin and in his own way work his magic. Whether it was to sit quietly and listen, or at the right time, share insights and hope to another, when all seemed lost.

Who is this twin? Larry Lynch. The world is a better place for him having walked upon it. Selfless, brave, one of our best.

There's a lot of pain and heartache - why because there's a lot of love around Larry. That's why it may hurt so much. The greater the love, the greater the pain. But even in this pain, love and loss, is knowing that Larry's OK. Larry has spent his physical time here with his twiin and us. And even after his twiin passing, he was still around to be here with us and others. Larry didn't waste that time - he grabbed it and lived it with you and others. He never lost his twin. His twiin scouted along ahead. Meanwhile, Larry physically stayed and helped so many other lost twiins. His twiin, further ahead, never lost sight of when he looked back and could see his brave brother, not just coping, but actively helping others.

If I had to sum Larry up, he's a twiin combat medic in a war zone. Patching up wounded twiins with their losses. Then still rendering aid later as they healed and moved on. Larry is an unsung hero. You know him by his actions and heart. I want to mourn his passing but celebrating who he is far outweighs it. Your pain is great because our love is so great. Larry is safe and sound, his body is the thing that carried his spirit along on this earth. Now his spirit knows no physical boundaries. He will be at the funeral, not in the coffin, but in your hearts. Everyone who ever met Larry carries a little of him with them. That's the difference!"

I am grateful for Larry. I am grateful for his support of me early in my healing journey and for all the twins he has helped over the years. I find comfort believing that Larry is now with Garry and not only are they riding their Harleys in Heaven, but they are also meeting each of our twins as well. I like what Grant said, "Everyone who ever met Larry carries a little of him with them." This means that we are still connected and he remains in our hearts.

Larry gave back to TTSGI by serving as the Midwest Regional Coordinator for a period of years including when I first joined TTSGI in 2004. Larry also was the original founder of our Facebook group which replaced the Yahoo listserv. Larry started and nurtured the Facebook group until it reached about 200 members when he asked Dawn Barnett, twin to Daryl, for help with the group in 2010. He later officially turned it over to TTSGI, where dedicated Facebook moderators now tend to a group that has over 5,400 members - and it is still growing!

Larry was a regular attendee at many conferences and regional events, usually driving up on his Harley, and I always looked forward to seeing him there. I'll never forget the wedding of Larry to Tina, twin to Terri at the Del Ray Beach conference in 2006. It was such a joyous event.

Tina and many other twins, myself included, are reeling from the news of Larry's death, but we have already come together virtually to remember Larry and support each other. Larry has touched the lives of dozens of twins, if not hundreds, and I wanted to share the moving tribute by one Larry's twin friends, Grant Douglas, twiin to Dougy:

"G'day, in life we meet lots of people, each is very different in their own way. Sometimes it's not how long you're on the planet, it's what you did in that time. A twiin mate of ours recently passed away. In his time he reached out and helped a lot of other struggling twiins. He was there whenever he could be for them. And long after when others would pack it in for the night, he'd be there in a heartbeat for another twiin.

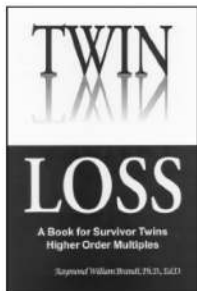
He was and is an intelligent and caring man. He could see through the BS and politics and just got straight into helping others. At a time when the internet was barely on anyone's radar, he could see even then how it would change everything and it could help twiins in ways others hadn't

IN MEMORY OF LARRY LYNCH, TWIN TO GARRY

By Lea Eriksen Talamantes, twin to Eve



RECOMMENDED TWIN BOOKS



“TWIN LOSS”

By Raymond W. Brandt, PhD

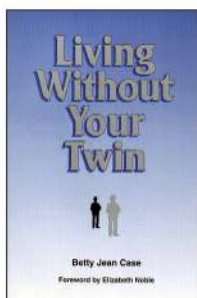
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

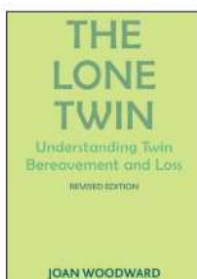
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael's death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life 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.

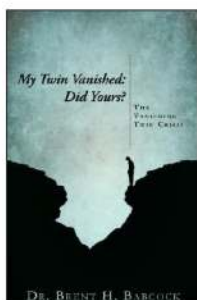


“THE LONE TWIN: A STUDY IN BEREAVEMENT AND LOSS”

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:
Brecky Peabody & Emily Heekin

LIST OF REGIONAL COORDINATORS – 2022

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

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