

TWINLESS TIMES

SUMMER 2023

HELPING TWINS WHO
HAVE LOST THEIR TWIN



PRESIDENT'S CORNER

Dear Twins,

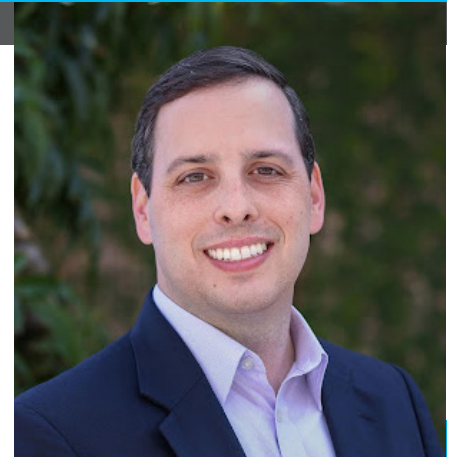
I can't believe it has now been over 27 years since my twin brother Mark's death on May 1, 1996, when we were nine years old. This year, it was difficult for me to acknowledge that I have now lived without Mark's physical presence for three times his earthly lifespan. At the same time, I know that Mark still inspires me each and every day to live with integrity, empathy, and kindness—character traits he modeled for me throughout his cancer journey at such a young age.

As I reflect on my own journey, I am reminded of the strength and resilience that lies within each one of us, even when it doesn't feel like it. For many years after Mark's death, I had such a hard time making my way through life. At times, I felt so alone, inadequate, scared, and hopeless. Yet, as I look back, even when I felt so weak, I was, in fact, strong, and fifteen years after Mark's death, I found a community in TTSGI that helped me navigate the complexities of grief and twin loss while celebrating my twinship, honoring Mark's life, and healing by helping.

As July approaches, our conference planning committee is now meeting weekly and finalizing plans for our 2023 Annual Conference in Cincinnati, Ohio from July 13-16th. This gathering is a wonderful opportunity for us to come together from across the globe, share our stories, and forge paths of healing and personal growth.

When I attended my first Annual Conference back in 2011, it was really the first time since Mark's death that I was surrounded by other twins who understood, without me saying anything, the depths of my pain and heartache. Connecting with twins in-person was the greatest gift I gave myself over the last 27 years, even though it required me to step way outside of my comfort zone at the time. I hope you are able to experience that same gift along your healing journey, and I look forward to seeing you in Cincinnati.

In Twinship,
Matt Vierling, President



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TTSGI GUIDING PRINCIPLES: YOU ARE NOT ALONE

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 second one: **YOU ARE NOT ALONE**

Twinless twins need to be heard and to know they are “not alone” in their feelings. Every twinless twin has a history and a story to tell, a sorrow to express, a pain to endure, a twin to remember, and a life to continue to live. TTSGI encourages the sharing of stories and feelings in a mutually supportive environment without judgment or unsolicited advice. Members of TTSGI offer compassionate listening and emotional support for sharing

and telling these stories. Information shared among twins is held in confidence in mutually supportive group settings.

Below is a story of a twin that illustrates what it means when “you are not alone”.



THE EMPTY CHAIR

by Sandy Goad, twin to Jim

HOMECOMING

It was in the summer of 2000. I was returning from my yearly trip to the beach with my girlfriends and on my way home, I stopped in Summersville, WV to drop off a friend and spend the night. I was in a hurry to get back to Lexington, KY

the next day, but I decided to stop by the school where I had taught fourth grade for several years to see the principal. That decision changed the course of my life for the next 23 years!

The principal's daughter had been in my class in 1991 when my twin brother, Jim, died. I was surrounded by my students and their parents who loved me through that first year. I wanted to tell him that I had found a support group for twins who had lost their twin and I had gone to my first National Conference in Memphis. That was the day he told me that a local high school senior on the basketball team had died. She was a twin. Her twin brother was struggling and needed support. No one knew how to help him. But I knew an organization that could help him! The 2000 Twinless Twins National Conference was coming up. It was to be in Cincinnati, Ohio.

Before I met with the principal that day, I had not planned on going to the National Conference that year. Dr. Brandt, our founder, had been very open with his twin family about his fight with cancer and as I was driving home, I realized that

the conference in Cincinnati would be important. They would need other twinless twins like me to step up to help Dr. Brandt. I wanted to make sure TTSGI would survive to help other twinless twins like the twin I had met in Summersville.

So, I found myself driving to Cincinnati from Lexington to the conference that summer where I had an opportunity to spend time with Dr. Brandt. It was there that he asked me if I would take on the responsibility of doing the Daily Inspirations for him at the National Conference in Denver the next year. I said yes. There were many others at that conference that year who were also determined to carry on his work. In June 2001, Dr. Brandt lost his battle with cancer a few weeks before our conference in Denver. I was there in Denver along with many other twinless twins to carry on his work.

The word “homecoming” means the act of coming again, reuniting, getting together. I am returning “home” to Cincinnati in July where my work with Twinless Twins began and reuniting with many other twins who attended that National Conference in 2000. If you are not planning on coming to the conference this year, I challenge each of you to change your mind. You will have the opportunity to reach out in compassion to other twinless twins and make a difference. Together we can continue to “heal by helping others”.

Dr. Brandt's work continues.

CANADIAN TWINLESS TWIN MEETING

By Jennifer Rudd, twin to Janet

Saturday, April 29 we had our first in person meeting since Covid at the Ramada Inn in London, Ontario. As soon as I came through the door, Patricia was coming towards me to give me a hug and I hadn't even gotten my coat off yet. When I looked around the room, I recognized fellow twins that I had seen through a computer screen. How nice to be able to get to know them in person.

We started by telling how our twin died and sharing stories of our twins. There is something special about sharing who they were to us. What made them unique. We laughed a lot.

After lunch we did a craft where we made greeting cards. Since our birthday is coming up in June I made a birthday card for Janet. I will finish writing something inside and maybe I can place it on the grave. This will be my last birthday in my 40s and it's hard to imagine having another milestone birthday without my twin.

I have included a picture wearing the shawl that Karen Shields made for each twin attending. We could pick out whichever one we were drawn to. The colours are very much like the quilt I have. It's a combination of our favourite colours... pink and purple are mine and green and blue are Janet's. She also attached a card with a word associated with it. Mine was passionate. When I shared the story with someone she wrote "maybe it's Janet's word". This person had never met Janet but she knows her through me. What a gift for Karen to give to us.



TWO ROSES ON A STEM

By Annette Gervais, twin to Catherine Beatrice Gervais

Fallen rose petals rest in a glass jar by my side.

You are on thin ice, I am deep in snow.
Whose footsteps do I hear? My sister's, who has suffered so.
The pain is deeper than the snow, and the ice has cracked.

We read the "Two Too Twins" book.
We were either too quiet, too sad, but never too mad,
And now I don't know how, without you, I can feel glad.
Strumming your life on a guitar,
Dancing my life in a leotard,
Your music was sweet, like the sound of a beating heart.
The silence is so painful, since we are apart.

You and I, two roses, Fresh from the garden where love grew wild,
Rain fell in summer, and the stem broke.
The rose petals fell to the ground, but they won't fade away.

I keep the rose petals in a glass jar, by my side.
One rose sleeps, the other grows.





KEVIN'S CORNER

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

On February 2, 2023, I flew out to the Mile High City, Denver, Colorado to attend the Colorado George Washington S.A.R. meeting. Colorado President Robert Stevens and New Hampshire President Andrew Akers greeted me, holding up a S.A.R sign with my name on it. I felt like I was back at the Special Olympics World

Games when we were greeted by our State. When I was landing in Denver, I had a flashback to 2001 when, with my father, we were coming here for the 8th annual Twinless conference. I was thinking about the most recent conference, wishing I could have attended to see you all again.

Kevin Mullen, twin to Brian serves as the Alt Trustee in Vermont S.A.R., brought greetings on behalf of the society and President Akers did the same. President Akers and I gave President General C. Bruce Pickette both gifts from our States. During my visit, I was able to get together with my cousin Tami. But, I was bummed that I couldn't see Phyllis Exstrom-Ashlman, twin to Phil and Eileen Jensen, twin to Elaine on this trip, but I told them next trip to Denver, we'll get together.

President Stevens stepped down at the meeting and the new President Robert Hampton was installed by President General Pickette. On my way home, I was surprised to bump into a Twinsburg Twin, Debbie Urban, in the O'Hare Airport and it was nice to get some Twin time together before Twinsburg.



THE LONE TWIN NETWORK

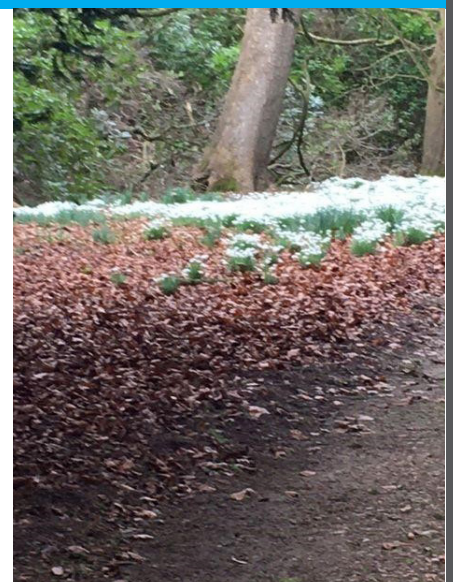
By Janet Baird, LTN Correspondent and twin to Margaret

The February LTN Harrogate meeting on Saturday February 18th was slightly larger and longer than usual! It was larger because we had a committee meeting in the morning first, and longer because we added in pre meeting drinks on the Friday night and breakfast at the famous Betty's cafe on Sunday morning, followed by sightseeing! Several twins stayed over at a hotel near our meeting venue, so it made the event more worthwhile.

It was the first time we had met up at Harrogate since Covid stopped our meetings in February 2020! So it was very special.

On the Sunday I was with two twins at Ripley Castle near Harrogate and we chanced upon some snowdrops in a secret garden I had never visited before! It made me think that life is always unusual and unexpected and Nature is such a wonderful healer.

It also made me realise that new shoots are emerging and flowering even after this long hard dreary winter! I hadn't met some of the Harrogate twins for three years and it was so joyous to see how they'd progressed and grown in confidence on their lone twin journeys.



TTSGI 2023 ANNUAL CONFERENCE JULY 13-15, 2023 • CINCINNATI, OHIO



KEYNOTE SPEAKER: ALICIA S. FRANKLIN, LICSW, GMS



One of our most sought-after conference speakers joins us again – Alicia S. Franklin, LICSW, GMS. We know her as "Allie." She was the keynote speaker at our 2016 annual conference where she offered hope and talked candidly about the pain, loss, and grief as a journey. She recognizes the uniqueness of being a twin and the complexities of twin loss whether the loss was early, in utero or the twin had been able to share many years together.

Allie is a bereaved sibling and bereaved daughter, a Licensed Clinical Social Worker, and a grief management specialist. She is the author of *Am I Still A Sister?* and a contributing author in *Dear Parents and The Dying and Bereaved Teenager*. She co-authored *A Place For Me: A Healing Journey for Grieving Kids*, *Footsteps Through Grief*, *The Other Side of Grief* and *Finding Your Way Through Grief* with her mother, Darcie D. Sims. She is featured in the video, *When A Loved One Dies: Walking Through Grief As A Teenager*.

In addition to her work in the field of grief and bereavement, Allie has worked in the field of Mental Health for over 20 years. She combines personal experience and professional training to provide a dynamic and practical approach to coping with grief.

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.

2023 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 13th, 2023

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 – 9:00pm	Welcome & Panelist Conversation
8:00pm – 9:30pm	Welcome Reception
9:30pm – 10:00pm	Bring raffle & auction items

Friday, July 14th, 2023

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 Introductions: Remembering Our Twins
9:00am – 10:00am	Opening Session: Keynote – Allie Franklin, LICSW
10:15am – 10:30am	Break: Visit the raffle & auction tables!
10:30am – 12:00pm	Small group discussion time
12:00pm – 2:00pm	Lunch on your own
2:00pm – 3:00pm	Keynote: Allie Franklin, LICSW
3:00pm	Free time
9:00pm SHARP!	Candle Lighting Ceremony

Saturday, July 15th, 2023

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 – 9:45am	Business Meeting & Board Elections
9:45am – 10:00am	Break: Visit the raffle & auction tables!
10:00am – 12:00pm	Breakout Sessions (please choose one): <ul style="list-style-type: none">• Breakout 1. Healing by Helping: I'm Ready to Give Back• Breakout 2. Recapping Memories: Reflecting on Being a Twin• Breakout 3. My Grief Is So New; I Feel Lost• Breakout 4. Finding Meaning in Life• Breakout 5. It's been 10 or more years: Look how far you have come!• Breakout 6. Media that has helped you in Your Grief• Breakout 7. Just For Spouses and Siblings• Breakout 8. Just For Parents
12:00pm	Last call on all bids & raffle tickets
12:00pm – 2:30pm	Lunch break
2:00pm – 2:15pm	Pick-up your auction & raffle winnings
2:30pm SHARP!	Memory Walk & Journaling
4:00pm	Closing Comments: Allie Franklin, LICSW
6:00pm – 8:00pm	Dinner Banquet & Awards
8:00pm – 9:30pm	Twinless Twins Annual Auction

Conference Officially Ends

2023 TTSGI CONFERENCE

BREAKOUT SESSIONS INFORMATION

HEALING BY HELPING I'M READY TO GIVE BACK:

Do you think you are at a place in your life where you want to help/listen and to make an impact with other twinless twins? If you are an active member in good standing for two years or more, then come learn more about volunteer positions, like writing something for the Twinless Times newsletter or becoming a Regional Coordinator (RC).

RECAPPING MEMORIES:

It strengthens our sense of identity, purpose, and bond when we reflect on being a twin. Remembering can be an important ingredient in keeping our twin's memory alive. From womb survivors to unlimited years we know that memories come in different forms. Come explore how to use these memories to move us forward.

MY GRIEVE IS SO NEW I FEEL LOST:

Everyone's grief is unique, but we still share a lot of the same thoughts that could range from: "Am I going crazy?" "How do I go on?" "I cannot believe it really happened!" If you are still feeling numb, desperate, and lonely or experiencing emotional overload, this is the group for you. Come and talk with others to know you are not alone!

FINDING MEANING IN LIFE:

Have you been searching for a creative way to allow your talents to lead you to new opportunities such as yoga, dancing, gardening, running, or painting? Making connections with other twins that share your same interests and hobbies can be fun! Join this discussion to hear creative ways of coping with grief, honoring one's twin, and having fun in the process.

IT'S BEEN 10 YEARS - LOOK HOW FAR YOU HAVE COME:

How could it be that long? Your twin would be so proud of you. You have made it through the darkest part of grief (not that you still don't cry!), accomplished major milestones, and found some hope, joy, and meaning in the journey. Come reflect on the progress you have made and let us celebrate you and your accomplishments.

MEDIA THAT HAS HELPED YOU IN YOUR GRIEF:

Is there a favorite song, movie, or saying that is your go-to when you have had to navigate a hard day, celebrate a big win, or just want to be closer to your twin? Come ready to share your media with the group. This could be a book you have read, the movie you watched, the song you sing, the saying you recite, a quote you say, or a poem you read or wrote. Your sharing will let us know more about you and encourage other twins!

JUST FOR PARENTS - No twins allowed!:

Parents come join this candid time of sharing with other parents. The discussion is about the complexities of raising and/or supporting a surviving twin. This is precious time to focus on your hurts and grief and also hear how you are coping with the loss of your child.

JUST FOR SPOUSES AND SIBLINGS - No twins allowed!:

Spouses, partners, and siblings are invited to join a sincere conversation, ask questions, and learn from one another about how best to take care of oneself (not burn out) as you manage the closeness and navigate the new dynamics of the relationship with the surviving twin.

2023 TTSGI CONFERENCE RAFFLE, SILENT AND LIVE AUCTIONS

TWO-GETHER AGAIN!

By Alyssa Pratt, twin to Karyn Elizabeth

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 13th. 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.

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

Twinless Twins Support Group International
P.O. Box 190
Saline, MI 48176

Best wishes, memories, and a thoughtful fundraiser!



Rachel and I are looking forward to finally making a conference again! But I wanted to share that I was married last weekend and my wonderful hubby had the idea, that in lieu of clanging glasses for a kiss, we take donations for twinless twins to honor Rachel's twin, Rebecca.

Our first conference was impactful and we want to donate money to the Conference Assistance Fund. We are sending a check!

Thank you for helping us through a difficult time.

Ellen (Hunt) Green

Momma to Rebecca and Rachel (Lease) Schiltz

MEMORY WALK 2023



**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 2023 International Conference in Cincinnati, Ohio, on Saturday, July 15th. I encourage everyone to join us for this incredible and moving experience.

Last year, in Denver, 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 walk during the past years. Your gift does make a difference! Because TTSGI is a non-profit organization, your gift helps us to continue to support twins and other multiples that have lost their twin due to death 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 donation form in this newsletter. A number of twinless twins raised a considerable amount last year from family and friends and you can do the same - you'll be surprised as to how generous others will be!

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.

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

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

A: The Memory Walk is an event to raise funds to provide support for twins and other multiples who have lost their twin due to death at any age. We are a non-profit organization that depends on charitable donations from twinless twins, their friends and family and the community to fund our organization so we can continue to reach out to all twinless twins. We would like to take this opportunity to raise funds to support our mission of "healing through helping others" so that no twin ever has to walk alone.

Q: How is the money collected?

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

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

2. Your friends, family, and community have the option of donating to TTSGI online by using our website at www.twinlesstwins.org/donate. The donate button is located at the top of our home page. By clicking on that button, they can go to a secure server to make their donation. Be sure they note that this is a Memory Walk donation.

Tax receipts will be sent out to all donors as a thank you from our organization.

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

Q: Are donations tax deductible?

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

If you have any questions about the walk, please contact me at medaffin@aol.com.

Thank you for your support of TTSGI.
Margaret Daffin, twin to Josie
Chair of the 2023 Memory Walk

MEMORY WALK 2023 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 Cincinnati Conference.

I will not be attending the Cincinnati Conference.

AFFINITY GROUP ZOOM GATHERINGS CREATED WITH YOU IN MIND

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.

These gatherings would not take place without the caring dedication and time of our fellow members. When you are on Zoom with them, please take a moment to acknowledge and thank them. At this time, I want to thank the following TT's from the bottom of my heart. Joan Angelis who stepped down as the Host of the Suicide Loss Group and the Host of the First Contact/New Member Group, and Beverley Smyk who stepped down as the Host of the Unexpected and Sudden Loss Group, as well as the Host of the Traumatic and Violent Loss Group. Thank you both for all that you have done to make your groups run successfully and for helping to initiate the Affinity Group into its successful existence.

I want to acknowledge the Twins who have graciously agreed to host the following Affinity Groups: Will Deutschendorf for the Suicide Loss Group, Patricia Wilbee-Matesic for the First Contact/New Member Group, and John Watson for the Unexpected and Sudden Loss Group. A heartfelt thank you to each of you for stepping in where needed, and for continuing the work of our TTSGI motto of "Healing by Helping."

Let us also remember the relatively new creation of the LGBTQIA Group which is led by Host Larry Adams and Ed Echeverria as the Facilitator. Thank you both for creating and leading this group as requested by our very own members. It is relevant and important to meet the needs of our members, so thank you for stepping forward and doing so.

If you as a TT member see a need for a group that is NOT listed below or any other topic that is related to the Affinity Group, by all means reach out and share your thoughts with me at carolyneshane@gmail.com or by phone 908-463-4770.

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.

We kindly request 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 on Zoom. If you plan to be late by five 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 ZOOM GATHERINGS CREATED WITH YOU IN MIND

Carolyn Shane, twin to Cary

Affinity Group	Host	Facilitator	Meeting Date
Suicide Loss	Will Deutschendorf	Joan Angelis	July 22, 2023 Oct. 22, 2023
Early Loss from the womb thru age 3	Carolyn Shane	Alyssa Pratt	Aug. 27, 2023
Alcohol and Drug Overdose	Carolyn Shane	Jessica Wickey	Oct. 28, 2023
Recent Loss: 3 years or less	Ed Echeverria	Ed Echeverria	July 8, 2023 Sept. 9, 2023
Unexpected and Sudden Loss due to health issues or accidents	John Watson	TBD	TBD
Traumatic and Violent Loss includes murder, wrong place/wrong time	Carolyn Shane	Kim Crews	Nov. 12, 2023
Mature Loss: 15 years and beyond	Carolyn Shane	Ruth Selig	Oct. 15, 2023
Long-Term Illness	Garry Rayno	Jan Konya-Grabill	Sept. 23, 2023
First Contact/New Members	Patricia Wilbee-Matesic	Alyssa Pratt	Aug. 19, 2023 Dec. 9, 2023
LGBTQIA+	Ed Echeverria	Larry Adams	Sept. 9, 2023 Dec. 9, 2023

AFFINITY GROUP GATHERINGS



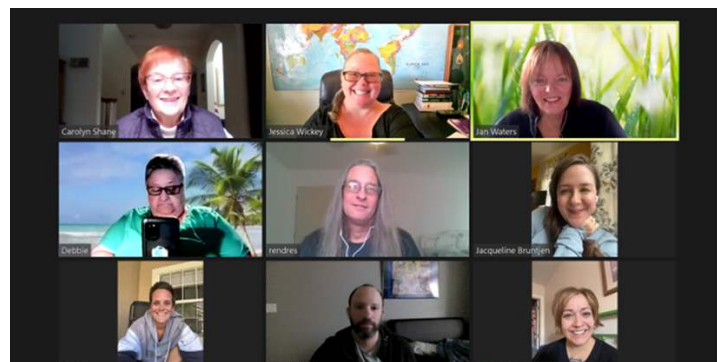
Traumatic & Violent Loss
(includes murder, wrong place at the wrong time)
Sunday, April 30, 2023
Host - Carolyn Shane, Facilitator - Margaret Daffin
The Topic of Discussion: Post-Trauma Survival



Twin Loss from Suicide
April 22, 2023
Host - Joan Angelis, Facilitator - Will Deutschendorf
There was much dissuasion involved, and much participation by individual attendees.



Recent Loss Gathering
March 11, 2023
Host and Coordinator: Ed Echeverria



Alcohol & Drug Related Issues
Saturday, March 25, 2023
Host - Carolyn Shane, Facilitator - Jessica Wickey

THE TTSGI FOUNDERS' MEMORIAL ENDOWMENT FUND

By Margaret Daffin, Fundraising Committee Chair

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

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

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

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

The Donor Pledge Form can be obtained from Margaret Daffin, Fundraising Committee Chair (medaffin@aol.com). The Executive Director will receive all gifts to the Endowment Fund by checks made out to Twinless Twins, Inc., and sent to the following current address:

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

WHAT CAN THE ENDOWMENT FUND INCOME BE USED FOR?

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

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

For more information, contact Margaret Daffin at medaffin@aol.com. Your support of TTSGI is always appreciated.

REGIONAL ZOOM GATHERINGS:

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

NEWS OF REGIONAL COORDINATORS



Welcome to Lia Woodall, the new Regional Coordinator for the Southwest Region

Lia lost her twin brother, Larry, to suicide just after New Year's in 1991, when they were 32. Although she found and attended a monthly suicide survivors' group shortly afterwards, she knew she also needed to address her ruptured identity as a twin. Thankfully, during her initial grief journey in that pre-internet period, she saw an ad for Twinless Twins and signed up for the newsletter, which led to corresponding by snail mail with another TT with twin loss due to suicide.

Several years later after a move to Denver, Lia was preparing for a garage sale when she came across those old newsletters and decided to Google whether TT still existed. She discovered that it did, and that the annual conference was being held that very weekend in Denver. She dropped everything and attended, being welcomed first at the registration desk by Eileen Jensen, the Regional Coordinator for the Southwest Region, and meeting Joan Angelis in a special breakout session for twins with suicide loss. Lia became a member and attended regional gatherings in Denver and hosted a couple in her home before moving to Houston in 2015.

In 2019, her husband retired and they relocated to Phoenix, returning to the Southwest Region. She is eager to be of service to TTSGI and give back to the organization and region that embraced her when she lived in Denver. She intends to organize gatherings in the Phoenix area, too. She is grateful for the Zoom meetings that evolved during the Pandemic, especially the new Affinity Groups, because without geographic limitations, more and more of us have connected in ways we needed to and shared our stories of twinship and specific types of twin loss and circumstances.

We have helped each other move forward along our individual grief paths when we were overwhelmed or stuck. We show each other what deep, ugly grief feels like, but also what healing work can reveal: we are still deserving of love and joy in our lives. And, once a twin, always a twin, which was one of the hardest tenets of identity for her to embrace after losing Larry.



Honoring Jacob "Jake" Yurich's Service as Southwest Regional Coordinator

TTSGI extends our deep gratitude and a huge thank you to Jacob "Jake" Yurich, twin to Zachary for his service as the Regional Coordinator for the Southwest Region, which encompasses Arizona, Colorado, Kansas, New Mexico, Nevada, Utah, and Wyoming.

We appreciate his commitment and dedication over the last several years. Throughout his term as RC he responded to contacts, planned meetings, and provided crucial support and guidance to those who sought comfort and connection. Jake has made a meaningful impact on the lives of Twinless Twins within the Southwest region. We are grateful for the time he dedicated to helping others find healing and hope. Jake's efforts remind us that sometimes the greatest impact lies in the simple act of being there for one another.

RECENT TWIN GATHERINGS



Northeast Regional Twin Gathering

Sunday, February 26, 2023

Coordinated by Carolyn Shane, twin to Cary

We discussed two topics: 1. Do you feel that you have to live for both you and your twin and if so, what do you do? 2. Do you assume responsibility/responsibilities that would be something your twin would do, if they could? And if so, what is it that you do?

Southwest Regional In-Person Gathering Salt Lake City, UT - March 25, 2023



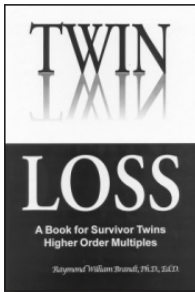
Coordinated by Ed Echeverría

West Coast Regional In-Person Gathering May 6, 2023



Coordinated by Ed Echeverría

RECOMMENDED TWIN BOOKS



“TWIN LOSS”

By Raymond W. Brandt, PhD

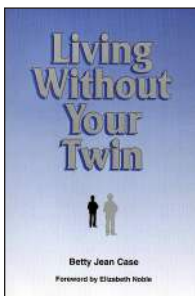
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

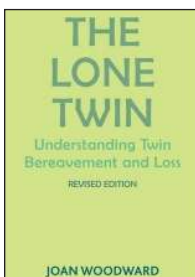
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael's death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

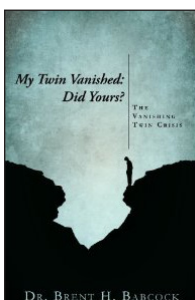
TTSGI receives a donation each time one of author Betty Jean Case's books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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



BOARD OF DIRECTORS

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EXECUTIVE DIRECTOR

Michelle Getchell

TTSGI
PO Box 190
Saline, MI 48176
contact@twinlesstwins.org

WRITE FOR THE TWINLESS TIMES NEWSLETTER

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

Submit to: twinlesstimes@yahoo.com

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:
Breck Peabody & Emily Heekin

LIST OF REGIONAL COORDINATORS – 2023

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

UNITED KINGDOM
JANET BAIRD
AFFILIATE MEMBER

AUSTRALIA
• OPEN •
AFFILIATE MEMBER

CANADA
PATRICIA WILBEE-MATESIC

- Alberta
- British Columbia
- Manitoba
- New Brunswick
- Newfoundland
- Nova Scotia
- Ontario
- Prince Edward Island
- Quebec
- Saskatchewan

NORTHEAST
CAROLYN SHANE

- New Jersey
- New York

NEW ENGLAND
GARRY RAYNO

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

MID-ATLANTIC
GLORIA CHIANTELLA

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

SOUTHEAST
JESSICA WICKEY

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- Florida
- Georgia
- North Carolina
- South Carolina

NORTH CENTRAL
KIM LIFTON

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

MIDWEST
JOYCE BLADE

- Illinois
- Indiana
- Kentucky
- Missouri
- Ohio

SOUTH CENTRAL
MARGARET GRON

- Arkansas
- Louisiana
- Mississippi
- Oklahoma
- Tennessee
- Texas

SOUTHWEST
LIA WOODALL

- Arizona
- Colorado
- Kansas
- New Mexico
- Nevada
- Utah
- Wyoming

WEST COAST
EDUARDO ECHEVERRIA

- Alaska
- California
- Hawaii
- Idaho
- Oregon
- Washington

