

TWINLESS TIMES

WINTER 2023

HELPING TWINS WHO
HAVE LOST THEIR TWIN



PRESIDENT'S CORNER

Dear Twins,

I am writing this on a cloudy late afternoon in Michigan as I look out at the changing leaves that mark such a colorful transition between the seasons. There's a crispness to the air that makes the long warm summer days seem like a distant memory. Having spent the majority of my life in regions that do not experience "quintessential autumn scenery," my first Fall as a resident in Michigan is new and exciting. Yet, as I marvel at the beauty of this season, I'm also grappling with something I've always disliked about the closing months of the year—shorter days and longer nights.

No matter where I've lived, no matter how my life is progressing, I've noticed that the passage to shorter days and longer nights this time of year is often difficult for me. I typically feel less energized. I sometimes struggle to stay motivated. My mind is quick to wander. I seem to feel more alone without the physical presence of my twin brother, Mark. Can you relate? Are there specific days, weeks, or seasons of the year that are more challenging for you?

While it's important to recognize these days, weeks, or seasons in our lives, what's most important is how we choose to respond. For me, as the days become shorter, I have learned to focus more and more on my internal self-talk, which admittedly can often be quite critical. When I am tempted to berate myself or talk to myself in a negative way, I often ask myself, "How would a dear friend speak to me in this situation?" "What would they say?"

Beyond prioritizing compassionate self-talk, I also make an effort to prioritize gratitude. I know it sounds cliché, but there have been numerous studies that point to the power of journeying along the path of gratitude. This is not easy, especially after experiencing the death of a twin, but it's something we can practice and cultivate over time. It's why I often like to focus on gratitude within these brief President's Corner messages. I am grateful for each and every one of you. Thank you for being a member of this special organization. Our collective "Journey To Healing" is made possible because of you.

In closing, I'd also like to express my tremendous gratitude to our "Founding Donors" of TTSGI's Founders' Memorial Endowment Fund, which was established in 2020 after an extraordinary gift from Mary R. Morgan, twin to Michael. Your generosity and support has been inspiring. If you are interested in becoming a "Founding Donor" and honoring your twin in such a meaningful way, you have until December 31, 2023 to do so. As of January 1, 2024, you can become a "Sustaining Donor." Please contact Margaret Daffin, Chair of the Fundraising Committee, at medaffin@aol.com for more information.

May you find healing, hope, and peace throughout the upcoming holiday season.

In Twinship,
Matt Vierling, President



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THE EMPTY CHAIR

by Sandy Goad, twin to Jim

DARCIE'S WORDS

Darcie Sims was a keynote speaker at four of our national conferences. Alan Pederson, a close friend of Darcie said, "She was simply in a league of her own in the world of grief education. Darcie's ability

to take the complex subject of grief and simplify it so that all could easily understand it made her the best at what she does. Her books, videos, workshops, and radio and television work have helped tens of thousands of people find hope on their grief journey."

The impact Darcie had, and continues to have after her death, is one that has rescued many from the painful journey of grief. Darcie had a way of bringing joy and hope into the darkest places. Though not a twinless twin herself, she had a way of understanding and being sensitive to our unique loss. We felt safe and understood and most importantly loved.

Darcie was my mentor, but the story of how she affected my life and Twinless Twins, could be echoed by thousands of others whose lives have been equally touched by her incredible gift of loving guidance. Below are a few of Darcie's words that she shared with us over the years. These words are treasures Darcie has left for us that continue to help us on our grief journey.

"Grief is not a sign of weakness or a lack of faith. It is the price we pay for love."

"Your loved one died. You didn't lose them because they are forever a loving part of who we are."

"Make a commitment to allow yourself to move through your grief. Embrace whatever you are experiencing. Don't push it away. Don't postpone it. Don't pretend it doesn't exist. The more you push it away the bigger it gets. You will never get over this. How could you? But your hope is that you will get through it one step at a time."

"If guilt, anger and hate is there, there is no place for hope to grow."

"I decided to create a Blessing Box for myself. Get a box. Think of all the gifts your loved one gave you. (Joy, laughter, companionship etc.) Write them down and put them in your box. This box holds treasures - tangible evidence that somebody lived and loved you. Pick up your box when you think you have nothing to be thankful for."

"Share yourself and your love during the holidays. Listen to yourself and know what you need. Buy a gift for your loved one and wrap it up and give it away. When you share love, it grows."

At a national conference, she closed our time together by sharing these words: "You can never return to who you were. There is only one direction in grief and that direction is forward. We can never go back to the old us. You are a new you, not better, not worse, but slightly different. We will learn to live with this empty space. And if you will allow it to, someday it will start to fill with the remembered love until you aren't so empty at all. Until one day you will wake up and remember that they lived first, not that they died and that's the other side of grief. You will never forget the death, but don't you dare forget the life - don't you dare. They lived and we loved them, and we still do."

"May love be what you remember the most."

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 fourth one: **Journey to Healing**

REACHING THE 20 YEAR POINT

By Janet Baird, twin to Margaret

On January 12th, 2024, around 8.30pm, I will reach a twenty year milestone. Twenty years without my identical twin, Margaret. We made it to 51 together and almost 52. Then I lost her early in 2004 and my life was changed forever.

We were the kind of twins who lived together and worked together. We didn't have partners and we didn't have children. It sounds an odd life, but we were very happy and we led full and adventurous lives. We worked as tutors and writers and had a lot of good friends in our local town.

The first six years were very difficult. I didn't know how to live on my own and my health deteriorated. I know I was very needy and asked the impossible of my friends. The future was looking uncertain and black.

It wasn't until 2010, when I found the UK Lone Twin Network and the USA Twinless Twins Support Group International, that I even began to heal. I live half way up England, in Yorkshire, but my first ever twin meeting was in the USA! In 2010 in Detroit! I'll never forget arriving late, in a thunderstorm. A twin drove back to the airport to pick me up and at the hotel I walked into a room full of Janets - Twinless Twins just like me. It was a turning point in my lone twin journey.

After the Detroit conference, I went back to the UK and started my own lone twin group in Yorkshire. I realised the purpose of my life was to help other twins survive their loss and to try and make their journey easier than mine was.

After the six year mark I made it to ten years. I was now going to the USA TTSGI conferences every summer and I'd become the UK Affiliate for TTSGI. I'd volunteered at the 2012 Olympics in London and I'd

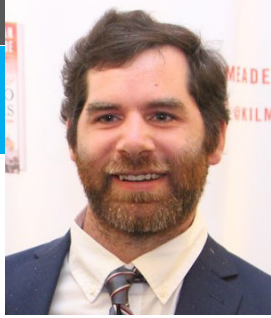
literally got back on my bike. I was still tutoring and I'd built the business back up to what it was before my twin was ill and I was writing fiction books for young people.

Since 2014, I started travelling to Dubai every January to stay with a writer friend and to spend Margaret's anniversary in a sunny, warm place. That made a huge difference to my recovery. We started a tradition of going out for afternoon tea on January 12th and I'm still doing that. I'd got my sense of humour back and I was feeling more confident about my life as a lone twin.

The pandemic saw the end of my tutoring and exam marking and I found lockdown on my own very difficult. I survived, partly due to the online community I was part of with the other USA Regional Coordinators. I also had my own online life with other writers. Without my twin, my life was so different, but as time went on, I felt my twin was closer to me and more a part of everything I did.

My life now as I approach 2024, is still a challenge and I think it always will be. All I know is that my twin friends are life savers. I have very close twin friends in the UK and the USA and they are my family now.

For any new twin reading this, I'd say never give up and surround yourself with twins whenever you can. Joan Woodward, the founder of the Lone Twin Network, once said to me that the way ahead was to move forward with my twin, not move on from her. I really do feel now that I am one with the power of two! I am a twin, and always will be a twin. That is what I hold on to.



KEVIN'S CORNER

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

I've been asked for years if I've got anyone in my family that I resemble other than my Twin Brother Brian? The answer is yes. I've got my late Dad, Aunts - Elizabeth Mullen Flint, Kathleen Mullen Moody, Half Aunt - Patricia Mullen Wilson, four Mullen cousins - Eric Flint, Erin Flint, Andrea Flint and Todd Moody and one little cousin, Jason Little.

Growing up with my cousins was an absolute dream, we're a very close-knit family... My cousins have never replaced my twin. In 2003 my cousin Andrea Flint was my date for the Twins Party in New York, hosted by Debbie and Lisa Ganz. The photographer for the party mistook my cousin Andrea for my Twin. We told the photographer after the picture was taken that she was my cousin. 20 years later Andrea and I talked about it, and it was one of the highlights from the party.

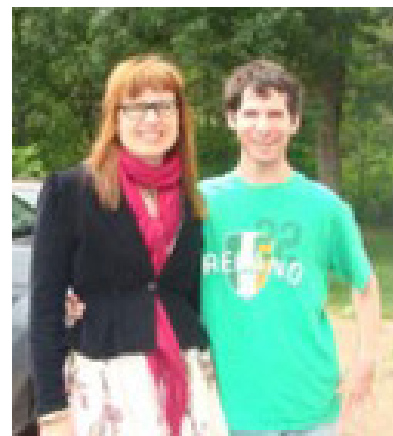
My cousin's friends sometimes mistakenly think I'm them as my cousins and I do sound alike on the phone.

The only people who could tell me and my dad apart were my Aunts, no one else could tell us apart.

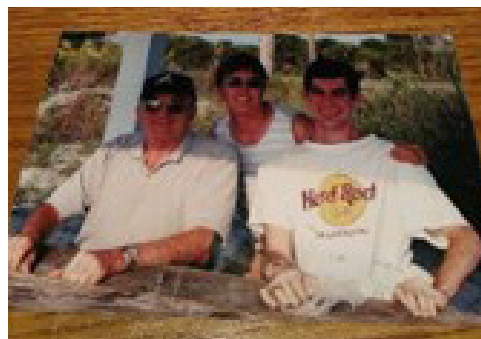
My cousin Jason Little (2nd cousin once removed) is only three days older than my twin and I.



Jason Little, Connor Little, Kevin Mullen



Andrea Flint and Kevin Mullen



William Mullen, Elizabeth Mullen Flint, Kevin Mullen



Kevin Mullen, Kathleen Mullen Moody, Matt Mullen

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, all donations received during the month of December will be matched dollar for dollar! If you give \$100, it turns into \$200!

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

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 yearly, 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.*

NOTE: See separate article in this newsletter on Planned Giving Opportunities.

This year, Lorraine Horstman, twin to Elaine Flemming, will generously match year-end donations received during the month of December, 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. 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!)

Please help TTSGI when you give a donation or pledge in memory of your precious twin – it is a gift that only you can give – so that TTSGI can continue to give back.

In Gratitude - Margaret Daffin, Fundraising Committee Chair

2023 DONATION FORM



TWINLESS TWINS
Support Group ^{INTL.}

Please enter the required information below if you would like to sign up as a Donor for Twinless Twins Support Group International.

Please print **this form** and mail it, along with your check, money order to:

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

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 12/1/2023

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 'Sustaining Member' of the TTSGI Founders' Memorial Endowment Fund, with a minimum pledged donation of \$5,000. (Either in full or pledged over 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.

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,

Affinity Group Zoom Gatherings Created with YOU in Mind

For the last 2 1/2 years, 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 Will Deutschendorf who served as the Host of the Suicide Loss Affinity Group. Thank you, Will, for volunteering and for all the input you so willingly shared with me. I also want to thank Ruth Selig who has stepped down as the Facilitator of the Mature Loss: 15 Years and Beyond Group. Ruth has always been true to herself and led the group in her style of openness and sharing which was wonderfully received by those who attended her Zoom sessions. Thank you, Ruth, for everything. I also want to introduce Dena Stitt, who has graciously accepted to serve as the Facilitator of the Mature Loss Group. I know Dena will bring her own style of leadership to this Affinity Group. I had the privilege to host with Ruth and now the privilege to work with Dena. I am honored to serve with each of them.

TTSGI has received multiple requests for Christian and Judaic faith-based groups. We are offering a one-time session to see if it will meet the needs of our members. At our individual group gatherings, we will discuss the topic of "Twin Loss and Their Grief for Those Who Practice the Christian Faith" and "Twin Loss and Their Grief for Those Who Practice the Jewish Faith". Please refer to the listing below for details.

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

You will find a listing of each of these "Affinity Groups," along with the date and time 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 are going to be five or more minutes late, 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.

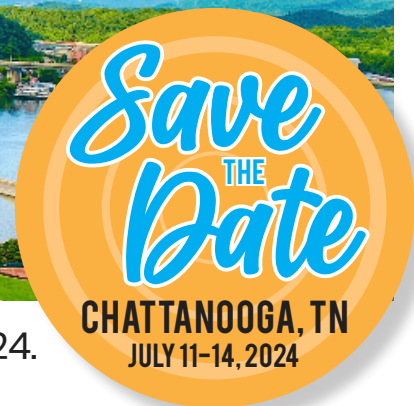
NOTE: We are now adding the time of each gathering. Each time is based on Eastern Standard Time, EST. **Affinity Group Gatherings with the dates in December are in the year 2023.**

AFFINITY GROUP ZOOM MEETINGS FOR TWINLESS TWINS

Organized by Carolyn Shane, twin to Cary,

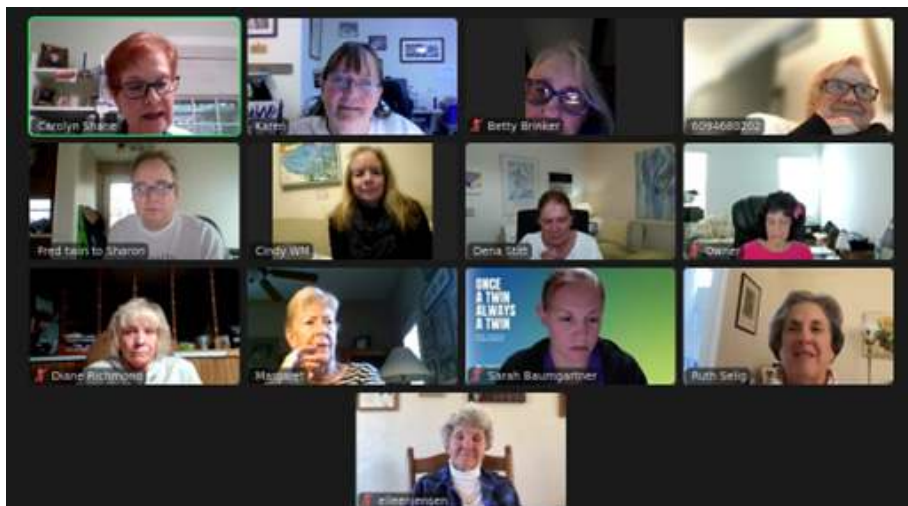
Affinity Group	Host	Facilitator	Meeting Date
Suicide Loss	TBD	Joan Angelis	Jan 20 at 2pm
Early Loss from the Womb through age 3	Carolyn Shane	Alyssa Pratt	Feb 25 at 4pm
Alcohol and Drug Overdose	Carolyn Shane	Jessica Wickey	Feb 24 at 10:30am
Recent Loss: 3 years or less	Ed Echeverria	Ed Echeverria	Jan 13; Mar 2 at 1pm
Unexpected and Sudden Loss due to health issues or accidents	John Watson	Ed Echeverria	March 23 at 1pm
Traumatic and Violent Loss includes murder, wrong place/wrong time	Carolyn Shane	Margaret Daffin	April 14 at 4pm
Mature Loss: 15 years and beyond	Carolyn Shane	Dena Stitt	April 7 at 4pm
Long-Term Illness	Garry Rayno	Jan Konya-Grabill	Jan 6; April 13 at 3pm
First Contact/New Members	Patricia Wilbee-Matesic	Alyssa Pratt	Dec 9; Mar 9 at 3pm
LGBTQIA+	Ed Echeverria	Larry Adams	Dec 9; Mar 9 at 1pm
Man Zoom	Margaret Gron	Margaret Gron	Feb 11 at 5pm
Faith-Based Discussion Groups:			
Christian Faith	Michelle Getchell	Michelle Getchell	Dec 15 at 8pm
Judaic Faith	Carolyn Shane	Carolyn Shane	Dec 17 at 4pm

2024 TTSGI CONFERENCE



The 2024 Conference Registration will open on January 2, 2024. Please check out the TTSGI website to register online.

RECENT TWIN GATHERINGS



AFFINITY GROUP MATURE LOSS: 15 YEARS & BEYOND AFFINITY GROUP GATHERING

The group met on Sunday, October 15, 2023

Facilitator: Ruth Selig

Host: Carolyn Shane



AFFINITY GROUP TWIN LOSS FROM SUICIDE

The group met on Saturday, October 21, 2023

Facilitator: Will Deutschendorf

Host: Carolyn Shane



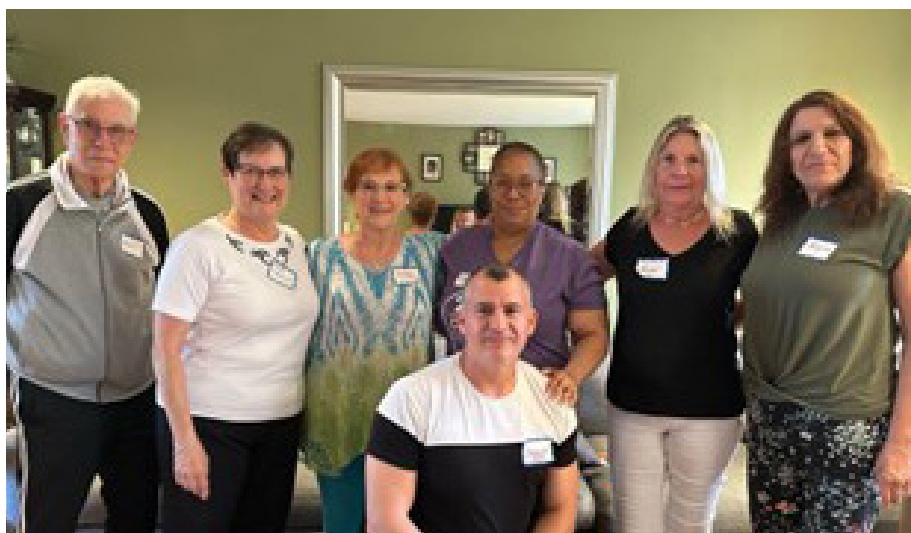
REGIONAL GATHERING ZOOM

SOUTH CENTRAL

Held on Sunday, October 15, 2023

Facilitator: Margaret Gron, South Central Regional Coordinator

RECENT TWIN GATHERINGS



REGIONAL GATHERING IN PERSON NORTHEAST

Held on Sunday, September 10, 2023
Topic of discussion was to 'Share your favorite story(ies) of you and your twin.' Everyone was asked to bring a photo/photos of themselves and their twin if they had one to share.

Facilitator: Carolyn Shane, Northeast Regional Coordinator



CANADIAN TWIN GATHERING IN PERSON

April, 2023

Facilitator: Patricia Wilbee-Matesic, Regional Coordinator, Canada



CANADIAN TWIN GATHERING IN PERSON

September 29, 2023

A beautiful fall day in Bancroft, Ontario, coming together to support other twinless twins. Started off with yoga therapy by Sumiko with breathing exercises to bring us grounded in our grieving journey. Small group but a special group as we learnt that Sumiko had lost her son to his battle of cancer. Thank you Karen for hosting our meeting in her hometown. Twin Hugs
Facilitator: Patricia Wilbee-Matesic, Regional Coordinator, Canada

THANK YOU FOR JESSICA WICKEY

By Michelle Getchell

With heartfelt gratitude and appreciation, TTSGI extends our sincerest thanks to Jessica Wickey, twin to Jennifer for her six years of service as our Southeast Regional Coordinator covering Alabama, Florida, Georgia, North Carolina, and South Carolina. Jessica navigated between in-person and virtual Zoom meetings, providing comfort, guidance, and connection in challenging times to hurting twinless twins. Her warmth, dedication, and heartfelt commitment allowed the twinless twins in her region, and within our larger organization, to become stronger and more interconnected by feeling supported in knowing they are not alone. Thank you, Jessica, for giving your time to supporting twinless twins over the years and honoring your precious twin, Jennifer.



(photo courtesy of Janet Baird, taken at the Annual Conference in Cincinnati. Jessica is front center, beaming in gold)

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.

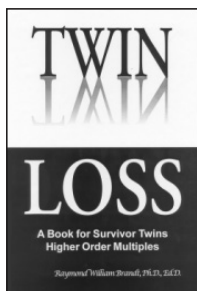
Please contact your Regional Coordinator using the “Contact Us” form on the website or from the RC Listing on the back page of this newsletter.

Go to: www.twinlesstwins.org

REGIONAL ZOOM GATHERINGS:

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

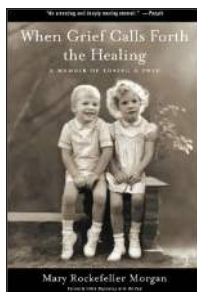
RECOMMENDED TWIN BOOKS



“TWIN LOSS”

By Raymond W. Brandt, PhD

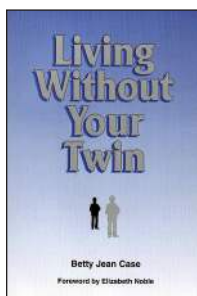
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

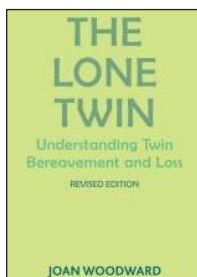
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael's death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

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

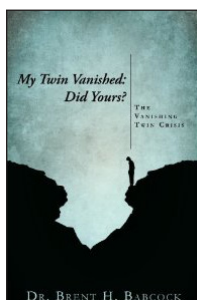


“THE LONE TWIN: A STUDY IN BEREAVEMENT AND LOSS”

By Joan Woodward

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

<http://www.isbs.com/partnumber.asp?pnid=307963>



“MY TWIN VANISHED DID YOURS?”

by Dr. Brent Babcock

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



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TWINLESS TIMES BY MAIL

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

WRITE FOR THE TWINLESS TIMES NEWSLETTER

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

Submit to: twinlesstimes@yahoo.com

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

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

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

NEWSLETTER ARTICLE SUBMISSION DEADLINES

SPRING ISSUE: Submission deadline: February 10th
Approximate publication date: March 21st

SUMMER ISSUE: Submission deadline: May 12th
Approximate publication date: June 21st

FALL ISSUE: Submission deadline: August 11th
Approximate publication date: September 21st

WINTER ISSUE: Submission deadline: October 20th
Approximate publication date: December 1st
(shorter cycle for the holidays)

Submissions should be emailed to:
twinlesstimes@yahoo.com

Twinless Times Co-Editors:
Brecky Peabody & Emily Heekin

LIST OF REGIONAL COORDINATORS – 2023

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

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