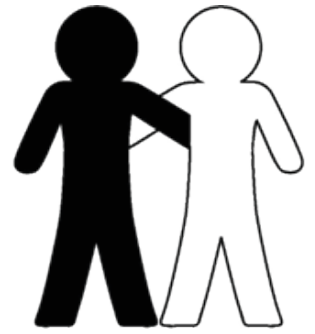


TWINLESS TIMES



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SUMMER 2018

PRESIDENT'S CORNER

Dear Twins,

As I write this, the weather is making a very quick transition through spring, after an interminable winter. May is my favorite month, despite losing my twin in May.

The Columbus conference planning is progressing, as July is quickly approaching. My thanks to the dedicated conference committee, that makes these conferences a seamless and meaningful event.

We just recently signed the contract papers for our 2019 conference site. Accordingly, we have begun looking at sites for 2020. Michelle and I are preparing an information strategy for future conferences. With the continued improving U.S. economy, we have found that the major cities are being priced out of our median range. For example, the board had initially approved Toronto as the 2019 location, but we received only one response that met some of our criteria. The rest of the few hotels that responded to us, priced the rooms at double to triple our normal range. Toronto then was set aside. We will have enough data, such as past attendance, locations with good transportation, and accessible to many twins. This will be discussed by the board at our July meeting, prior to the conference reception.

To those attending 2018 Columbus, if I've never met you, I look forward to meeting you. For those first-time attendees, who may feel pangs of anxiousness and nervousness, please don't. We can provide some of the strategies to have an effective and meaningful experience.

Ray Boyle, President



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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.

TWINLESS TWINS SUPPORT GROUP



HELPING TWINS WHO HAVE LOST THEIR TWIN



THE EMPTY CHAIR

by Sandy Goad, twin to Jim

BEGINNING WITH THE END

I attended a grief conference in Chicago many years ago where our keynote speaker spoke on “Beginning With the End”. And as I listened, I realized that is what all of us must do after our twin dies. We must begin.

Is this “new beginning” easy? No! Grieving is probably the hardest work we will ever do. Experiencing grief is a normal and natural reaction to a loss of any kind. It is concrete proof that you are a normal, real live human being. “Grief is not a sign of weakness and it is not a lack of faith. Grief is the price we pay for love.” (Darcie Sims)

Some of you are just beginning this journey and some of you have been on this journey for a while. It is often frightening, painful, overwhelming and lonely, but you don’t have to do it alone. There is strength in numbers. One of the best things you can do for yourself at this difficult time is to reach out for support from others who have also lost a twin – a support group that brings twins together that have experienced similar thoughts and feelings. In these groups, each twin can share his or her unique journey in a nonthreatening “safe place”.

Galileo said, “You cannot teach anybody anything. You can only help them to discover it within themselves.”

I believe that “talking is healing” and the key to talking through your grief is finding a group of caring people with a listening ear and an open heart. “If you are grieving, you may indeed find strength

if you draw on an entire support system for help”, says Alan Wolfelt, known internationally for his work with adult and childhood grief.

For many grieving twins, Twinless Twins Support Group, International (TTSGI) is one of your best resources. One of TTSGI’s guiding principles is “Journey to Healing”:

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

As you do your work of grieving, you are moving toward a renewed sense of meaning and purpose in your life. Your feelings of loss will not completely disappear, yet they will soften and the intense pangs of grief will become less frequent. HOPE for a continued life will emerge as you are able to make commitments to the future, realizing that your twin will never be forgotten, yet knowing that your life can move forward.

I heard a well-known grief educator at a conference in San Francisco say, “Grief is a roller coaster in the middle of a tornado.” And, so it is for many twins. If you need help on that roller coaster ride, Twinless Twins is here for you whether your loss has happened recently or many years ago.

Will you make a commitment and allow yourself to move through your grief with the support of TTSGI?

NOTE: UPCOMING REGIONAL GATHERINGS ARE LISTED ON OUR WEBSITE AT [HTTP://WWW.TWINLESSTWINS.ORG/EVENTS/](http://www.twinlesstwins.org/events/)

PLEASE CHECK THE WEBSITE REGULARLY AS EVENTS ARE HELD THROUGHOUT THE YEAR.

TTSGI GUIDING PRINCIPLES: HEALING BY HELPING

TTSGI has four guiding principles:

1. Once A Twin, Always A Twin
2. You Are Not Alone
3. Healing by Helping
4. Journey to Healing

The Summer Edition will focus on the fourth one, which was described in the Empty Chair column and repeated below:

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



OUR JOURNEYS TO HEALING

From Marci Scher, mom to Becca, twin to Ian



As a parent of a teenage twinless twin, watching her “journey to healing”, while having my own has been challenging. We watched Ian deteriorate over the years, due to his genetic disease. We knew the day would come to say goodbye. At the age of 13 years and 5 months, with his twin, Becca, grandparents, aunt, and father and mother by his bedside, that time came. Over the years, my husband, Brian and I were open with both kids about Ian’s prognosis. We were worried about Ian, but in a very different way worried about Becca, as she was the one who was going to still be alive and would have to continue living without him. It has only been 20 months, and Becca’s journey has been one of many ups and downs. Just starting to realize that the 2nd year is harder than the 1st. She didn’t really start to accept and grieve until Ian had been gone for 15 months. We are all in the very early stages of our journey into the life of Twinless Twins, realizing that everyone grieves differently and at their own pace. Becca, Brian and I are all on our own journey to healing as we move through our grief and into our “new normal”. We are looking forward to making more connections through Twinless Twins because after we went to our first meeting with the Mid Atlantic region, Becca said it was the place she felt most connected to others who had lost.





KEVIN'S CORNER

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

2008 ANGEL AWARDEE REFLECTS

Wow, I can't believe it's been a decade since I got the Angel Award in Toronto, Canada. Oh, where has the time gone to? I was very surprised to get this Award when I was under 30. My family all knew but me, and to get this honor in my 20s really was a highlight of my life. I asked Phyllis', twin to Phil, daughter Amber, "who would think of me for this Award?"

She replied, "I would." Then, New England Regional Coordinator, Linda Pountney, twin to Paula, presented the award. I was sitting at my table with Phyllis, Monty, and crew. I told Phyllis I knew who it was, but was totally shocked when Linda, twin to Paula, called my name and not the person who I thought would get the Award.

I was shocked and jumped up in the air from my seat, that's how stunned the Honoree was that night. I look at my Award every day and remember our time in Canada. I was the only twin to get the Angel Award that year but Phyllis' granddaughter, Causha and a twin's husband, also were Angel Award Honorees. Causha is our youngest Honoree for the Angel Award as she was only 6 years old at the time. I'm sure Dr. Brandt was looking down on us that night, back in 2008 and I can imagine how happy he was with me for what I have done in the group to honor him and my twin brother, Brian.

TTSGI LIST OF PAST CONFERENCE LOCATIONS

- | | |
|--|--------------------------------------|
| 1994 First conference in Fort Wayne, Indiana | 2006 Delray Beach, Florida |
| 1995 Fort Wayne, Indiana | 2007 Dallas, Texas |
| 1996 Fort Wayne, Indiana | 2008 Toronto, Canada |
| 1997 Chicago, Illinois | 2009 Denver, Colorado |
| 1998 St. Louis, Missouri | 2010 Detroit, Michigan |
| 1999 Memphis, Tennessee | 2011 Minneapolis/St. Paul, Minnesota |
| 2000 Cincinnati, Ohio | 2012 Columbus, Ohio |
| 2001 Denver, Colorado | 2013 Los Angeles, California |
| 2002 Detroit, Michigan | 2014 Baltimore, Maryland |
| 2003 Delray Beach, Florida | 2015 Nashville, Tennessee |
| 2004 Chicago, Illinois | 2016 Detroit, Michigan |
| 2005 San Francisco, California | 2017 Tucson, Arizona |

TTSGI 2018 ANNUAL CONFERENCE - REGISTRATION

From a Twinless Twin who attended the Conference: “I expected to mostly sit and listen and to hear what to do to survive. What surprised me, though, was how the other twins genuinely wanted to hear my story. They asked about what I loved and missed so much about my twin. It was this love, in the simple gift of listening, that gave me my first feelings of hope.”

Surrounded by the comfort and support of other twinless twins, you will discover new tools and new twin friends to help you on your healing journey. You will leave feeling renewed in spirit and more informed about twin loss and grief. You will finally feel that you are not alone. Twinless Twins and their supporters (spouses, significant others, family, and friends) are welcome.

We look forward to seeing you this year at our Annual Conference beginning 7 PM on July 12th and ending at 10 PM on July 14th in Columbus, Ohio!

1. Register for the Annual Conference.

You must be a current paid member of TTSGI to attend the Annual Conference. Spouses, significant others, family, and friends may register as well when accompanying a paid member.

Click here to register on-line. If you would like to register for the conference by using a paper form, please contact us at contact@twinlesstwins.org or 1-888-205-8962 and we will mail a registration form to you.

Early Registration: Before March 1 – \$205 per person

Regular Registration: March 1 to April 30 – \$250 per person

Late Registration: May 1 to June 12 – \$300 per person *(Online registration closes June 12)

****All attendees must register individually.**

2. Reserve your room in the room block at the Columbus Marriott Northwest or calling **614-791-1000**.

*Be sure to say you're coming for the Twinless Twins Support Group conference so you'll receive the reduced room rate of \$130/2 doubles or 1 king. Cost includes a breakfast buffet. A block of rooms has been reserved for this conference. However, the special room rate is only for a limited number of rooms so please book early.

If the conference hotel is sold out, we have made alternative arrangements, so reserve your room at the Drury Inn & Suites Columbus Northwest or calling (614) 798-8802

3. Make your travel arrangements.

We recommend you book your flights into the Port Columbus International Airport (CMH). This has both international and domestic flights.

*Most participants will arrive July 12th in the early afternoon and depart July 15th in the morning.

We'll see you in Columbus!

If you have any questions or concerns, please consult your Regional Coordinator or contact us at contact@twinlesstwins.org.



2018 TTSGI ANNUAL CONFERENCE - SPEAKER

DR. HEIDI HORSLEY

Heidi Horsley, is Executive Director and Founder of the Open to Hope Foundation, www.opentohope.com, an internet based resource offering hope after loss. Heidi hosts a weekly award winning cable T.V. and internet radio show, and is an adjunct professor at Columbia University. She has a private practice and has co-authored eight books. Heidi serves on the National Board of Directors for The Compassionate Friends, and on the advisory board for the Tragedy Assistance Program for Survivors of Military Loss, the Children's Brain Tumor Foundation, and the Elisabeth Kubler-Ross Foundation.

She is a licensed clinical psychologist and social worker, and wrote her doctoral dissertation on the sudden death of a sibling. For 10 years Heidi was on a 9/11 FDNY-Columbia University research team, working with families who had lost a firefighter in the World Trade Center. Heidi is a bereaved sibling, who dedicates her work to her brother Scott, and cousin Matthew, who died together in a car accident at 17 years old.



LIVE AUCTION, SILENT AUCTION AND RAFFLE TABLE

THE CONFERENCE COMMITTEE NEEDS YOU!!

by Dena Stitt, twin to Dean

One of the most fun, as well as most important events at our Conference, are the **Silent, Live and Raffle Auctions**. This is our premiere fundraiser for the year. All of the items we auction are coming from you, our TTSGI family. By the way, the items donated are tax deductible. We have a lot of fun receiving your donations on Thursday evening... the first evening of the Conference.

HERE IS HOW YOU CAN HELP!

LIVE AUCTION: Airline tickets; destination get-aways (donation of condos, etc.), art pieces; sculpture pieces; items with the TTSGI logo; jewelry; and any donation you think would bring in a good amount for the organization.

SILENT AUCTION/RAFFLE AUCTION: These are miscellaneous items of lesser value, but still highly desirable by our conference attendees. There is often a contest to see who gets what they have seen that they like... this makes it a lot of fun for those competing for items!

We are only as successful as you make us. I would be happy to answer any questions you might have, including how to ship the items safely to the Columbus Marriott Northwest (5607 Blazer Pkwy, Dublin, OH 43017 c/o Michelle Getchell the week of the conference), so please email me at denastitt@mac.com. Please know, I look forward to seeing you in Ohio in July!!

2018 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 12, 2018

7:00pm	Registration Opens: first-time attendees
7:00pm – 8:00pm	First-time attendee's gathering
7:30pm – 10:00pm	Registration opens for all
8:00pm – 10:00pm	Dessert Reception
10:00pm	Bring all raffle and auction items to main meeting room

Note: Memorial Walk Banner will be available to sign at registration table

FRIDAY, JULY 13, 2018

7:30am – 8:30am	Breakfast on your own (included in room rate)
8:00am – 8:30am	Inspirations for the Day
8:30am – 9:00am	Housekeeping announcements to help navigate the weekend
9:00am – 9:30am	Introductions: Remembering our twins
9:30am – 10:30am	Keynote: Dr. Heidi Horsley
10:30am – 11:00am	Break
11:00am – 12:15pm	Self-introduction time
11:15am – 12:15pm	Breakout: TBD
12:15pm – 1:30pm	Lunch on your own
1:30pm – 5:30pm	Self-introduction time continued

Note: There will be 2 scheduled breaks during this session

2:00pm – 4:00pm	Breakout: TBD
5:30pm	Free Time: Enjoy your twin friends!
10:00pm SHARP!	Candle Lighting ceremony

SATURDAY, JULY 14, 2018

7:30am – 8:30am	Breakfast on your own (included in room rate)
8:00am – 8:30am	Inspirations for the Day
8:30am – 9:30am	Annual TTSGI Business Meeting & Board Elections
9:30am – 9:45am	Break
9:45am – 11:45am	Breakouts: Please choose one: <ul style="list-style-type: none">• Early Loss (in-utero or shortly after birth)• New & Raw Grief: Processing the shock of it all• Anguish and Anger• Unfounded Guilt: I should have or I wish I would have• Other• For loved ones (family members and friends)
11:45am – 1:00pm	Lunch break
11:45am – 12:00pm	Last call of all bids and raffle tickets
12:00pm	Private drawing of raffle winners
1:00pm – 2:00pm	Keynote: Dr. Heidi Horsley
2:00pm – 2:30pm	Pick-up your auction and raffle winnings
2:30pm SHARP!	Load Bus for Memorial Walk
2:30pm – 3:00pm	Arrive at park
3:00pm – 4:00pm	Memorial Walk to honor our twins
4:00pm – 4:30pm	Balloon release
4:30pm	Load bus to return to hotel
4:45pm	Arrive at hotel
6:30pm – 8:00pm	Dinner & Awards
8:00pm – 9:00pm	TTSGI Live Auction

2018 TTSGI CONFERENCE - FREQUENTLY ASKED QUESTIONS

WHEN IS THE 2018 CONFERENCE?

The conference begins on the evening of Thursday, July 12, and ends at the closing banquet on Saturday, July 14. Plan to depart on Sunday, July 15.

WHO MAY ATTEND THE CONFERENCE?

Current members of TTSGI and their guests (family, friends) are welcome to attend. A current member is one who has renewed membership (\$50/year) within the last 12 months.

WHERE IS THE CONFERENCE?

Columbus Marriott Northwest
5607 Blazer Pkwy, Dublin, OH 43017
614-791-1000

TTSGI has contracted a block of rooms for this event. Please make your reservations EARLY as we were only able to hold a limited number of rooms. When calling, be sure to let the reservationist know you are with the Twinless Twins Support Group. The cost of the rooms in our block will be \$130.00/2 doubles or 1 king. Cost includes a breakfast buffet.

In case the Marriott runs out of reserved rooms, TTSGI has contracted a block of rooms at a second hotel:

Drury Inn & Suites Columbus Northwest
6170 Parkcenter Circle, Dublin, OH 43017
Telephone: (614) 798-8802

This hotel is just 0.3 miles from the conference hotel. They offer a rate of \$132.00 night and the following amenities: Free hot breakfast – At Drury, “hot” means Belgian waffles, scrambled eggs, biscuits & gravy, sausage and more. Free 5:30 Kickback®. Enjoy a variety of free snacks – like salads, soups and more – and cold beverages, including a variety of beer, wine or mixed cocktails, from 5:30pm to 7:00pm Free Long Distance – One hour every room every night. Free Wifi throughout the Hotel. Free Soda and Popcorn – From 3:00pm to 10:00pm every night in the lobby. Must make reservations by Wednesday, June 13, 2018 to receive the TTSGI group rate. Reservations made after this date will be subject to prevailing rate and availability.

WHAT AIRPORT DO I FLY INTO?

Port Columbus International Airport (CMH). This has both international and domestic flights.

HOW DO I GET BACK AND FORTH FROM THE AIRPORT TO THE HOTEL?

Taxi Services (estimated \$55 – \$65, taxis and pick-up locations for ride sharing services are available on the ground transportation level of the terminal 24 hours a day.): <https://flycolumbus.com/getting-to-from/taxis-rideshare>

Limo Services (over 30 options): <https://flycolumbus.com/getting-to-from/shuttles-limos>

Uber or Lyft (must download apps on mobile device prior to scheduling)

WHAT WILL THE WEATHER BE LIKE?

In July, the average low is 64° and the average high is 86°. For more information visit www.weather.com.

WHAT SHOULD I WEAR?

Almost anything goes. For the welcome reception evening some people wear business casual, although some wear whatever they have traveled in. During the day, wear what you feel comfortable in (pants, t-shirt, blouse, jeans, shorts). Remember, there will be air conditioning, so be prepared if the hotel is cooler than you prefer. The Saturday night closing banquet is a bit dressier event! Men may wear a suit or coat and ladies often wear dresses or a nicer pant outfit.

WHAT SHOULD I BRING?

Photographs of your twin.

Consider donating a gift to be used at the auction or raffle to help support the organization.

CONFERENCE FREQUENTLY ASKED QUESTIONS, CONT...

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

To welcome you to the Conference, we have a special first-timers' registration on July 12 at 7:00pm, followed by a dessert reception. At this reception, you will have the opportunity to meet other first-time attendees as well as our Board Members and Regional Coordinators. The Board Members and Regional Coordinators will be available to meet with you to answer any questions concerning the conference. After the first-timers' reception, you will be asked to join all conference attendees at the dessert reception at 8:00pm. Be sure to have dinner prior to the first-timers' registration. During the conference, there will be time for sharing what you feel comfortable concerning your twin and twinship. There will be speakers and various breakout sessions. Between sessions, you will have free time to relax, reflect and casually meet others. Finally, we will have a closing banquet on Saturday evening, followed by our annual live charity auction. Plan to depart on Sunday.

WHAT DO WE DO FOR MEALS?

Read this section carefully as this is a CHANGE FROM PRIOR YEARS.

Thursday – No dinner provided.

Thursday Night Welcome Dessert Reception – 8:00pm light desserts and beverages (registration opens at 7:30pm).

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

Friday Lunch – Not provided.

Friday Dinner – Not provided.

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

Saturday Lunch – Not provided.

Saturday Dinner – Banquet meal

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

Sunday – Depart

DOES THE HOTEL HAVE A FITNESS CENTER?

There is a complimentary 24-hour Fitness Room and a swimming pool (6:00am – 11:00pm).

HOW CLOSE ARE WE TO TOURIST ATTRACTIONS?

There are many local attractions, some as close as 3 miles and others as far as 18 miles. Please visit the hotel's web page to see the list of local offerings: <http://www.marriott.com/hotels/local-things-to-do/cmhnw-columbus-marriott-northwest>

WHAT IS THE COST TO ATTEND THE CONFERENCE?

Conference Registration

Early Registration: Before March 1 – \$205 per person

Regular Registration: March 1 to April 30 – \$250.00 per person

Late Registration: May 1 to June 12 – \$300 per person ***(Online registration closes June 12)**

Note: All attendees must register individually. The Registration does not include hotel reservations.

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

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

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

Please contact our Executive Director, Michelle Getchell at contact@twinlesstwins.org to find out about possible assistance.

The Conference Committee, the Board of Directors and the Regional Coordinators are all looking forward to a great conference full of companionship, making connections, sharing our stories, a powerful keynote address, worthwhile break-out groups and MOST IMPORTANTLY SEEING EACH OF YOU THERE!

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

MEMORY WALK - 2018

“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 be holding our Annual Memory Walk at our 2018 International Conference in Columbus, Ohio on **Saturday afternoon, July 14th**. I encourage everyone to join us for this incredible and moving experience.

Last year, the walk was held in Tucson, Arizona. As we joined hands on that beautiful Friday morning 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 donated to our walk in past years. Your gift does make a difference. Because TTSGI is a non-profit organization, your gift helps us to continue to support twins and other multiples that have lost their twin due to death or estrangement.

I promise you that your donations to Twinless Twins will be used wisely.

Please consider giving in memory of your twin. Please ask family and friends to join you in this endeavor and add their names and details to the donation form in this newsletter. A number of twinless twins raised a considerable amount last year from family and friends (including asking via Facebook) and you can do the same - you’ll be surprised as to how generous others will be!

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

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.

Thank you,
Margaret Daffin, twin to Josie
Chairman of the 2018 Memory Walk



MEMORY WALK - 2018

FREQUENTLY ASKED QUESTIONS ABOUT THE TTSGI MEMORY WALK

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

A: The Memory Walk is an event to raise funds to provide support for twins and other multiples who have lost their twin due to death or estrangement at any age. We are a non-profit organization that depends on charitable donations from twinless twins, their friends and family and the community to fund our organization so we can continue to reach out to all twinless twins. We would like to take this opportunity to raise funds to support our mission of "healing through helping others" so that no twin ever has to walk alone. (Donations are optional and are not required to participate in the walk.)

Q: When and Where is the Memory Walk?

A: The 2018 Twinless Twin Memory Walk will be held at our International Conference in Columbus, Ohio on **Saturday afternoon, July 14th**. Destination to be determined.

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

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

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

Q: How is the money collected?

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

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

1. Your donation sheet, along with your donations can be sent to Margaret Daffin, Chairman of the Memory Walk. If possible, Margaret would like to have all your donations mailed to her by **July 1st**. Please do not send cash. Margaret's mailing address is: **Margaret Daffin, 9352 Briar Forest Drive, Houston, TX 77063**. Please make checks payable to **TTSGI** and write Memory Walk on your envelope. If you are sending your donation sheet to Margaret, please indicate on the donation sheet if you will be attending the conference and be sure to put your twin's name along with your name on the sheet so we can walk in memory of your twin if you cannot attend.

2. Your friends, family and community have the option of donating to TTSGI online by using our website at www.twinlesstwins.org. The donate button is located on our home page. By clicking on that button, they can go to a secure server to make their donation. Be sure they note that this is a Memory Walk Donation. They will receive a thank you from our organization as their tax receipt.

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

Q: Are donations tax deductible?

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

If you have any other questions, you can contact Margaret about the walk at medaffin@aol.com.

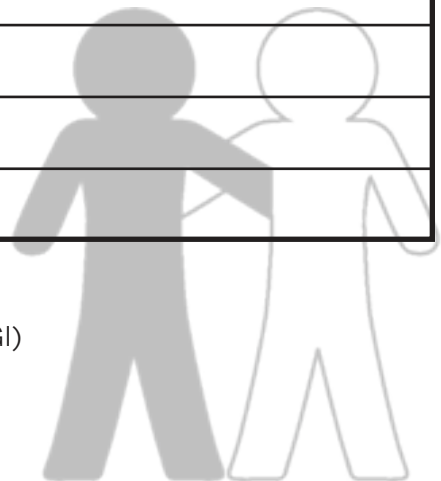
TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

MEMORY WALK 2018
DONATION FORM

Your Name _____

Donations in Memory of _____

	NAME OF DONOR	ADDRESS & EMAIL	DONATION
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 Columbus Conference
 I will not be attending the Columbus Conference

NEWS FROM OUR UNITED KINGDOM AFFILIATE, JANET BAIRD, TWIN TO MARGARET

STANBROOK ABBEY MEETING

Bright April sunshine broke through the clouds as I set off for Stanbrook Abbey, near Thirsk in North Yorkshire. We'd arranged a special day for lone twins at the Abbey, because one of the twins in our group is a Sister in the Benedictine Monastery there. It's an Enclosed Order so Sr Julian can't come to meetings. So, we go there in between our meetings in Harrogate.

We had an agenda- beautifully printed out by Sr Julian with a hand drawn bird at the top – but the idea was to have a relaxed and reflective day in the peaceful surroundings of the Abbey. Stanbrook is a relatively new Abbey, as the Sisters moved up from their old Monastery in Worcester to a purpose-built building at the top of Sutton Bank.

The weather is always extreme up there and the car dashboard showed zero as I climbed up the narrow winding lanes. One twin got lost and ended up in the forest over the gate! But she said the pine trees were very beautiful! And she did eventually find us!

The meeting was held in the spacious community room at the Abbey. Sr Julian had arranged chairs around a hand carved oak stool with a cluster of angels around a hazelnut. She told us the hazelnut was from the shrine of Julian of Norwich and it has significant meaning, as although it is very small, it was created and loved into being.

By 11am most of us had arrived and we told our stories. We had a new twin at the meeting so we needed to tell her about our twins. We were so engrossed that we didn't get around to everybody before it was time for chapel at 12.15pm. The

service lasted around twenty minutes and was accompanied by the organ and the ba-a-ing of the sheep outside in the fields. The view from the chapel is wonderful as it overlooks the Vale of York.

After chapel, we spread out our shared lunch on a trestle table and enjoyed a spread of sandwiches, falafels, crisps, grapes, prawns and cake! Oh, and chocolate sheep from the monastery chocolate factory! It was a bit like a Midnight feast but at lunchtime.



After lunch, we re-grouped to finish our stories and discuss the planting of a Twin Tree at Stanbrook. This will be a tree for all twins to visit and will be a local variety of an Apple, which can withstand the extreme weather conditions in that part of Yorkshire.



For the last part of our meeting we tried our hand at some craft, which Sr Julian had set up for us. Salt dough modelling! We sat round a table and made models of Golden Retrievers, cats, Loch Ness Monsters and Stonehenge! It was great fun and very relaxing and it proved the point again that as Lone twins we can try new activities in our meetings, rather than just sit round and talk. Although of course talking is vital for us as we need to connect with other Lone twins to survive.



We ended the meeting with goodbyes and signed the Lone Twin book which lives at Stanbrook. All our meetings there are recorded with photos and signed messages from twins.

We hope to go to Stanbrook again and if you want a restorative day out away from mobile phones and technology, I do recommend it!

Our thanks again to Sr Julian for organising a truly wonderful meeting.

STANBROOK TWIN TREE PLANTING

The Stanbrook Twin Tree was formally planted on Tuesday May 8th, 2018. Four twins travelled to beautiful Stanbrook Abbey in scenic North Yorkshire to join Sr Julian for the ceremony. The idea of a Twin Tree was born last November, when Sr Julian, a Lone Twin who lives in the Monastery, lost her last brother. He was one of an older pair of boy twins in her family. Sr Julian's own twin brother died in early childhood. We wanted to send flowers to the memorial Service, but a tree felt more lasting. And why not plant it for ALL twins worldwide to visit? A place in the north of England where they could remember their twins. We've already got the Lone Twin Bench at the National Memorial Arboretum in the Midlands but a real live tree felt like a new exciting venture.

The LTN funded the tree, using money raised by Alison Equizi's bike ride from Lands End to John O' Groats. Alison raises awareness for lone twins by her bike rides and also by producing artwork and notebooks under the logo of "IN Tandem" with the IN standing for Inspire and Nurture. Her aim is to inspire and nurture other Lone twins.

As Lone twins we are single riders now but our twins are still riding in tandem with us. We are one with the power of two.

We chose a hardy variety of an Apple tree from a tree nursery near Pickering. It had to be tough enough to survive the harsh climate so high up. The nursery suggested a Ribston Pippin as an ideal tree. It dates back to 1770 and originates from the village of Little Ribston, near Wetherby.

As I drove up Sutton Bank to Stanbrook, Yorkshire was still decked in blue and yellow flags and bikes from the Tour de Yorkshire bike race. The sky was a glorious blue and there was wall to wall sunshine. Unusual for North Yorkshire! I felt excited about the twin tree and how it would give hope and strength to other lone twins.

The other twins arrived and we had tea with Sr Julian in the guest kitchen before we made our way

down the steep drive to the site where the Twin Tree was going to be planted. As one of our twins was in a wheelchair (temporarily, thankfully,) it was a slightly intrepid descent with three of us hanging on to her chair.

Tony, the Monastery estate manager was waiting for us, with a barrow, spade, compost and bucket of water at the ready. The Apple Tree was in a pot and looked beautiful. It's three years old and has white blossom. We all took turns to dig out some of the rich Yorkshire soil from the hole. The idea was to tip the earth into the barrow so it could be packed round the tree. The spade was so heavy I could hardly lift it!



The tree was carefully lowered in and compost added. More earth followed and then water. It felt so hands on and special. We all felt moved by the occasion and by the beauty of nature around us. The wind whispered in the trees in the nearby woods and the sun shone down on us.

Once the tree was safely in we went back to the Abbey for more tea. We daren't push the wheelchair up the steep drive so we asked that her transport come down to her. There is a safe pull-in just above the tree, so if any visiting twins are immobile they can park up there. There are plans to build a wooden bench near the tree too. We'll also be having a plaque put up, funded by donations. Stanbrook can be visited from York, as the train goes to Thirsk station and a local taxi will drive you up to the Abbey. There's a link to the Abbey below. Any twins who want to visit the Twin Tree can contact Sr Julian to arrange a date and a time. My

Northern LTN group visit Stanbrook regularly so the Twin Tree will be a part of our meetings!

We went back into the guest kitchen for more tea and talked for a while. We then reluctantly parted to go on our separate journeys back home. As I drove down Sutton Bank, the rain clouds were gathering, but it didn't matter. Nothing could spoil the memories of planting our Twin Tree. It will stay in my mind forever.

IDENTICAL, BUT NOT THE SAME

By Jennifer Rudd, twin to Janet



This is a picture of our 1st birthday. We look so much alike here and in most baby pictures, I wouldn't be able to tell who is who, unless my Mom told me. Even our gestures are the same. This one I instinctively know because I was known as the imp.

This is my favourite photo of me and Janet. It's hard to believe it was taken almost 20 years ago. Whenever I have shared it with people they always say "wow, look at how much you looked alike". When I was going through the photos on my PC, in every picture I was on the right (her left). When we went for a walk I was on the right.



Growing up, Janet was not a morning person. She would sort of grumble until she had breakfast. In later years, she was a morning person though. She was a good nurse if someone was sick but made a terrible patient. Our grandmother taught us how to bake and I always follow a recipe. Janet was the type of person who experimented with cooking. If this was good, if I add this it would make it better. She loved spicy food... I can't tolerate it. Although she was a good cook she was messy. My Mom used to say that's why she had me around. Janet and I both had chores that we didn't like doing. Ok, Janet NEVER cleaned a toilet. I don't like dusting so we just did the job the other didn't like doing.

Janet always had her own fashion style. I think I've established mine more as I've gotten older. We always had short hair but I decided to grow it out. It was hard at first because there was that feeling of looking in the mirror and I didn't look as much like her.

Before we could talk my Mom said we had our own secret language. There were times when we didn't even have to talk, we just knew what the other person wanted or was going to say. Janet had a spontaneous laugh, but we laughed at the same things. She would say that I was a big goof.

Looking at a picture you see the sameness but the differences are what makes us unique.



CANADA REGIONAL GATHERING

By Ami Hoyt, twin to Angela

It was (finally) a warm April day as twins gathered for my first meeting as Regional Coordinator in Mississauga. Twins came in from Nova Scotia, Quebec and Ohio to attend. The group included 5 new twins – 2 who had lost their twin on Christmas Day 2017. We spent the afternoon sharing stories of our twins and connecting over our bonds. Twins get it!

Those pictured:

Bottom Row Left to Right - Monika, Jan, Karen, Stephanie, Cheryl
Middle Row - Ami, Colleen, Darlene, Heather, Katherine
Back Row - Mike, Ray, Doris, Patricia, Joyce, Michelle, Beverley

MID ATLANTIC REGIONAL GATHERING

By Alia Pfeiffer, twin to Rebecca

On April 14, I was joined by six other twins and three support people at the Hampton Inn in Frederick, Maryland for what was one of our best meetings. We had a lot of time for sharing and once all of the twins had shared, the support shared their experiences as well.

Becca, was a first time attendee, and her parents both had an opportunity to share too. I found it interesting to hear their experience and it gave me a greater understanding for what my parents must have gone through when my sister died.

After the meeting, most of us went to lunch and continued our conversations, friendship building in a more relaxed setting. We are looking forward to the next time we can meet and see our friends again.

SOUTHWEST REGIONAL GATHERING

By Eileen Jensen, twin to Elaine

The Southwest Regional met in Denver for our spring Twinless Twins meeting. We were thrilled to have Paul Heiden, Regional Coordinator Ambassador, fly in from Chicago to facilitate our meeting.

The weather is unpredictable in the spring as some snow did pass through on Friday, but the worst of it went to the east. My drive through the mountains was clear with some snow on Monarch Pass, thankful for that.

Our meeting began with quick introductions, a prayer and then the lunch prepared by Florence and Tom Zamora who are the grieving parents of former twinless twin, Mathew. His twin, Michael, died 7 years prior to Mathew's death in 2017.

Sharing time soon began with Paul leading and continued around the room. Many tears are shed as stories of our twins are told. As always, membership was discussed and the importance of joining. The annual Conference was mentioned and that we hope many would plan to come to Columbus, Ohio. The candle lighting ceremony was last on the agenda with the song "And I Will Light A Candle" by Neal Alexander. We had a little time to visit with each other before everyone had to leave.

Thank you, Paul, for coming to our Denver Regional Meeting and thanks to Florence and Tom for all the preparations and wonderful luncheon.

Those pictured:

Top row left to right: Eileen, Joe, Matt, David, Scott, Larry, Paul, Elizabeth and Dave

Front row: Ann, Marc, Camille, Becky, June, Kathie and Jerry





SOUTHEAST REGIONAL GATHERING

By Jessica Wickey, twin to Jennifer

We had our Southeast Regional Meeting in Charlotte, NC on March 28th. Host Connie Koch invited Jessica, Ellen, Elsa, Maketo (husband of Elsa) and I for the day. We shared twin stories, lit candles in our twins' honors, laughed, cried, and loved. Connie had journals for each member of the meeting. We each wrote letters to our twins and shared our memories. We had lunch and enjoyed each other's company for 5 hours. I flew from Orlando, Florida Friday night, and flew home Saturday night after the meeting.

WELCOME TO TASHA HEPBURN, TWIN TO TONYA NEW WEST COAST REGIONAL COORDINATOR

Tasha Hepburn, twin to Tonya, has stepped up to be the new Regional Coordinator for the West Coast Region. Tasha is looking forward to helping other twins along their difficult healing journey. Tasha, has recently set off on her journey of 1,000 healing hugs, which you may have seen on the Facebook page. Tasha lost her twin Tonya to leukemia 41 years ago close to their 4th birthday. She has been a member of TTSGI since 2002. She lives in central California and travels throughout the US extensively, which will help her achieve her goal to hug 1,000 twins. For those of you who didn't see her Facebook post, I am including it below:

***** JOURNEY OF 1,000 HEALING HUGS *****



I do not have words to express the heartache I felt when I heard about a Twinless Twin's suicide. It was truly devastating. I found myself flooded with emotions and heartbreak as he was the most supportive and kind Twinless Twin, I had the pleasure of interacting with in our Facebook support group. I spent days in a funk just angry and frustrated. I kept asking myself, "What can I do??? How can I help? What more can be said to help lift the fog of grief? How can I help my fellow Twinless become Twinful???"

And then it hit me... I LOVE HUGS!!! Hugs hugs hugs. I don't have many pictures of my twin and I hugging, but the few I do I am always the 'one on top'. My arm was always around her shoulders. It's my 'power grip'. It's my 'I got you' grip. It's my 'we can do this grip' and man alive it is STRONG.

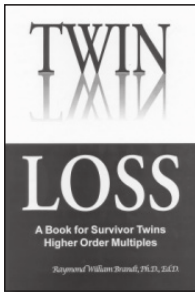


SO THATS IT! I have made it my mission to travel this world and hug as many Twinless Twins as possible with no other desire than to bring hope and encouragement to move from Twinless to Twinful. If those hugs can help those in the deep fog of grief see the light coming through and stay with us, then all the better.

One thing I know for sure... I can't just sit here. I have to DO something! I can't stand the thought of another one of us taking our life. So, I am on a HUG MISSION!!! My current goal is to hug 1,000 twins in the next 12 months! So, I am filling my schedule with all kinds of travel plans that will include unions with my fellow Twinless.

Maybe, just maybe, by the grace of God, this incredible mission will not only bring hope to our twins but it will bring awareness to our world about the uniqueness of the Twinless to Twinful Journey. For that I will forever be grateful.

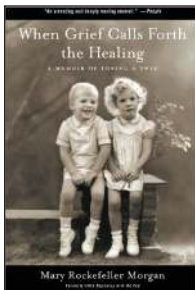
♥♥ TashaTwin2Tonya



“TWIN LOSS”

By Raymond W. Brandt, PhD

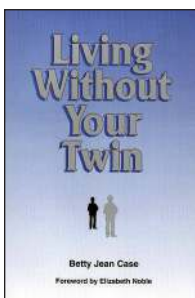
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

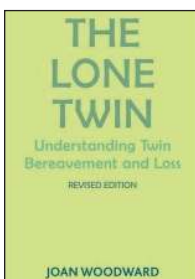
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael’s death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

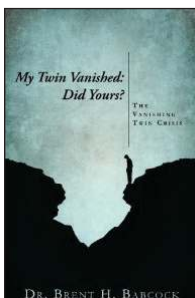
TTSGI receives a donation each time one of author Betty Jean Case’s books is purchased through us. Betty was a twin, who grew up with twin siblings and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also explores the uniqueness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

LIST OF REGIONAL COORDINATORS – 2018

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

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