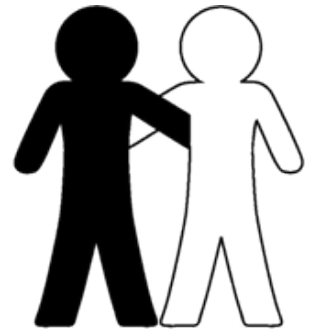


TWINLESS TIMES



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FALL 2015

PRESIDENT'S CORNER

We recently completed the 2015 TTSGI conference at Nashville. I believe it was a great success. We had about a third of twins attend that had never been to a conference before. Our banquet dinner might have been the largest attended of any conference.

A big thanks to everyone who made the conference possible. Our conference committee, people who led breakout groups, the Memory Walk and balloon release, our raffle and sales tables, the silent and live auctions, the auction runners and models, twins helping to set up and take down these things, our RCs and Board. None of what transpired would have been possible without them. Rather than have the thought of "too many cooks...." I rather think, "many hands make light work". Twins share and we all shared our time and talent.

For our new twins who came to a conference for the first time, our newest board member, Terri Lewis Foor, will contact you individually over the next few months as a follow up to the conference. We want to know, how you're doing, how you found the conference, and has it helped you on your healing journey? Sharing your time briefly with Terri, would help us, help you.

Lastly, thanks to Terri and her husband Kurt for their impromptu evening hospitality suite, set up outside at the back of the hotel in Nashville. I enjoyed it.



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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

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.





THE EMPTY CHAIR

by Sandy Goad, twin to Jim

STEPPING STONES TO HEALING

Rob Anderson began his grief journey in March of 1998 when his loved one was murdered. He believes that the most powerful survival tools can be found in sharing our grief as well as in sharing our healing. Rob's goal is to continue to give away the healing he was given by others in the early days of his grief. He does this through writing, speaking, conducting workshops and facilitating sharing groups.

Rob describes his healing after the death this way:

“My suffering life was one bank of a river. The bank on the other side was a better life, a happier life. The river that ran between those banks was the tumultuous, raging river of grief. I realized early on that the river was much too long and wide to find a way around. Time would be wasted in searching for that path. I could either ignore the river and stay on the bank of suffering or cross the river to a happier, healthier life.

To find a better life, I knew I had to move across and through my grief; I had to jump in and do battle with it. Once I decided to commit to my goal of finding my smile and meaning again, crossing the river of grief was my only option. It took work, and grief did its best to drown me, but I reached the other bank and now I live a happier life.”

How did Rob get to the other side? Grief was a powerful challenge. It has been said by some that it is the hardest work you will ever do. What he found was that healing wasn't swift. The way across the river wasn't in quick, big leaps, but in slower, measured steps. He was able to find stepping stones to healing that he placed in his river of grief to get him to the other side. Those stepping stones included the support of family and friends and a support group. He didn't try to do it all by himself. He asked for support and found that he was not alone.

If you are trying to deal with the issues and struggles surrounding the loss of your twin, you are not alone. There is help for you as you begin to cross that river and find your way to the other side. With the help of Twinless Twins, a caring, compassionate support group, you too, can find some of those stepping stones to help you in your grief. You will have opportunities to connect with other twinless twins through the Twinless Twin International Conference held each year in July, the many regional meetings held throughout the US, Canada and England and the TT Facebook group. There you will find an atmosphere of trust and unconditional love.

Like Rob, your grief journey will not be easy, but with the support of others in Twinless Twins, you will discover some of your stepping stones to healing to get to the other side of your grief and maybe one day you will be able to “give away the healing you were given” like so many other twinless twins before you.

Twinless Twins Support Group, International is “a universal family, broken by death, but mended by love”.



KEVIN'S CORNER

By Kevin Mullen, twin to Brian

On July 22nd, 2015, I flew to Nashville to attend my 16th TTSGI conference. Arriving at the same time from the west were Matt, twin to Mark and his fiancé Abby, so we were able to Uber to the hotel together. After checking in, I met up with an old high school friend from my hometown for a little while and we caught up on news about school friends, while sharing ice cream.

Later that evening a group of us decided to go out to eat, but being unable to locate the first place we had chosen, we went for Chinese.



On Thursday Eileen, twin to Elaine; Phyllis, twin to Phil and myself were the greeting party in the lobby of the hotel. There were around 30 new twins. A few of the new ones that I met were Kyle, twin to Ross; Phillip, twin to Aaron; and James, twin to Jason. One of the new twins was Russell, twin to Ralph. I knew both of them through ITA (International Twins Assoc) and Twins Day.

It was great seeing old friends like Casey, twin to Cody; Kevin, twin to Kelvin; Becky, twin to Jenny; Lea, twin to Eve; but I miss seeing Justin, twin to Scott; Sean, twin to Tom; and Mary, twin to Michael.



On Friday we did the memorial walk and balloon release and later some went to the Grand Old Opry to see Carrie Underwood, while others went out to eat.

At the Saturday banquet with Mrs. Brandt in attendance, Dena, twin to Dean; Michelle, twin to Missy; Margaret, twin to Josie; and Ray, twin to Jimmy; talked about Renie, twin to Ernie, who was announced as this year's Dr. Brandt Memorial Award recipient.

Once again it easy to say the conference was great, the break-out groups, the walk, and the food. Mom's planning on next year's silent auction item.

See you all in Michigan next year!

TTSGI GUIDING PRINCIPLES: ONCE A TWIN, ALWAYS A TWIN

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 Fall Edition will focus on the first one:

Once A Twin, Always A Twin – The twin or multiple birth experience, whether it is experienced exclusively in utero or continued for any period of time following birth, is a profoundly important human experience, differing in major respects from all other forms of human interaction. Twin loss can be experienced in deep and unique ways. This special “twinship” experience of loss is recognized, valued, and honored by TTSGI.

The next story shows what the principle of Once a Twin, Always a Twin means.

*“Once a Twin, Always a Twin:
My visit to the Twins Days Festival”*

By Kevin Mullen, twin to Brian

On August 5th, Mom and I set off for Twinsburg, Ohio. This year is a special year, it’s my 10th Twins Day Fest and we celebrated the 40th Festival this year. On Friday night at the hot dog roast, Mom talked to several twinless twins about the organization. After we ate, the Royal Court was announced along with many past Royal Courts. The king of 1986 was Ed Wasko, twin to JJ. This year they started a memorial tree that will be planted in the park. I hung a leaf on the tree for my twin and for Scott Clarke.

This year I wasn’t the only TTSGI Member there - Sungnam (Sunny) Lee, twin to Yongnam also attended the festival. We took him out for dinner, and I introduced him to a few sets of twins and showed him around.



The theme this year was “Times 2 Remember” where everyone could dress up from the past festivals. There was a set of twins from Vermont and my twin friends Drew and Dustin Snyder, Jared and Justin Younce who formed the “All Star Twins Band”. Russell, twin to Ralph and his brother Stanley were there.



This year marked 25 years for Nick and Jim Falco, Charles and John Robinson, and Debra and Donna Greathouse. We all took turns in Steve and Jeff Nagel and Jill and Jean Burke’s room taking pictures

with the shark poster! On Sunday night, I went over to one of my twin friend’s home for a twin dinner before we went bowling. I bowled with Ed, twin to JJ; Ryan and Justin Grabfelder, and Lindsey and Lauren Skonieczey.

It was another great year and I’m looking forward to next year. I’m glad to see more twinless twins come to celebrate because “Once a twin, always a twin.”

A SPECIAL BIRTHDAY

By Jennifer Rudd, twin to Janet



This year for my birthday I decided that I would spend the day by myself. I booked a room at a Bed and Breakfast down the street from where I live. The Inn is a wonderful place to have dinner, they really take care of you. I got an unexpected phone call in the morning from a friend from college who lives out of town who asked if I wanted company for dinner. The dinner was fabulous. I mentioned that it was my birthday so when he brought the dessert menu he said it's on the house. We even got to have our dessert in the courtyard with the fountain in the pond in the background. I almost cried when the waiter brought it out because it had a candle on it. I just felt so special.

The day after our birthday, I went to the hospital where my Mom is to do a balloon release. There are beautiful gardens in the property behind the hospital. My Mom and I usually go to the cemetery to put flowers on the grave in honor of Dad and Janet, but we couldn't do that. It started to rain half an hour after I got home so this was amazing that we were able to do it. Very windy so the balloons just flew and flew. Of course when my friend and I went to the grocery store to pick up the balloons everyone asks "Whose birthday is it?" I got 2 birthday balloons and 2 balloons that say "I love you." One for Janet and one for Dad.

A very special weekend filled with the love of friends, family and beautiful memories of two people we love a lot.



The next day I went to the mailbox and found a birthday card from a friend from public school. I opened the card, and I had a feeling she drew something for my birthday. I specifically asked her last year for our 40th. The mouse in the corner is her special thing that she puts in. Janet collected mice knick knacks, ornaments, and music boxes.

The thing that makes this extra special is she drew Janet holding a balloon. She had no idea that Mom and I would be doing a balloon release for Janet. It was a last minute decision to do it, and Mom had to ask if it was alright. When I told my friend she said that she thought she was finished with the drawing but felt the need to add something, so she added the balloons and the rays of light. Do you know what my other friend said when we were sitting outside with our dessert? "The way the light is hitting you it looks like you have a halo". I don't believe those are coincidences. Janet was with me every second of our birthday.

BEGINNING THE JOURNEY TO SELF

By Melodie Cook, twin to Leslie



My adopted son, having spent the first four years of his life in an orphanage, is always interested in my and my husband's family history. He knew I had had a twin who died the day after we were born; I casually tossed it out one time as an "interesting fact about Mommy", but it wasn't something I thought about much. A few weeks ago, he asked me if a funeral had been held for my sister. I was floored. I had no idea.

I emailed my mother and asked her what had happened. She said that under Jewish tradition, a baby under 30 days of age is considered an angel (in other words soulless) and a formal burial is not held (this has changed in recent years, apparently). She was asked to pay \$50 for a box and my sister was buried (I'm currently trying to find out where).

I knew from a young age that I'd had a twin; I found out through snooping through my mother's things where I found some cards and notices from my birth. Several cards featured a pair of storks with congratulatory comments about twins, and the birth notice from the newspaper said, "One twin died, mother and Melodie doing well." When I asked how my sister died, my mother told me and I heard "Highland Breathing Disease." (I Googled this recently, and found out that's akin to a canine respiratory disorder – my sister died of Hyaline Breathing Disease, which is now called "Infant Respiratory Distress Syndrome" and is common in premature babies).

My mother didn't say much more about it, except that the nurse who helped her after I was born said that I'd always be lonely. Because this woman apparently had a lot of old wives tales to share, my parents dismissed that comment along with the others.

After my son's question, however, I started to think, for the first time, about my twin and the possible influence her death might be having on my life and relationships. I turned again to my old friend Google and typed "Surviving Twin". Google, anticipating the rest added the word "Syndrome" to the phrase. "There's a syndrome?" I was shocked. I began to read. My heart swelled, my eyes filled with tears, and I learned more about myself in a few hours than I had in the last 52 years. I found TTSGI and joined. I ordered books. I talked with Alyssa Pratt who very kindly got in touch with me.

I'm just starting on this journey. I'm from Canada originally and hope to meet you at a conference in North America some day, but I live in Japan, and am the only twinless twin I know of here, so if anyone has any TT friends, acquaintances, or family members in Japan, please put them in touch with me! I will also be happy to coordinate a Japan Branch of TTSGI!

SAVE THE DATE: 2016 CONFERENCE

Twinless Twins 2016 Conference to be held July 14-16, 2016 in Ypsilanti near Detroit, MI.

More Information to follow.



MY JOURNEY TO BECOMING AN INDIVIDUAL - PART I

By Dr. Camille Johnson Wissmann Pharm. D., twin to Carmen

I am writing this to tell of my personal journey through mental health to becoming an individual.

I was born an identical twin on June 26, 1945. My parents were first generation immigrants from Sweden and I was brought up on a farm 60 miles north of Bismarck, North Dakota. We were born 6 weeks premature and my mother did not know she was going to have twins. When she went into labor all the doctors in our area were at a medical convention and the mid-wife said go to Bismarck. Because of the war, tires were rationed and my father had 3 flat tires on the way (which he had to patch by hand). We were put in one incubator as at that time they knew that more twins survived when they were put together. There were no IV's and we choked on 2 drops of milk. So for 6 weeks we were fed one drop at a time and even when we got out of the hospital after 6 weeks, we still had to be fed 1 drop at a time.

Since my mother was not expecting twins she had to come up with a name that went with Carmen. Since our maiden name was Johnson, she figured she needed a unique name. Camille was the name selected and the first born would be Carmen. However, the nurse gave my mother the birth certificates in the wrong order. Therefore, I was named Camille Katherine Johnson. People couldn't tell us apart from the very beginning and mother kept the baby A and baby B bracelets on for a year.



We were not known as individuals. We were known as the Johnson twins and not even my grandfather called us by our individual names. I hated being stared at and I remember one day crossing the street in Bismarck when I was about 10, and wanting to stick out my tongue so I could give them something to stare at. I didn't because I knew I would get a good whipping when I got home.

We had our own language, spoke to each other through mental telepathy and had clairvoyance. It wasn't until we were Junior's in high school that we knew we had this gift.

Carmen was more dominant and really was my "mother hen". I would not even get my hair cut if she did not do it first. I avoided any conflict except with Carmen and my brother, Ron, who was 18 months older than us. I knew that if I thought hard enough Carmen would say what I wanted her to say. Carmen often kept me out of trouble by looking out after me. There were only 27 in our class and one day in study hall, Carmen told me that I better read my English assignment because she thought we would have a "pop" test. I was having too much fun. We did have a "pop" test. Who was the author, main character and 3 other detailed questions? I did not have a clue, yet I had a strong impulse to write down certain words. I got a 100 and I told the teacher I did not deserve the grade because I had not read the story. She told me to write my junior research theme on Mental Telepathy and Clairvoyance in twins. It was then I realized why I could interact with Carmen that way.

Later, I was visiting a good friend and she said Carmen and her had gotten out of a history final and were comparing answers. Carmen said I would have a hard time with a certain question and she needed to go in a corner and think hard enough so I would get it, and I did. I never told Carmen she was fighting my battles and she never told me that she gave me answers

on tests. I say "I don't know how many times I cheated and didn't know it." I will discuss that with her when I see her in heaven!!!

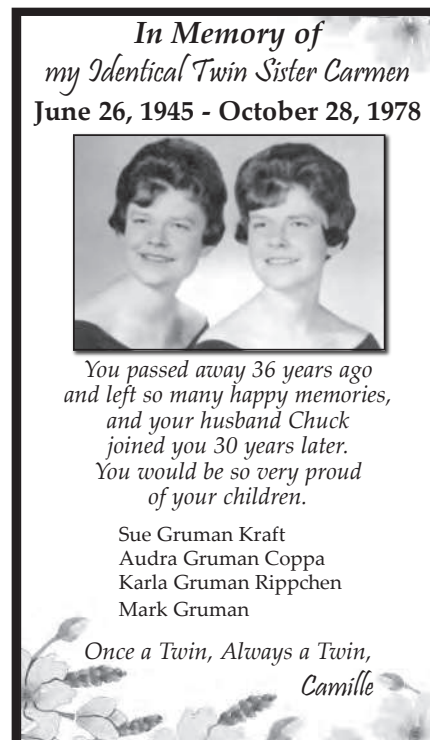
I decided to go into Nutrition Research and Carmen was going into Pharmacy. We read our deans' letters and actually switched to each other's majors. Our first separation was when Carmen was selected to do her internship as a dietician at Yale-New Haven Hospitals and I remained in North Dakota for my last year of pharmacy. By the last quarter of my 5th year I was starting to black out in class and had headaches in my head like one would have "charley horses" in their legs. I went to my instructor because I thought I might be developing petit mal. She said to go have an EEG done. Luckily the doctor who read the EEG had worked with dominant-passive twins. I was so passive that I was put in a psych ward for 6 weeks to learn to become an individual (it has taken me over 45 years). If you have ever seen "One Flew Over the Cuckoo Nest," a lot of the scenes were very realistic of psych wards in 1968. I was able to start back to college in the fall and take elective courses in psychiatry and nutrition and then complete my sequence pharmacy courses and graduate in 1969.

Why am I telling you this? My experience in a psych ward gave me insight and an empathy that most pharmacy students do not get. My classmates did not visit me and even my own parents and family were ashamed of me. The medications were so strong I had to hang onto the walls not to fall!!! Those 6 weeks gave me insight into psychiatry that no book could ever give me. It made me a better pharmacist because I can truly empathize with my patients.

My journey as an individual continued. My twin died of four diagnostic errors when she was 33 in 1977 - investigational surgery for pancreatic condition. She developed kidney failure and was diagnosed as having lupus

and given steroids when she actually had MRSA from a dirty surgical suite and needed antibiotics. She was on kidney dialysis and had to have numerous blood transfusions because epopoetin had not been discovered yet to build red blood cells. She developed a rash all over her body because at that time it was not known that a person had to have Fat also during TPN. She finally was transferred to Rochester, Minn. where she was correctly diagnosed with MRSA and given antibiotics. However, after surgery, in an attempt to remove the infection, she would bleed. Vancomycin was not used for MRSA then and on her 3rd surgery, DIC became a problem when she was given 30 units of blood in 24 hours (the most ever given at Rochester) and could not coagulate the blood given her. Her husband elected to stop dialysis as she developed brain damage and she died a week later. I was in Bismarck and she was in Rochester. I called Rochester the minute she died. I knew. Part of me died that day and my journey through grief helped me again to empathize with my grief stricken patients and I continued also on my journey to becoming an individual.

Part 2 will be in the next newsletter.



THIS DAY (WITHOUT YOU)

By Karen Reed, twin to Kathy

For Kathy, my twin written on June 29, 2015

Our countdowns to this day
Always started over early the next day.
They ended one sad night.

My heart's not just broken.
It's shredded and pours out waterfall tears.
I can't make them stop.

I remember our life together,
In pictures and thoughts, filled with
happiness.
But now it's me alone.

Our future was to be
Full of small dogs and canned frosting,
And singing our favorite songs.

But now you're somewhere else
With golden wings, shining with the stars
And you sing those songs.

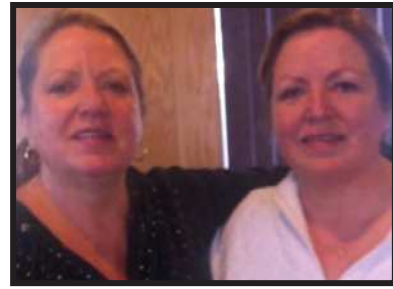
So I'll walk the beach
And toss you love and these words
While quietly singing with you.

I hope you'll hear me
But not know I've cried seven oceans
Counting down to this day.

Love, Karen – your twin.
2015 – our 60th birthday.



In the photo of us when we turned 7 or 8, Kathy is the twin holding the cake. (We got that swing from our grandparents that year.)



In the photo of us as adults, Kathy is in the black top, and I'm in the white one. It was taken at Thanksgiving 2012, when we were 57. Who knew that in just shy of 2 years she would be gone.

AMI SETTLES A BET BIG TIME

By Ray Boyle, twin to Jimmy

On a warm September Saturday afternoon in downtown Toronto, after having had a lunch nibble, Beverley Smyk, Ashish Patel, Ami Hoyt and I were walking down Yonge St. While on topic about something, Ami took exception to my comment and bet me \$20 that I was wrong. Everyone who makes a bet believes they are correct. I knew I was correct, so I took the bet.

Ami researched it on the spot and discovered that I was right. I told her that I wanted her to donate the money to TTSGI and I wanted to see that it was in settlement of a bet lost to me. Ami agreed.

Fast forward nine months to our just passed Nashville conference and the Saturday night banquet. One of our fundraisers is the 50/50 draw. Well, it turns out that Ami is a very lucky lady. She won \$595. Ami, however, was mindful of the bet we had. So Ami settled the bet by contributing her entire winnings to the organization. As she walked back to her table, she called out to me that I hoped that would settle the bet.

I would like to thank Ami for her generosity and also to congratulate her on her recent marriage.

2015 TTSGI CONFERENCE

Nashville, TN









MY NASHVILLE TTSGI CONFERENCE EXPERIENCE

By Janet Baird, twin to Margaret



I think Nashville 2015 was the best conference yet for me. High attendance, a superb hotel and venue, an amazing keynote speaker. All the right ingredients were in there. We did miss some twins who are always usually there, especially Mary Morgan.

Nashville 2015 started for me with the RCs meeting and a chance to talk to the board, over lunch. In the evening, we went to collect our registration packs and T-shirts. This year they were charcoal grey with a picture of a guitar on them. Twins who had been to a conference before were then asked to go in and talk to the new twins. Never easy as many were upset. There were over 30 of them. We had a dessert reception with fruit, cupcakes and cheese. Ray introduced the Board and the RCs and welcomed us all to the conference. I went to bed early as it had been a long day.

On Friday morning, some of us were up at 6am ready for breakfast. This year we had breakfast vouchers, which meant we could all enjoy a cooked breakfast. Inspirations were at 7:30am so the seasoned conference goers were down for breakfast by 6:45am. Then it was a quick dash up to the next floor for Sandy's Inspirations. As always she told us a moving story and played some music, including Seleh and a track from Alan Pedersen's album. The keynote speaker, Mitch Carmody, uses this music in his presentations so it quickly became a theme for the conference.

Sessions for the conference started around 8:45am with announcements. We had a suite of rooms and a spacious main room for sharing and the keynote sessions. Breakout sessions were in smaller rooms, but they were all ideal. Mitch Carmody began the morning with his session on proactive grief. Twin loss doesn't necessarily follow the linear pathway generally expected by grief counsellors. Mitch used photographs of his twin to illustrate his points. He also showed us some powerful artwork which he does to represent the emotions of grief. The characters in Winnie the Pooh were also used, to show how people react differently to loss. It was very funny but so true. Like Darcie Sims, Mitch makes you laugh, but you learn too without realising it.

I opted for the breakout session on Honouring your Twin led by Susan Schneider and Michelle Getchell, as this is a topic I feel very strongly about. Susan gave us some ideas and then we shared how we honoured our twins personally. This ranged from setting up a foundation in honour of our twin to carrying on the work we did before the loss.

After the lunch break there was a choice of the Sharing session part two or Mitch Carmody's session on the 20 Faces of Grief. Mitch took us through 20 different images, each of

which represented an emotion connected to grief. Our role was to suggest different emotions, and then Mitch told us which was the original one he had thought of for the image. The emotions ranged from despair to introspection and from anguish to hope and elation.

We ended at 3 pm with Mitch singing to Alan Pederson's track 'It's My Life' which was evocative. Whatever stage of our grief journey, I feel we all made some progress after working with Mitch. That evening after the memory walk and balloon release, we had free time to enjoy Nashville. Some of the twins went to the Grand Ole Opry, a famous country music venue in Nashville. I went on a steamboat dinner cruise, with a four course dinner, views of the river bank and a live music show.

All too soon it was 6am the next morning and time to get up for breakfast and Inspirations. Breakfast was again excellent and it was great to be able to meet up with other twins and make connections. We can only really do that once a year and it seems so short. During Inspirations, Sandy read from a book of short stories by Michael Murphy and played more moving music by Alan Pederson. We moved to the main meeting room for announcements and the business meeting. It was officially announced that the 2016 conference would be in Detroit, Michigan. Michelle also told us how she bids for good deals when she looks for hotels for our conference.

Next we had our breakout sessions. I went to Lingering Loss, led by Venice Lacy. It was well attended and by the time each twin had shared their story, our two hours were up. It was a moving and valuable session. There were a number of new twins who were clearly very upset. Lunch followed. A group of us just stayed in the hotel as we were all beginning to feel very tired. The food in the hotel restaurant was consistently good and the prices were reasonable. Mitch Carmody did his final session after lunch. As always, it was funny but powerful. He told us more about the vocabulary of grief and how it is a form of stress. We have to find ways of relieving the stress. Mitch has a four o'clock bench where he tries to relax after work each day. Other ways are meditation, yoga or other forms of relaxation. Everyone has their own grief journey and we each find our own way of relief.

After the final session it was time for the closing ceremony. The room was cleared and we all stood in a huge circle. Mitch asked the supporters to go in the middle and we all linked hands. Then each of us shouted out our twin's name. Mitch ended the conference with another song by Alan Pederson. We all rushed into the middle and did a huge group hug.

We all left feeling sad that the conference was over, but we still had the banquet to look forward to. We got ready in our rooms and went down to bar for a drink. At 6:30pm the doors opened. The banquet was held in the beautiful Acorn Ballroom and the tables were set up with white tablecloths. After a cake dessert, we had tea or coffee and then the live auction started. It was fast and furious and a large amount of money changed hands to raise money to support TTSGI.

Sadly the banquet ended and it was time to say goodbye. Most of left early the next morning, but we were already looking forward to Detroit in 2016.

PARTICIPANTS FOR THE AUCTION/RAFFLE

By Dawn Barnett, twin to Daryl

The Board of Directors and raffle/auction team of Dawn Barnett, Sandra Brown and Dave Jones would like to thank all of our members for donating auction and raffle items at the conference and for those of you who were present to bid on the live auction and purchase tickets for the raffle items. I think you all will agree that the Saturday evening live auction is not to be missed and is always such a wonderful way to end the conference. As this is our largest fundraiser of the year, we need your support and we certainly had an abundance of it this year. THANK YOU!

TTSGI made a record breaking \$975 on the raffle and \$1,191 on the 50/50 with a total of \$9,706 for raffle/silent auction/auction combined!

We would also like to thank the following people who took time away from the conference to help us out in the raffle, silent auction and live auction. Because of their tireless efforts it made 2015 another successful year for fundraising and we couldn't have done it without them - a BIG SHOUT OUT out to:

Kevin Johnson
Margaret Daffin
Lea Eriksen
Miriam Brandt

Dena Stitt
Terry Lewis-Foor
Venice Lacy
Jane Malcolm

Paul Heiden
Linda Pountney
Lisa Curtis

2015 TTSGI CONFERENCE RAFFLE & AUCTION DONATIONS

Phyllis Ashliman	Jacquie Goodman	Jane Malcolm	Russell Scott
Dawn Barnett	Carol Gutmann	Renee Manger	Carolyn Shane
Joyce Blade	Susan Hooper	Diana Morgan	Beverly Smyk
Susan & Ray Boyle	Amy Hoyt	Kevin Mullen	Peter Spanitz
Sandra Brown	Eileen Jensen	Abby Oakley	Dena Stitt
Judy Clarke	Kevin Johnson	Bob Osterholt	Barb Terry
Wilmette Combs	David Jones	Aashish Patel	Matt Vierling
Leslie Cutler	Joanne Jones	Breck Peabody	Paula Walker
Margaret Daffin	Janice Konya-Grabill	Ann Perez	Alice Ward
Paul Daffin	Venice Lacy	Pope Trucking Inc.	Jessica Wickey
Lea Eriksen	Sungnam Lee	Linda Pountney	Camille Wissmann
Joan Garcia	Jennifer Lewis	Alyssa Pratt	Teri Wolfhagen
Rick Getchell	Terry Lewis-Foor	Susan Riddle	Priscilla Woppel

Thank you to all who participated in the raffle and silent/live auctions at the 2015 Nashville Twinless Twins Conference. Your generosity and willingness to give is so appreciated. If you bought raffle tickets, thank you. If your name is not listed above, we apologize and thank you.



2015 MEMORY WALK, NASHVILLE, TN

The 7th TTSGI Memory Walk was held at a park within walking distance of the Vanderbilt Marriott Hotel on Friday afternoon, July 24th. Some of the twins carried the Memory Walk banner, which had been signed by all twinless twins, in memory of their twins. Each year, the Memory Walk is held as a fundraiser for TTSGI and this year we raised approximately \$3,600.

Three twins raised donations from family and friends:

- Kevin Mullen – 10 donors helped him raise \$180
- Leslie Cutler used GoFundMe to raise \$180
www.gofundme.com
- Margaret Daffin – 35 donors helped her raise \$2,300



I would like to encourage other members to ask their family and friends to support the Memory Walk, in memory of their twin. It is wonderful to know that there are others, who are not twins, willing to give to our cause, so please help us fundraise for next year's Memory Walk.



Thank you to all who walked and/or supported this wonderful event.

Margaret Daffin, Host of the 2015 Memory Walk.

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

HARROGATE LONE TWIN MEETINGS

Ten twins from the Harrogate group enjoyed tea at Hettie's in Skipton on Saturday June 27th. We all arrived around 2pm and settled round the big farmhouse table in the window upstairs. Like last year, David Roberts was the perfect host, serving us with salads, ice cream, endless pots of tea and of course, cake.

It wasn't a meeting as such, but it was just lovely to be together on such a beautiful day. Some of the relatives had tea downstairs or did the crossword. After much laughter, conversation and yes, more cake, we went our separate ways... some to shop in the market, some to stay locally, while some went to a concert or a ball. It all added up to a perfect afternoon... made even better when we found that a mystery magic benefactor had taken care of the bill!



Our next meeting is on September 12th when we will be meeting earlier in the year than usual. We will be meeting at Nidd Hall Hotel, just to the North of Harrogate from 1pm to 4pm. We will have a special guest speaker at our meeting, as Margaret Daffin, a British Lone Twin living in Texas, will be joining us. Tea and coffee will be served from 1pm. Please let me know if you are coming and would like more details.

2015 MEMORY WALK DONATIONS

ExxonMobil Foundation – matching grant from Margaret & Paul Daffin
Margi Ryan, in memory of her twin Francie Ryan
Barb Terry, in memory of her twin, Brien
Lea Eriksen, in memory of her twin, Eve Richards
Laura Grandstaff, in memory of her twin, Tamara Thomas
Eileen Jensen & Charlotte Wiegel, in memory of her twin, Elaine
Alice Ward, in memory of her twin, Anita
Phyllis Ashliman, in memory of her twin, Phil
Joan Garcia, in memory of her twin, Jane DeLaCruz
Diana Edwards, in memory of her twin, Donna Elaine (Perry) Bragg
Sandy Goad, in memory of her twin, Jim
Janice Konya-Grabill, in memory of her twin, Hal McCracken
Leslie Cutler and others raised money through GoFundMe
Carol Gutmann, twin to Brenda
John Roberts Motor Works
Miriam Brandt-Doetsch – in memory of Dr. Raymond Brandt

The following donors gave in honor of Margaret Daffin, in memory of her twin, Josie Wilson:

Dr. Susan Williams	Meggy & Brandon Biss	Flora Wood
Paul & Margaret Daffin	Janeil Bernard	Howard Molofsky
Jacqueline Moss Fetzer	Lester & Sue Smith	Phyllis Phillips
Jane Borst	Betty Yianitsas	Afram Sawma
Michael M. Ameen	Tracey Smith	Robert Ducharme
Adriana Boretti & Pedro Jaldin	Mauree Hughes	Michelle Berg
Eleanor & Ken Jicha	Frank & Elizabeth Woelfel	Sharon Michaels
Phuong Vuong	Elizabeth & Joe Ivers	Dr. Robert Porter & Joy Shiller
Angela McCarthy	Kathleen Reid	Lynn Ferguson
Terhi & Dale Chambliss	Susan Nusynowitz	Joyce & David Barr
Amelia & Raymond Tobin	Susan Klaveness	
Carol & Albert Knowlton	Elida El-Gawly	

The following donors gave in honor of Kevin Mullen, in memory of his twin, Brian Mullen:

Kristin Abare	Sharon Little
Shannon Baldwin	Kevin Mullen
Donna Blackburn	Matt Mullen
Joan Finlay	Sue Mullen
Debbie Goetz	Terri Zink

I apologize if your name is not shown and you gave a donation for the Memory Walk – contact Margaret Daffin, medaffin@aol.com

NEW JERSEY – NEW YORK REGIONAL GATHERING

By Susan Riddle, twin to Judy

On June 20th eleven twinless twins and four support people met to share their experiences of loss and healing. We were welcomed by hosts, Dominic and JoAnne Abbate at their lovely home in Lyndhurst, NJ where they had a beautiful spread for lunch. Everyone enjoyed socializing while we noshed on hamburgers, hot dogs, chicken, bagels, salads, side dishes and a variety of desserts.



After everyone finished eating, we broke into two groups: support people and twinless twins. Carolyn Shane and Susan Riddle led the twins in a meeting while Sam Goldman facilitated the spouses in their own meeting. Susan and Carolyn talked about the upcoming conference in Nashville followed by introductions of each twin. Susan asked each twin to talk briefly about how his/her twin died and where each one was on his/her healing journey. It was an emotional time as members, new and seasoned, spoke about losing their twins. Four twins were there for the second time. Other members were regular participants. Some had lost their twins suddenly (to a motor vehicle accident, drug overdose, or suicide) and others to a disease (such as cancer). No matter what the cause of the loss, all agreed it was devastating to lose her/his twin and a struggle to adjust to it.

We took a brief break after introductions to regroup. Then Susan led a discussion on grief triggers and the role they have played in each person's healing. We talked about how we view triggers: set-backs, momentary relapses or part of the normal healing process. Also mentioned were the things that can trigger grief spasms: sights, sounds, smells, movies, TV shows, music, familiar places, and of course, holidays and birthdays. Each person was asked to describe one or two things which she/he has done which have been helpful in dealing with triggers and helping with her/his grief journey. Extra support was given to some of the newer members who had lost their twins traumatically or more recently.

We ended the meeting by listening to two Linda Ronstadt songs: "Shattered" and "Goodbye My Friend". Then we formed a circle, joined hands, and said final words to our twins. There were positive feelings as twins felt the support of each other and the recognition that they were not alone in their healing journey. Everyone seemed relieved that there were others who "got" their experience of loss and shared twin experiences. We emphasized that, "Once a twin, always a twin" and "Healing through helping" as our founder, Dr. Raymond Brandt used to say. More socializing and eating with the support people followed and then picture taking and laughter. As usual some members exchanged twin stories. It seemed as twins and spouses came together the mood was lighter with the shared sense of comradery. All in all a successful regional meeting!

NORTH CENTRAL REGIONAL GATHERING

By Joan Angeles, twin to Jean

The North Central Region had its quarterly gathering on Saturday, August 15, 2015 at the Downtown Central Library, Minneapolis, Minnesota.

Those pictured include: Front row, left to right: Joan Angelis, Sandy Meyer, Jewelene McIntye. Back row, left to right: Alfredo Ojeda, Joe Carlson, Tim Kelly, Mitch Carmody



Next meeting date not set yet, but likely sometime late November/early December.

INCOMING BOARD MEMBER TERRY LEWIS-FOOR



TTSGI WELCOMES OUR NEW BOARD MEMBER TERRY LEWIS-FOOR:

Terry Lewis-Foor, twin to Sherry Lewis, was born and raised in Decatur, IL. Terry found TTSGI a few months after Sherry was brutally murdered in a house she had listed for sale, August 1994, at age 30. Terry attended her first conference in 1995, after seeing Dr. Brandt on a nationally televised program, and has attended many Regional Meetings throughout the Chicagoland area. She is looking forward to hosting more Regional Meetings in her home. She loves attending the Annual Conference for the newly Twinless and Twinless who have just discovered TTSGI.

Terry works as a registered nurse, loves decorating and spends time with her TTSGI Family and husband Kurt. She is honored to serve on the board to help keep Dr. Brandt's dream of "Healing by Helping" alive.

Dear Twins,

I have been wanting to write this for a long time to tell all of you how much you have lifted me up over the years. I often think about July 5, 1949 when Robert Brandt died at the age of 20. This is why we exist. When I called Dr. Raymond Brandt for the first time, I knew he was genuine when I heard him cry with me on the other end. I knew I wanted to meet this man

who understood my misery. I felt like dying, but I knew I had to keep going even at this early stage of two months in.

I met Dr. Brandt in July 1995 in Fort Wayne, Indiana at the second annual conference. In October 1994, Dr. Brandt told me that I became Twinless three weeks after the first conference. Soon after meeting Dr. Brandt and the other Twinless, I knew then that I wanted to help him keep TTSGI going for years to come. I realized the deep loss I was feeling was normal after losing a twin. Meeting other twins has helped me realize that I don't have to feel hopeless. I can now say after 20 years of being Twinless that I still feel grieving moments at certain times and that will never go away and I will always love and miss my twin Sherry. All of you twins inspire me to keep going forward.

Michelle and Rick Getchell will forever be very special to me, as well as many other twins and their families. Michelle and I have history losing our twins both in 1994, meeting for the first time at the 1995 conference. Both of our twins left so fast. Neither Michelle nor I would have made it to Fort Wayne without our supporting husbands getting us there. 2014 marked our 20th year living without our twins. I just want to say thank you to everyone who has supported Twinless Twins. The Annual conference is truly a family reunion for my husband, Kurt, and I.

My identical twin Sherry's murder, 8/5/1994, remains unsolved. Sherry was a real estate agent murdered while showing a home at a 1 pm appointment. I never thought over 20 years later this would be unsolved. I just want justice and closure to Sherry's cold case. It's depressing to have to contact media every year to remind people that Sherry's case remains unsolved. I was devastated losing Sherry and knew I would never be the same again. I continue to be informed on progress in the case.

Terry Lewis-Foor, Twin to Sherry Lewis

RETIRING BOARD MEMBER SANDRA BROWN



TTSGI would also like to thank Sandra Brown from Texas who is stepping down from the Board after six years. We will miss her presence on the board, but are glad she is staying involved in helping TTSGI.

Sandra, twin to Sammy, joined TTSGI in July of 2002 at the Detroit conference. This was 11 months after she had lost her twin in August of 2001. She was elected to the board in July of 2009 and has also been on the conference committee every year since then. She does plan to continue to serve on the conference committee and attend all conferences to help where she is needed. Sandra has truly enjoyed serving on the board with everyone. Sandra has said that it came at a time in her life when she needed it because she lost her husband in November of 2009. Many of you may remember BIG John who would wear his cowboy hat and help out at the auction during the conference.

Sandra is going to continue to work at her family owned company of almost 50 years (Venus Construction Co.) and enjoy her children and grandchildren ranging in ages from 15 to 1. She loves what this organization offers to all twins, especially the new twins. Sandra has said that she has such a heart for the new twins because she will always remember her first conference and how her healing began.

TWINLESS TWINS SUPPORT GROUP INTERNATIONAL

2015 DONATION FORM

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

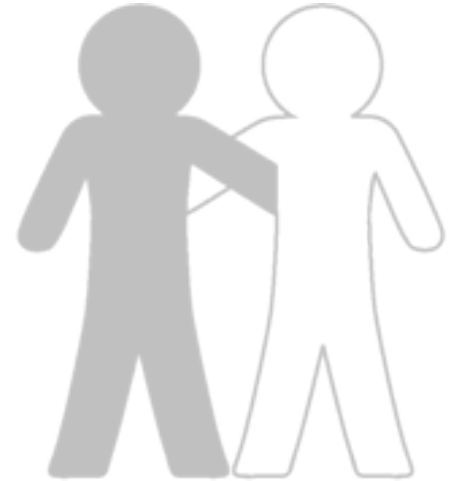
Please print this form and mail it, along with your check, money order, or Visa/MasterCard/Discover information to:

Twinless Twins Support Group International
P.O. Box 980481
Ypsilanti, MI 48198-0481
Or fax to: 1-888-205-8962

(Alternatively, you may make your donation online at www.twinlesstwins.org and use the DONATE button in the middle of the left hand side of the home page.)

Designate Funds – please check one:

- General Fund Conference Assistance 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 money orders in U.S. funds only

- In full at this time. Check enclosed Credit Card
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 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 _____
Recognition for the Newsletter _____

Name on Credit Card: _____

Type of Credit Card: _____ (Visa/MasterCard/Discover)

Credit Card Number: _____ (no dashes or spaces)

Credit Card Expiration Date: _____ (mm/dd/year)

Twinless Twins, Inc. is a 501(c)3 nonprofit tax-exempt organization and your donation is tax deductible within the limits of the law.

IN RECOGNITION OF OUR CONTRIBUTORS SINCE SPRING 2015

Gary Allison – in memory of Jack V. Lewis, who joins his twin daughter, Sherry L. Lewis, twin to Terry

Raymond Boyle – monthly pledge and donations in memory of his twin, James Joseph (Jimmy)

Miriam Brandt-Doetsch – in fondest memory of Dr. Raymond Brandt

Edward Crabtree – in memory of Jack V. Lewis, who joins his twin daughter, Sherry L. Lewis, twin to Terry

Merna Crasper – in memory of her twin, Verna

Margaret Daffin – quarterly pledge and donation in memory of her twin Josie

Lauree Everitt – scholarship for conference in memory of her twin, Judy

ExxonMobil Foundation – for volunteer hours and matching grants by Margaret Daffin in memory of her twin, Josie Wilson

Kendra Felder

First Giving - GoFund Me

Joan Garcia – in memory of my twin, Jane

Goodsearch – website search engine

Ami Hoyt Watanabee – generously donated her 50/50 raffle prize to TTSGI

IGive.com – money earned from online searches

David Jones

Robin Kline – in memory of Jack V. Lewis, who joins his twin daughter, Sherry L. Lewis, twin to Terry

Jan Konya-Grabill – two donations made in memory of her twin, Hal Robert McCracken

Sungnam (Sunny) Lee – in memory of his twin, Yongnam Lee

Terry Lewis-Foor – in memory of her twin, Sherry Lewis

June Loertscher – in memory of Jeanette, twin to June

Renee Manger – in memory of her twin, Stephen

Jessica Mills – in memory of her twin, Jennifer Mills

Chad Moore – in memory of Jack V. Lewis, who joins his twin daughter, Sherry L. Lewis, twin to Terry

Mary R. Morgan – for general support from royalties for the 2014/15 sales of “When Grief Calls Forth the Healing,” in memory of her twin, Michael

Brent Parker – a belated thank you for his donation in memory of his twin, Rick

Aashish Patel – in memory of his twin, Alpesh

Ronnie Piracci

Shyam Rai – monthly donations for TTSGI in memory of his brother, Ram Rai

John Roberts Motor Works Company

Linda Rogers – in memory of Jack Lewis of Decatur, IL

Joan Sandherr – in memory of her twin, Jean Sandherr

Ruth Osterweis Selig – gift of stock in memory of Rollyn Osterweis Krichbaum

Beverly Smyk – monthly pledge in memory of her twin, Donna

Dena Stitt – for miscellaneous expenses, in memory of her twin, Dean

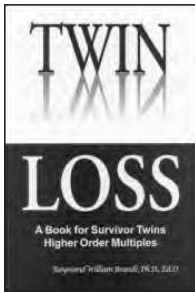
Derek Straker

Lisa Summers – membership for another twin

Matt Vierling – in memory of his twin, Mark Lester Vierling

Alice Ward – in memory of her twin, Anita Bailey Lanier

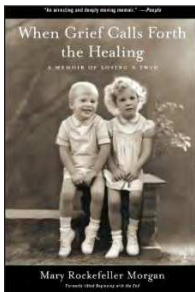
We apologize if we have missed your name in this listing. Please let us know and we will recognize you in our Spring 2016 newsletter.
Contact Margaret Daffin at medaffin@aol.com



“TWIN LOSS”

By Raymond W. Brandt, PhD

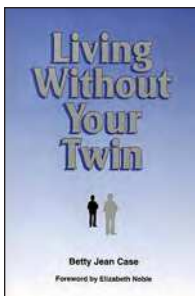
Dr. Brandt was the founder of Twinless Twins Support Group International and was considered by many an authority on twin loss. The 400-page book discusses all aspects of the loss and also speaks to the family members on how to help the survivor twin.



“WHEN GRIEF CALLS FORTH THE HEALING”

By Mary Rockefeller Morgan

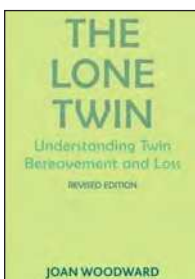
In this startlingly frank and moving memoir, Mary R. Morgan struggles to claim an individual identity, enabling her to face her twin brother Michael’s death and the huge loss it engendered. With remarkable candor, she shares her spiritually evocative healing journey, which moves her forward into a life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



“LIVING WITHOUT YOUR TWIN”

By Betty Jean Case

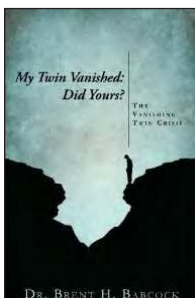
Author Betty Jean Case generously makes a donation to Twinless Twins each time one of her books is purchased through us. Betty is a twin, grew up with twin siblings, and had a set of twin grandsons. This 150-page book discusses how to keep living without your twin and best friend by your side. It also 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: February 10th

Summer Issue: May 12th

Fall Issue: August 11th

Winter Issue: October 27th

Submissions should be emailed to:
twinlesstimes@yahoo.com

**Twinless Times Co-Editors:
Lea Eriksen & Emily Heekin**

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