

# Forever Angels



Hello Everyone,

*It's been a difficult week with such senseless losses as happened at Virginia Tech. It is very numbing what one human being can do to another, even innocent ones. Apparently one of the first victims was a twin and his story is shared through Twinworld below. While there is a variety of solace, comfort and resources for parents, it is more difficult to find suitable resources for surviving co-multiples but those resources are out there. Judging by the feedback and requests for connections through the LSN and my own Web Site, we know there is a great need for appropriate support. Brothers and sisters suffer too when their sibling dies. I sincerely hope Bryan (the surviving twin) finds the support he will need.*

*Hannah Stone has compiled a new set of stories from parents whom have lost a child or children and has published them in her latest book. Hannah has included a story from one family who lost a twin and I submitted for inclusion an overview of multiple birth loss and the unique challenges multiple birth families face. I've reviewed her book herein.*

*I am constantly impressed by your courage and compassion as you reach out to others in their time of need. Thank you for your strength and availability in supporting others. When we share our load, it becomes a little lighter.*

*Please feel free to write in about anything you read in Forever Angels, or to share your story or thoughts. We welcome your input and direction.*

*Thinking of you,  
Lynda*

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VIRGINIA TECH - MASSACRE - FIRST STUDENT KILLED WAS A TWIN\*

THE VIRGINIA TECH SHOOTING RAMPAGE

From Tribune news services=Published April 17, 2007

Back at RYAN CLARK'S (student at Virginia Tech) home in Columbia County, Ga., it fell to Coroner Vernon Collins to tell the young man's mother about his death. "She was in shock," Collins said. "It

started out in disbelief. She was praying what I was telling her was wrong, and I felt the same way. I wished I didn't have to tell her that." Collins also had to break the news to Clark's TWIN BROTHER, Bryan.

"There's no way you can sugarcoat that somebody has died a tragic death," the coroner said. "They knew, when they saw us there. I could hear the TV in the background talking about the incident. They knew. For what other purpose would we be showing up?"

Mr Clark was reported to have been a twin from Martinez, small town outside Augusta, Georgia. Vernon Collins, a coroner in Georgia, said he was shot in the neck, a local Virginia newspaper, the Roanoke Times, reported. His mother, Letitie Clark, was "in shock and disbelief that her son was gone," Mr Collins said. A friend of Mr Clark, Courtney Dalton, 18, told CNN.com: "He was a happy person; this is really sad. All I can do is pray for his family now."

BLACKSBURG, Virginia: Ryan Clark was known as Stack on the rolling campus of Virginia Tech, an amiable senior memorable for his ready smile and thoughtful ways. He was also among the first victims of the deadliest shooting rampage in United States' history. A student resident adviser at West Ambler Johnston Hall, Clark was apparently rushing over to investigate what was going on when he came upon the gunman, according to a student who lives on the fourth floor, where the first shootings took place.

"Tall and thin, Clark was well-liked and a member of the university's band, the Marching Virginians, students in the dorm said. The band's Web site has an image of him participating in a food drive and says that he enjoyed, among other things, "making T-shirts with his partner in crime, Kim Daniloski, and haggling with street vendors." He also studied biology and English and had hoped to pursue a doctorate in psychology, with a focus on cognitive neuroscience.

#### OUR PRAYERS GO OUT TO THE CLARK FAMILY

*\*As reported by Twinsworld out of New York City. Indeed LSN's thoughts and prayers go out to the Clark Family as well as to all of the other families and friends touched by this senseless tragedy.*

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*Community Events.....*

#### ***Running for Awareness***

The Fetal Hope Foundation is holding its first Marathon to raise awareness of TTTS (Twin-to-Twin Transfusion Syndrome) on 26th May, 2007. To find out more or to register to be a participant, please check their Web Site at [www.fetalhope.org](http://www.fetalhope.org)

#### ***Bereavement Conference***

The Missing Grace Foundation is holding a Bereavement Conference weekend, 28th April, 2007. For more information or to register, check out their Web Site at [www.missinggrace.org](http://www.missinggrace.org)

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*We thought of you with love today,*

*But that is nothing new.  
We thought about you yesterday,  
And the days before that too.  
We think of you in silence,  
We often speak your name,  
All we have are memories  
And your picture in a frame.*

*~from an obituary*

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*Book Review.....*

Remembering Our Angels: Personal Stories of Healing from a Pregnancy Loss, Hannah Stone, [www.lulu.com](http://www.lulu.com), March, 2007, softcover, 138 pages

Courageous families have shared their stories of loss(es), how they have handled their loss and how their lives have changed as a result of losing a precious baby(ies). While these stories are difficult to read, they are also compelling and the fact that these parents are honouring their children by sharing each aspect of their short lives, the reader cannot remain untouched. In fact, we shouldn't be untouched. Nothing about this is fair or right.

Stone includes a family's story of loss of one twin and I submitted an article addressing some of the challenges multiple birth families must face and how friends, family, professionals and the community can do their part to support and assist each bereaved family.

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### ***Children's Book on Loss of a Co-Twin***

There is a new children's book available regarding the death of a twin sibling. I haven't yet been able to get my hands on a copy to review yet, but I thought i would let you know about it nevertheless. I am so excited to report something child-oriented for multiples. It's about time! If you manage to get a copy, let me know what you think and I will be pleased to include your review.

*I am the mother of twin girls born in 2002. One of our twin girls passed away at just 9 days old. Losing my daughter Gina was the most heartbreaking experience of my life. Her surviving twin Julia is almost 5 years old now. We openly talk about Gina at home and I believe our family is on a healthy path in our grief journey. Your site has been helpful to me as a bereaved mother as I locate resources that I would like to make available to Julia as she grows up. Your site also gives me better insight as to what the surviving twins experience is like. I know how painful it is to lose a twin child, but my surviving twin will have her own struggles of pain to live with. Last year I wrote and published a children's book called*

*"Always My Twin" for young children who have experienced the death of their twin sibling. You can read more about it at <http://www.trafford.com/05-0937> where it can be ordered as well. I was wondering if this book can be listed under your reading resources. There are very few, if any books available that are written specifically for young twinless twins and their families. "Always My Twin" been helpful to many bereaved families and is certainly a source of healing for my own family.*  
Valerie Samuels

**To freely bloom - that is my definition of success. Gerry Spence**

**People who soar are those who refuse to sit back, sigh and wish things would change. Charles R. Swindoll**