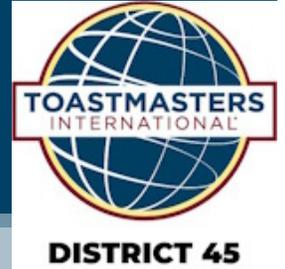


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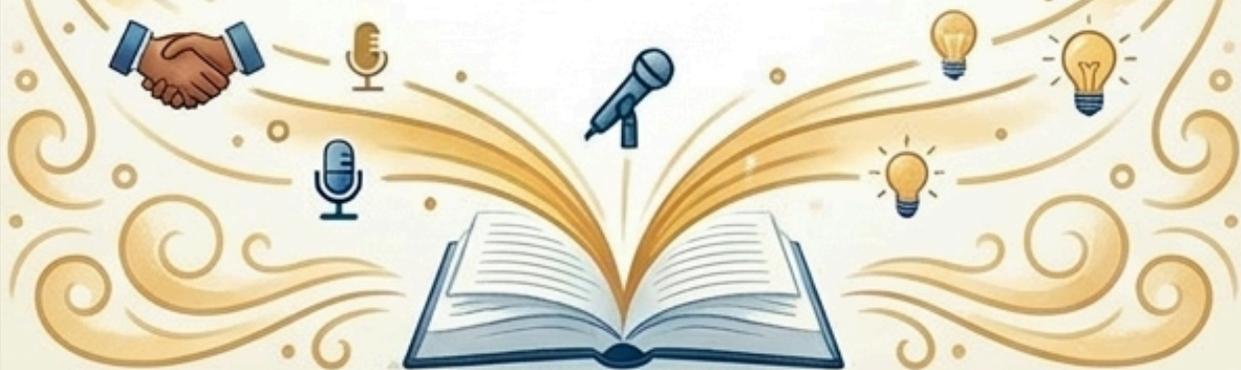


Vermont | New Hampshire | Maine | New Brunswick
Nova Scotia | Prince Edward Island | Newfoundland and Labrador

Conference Edition



Connecting Members,
One Conference Story at a Time



D45TOASTMASTERS.ORG

FROM THE DISTRICT DIRECTOR

**Sherry MacDonald,
DTM**

**2025-2026
District Director**



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Celebrate, Learn, and Connect at the Final District 45 Conference

The upcoming District 45 Conference will be more than just another Toastmasters event—it will be a historic moment. As the final conference for District 45, this gathering offers members a unique opportunity to celebrate the district’s legacy while investing in their own personal growth.

District conferences are one of the best ways to experience the full energy of Toastmasters. Attendees gain access to educational sessions led by experienced speakers and leaders who share practical insights on communication, leadership, and personal development. These workshops often provide ideas and strategies that members can immediately apply in their clubs, workplaces, and everyday conversations.

Another powerful benefit of attending is the opportunity to connect with fellow Toastmasters from across the district. Meeting members from different clubs allows you to exchange ideas, discover new meeting practices, and build friendships that strengthen the wider Toastmasters community. Many members say that the conversations between sessions are just as valuable as the sessions themselves.

Of course, the conference would not be complete without the excitement of the speech contests. Watching some of the district’s most talented speakers compete on stage is both inspiring and educational. Their stories, techniques, and stage presence demonstrate what is possible through dedication and practice in Toastmasters.

Because this will be the final District 45 Conference, it also offers a chance to reflect on the achievements, growth, and friendships that have shaped our district over the years. It will be a celebration of the members who have contributed their time, talent, and passion to helping others grow.

Whether you are a new member or a long-time Toastmaster, this conference is an event you will not want to miss. Join fellow members to learn, celebrate, and be part of this special milestone in District 45 history.

Meet the Conference Chairs



Tom Macisso, DTM

2025-2026

Program Quality Director

Tom Macisso is your Program Quality Director for District 45. As you continue your Toastmasters journey, involve others as you collaborate and share success stories and even some struggles with them along the way.

We're excited about our final Conference this May 22nd-24th! Our D45 Conference Co-Chairs, Sharon Forbigger and Lindsay Tremblay are working hard with their teams to make this conference one for the ages! District 45 has a rich, proud, & historic 70 year tradition. Since 1955 we have inspired voices, created helpful and guiding leaders, and connected communities across provinces, states, and even international country borders! This type of experiential learning & mentoring is needed now more than ever.

We cannot wait to connect and collaborate with you! Please consider bringing friends, and members of your club to our final D45 Conference. See you there!



Lindsay Tremblay, MS1

Lindsay has been a Toastmaster since 2022, she has completed level 1 of the Motivational Strategies path. She has held various club officer roles and has helped with speech contests.

She went to her first Toastmasters Conference in 2023, where she learned a lot from wonderful speakers. She learned that she wanted to try running a conference, but she did not know that the first conference she was a co-chair for, was District 45's last conference! She is excited to run the last conference and inspire everyone. She is encouraging everyone to attend and celebrate the year!



Meet the Conference Chairs

Sharon Forbrigger, DTM



Sharon was born in Glace Bay, Nova Scotia – at the tip of Cape Breton, overlooking the Atlantic Ocean. She nursed in Halifax, Nova Scotia and Vancouver, British Columbia moving from coast to coast because she loves being by the sea. When she moved back home to the Halifax area, she got involved in Toastmasters back in 2008, and she was hooked! She's been charting her course through Pathways ever since!

The ocean has always been a big part of Sharon's life, so it seems appropriate that the conference theme be nautical. All Hand on Deck! Sailing Towards Success. She does have a bit of sailing blood in her since her great grandfather earned a living fishing on a schooner. Since then her father and now her brother have owned sail boats.

This coming May Sharon hopes to get everyone ship shape in regards to the conference. That's right – she's calling: Ahoy landlubbers, get ready to hear from various captains about charting your course and leading you, the Crew! She is excited to get navigation, communication and motivational tips from key note speaker Jean Gamester.

The conference team will shortly be releasing the list of approved presenters from the multiple entries received. They all sound so exciting and inspirational, that it will be hard to choose.

That being said, we are still looking for some volunteers to help make this conference a BIG SPLASH! Anyone happen to have a Boat wheel? How about some old maps or buoys. If YOU have an artistic flair for decorations – please step forward to help navigate us in creating some memorable center pieces and photo booth items.

On the day of the conference – we need 5 crewmates to help set up the conference; set the tide; and get the registration desk ready. If YOU can come early, please reach out.

I'm looking forward to seeing YOU at the conference on May 22nd. Come one, come all...

You can contact me at: d45conference@gmail.com

To Go or Not To Go?

Donna Tutty, DTM, PDG, PRA

Throughout my 27 years of being a Toastmaster, I have had the wonderful experience of participating, attending and serving in both District and International Conferences. This has provided me so many valuable takeaways and opportunities.

But let me be honest, one of the first questions I would ask myself is should I go or not? When you consider the travel, the cost, the stepping out of your comfort zone and the “what’s in it for me” scenario I always come back with the same answer of why not? There is always that little bit of anxiety of the unknown. Will I have fun? Will I know anyone? Will I learn anything? To this I say, Oh yes you will! There will be opportunities to connect with Toastmasters you haven’t seen in a while and those you know only because their name is on an email or you saw their face on Zoom. The experience of chatting with a newfound friend at the breakfast table or in the hospitality room will be moments that bring a smile to your face many weeks later. Late night laughter and conversations with a group of new and old friends will be memories made that last a lifetime.

Looking back, some of my favourite moments has been sitting in a workshop and walking away with the feeling of, that makes sense, I could do that! I encourage you to step out of your comfort zone and attend a workshop on a topic that may be different or perhaps new to you. Be a sponge, soak it all in! As a speech contestant I can vividly remember the nerves as I paced back and forth in my room rehearsing my speech. I may not be able to remember the speech title now, but it was the encouragement from fellow Toastmasters before the contest saying, “you’ve got this,” “you’ll be great” that I remembered most.

Over the years I have been a contestant, a presenter, a volunteer and an organizer but truth be told things don’t always go perfectly. Yet isn’t that what learning is all about? How to make something better or how to become better as a speaker, a better Toastmaster or just a better person navigating this crazy journey of life. Right now, you may be asking yourself the question, should I go to the D45 Conference or not? My question to you is, why not? It’s fun, it’s informative. You’ll laugh, you’ll learn, but most of all, this May we will celebrate together the many years of success, memories and gratitude we have for District 45!



Donna Tutty (far right, middle) in August 2014 with friends at 2014 Toastmasters International Convention in Kuala Lumpur, Malaysia

The Next Stop

Joe Grondin, DTM, AS



It's 2001 and I am attending my first District 45 Spring Conference. I am excited, nervous, and giddy. Excited because I qualified to compete in the District International Speech Contest, nervous because I qualified to compete in the District International Speech Contest, and giddy because I can't believe I qualified to compete in the District International Speech Contest. I have no idea what to expect.

First stop, registration desk. I am greeted with bright welcoming smiles, making sure my first time is off to a great start. They hand me a goodie bag with all sorts of gifts and sweets. I LOVE sweets. Once they realize I am a first timer they inspire me to not miss the first timer activity.

Next stop, you guessed it, the first timer activity. I enter a pack room with people, like me, who are also experiencing the conference for the first time. We do ice-breakers to get to know one another. I meet some amazing people. After the ice is broken, we are given a card with squares on it. I think "Great, I like a good game of BINGO!". In each square is a description of a person at the conference. Our goal is to find that person and get them to sign their square. If we fill out the whole card, we get a chance to win a prize. Again, I meet some more amazing and interesting people.

Next stop, the parade of flags. I am instructed to go to the main ballroom. As I am doing as instructed, I can't help but notice fellow toastmasters gathering outside the ballroom holding a banner representing their club, area, division, or district. There is one person trying to orchestrate the chaos. It looks like someone trying to herd cats. I enter the ballroom, nervously wondering where I will sit hoping someone will invite me to sit with them. That's when I realize I have met most people in the ballroom who are inviting me to sit with them. When the dust settles the parade of flags begins. As each person marches in with their flag, I can't help but notice how proud they are to be part of this wonderful organization. What a great way to start a conference.

Next stop, the Table Topics Contest. This is the first speech contest. It's also the most feared contest. Eight table topic speakers, who have proven to be the best in the district, will take the stage to answer a question where they have to formulate a mini speech on the spot. In my mind they are the bravest of the brave. Once everyone has a chance to speak, I am in awe. This is improvisation at its best.



The Next Stop - continues

Joe Grondin, DTM, AS

Next stop, workshops and keynotes. I have never learned so much in a conference then what I learn that day. There are three World Champions of Public Speaking delivering workshops and keynotes. That alone is worth the admission to the conference. To this day I still refer to the notes I took from what I learned from these amazing speakers.

Next stop, food, food, and more food. Each morning, we are served breakfast. Not just any breakfast. I am talking bacon, eggs, and everything else breakfast. It is so delicious I have to go for seconds telling people I have a friend who is very hungry. I think I gain a few pounds. It's time for the awards banquet which means more delicious food plus an amazing keynote address. Not only are we treated to an inspiring keynote, I witness fellow toastmasters receiving acknowledgement for their achievements. It's also the first time I see what is referred to as the Distinguished Toastmaster (DTM) Gauntlet. This is where anyone who achieves a DTM, which is the highest recognition in Toastmasters for leadership and communication, is celebrated. All former DTMs line up at the front of the room so that each new DTM can go through the gauntlet of hugs and hand shakes congratulating them on this wonderful achievement. I walk out of that room with my stomach full and my heart inspired.

Next stop, the International Speech Contest. I am sitting in a room with amazing speakers who have proven to be the best in our district and I have to admit, I am feeling intimidated. I can't help but think of the quote, "RUN FOREST RUN!". To my surprise, any nervousness I am experiencing dissipates with everyone's genuine acts of good will. If I had a nickel for every time I receive a sincere "good luck", I truly would be a very rich man. The scene is set. I am making my way to sit with the other speakers. Before I get to my seat my mentor, the late Shirley Kelly, walks up to me and says "I am very proud of you, win or lose". Words I need to hear at that moment. When it's my turn to take the stage, I look into the audience and see Shirley's bright smile beaming with pride. When everything is said and done, I have this sense of peace knowing I did the best I could on that day. I am proud of myself and feel honoured to share the stage with these phenomenal speakers. To my pleasant surprise, I place 3rd.



The Next Stop - continues

Joe Grondin, DTM, AS

Next stop, District Director's Banquet. Again, more food, but this banquet is different. This is a time when everyone dresses up for a formal meal and fellowship. It's a time to not only feel special but it's also a time to BE special. The keynote speaker is Craig Valentine, a former World Champion of Public Speaking. He brings the house down with his humour and inspiration. He is the perfect keynote speaker to make everyone, including me, feel special.

Next stop, Evaluation Contest. Eight of the best evaluators in our district will face-off to see who will be crowned the District 45 Evaluation Champion. After the contest finishes, I feel the upmost respect for the competitors on how they evaluated the speaker. They have a special way of making the speaker feel good about their speech while gently giving them ways they can grow as a speaker. WOW!

Last stop, reflection. After I experience my first conference I know I am hooked. Why you may ask? Not only did I network with lifelong friends, I continue to be a lifelong learner because of the conference. Think about it, once a year we will meet with new friends and best friends to learn, to be inspire, and to have fun. Yes, we will be nervous, we will be excited, and maybe we will get giddy. Nervous because we don't know what to expect, excited about the opportunity to learn and grow, and giddy because, like a child, we have so many questions. This is all the more reason we should all make our NEXT STOP the 2026 District 45 Spring Conference.



My Why

Tom Goodwin, DTM, PDD

I am often asked why I am a frequent attendee at Toastmasters District Conferences, but there really isn't a simple short answer to this question. At a district conference, I have experienced speech contests with the most talented speakers in the district, workshops that deepened my skills in public speaking and leadership, heard keynote speakers from all parts of the world, and networked with my fellow Toastmasters from throughout the district at the banquet dinner (and the after-parties).

Nowadays, with so many of the club meetings and events happening online or in a hybrid event, we don't get together and meet face-to-face like we used to. So, the in-person nature of the conferences has become increasingly important. Personally, I have served at nearly all levels of leadership within Toastmasters, and I can say that every decision I made to step up in service to Toastmasters was made as a direct result of the people I met and the conversations I had at district conferences.

In short, when you attend the conference, you will leave with a renewed energy for the Toastmasters program, new knowledge and skills, and new friendships with fellow Toastmasters.

All Hands On Deck!

Sailing to Success

DISTRICT 45 TOASTMASTERS 2026 CONFERENCE

May 22-24, 2026 | **Dartmouth, Nova Scotia**

TICKETS: \$160 CAD | **Keynote and Plenary Speakers** | **TICKETS: \$160 CAD**

Educational Workshops | **Networking** | **"And more!"**

To the District Conference and Beyond

Ron Corkery, DTM

“To boldly go where no man has gone before” is an understatement since joining the Dartmouth Toastmasters Club 3119 (DTMC) in October 2002.

My Toastmasters journey through its galaxy has taken me “To infinity and beyond.” Infinity being the Club, Area and Division meetings, training, Speech contests and Special events. Beyond being the District Conferences and more.

If you want to “live long and prosper,” Toastmaster Spock says you must travel to Annual District Conferences and beyond.

At the **2005 District Conference** I ventured out aboard the USS Enterprise (my new Saturn L Series sedan) and began exploring uncharted space by attending my first District Spring Conference in New Brunswick.

I took on a minor, non-stressful volunteer role, absorbed Leadership sessions and speech contests. Uncharted space but fascinating. After the Saturday evening banquet, where I met awesome new Toastmasters from different galaxies (approximately 85 Clubs), I again ventured into uncharted space; the Hospitality Suite. It was a no-fly zone room. The atmosphere was electric and the Toastmasters moved about like meteorite’s mingling, bumping and having great conversation and laughter throughout the rest of the “late” evening.

The next morning, I was stunned when I was presented the District 45 “Spirit of Success Award.” WOW! I left this conference in awe as to how structured and well-run every segment of this conference ran. All Toastmaster volunteers. I returned to the Starfleet’s primary home base (Dartmouth Toastmasters Club) totally revigorated to continue travelling beyond in the Leadership program.

The **2007 District Conference** was the “high”, at this point, in my journey beyond. I was the Conference Chair and this experience still provides me the confidence today to take on or support challenging roles if I am not running low on “space energy.”

At the **2010 District Conference** I joined the elite group of DTM’s in District 45. My take-away from this Conference was the incredible, forever-giving Toastmasters and their comradery. I left with a treasure chest full of golden “life” nugget.

The **2011 District Conference** was the most energized venture into the beyond. I competed in the International Speech Contest placing 2nd. Joe Grondin placed first and went on to the finals at the International Conference Speech Contest. It was that year I learned a very hard lesson. One I thought I had learned years earlier. Learn to embrace and befriend even when you don’t win. In other words, Be humble. WOW! Thank you, Toastmasters.

The **2014 District Conference** was incredible. The outpouring of love, respect and admiration poured out throughout the whole conference. This year, totally unexpectedly, I was awarded the “District 45 “Toastmaster-of-the-Year” Award. WOW! The humbling experience from the 2011 conference left me in tears as I accepted this award. Thank-you, Toastmasters.

Since 2014 to present my Toastmaster Conference journeys have allowed me excellent food every year, new experiences, super high’s, the occasional Aha moments (like when I spoke to two International World Champions of Public Speaking for 45 minutes) and new learning take aways each year.

Do not hesitate to attend and experience the District Spring Conference in Dartmouth, Nova Scotia this year.

Come “To infinity and beyond” with me this year.

My First Toastmasters Conference

Lorna Walters, DTM

My first Toastmasters Conference was May, 2025 in Moncton, New Brunswick. I was so excited to attend, as I was looking forward to meeting the Toastmasters that I had interacted with online, the previous year in my role as Area Director, as well as those I met online throughout covid. Meeting so many amazing Toastmasters online is what inspired me to attend the Conference and coming face to face was the icing on the cake.

I appreciated the variety in years of Toastmaster experience of the attendees and also the variety in ages. There were Toastmasters who had less than a year under their belt while others had 20+ years. It was heartwarming to experience the brave contestants, some of whom were new Toastmasters, as well as to witness the level of involvement in new and young Toastmaster members. It just goes to prove, there really is something for everyone, right from a beginning Toastmaster to a more senior one. The Conference is for all ages and for all levels of Toastmaster experience.

In addition to the contestants, the sessions, and the guest speakers, the highlights included, a heartfelt recognition for Toastmaster of the Year, as well as recognition to others who supported District 45 such as, District Executive, Area Directors, Conference Committee, Contestants, and if that wasn't enough, a surprise parade, for those who had achieved Distinguished Toastmaster designation, was a huge hit! A proud moment for each attendee was the Parade of Provincial flags and District/Area/ Club Banners, as each attendee was represented. In addition to recognizing those who contributed to the success of District 45 and the Conference, it highlighted the potential Leadership and Communication opportunities available to Toastmasters throughout the District.



My First Toastmasters Conference - continued

Lorna Walters, DTM



The Conference was not all business. There was ample time to interact socially, through ice breaker activities, the raffle, dancing and singing for those who dared following the Banquet, and shared meals. Sharing breakfast, lunch, and dinner with fellow Toastmasters afforded the golden opportunity of interacting with people on a less formal level. In addition to getting to know Toastmasters personally, it provided an invaluable time to share, learn, and ask questions with the potential of taking information back to improve home clubs.

I thoroughly enjoyed the whole Conference, from start to finish, as there was learning, leadership, and comradery. Additionally, for me, it brought the whole Toastmaster experience to a new level enabling me to develop a better understanding of what happens at the District level. There was something for every Toastmaster attendee, through: The contests; The guest speakers; The sessions for first year Toastmasters, Judges and other functionaries; and The Social Events. There were ample participation and learning opportunities at every turn. I conducted the Judges Briefing session for the Evaluation Contest, which brought me out of my comfort zone and it reiterated the level of support fellow Toastmasters offer. Was I nervous? Absolutely. Did I survive it? Absolutely. Was I supported by fellow Toastmasters? Absolutely. It was a win-win situation. I encourage every single Toastmaster to participate, attend, and take in at least one Conference. I have been looking forward to Conference 2026 since the day Conference 2025 ended. I promise that you will have an awesome experience and that you will gain something!

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District 45 Conference Stories

Paul Coddington, DTM

I absolutely love attending Toastmasters conferences—they're the highlight of my year. My very first one was back in 2006, when I competed in the Humorous Speech Contest. I was so nervous I booked a room at a different hotel just to calm my nerves. **First tip: never do that.** You miss half the fun before the conference starts.

Walking into that contest was unforgettable. It was the biggest audience I'd ever faced. Carl Stewart set me up with a microphone and headset and even gave me a proper soundcheck. The spotlights were blazing, the timer was right in the front row, and the energy was electric. Once I started speaking, though, I had a blast.

We had to wait until the banquet that evening to hear the results. There was one disqualification for time—and years later I learned it was me.



I hadn't planned for the audience to laugh that long and that hard, and I went over by two seconds. Do I regret it? Not at all. All weekend long people kept telling me how much they enjoyed the speech. That meant more than any trophy.

Sometimes the journey to the conference is just as memorable as the event itself. Traveling from New Hampshire to New Brunswick takes some planning, and about ten years ago four of us decided to make it a two-day road trip. We picked up a fifth Toastmaster in Maine and had more adventures than we bargained for.

Did you know the world's largest axe is in New Brunswick? We didn't—until we saw the sign. Naturally, we detoured. One of my travel buddies was the conference photographer, and she turned the whole stop into a full-on photo shoot. Let's just say we had fun with that axe. We may have gotten into a bit more mischief along the way, but those stories are best shared in person. Ask me in Dartmouth. The Mounties might still be looking for me.

Of course, conferences aren't just fun and road-trip shenanigans. They're packed with learning and connection. One of my favorite memories is from a conference in Manchester, NH, when Toastmasters International President Mike Storkey visited all the way from Australia. He talked with everyone, laughed with us, and stayed well past the end of the banquet. A true gentleman with a wonderful sense of humor, he made that weekend unforgettable.

So if you're traveling a long distance to Nova Scotia, take your time and enjoy the ride. Make memories on the way. Plan to meet people you've only seen in little Zoom squares. And get ready—because I have a feeling this final District 45 conference will be one for the ages.



Inspire. Celebrate. Connect.

Experience the energy, friendships and unforgettable moments of District Conference

Crystal Cobb, DTM, PDD



My first District Conference started as a simple decision: say yes and see what it was all about. What I discovered was far more than a weekend event. It was a chance to meet incredible people, share ideas and experience the spirit of Toastmasters on a much bigger stage.

Whether you come to soak it all in, volunteer, or compete in a contest, it's worth it. But let me give you a small heads-up — we clap (a lot), your hands may be sore by the end of the weekend, we hug (a lot — if you're into that, of course; and if you're not, we respect that too) and we laugh (a lot).

Along the way, we also learn and connect. The workshops, the contests and the time spent together all help us grow. We're used to seeing one another on Zoom screens, but meeting fellow members in person is something special. Conversations go deeper, friendships grow stronger and memories are made. Some of my favourite Toastmasters moments have come from District conferences.

Choosing just one favourite memory is nearly impossible. Here a couple that come to mind, in 2023, Sam Boduch and Paul Coddington lost a bet to me while we were serving on the Senior Leadership team together. The result? A dance-off to It's Raining Men by The Weather Girls. They were great sports and danced their hearts out. Another favourite moment was an evening when a group of us gathered for a board game. There was laughter, a few dramatic moments and we even got to see Antoine LeGresley shed a bit of his shyness.

The conference runs from Friday evening until around noon on Sunday. My personal favourite day is Saturday — a full day of learning, connecting and having fun. The banquet meal is always delicious, and the entertainment afterwards gives everyone a chance to relax and celebrate together.

If you've been on the fence about attending, consider this your sign. That moment between hesitation and action is where growth begins. Buy the ticket, make the trip to Dartmouth (and check your passport if you're crossing the border), have your camera ready, and take it all in.

You just might leave with new friends, new ideas and memories that last for years. I can't wait to see you there!



District Conference Musings

M. E. Lawlor, DTM

The first District Conference I went to was nearly 20 years ago. The conference was held in Montpelier, VT. As a new Toastmaster, I still clearly remember being impressed by the camaraderie, the skill of the speakers, and the overall atmosphere. This foundational experience motivated me to continue on my journey of being a Toastmaster. Following one of the speech contests, I spoke with an experienced Toastmaster who explained the importance of adhering to established rules. It all seemed a bit overwhelming, but it also seemed purposeful. One of the results of attending that very first conference is that, here I am today, still an engaged Toastmaster.

Another memorable conference for me was a conference held in beautiful St. Andrews by the Sea, NB. At the time, I was a Division Director and as a district officer, I was expected to take on a leadership or supporting role at the conference. In my mind, I was comfortable taking on any role that would be assigned to me except for serving as a Contest Chair. To my dismay, I learned that my assignment was Contest Chair for the Humorous Speech Contest. While I clearly remember sitting in my hotel room reading the Contest Rulebook over & over & over again, I also remember how accomplished and pumped up I felt after successfully chairing the contest.

For the 2017 District Conference in Lake Morey, VT (the last D45 Fall Conference), I assisted the organizing committee and one of my proud accomplishments was that I was able to secure the 2005 World Champion of Public Speaking, Lance Miller, as our Keynote Speaker. His 2005 winning speech had been (and still is) an inspiration for me.

There are many other conference experiences that have impacted me not only as a Toastmaster, but personally and professionally. I encourage you to experience a conference and I'm confident that your participation will foster lasting friendships, positive memories and above all, personal growth.



Keynote Speaker, Lance Miller, at the 2017 District 45 Fall Conference

IMPORTANT DATES & EVENTS

Speech Contests

March

- March 7th - Area 9 (Division D) Speech Contests
- March 21st - Areas 2, 4 & 13 (Division C) Speech Contests
- March 21st - Areas 1, 11 & 18 (Division D) Speech Contests
- March 28th - Area 17 (Division C) Speech Contests



April

- April 11th - Division A Speech Contests
- April 11th - Division B Speech Contests
- April 11th - Division C Speech Contests
- April 18th - Division D Speech Contests

District 45 Conference

May

May 22nd - 24th - District 45 Conference in Nova Scotia



CELEBRATE OUR LEGACY: Submit Your District 45 Photos and Stories

Hello District 45 Members!

This is a monumental year—our final year as District 45 before we merge with other Districts! To honor the incredible legacy of our District (founded in 1955 and spanning six regions), we are creating a special commemorative project.

We need your help to capture the history! We are enthusiastically seeking your best photos and stories from any year that highlight the heart of D45.

We Need Your D45 Stories and Snapshots!

Think back over your time in the District. What are the moments that truly capture the spirit of D45?

- **Club & Event Photos:** Pictures from club meetings, banquets, contests, conferences, or workshops.
- **Member Stories:** Candid shots of triumphs, laughter, and friendships—the moments that truly show our motto: For the members, by the members!
- **Historical Gems:** Photos of our longest-running clubs, past leaders (like International President Jim Kokocki), or any cross-border event.

Every single image and anecdote contributes to the beautiful tapestry of District 45. Let's showcase our history and celebrate our achievements before we merge. This is our chance to build a commemorative time capsule!

How to Share Your Legacy:

Please send your photos and/or brief stories to d45.prm.erin@gmail.com before April 15th, 2026. Include a brief description with each photo, noting the club name, year, and a few names if you remember them!

We can't wait to see your favorite memories! Let's make our final year the most inspiring one yet! We are eager to celebrate the legacy that you helped create!

