

Meetings: Tuesday 12 Noon



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**DECEMBER IS DISEASE PREVENTION AND TREATMENT MONTH**

**Happy Birthday**

**Happy Anniversary**

**Upcoming Speakers:**

Dec. 23	<b>No meeting</b> Pub Hub at Town Hall instead	Dec. 30	Jan. 06
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**LAST WEEK'S MEETING**

President **Alex Pope** presided.

Guests:

- **Helen Farris**
- **Dustin Callison** (brother of Clint)
- Speaker **Madisyn Grof**, and family:
- **Lindsay and Ed Grof** - parents
- **Halle Grof** - sister

Program - **Madisyn Grof** – Home-town wrestler

**Madisyn Grof** is one of Canada's promising young freestyle wrestlers — excelling at provincial, national, and international levels while balancing academic and collegiate competition with Simon Fraser University.

She is a graduate from Samuel Roberson Maple Ridge secondary school in 2023, and had a distinguished career as a member of the Ramblers wrestling team. She took silver at the 2022 high school provincials, and won the 54-kg (weight) title at the 2023 BC high school championships, and led the Ramblers to the team banner.

Madisyn has gone on to Simon Fraser University where she is now in the nursing program, while competing internationally and at the university level. She's achieved *Pan Am gold*, *Grand Prix gold*, and has represented Canada on the global stage in U20 world competition. She is now giving back by helping coach young wrestlers every week.



*Madisyn Grof won gold for Canada at the U20 Pan American Championships in 2024, winning all of her matches by technical superiority. She then competed for Canada at the U-20 Pan Am Championships in Peru from July 10 to 12, 2025 and also at the world championships in Bulgaria in August of 2025.*

**Madisyn Grof — Bio & Career Highlights**

**Full Name:** Madisyn Kathleen Ibolya Grof

**Hometown:** Maple Ridge

**University Team:** Simon Fraser University

Red Leafs Women's Wrestling Team

**Early Life & Education**

- Grew up and trained in Maple Ridge, B.C. and attended Samuel Robertson Secondary School, where she was a standout member and captain of the Ramblers wrestling team. She took silver at the 2022 high school provincials, and won the 54-kg title at the 2023 BC high school championships, and led the Ramblers to the team banner.
- Joined Simon Fraser University's Red Leafs women's wrestling program, competing primarily in the 116–123 lb range for the 2023–24 and 2024–25 seasons.

**International & National Success**

- U20 Pan-American Champion — She won gold at the 2024 U20 Pan-American Championships in Peru, dominating her bracket and winning all matches by technical superiority.
- Following her Pan-Am success, she qualified for the U20 World Championships in Spain, where she competed internationally and captured gold in the women’s 55 kg class at the 2025 Grand Prix of Spain, finishing as the only undefeated Canadian wrestler at that tournament.

**Style & Reputation**

- Known for her *technical dominance* at the youth / international levels and strong competitive drive — described as a “warrior through and through” by her club.

Happy and Sad

**Libby** is happy she found a place to live in Vancouver, much closer to her daughter Caro.

**Clint** -sad, that Libby will be moving away in 2026!

**Susan** was happy to be at the 2025 Rotary Christmas Party, at Clint's home....it was wonderful!.....but as Susan is usually "queen of the party".....she "had to take a bow" to Clint; such a beautiful decorated home...and such a warm welcome to all of us.

Paul Harris Pins

Paul Harris Pins were awarded to  
**Brian, Eric, Ineke, Laurie and Walter.**



Annual Christmas Present Exchange (and Steal)



**Ineke** conducted this annual fun event where everyone who has wrapped and brought an anonymous present and placed it on the table, gets to take a present from the table when their name is drawn from “a hat”; and then, when their name is called a second time, can choose to keep the one they have or steal a present from someone else.



President’s Closing Quote  
(for the first day of Christmas)

**Santa** had an accident while playing golf.  
His ball hit a bird on the second hole.  
It was a partridge on a par 3.



Random Thoughts for Christmas



Club Announcements

- Dec 23: No regular meeting - instead, Pub Hub at Town Hall at 5:30 pm
- Dec 30: Regular meeting will be held as usual.

**Submitted by Laurie Anderson**