



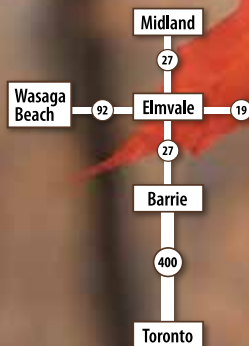
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56<sup>th</sup>  
ANNUAL

# Elmvale Maple Syrup Festival

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Saturday April 27th, 2024 • 8am to 5pm

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Heart of Business



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## Mayor's Message



**Jennifer Coughlin**

Mayor of Springwater Township

# Welcome to the Elmvale Maple Syrup Festival!

Welcome to the 56th annual Elmvale Maple Syrup Festival in beautiful Springwater Township! Each year this festival brings people from near and far to experience our community, enjoy the entertainment, shop for unique gifts and taste the best maple syrup this country has to offer.

A special thank you to the many volunteers who work hard to make this wonderful event happen. Your dedication and commitment is truly inspiring. What many people are not aware of, is that the money raised from this event goes back into the community, supporting organizations and clubs throughout our Township.

Events such as this provide visitors with a glimpse of what life in Springwater is like. Springwater is a thriving 'community of communities' with welcoming and friendly residents who never hesitate to offer a helping hand.

On behalf of the Township of Springwater Council and staff, we thank you for supporting our community. Connect with the Township by following us on X @SpringwaterTWP, liking us on Facebook – Township of Springwater, visiting [www.springwater.ca](http://www.springwater.ca) or coming to the Township Administration Centre to speak with one of our helpful staff.

We hope you enjoy yourselves today and look forward to you returning to Springwater soon.





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# Welcome from our Parliamentary Officials



MP Barrie-Springwater-Oro-Medonte

**Doug Shipley**

It is my pleasure to welcome you to the Elmvale Maple Syrup Festival, one of the great traditions in our region. I hope you will enjoy all the day has to offer! I am grateful to represent the riding of Barrie – Springwater – Oro-Medonte as the Member of Parliament.

Whether you are a full time or seasonal resident or a visitor for the day, volunteers and organizers are so happy to host you here and share all the fun and excitement of the festival. From spirited competitions to local vendors with tasty maple-based wares this is a wonderful way to make lasting memories and perhaps build new traditions of your own.

While visiting please take a moment to thank one of the many volunteers who dedicate so much time and effort to make this festival a success year after year. The Elmvale Maple Syrup Festival has been a community tradition for over five decades and it could not continue without the tireless dedication of great volunteers. Look forward to seeing you there!



MPP Barrie-Springwater-Oro-Medonte

**Doug Downey**

Hello and welcome to the Elmvale Maple Syrup Festival! I am so grateful to see this wonderful event return to the community of Elmvale for another year. This festival, which has become a hallmark of the community, helps bring together people from across our province to celebrate and enjoy our incredible local maple syrup producers!

As MPP for Barrie – Springwater – Oro-Medonte, it is my immense pleasure to take part in this event once more. I always enjoy coming out to Elmvale to enjoy the incredible sense of togetherness and that this community provides.

The Elmvale Maple Syrup festival is not just an opportunity for us to gather, but an opportunity to give back to this great community that we all know and love. Funds raised from the EMSF help to support our schools, music programs, library, arena and community hall projects, as well as the Girl Guides, Scouts, and many other projects that may not have adequate funding.

I look forward to celebrating the spirit of community in Elmvale with all of you today. As you enjoy the festival, please take time to thank all the volunteers, organizers, vendors, sponsors and partners. Without them, the Maple Syrup Festival would not be possible. Thank you and have a wonderful time!



# Greetings from our Officials



County of Simcoe  
**Basil Clarke**  
*Warden, Simcoe County*

The Elmvale Maple Syrup Festival has been welcoming participants, groups, organizations, volunteers and tourists to the region each spring for more than five decades. With over 250 booths, entertainment, tours, contests, and delicious maple syrup products, it is no wonder that an estimated 30,000-40,000 visitors are expected to take in the best of what Elmvale has to offer again this year.

The Elmvale Maple Syrup Festival is an important fundraiser and economic driver in the community. Our maple syrup sector is strong and something that we are extremely proud of in Simcoe County.

We thank all the volunteers out there who make this festival possible. To those of you who are able to join us this year at the 56th Elmvale Maple Syrup Festival, thank you for coming and supporting our community and small businesses. The proceeds raised are directed right back into this amazing community.

Enjoy the sweetness of the Maple Syrup Festival and please plan to return next year.



EMS F Committee

The Elmvale Maple Syrup Festival Committee is thrilled to welcome you to our 56th festival. There were some changes made last year that some found hard to adjust to at first, but which appear to have been a huge success.

We hope you will find something for all the family to enjoy, starting with our pancake house, where you can fuel up for the day ahead and tap your feet to the music. Be sure to pick up a festival guide, which will show you everything we have to offer. Our committee members and volunteers are easily identifiable in our orange vests, so feel free to approach us with your questions.

Browse over 200 vendor booths and warm up in the arena, with refreshments on the upper level. Take the school bus out to Lalonde's Sugarbush for a tour of his operation. Don't miss our exciting log-sawing and pancake-eating contests on our main stage, along with a variety of entertainment.

None of this would be possible without the dedication of our numerous volunteers. We can't thank them enough.



## Mission Statement

*The Elmvale Maple Syrup Festival is a fundraising event whose proceeds support projects which contribute to the physical, intellectual, cultural, emotional or spiritual well-being of our community.*

## Parking at the Festival

Springwater Township will be enforcing no parking along the west side of Amelia Street, the south side of Stone Street and the north side of William Street. The streets will be clearly marked by the Township as tow-away zones which will be strictly enforced

on Festival day. Special event parking lots throughout the village will be well marked. If you have any questions, please do not hesitate to approach one of our volunteers.




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## Festival Highlights

Adults \$10

Kids \$5  
(under 12)

# Pancake House

## Serving Breakfast 8am-3pm, Festival Day

The first place on your agenda when you arrive at the festival should be our pancake house. There's no better way to start off the day than with a plateful of sizzling sausages, a stack of syrup-soaked pancakes and a hot or cold beverage.

While you enjoy your delicious meal, you will be entertained by a selection of musicians, including our EMSF regulars, North of 50 and guests such as Even Steven and Louis Lefaive.

Don't forget to pick up your festival information guide for everything you need to know about The Elmvale Maple Syrup Festival.



# Variety Night Show

Musical director Jesse Muldoon is pleased to present his incredibly talented group of students and guests at the EDHS Variety Night.

**Friday, April 26th, 2024** in the EDHS Gym

- Doors open at 6:30pm for the Student Exchange Silent Auction
- Concert runs from 7-9pm







## The Main Stage

# Festival Entertainment

Presented by Al Beardsall & Dan Clement

**10:00 a.m.**

Local Talent

**11:00 a.m.**

EDHS All Stars with Jesse Muldoon

**12 noon**

Opening Ceremony / Introduction of dignitaries

Log-sawing contest

Firefighters' & Community Challenge

Pancake-eating contests

**1:30 p.m., 2:30 p.m. & 3:30 p.m.**

Local Talent



**\*Please note: subject to change**



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House*

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throughout the day**





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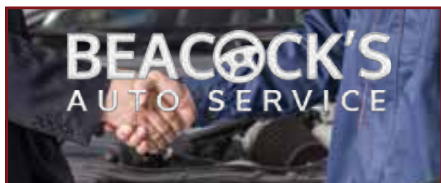
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## Our Volunteers

## It Takes a Village

The saying goes “it takes a village to raise a child”, and that also applies to presenting a successful local event, year after year. Without our volunteer force, there would be no Elmvale Maple Syrup Festival.

The Festival is entirely volunteer-led, and these wonderful, selfless people have been the driving force of our event for 56 years. The faces may change, but the dedication and love for what they do is constant.

The accompanying photos are just a sample of the folks who have kept the EMSF wheels turning for over five decades. We can’t thank them enough. Have a wonderful time at this year’s festival and please, if you have the chance, stop and thank a volunteer.







## Lalonde's Maple Syrup

# News from the Sugarbush ~ Growing up Maple ~

Every year the excitement started in January. We would see Dad starting to organize the space in the sugar camp, moving boxes and cleaning every surface. As a family we would all start paying closer attention to Bob's Garden weather report on CKVR; waiting for daytime temperatures of 5° and night time of - 5° and before you knew it, it was "go" time. The day we would get off the school bus and see that Dad had tapped the front trees with buckets was our cue to run through the bush to find him and start asking when we can start boiling sap.

We could tell when sap started significantly collecting by the noise of the vacuum pump running all day and sometimes at night. When I was really young, before the neighbourhood of Ritchie Crescent was built, we were able to see from our school yard across the farmers fields to the 8th concession. When smoke would rise from just the right spot, we knew Dad was boiling and would tell anyone who had ears.

Most of our evenings were spent in the sugar shack, visiting with cousins who came to help, aunts, uncles and other family and friends who stopped by every year to relive and retell their stories of sugaring off at the Lalonde's Sugar Shack since 1958. And of course working our first paid jobs - giving guided tours.

It was my duty to bring out meals for everyone and I loved eating every dinner by the heat of the evaporator, listening to the jokes, banter, stories and

soaking up the shared knowledge. Both Dad and I are spring babies so our birthdays were celebrated with cake and the smell of wood smoke and maple syrup in the sugar camp. Sometimes after all the food I would find someone napping under the flu pans or in the morning before heading to the bus we would wake Dad from his nap in front of the evaporator - having stayed out in the camp all night because you make syrup when the sap is flowing (meaning sometimes you work for days without a break).

Our spring class trips were always to my house - imagine taking your regular bus to school, getting on another bus just to come back home with all your class mates. Everyone asking questions about something you witness daily, being amazed that I have such easy access to candy and syrup - so much candy and syrup that I pass up on the free samples!

Now, I am Mother to three very sweet girls who love to put Grampy's maple syrup on everything from pancakes to cereal, veggies to toast and directly into their mouths when Mom and Dad aren't looking. I am looking forward to sharing my memories and experiences with them as they grow, making new ones together.

Maybe upon your visit to Lalonde's Maple Sugar Bush you will catch us sharing a meal by the fire while telling jokes and stories... if you're lucky.





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## Cooking and Baking with Maple Syrup

Maple syrup is a wonderful substitute for regular sweeteners in a variety of beverages and foods. Whether you're baking bread, cakes, cookies or pastries, making glazes, sauces and marinades, sweetening hot drinks or making a meat dish, maple syrup is an easy substitute for honey, molasses or corn syrup and can replace white sugar if quantities are adjusted correctly.

It can be substituted 1/1 with honey, molasses and corn syrup, and you can replace one cup of white sugar with one and a half cups of maple syrup, adding a ¼ teaspoon of baking soda for each cup of maple syrup and reducing the amount of liquid in the recipe by half.

Use a grade that suits your own taste, but it is generally found that dark or very dark maple syrup gives a depth and richness to the flavor.





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## Celebrate Maple Season

Celebrate maple season at a sugarbush April 6 and 7 during Maple Weekend. Maple syrup season is well underway for 2024 and producers are excited to welcome visitors and showcase the 2024 crop of maple syrup during the 8th annual Maple Weekend, April 6 and 7, 2024.

Hosted by the Ontario Maple Syrup Producers' Association (OMSPA), Maple Weekend is a fun, free, two-day, family-friendly event that celebrates Ontario's maple heritage and invites visitors to head out to visit the sugarbush and savour the flavours of spring.

"Spring is the most exciting time of the year for maple syrup producers, especially when we get an early run as we did this year," said Randal Goodfellow, OMSPA President. "Maple syrup producers across the province are looking forward to opening up their sugarbush for visitors and inviting them to join in the celebration of the sweetest time of the year."

This year marks the 8th annual Maple Weekend, and visitors can expect to experience the best of maple season at a sugarbush on April 6 and 7, 2024. Maple Weekend features two full days of activities and specials at participating sugarbushes across the province. Running from 10 a.m. to 4 p.m. both days, at participating sugarbushes visitors can expect to sample maple syrup, get out on the trails in a working sugarbush, eat maple taffy, get an inside peek into how maple syrup is produced, and stock up on this year's crop of maple syrup.

Officially launched in 2015, Maple Weekend has been a tremendous success for both producers and visitors. Maple Weekend is a past nominee for

Destination Ontario's Tourism Event of the Year, and draws roughly 20,000 visitors to rural sugarbushes across the province each year.

In 2024, there will be 75 producers taking part in Maple Weekend, with participants from the following OMSPA districts: Algoma, Algonquin & District, Eastern, Grey-Bruce & District, Haliburton-Kawartha, Lanark & District, Ottawa Valley, Quinte & District, Simcoe & District, Southwestern, and Waterloo-Wellington.

A list of participating Maple Weekend maple syrup producers is available on the Maple Weekend website, along with further details about specials and activities for visitors at the 75 locations across the province. Visitors are invited to visit the Maple Weekend website at [www.mapleweekend.ca](http://www.mapleweekend.ca) for more details.

As the official voice of sugar makers in the province, OMSPA represents approximately 600 maple syrup producers from across the province, who are committed to producing a high-quality product for consumers to enjoy. Members are involved with a wide range of activities organized at the provincial level or through one of the 11 local chapters located across the maple producing areas of Ontario.



For more information, contact:

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Executive Director

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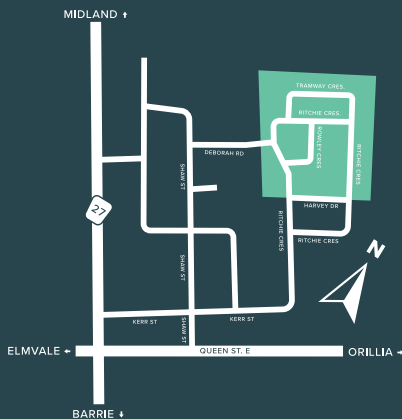
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## FROM THE ARCHIVES

### — The Maple Leaf —

A truly Canadian symbol  
(from the EMSF supplement to  
local newspapers in 1979)

The Maple Leaf has become known around the world as a symbol of Canada. It appears on our flag and on our coat of arms, in the arms of the provinces of Ontario and Quebec, and on the Queen's personal Canadian flag.

The leaves used in each case are stylized, so we can't be certain which species was used as a model, but they usually bear a resemblance to our best known maple, the Sugar Maple. Where Sugar Maples grow in Canada, from Nova Scotia to Western Ontario, the trees have made their mark in the history of the land.

Indians first used the sap as a beverage and to make sugar. Early settlers used the wood for fuel, potash and furniture. Loggers cut the trees for lumber, and the glory of the leaves in Autumn endeared the trees to all who saw them.

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## Log Sawing Contest

# The Quickest Blade

### They Came, They Sawed, They Conquered!

Our annual log-sawing contest takes place on our main stage shortly after noon on festival day. Local dignitaries and politicians from nearby municipalities pair up to test their sawing skills, some who have experience and some who are new to the task.

The pine log, donated by Robert Ritchie Forest Products, is set up on stage and referee Doug Kirton hands over his 52" crosscut saw, which has been oiled and sharpened to produce the best result possible.

Our official timer has his stopwatch ready and after a brief practice run, the order to 'go' is given and the contestants work in unison to remove a section of the log in the shortest time. It is much harder than it looks, and anticipating your partner's moves is definitely an asset.

We have two divisions; Open and Ladies'. Our 2023 open division winners were the New Tecumseth team of Councillor Alan Masters and Councillor Chris Rapin. The winners of the ladies' division, representing Springwater Township, were Councillor Danielle Alexander and Councillor Anita Moore.

The winning teams are rewarded by having their names added to our trophy and receiving bottles of delicious maple syrup, plus the bragging rights until the next year. Don't miss the excitement!





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## Ice Taffy

One of the delights of spring at any sugar bush or festival is the making and eating of ice taffy. Children and adults alike relish this sweet treat and also love to join in the making of their own taffy.

A quantity of syrup is poured onto clean snow or ice shavings. It will stiffen into firm taffy which can then be rolled onto a stick or eaten directly off the snow.

Don't miss the ice taffy display, presented by the Township of Springwater, at this year's festival.







## Maple Recipes

# Maple Glazed Chicken

Tender chicken glazed with the rich sweetness of pure maple syrup paired with tart lemon and nutty almonds combine to make delicious flavors. Pair this delicious recipe with steamed rice and a kale salad for a complete meal.

### Ingredients:

- 4 chicken breasts boneless skinless
- 1/2 cup pure maple syrup
- 1/2 cup butter melted
- 1/2 cup slivered almonds
- 1 Tablespoon fresh lemon juice
- 1 teaspoon grated lemon rind
- 1/2 teaspoon salt
- Cracked black pepper

### Preparation:

Place your chicken breasts in the bottom of a shallow baking pan. Mix all remaining ingredients and pour the sauce over top of the chicken.

Bake the chicken for 35 – 45 minutes in a 375° preheated oven, basting at least twice during cooking. When the internal temperature of the breast reaches 160 degrees, remove the pan from the oven.

Cover the pan with foil, and let the chicken rest for 5 minutes. Serve the chicken over top of rice or butter noodles and garnish.

### Nutritional Information

Serving: 1 Chicken Breast | Calories: 587kcal | Carbohydrates: 30g | Protein: 27g | Fat: 41g | Saturated Fat: 18g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 15g | Trans Fat: 1g | Cholesterol: 133mg | Sodium: 551mg | Potassium: 440mg | Fiber: 1g | Sugar: 25g | Vitamin A: 804IU | Vitamin C: 2mg | Calcium: 96mg | Iron: 1mg



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## FROM THE ARCHIVES

### — Elmvalle Hospitality —

Taken in part from a submission to  
the Penetang Citizen by  
Robert White

In February of 1974, several persons from out of town ventured out in a snow storm and ended up stranded in our little town. One person in particular was directed to the Community Hall, by OPP, where there was a place set up for those who were storm-stayed. A television was brought in and cookies and coffee provided.

He and his companion were offered a place to stay for the night, by Don Thompson, local pharmacist and member of the Maple Syrup Festival board, and upon arriving at his home, discovered that he and his wife, Isabel, had taken in an entire family. They were supplied with muffins and coffee, a comfortable bed, and breakfast the next morning. They were all truly grateful for the kindness shown to them by the Elmvalle residents.





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# Numbered Events are shown on the Festival Map

All prices below include HST

## 1 Variety Night & Silent Auction

Friday April 26th, 7:00-9:00 p.m  
Elmvale District High School  
Adults: \$5.00 / Seniors & Students: \$4.00  
All proceeds go to EDHS

## 2 The Royal Canadian Legion

Elmvale Branch 262  
Open House: Sat. 12:00 noon-1:00 am  
Live Entertainment from 2:00 pm - 6:00 pm

## 3 Sugarbush Tour Bus

Bus to FREE Sugarbush Tours  
loading in the Arena grounds



## 4 Community Hall

Pancake Breakfast  
Pancakes, Maple Syrup,  
Sausages & Beverages: \$10.00  
Children under 12: \$5.00

9:00 a.m on: Various artists  
Entertainment runs all day

## 5 Main Stage

(10:00 am - 4:00 pm)  
Opening Ceremonies at noon  
Contests and Musical Entertainment

## 6 SugarShack Info Booth

Festival Guide  
Questions answered  
Lost & Found

## 7 Library

Book Sale  
Washrooms  
Children's Craft Demonstrations

## 8 The Arena

(8:00 am - 5:00 pm)  
Arts & Crafts (main floor)  
FREE ADMISSION  
Lunches (upstairs, elevator available)

# VOLUNTEERS NEEDED

## The future of the festival depends on YOU!

If you love your community and want to see its traditions continue, we ask that you consider volunteering with the Elmvale Maple Syrup Festival Committee.

Help is needed in all areas. If interested, please contact [burgleri1953@gmail.com](mailto:burgleri1953@gmail.com) or message us on our Facebook page.



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Elmvale Maple Syrup Festival





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**tracy.hill@simcoe.ca**

The Adult Day Program is funded in part by the Ontario Ministry of Health and Long Term Care



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## 2024 Pancake Eating Contest

# Firefighters & Community Challenge

This will be our 23rd annual Elmvale Maple Syrup Festival pancake eating contest.

There are 2 divisions in this world renowned competition: Firefighters' Challenge and the Community Challenge which is sponsored by Will Marshall Insurance.

Six local firefighters will compete in their division, with firefighter James Doan being heavy favourite to win this division once again. He was our winner in 2023. Maybe someone can beat him this year?

This will be our third year with a separate division in which six community groups will participate. In 2023 Vanessa Vrontzo was our Community Challenge winner. We are hoping for another exciting event.

There are specific rules which have to be followed. Participants need to consume five large pancakes, covered with maple syrup supplied by Lalonde's Maple Syrup, in the fastest time possible. Water is provided, due to the danger of choking and everything has to stay down. The first person to finish and stand up is the winner.

This event would not be successful without the support of the Elmvale Firefighters and our sponsors. Watch for this main attraction on the big stage following the Log Sawing Contest.





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**Maple Treats**

Along with the delicious maple syrup we are familiar with, there are many other sweet treats that come from varying the method by which the syrup is processed.

These treats include: Maple Sugar, Granulated maple sugar, Maple cream (butter or spread), Maple Nougat candy, Soft molded sugar, Ice taffy, Rock candy, Maple fudge and Maple cotton candy. Most of our syrup vendors offer a variety of creations for your enjoyment.







## Maple Recipes

# Maple Syrup Baked Apples

This baked apple recipe is perfect for any time of year. It will satisfy your sweet tooth with its spices and maple goodness. Pair with vanilla or maple walnut ice cream and add some nuts or fruit, for a delicious, comfort food ending to your meal.

### Ingredients:

- 4 large baking apples
- 2 tbsp lemon juice
- 1 cup apple juice
- 1/3 cup dried currants
- 1/2 cup pure maple syrup
- 1 pinch of ground cloves
- 1 pinch of ground cinnamon

### Preparation:

1. Preheat oven to 375 degrees F.
2. Core apples, remove seeds, peel away a bit of skin, and stuff with currants.
3. Set in ovenproof baking dish.
4. Combine lemon and apple juice with spices and maple syrup in a medium-sized bowl and pour over apples.
5. Bake uncovered for about 45 minutes, basting often.
6. Serve warm.

### Nutritional Information

Sugar: 62g | Calcium: 73mg | Calories: 289kcal | Carbohydrates: 74g | Fat: 1g | Fiber: 6g  
Iron: 1mg | Potassium: 499mg | Protein: 1g | Saturated Fat: 1g | Sodium: 9mg





# Springwater Sports Heritage 2024

Congratulations to the Elmvale Maple Syrup Festival on all your past successes. The 2024 Festival will continue to provide its usual outstanding opportunity for the captivated visitors and locals.

Since 1965 the Festival has remained a mainstay and guiding light for the local and broader community. The incalculable and unmatched hours unselfishly shared by your volunteers continues to hold the bar high for the rest of the community to strive for. During a period that seems to reflect a challenge to find sufficient volunteers your Festival has demonstrated the value and success of being able to achieve the ability to remain successful in meeting your goals and expectations.

Springwater Sports Heritage (SSH) is very pleased to share and support local heritage with the Elmvale Maple Syrup Festival. As SSH reflects on its purpose and the local history we continue to learn about and share its lessons. SSH steadfastly remains motivated to grow and document its cause. The Elmvale Maple Syrup Festival has and continues to contributed to the growth and character of the community. To be surrounded by the culture of like-minded individuals that contribute and share so much is comforting and reassuring.

With the vision of your Festival's outstanding contributions and guidance Springwater Sports Heritage believes it too can continue to move forward as it adds to its recognition of Springwater sporting achievements. SSH desires to remain a player in capturing the stories and images of the many individuals, groups and organizations

that make up the Heritage and Culture of the community in which we respect and appreciate. SSH is proud to be part of the beautiful and caring community that we are so fortunate to benefit from in so many ways. Your leadership and ongoing success provide guidance and a very valuable level of confidence that is needed to sustain us and our dreams.

Springwater Sports Heritage appreciates the opportunity to be invited to be part of your annual digest. The effort Elmvale Maple Syrup Festival puts forward will long serve and remain valuable documents and memories of record to share the history for future readers to respect, learn from and give thanks for. May you not forget the diverse and broad value your Festival provides.

Through Elmvale Maple Syrup Festival's kindness we'll take this opportunity to provide a brief summary and snapshot of today's Springwater Sports Heritage. 2024 is another (fifth) all-important Induction year. The 2024 Inductees will officially become part of our SSH's Hall of Fame during the 10th Anniversary (2014-2024) of Springwater Sports Heritage Induction Ceremony on September 27, 2024.

Check out our outstanding re-envisioned website ([springwatersportsheritage.ca](http://springwatersportsheritage.ca)) and the growing collection of Hall of Famers and heritage material. Springwater Sports Heritage undertook its first major community promotion at the 2023 Elmvale Fall Fair thanks to some very supportive volunteers and the Elmvale Fair Board. The SSH Board is currently developing a new mid-long term strategic plan to direct it through its future endeavors.





Springwater Sports Heritage's next major undertaking is the creation of a Video Wall, interactive Kiosks and memorabilia Display Cabinets in the future Springwater Township Community Hub. The existing "Virtual" Springwater Sports Heritage will in the near future have a physical "Bricks & Mortar" component for all to enjoy and be inspired by.



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# Vendors List



From handmade jewelry to homemade preserves, baking and bath products; from homemade clothing to natural foods, bird houses and metal creations, the Elmvalle Maple Syrup Festival is sure to have a vendor that will catch your eye. Some have been returning for years, others are here for the first time.

We also have a great selection of Maple Syrup Producers to tempt you with their delicious maple syrup products, so be sure to check them out. Enjoy your time at the festival!

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