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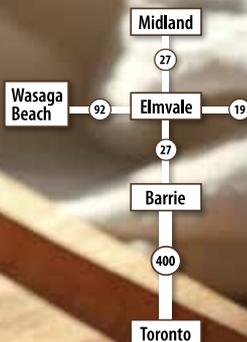
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ANNUAL

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Heart of Business



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Mayor's Message



Jennifer Coughlin
Mayor of Springwater Township

Pouring on the Fun at the Elmvale Maple Syrup Festival in Springwater

It is my great pleasure to welcome you to the 58th Elmvale Maple Syrup Festival. On behalf of the Township of Springwater Council members and staff, we thank you for tapping into the tradition of this sweet festivity in our community.

Each year, we look forward to the smiling faces of residents and visitors as they take in the warm, welcoming atmosphere, created by vendors lining the streets, the delicious scent of pancakes and maple syrup in the air, and lively entertainment throughout the day.

A special shoutout to the volunteers who work year-round, tackling the sticky jobs and keeping the festival running smoothly for the rest of us. We thank you for pouring your hearts into this event year after year.

Just like the trees that produced today's maple syrup, the funds raised at this event will stay locally rooted. Proceeds will support a range of community organizations, clubs, and charitable causes across the Township of Springwater.

We hope you enjoy your time here today in our beautiful community. Until next time – keep it sweet, Springwater!



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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 2026 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 very 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

Welcome to the 58 th annual Elmvale Maple Syrup Festival! I'm Doug Downey, your MPP for Barrie – Springwater – Oro-Medonte and Ontario's Attorney General. In my role as your local representative, it is my great pleasure to welcome you to this fantastic local festival, whether you are a returning Elmvale resident or a visitor come to experience the great tastes and unique offerings that make Elmvale a wonderful place to visit.

There are so many great things to enjoy throughout this festival, whether it's sampling the great collection of local syrups, listening to our fantastic local bands, getting involved in the pancake eating contest or watching the log-sawing competition (and cheering on yours truly). This festival truly has something for everyone to enjoy. 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 community organizations.

During your visit today, I encourage you to thank the volunteers, vendors and organizers who make the festival an incredible experience each and every year. Without them, this cornerstone community event would not be possible.

Thank you and enjoy the festival!

Greetings from our Officials



County of Simcoe
Basil Clarke
Warden, Simcoe County



Greg Davidson
EMSF President

The Elmvale Maple Syrup Festival continues to be one of Simcoe County's most anticipated annual events. Each year, the festival brings our community together for a fun, welcoming celebration while highlighting the rich history and cultural heritage that define our region. It is a true reflection of the pride we share in where we live.

At the County of Simcoe, we are proud to support and recognize the dedication of our local maple producers. These farmers are essential to our agri-tourism sector, contributing to economic growth while strengthening the connection between residents, visitors, and our agricultural roots. As stewards of the largest municipal forest in Ontario, Simcoe County takes great pride in the exceptional quality of maple syrup and maple products produced here and enjoyed both locally and around the world.

Thank you to the tens of thousands of visitors who join us each year. Your continued support and enthusiasm help make the festival a lasting success and a wonderful showcase of everything Simcoe County has to offer.

Welcome to the 58th Elmvale Maple Syrup Festival. We run on the sweetness of our main offering, but also on the gift of people's time. It has been my pleasure to get to know our volunteers better over the past year. Each one brings experience, new ideas, love of community and energy to an environment of teamwork and laughter.

Our festival kicks off the spring season. For our elders, it brings a sense of continuity and vitality. For family and friends, a whole lot of fun. For the young people, it forms part of their identity.

The festival provides lots to enjoy and discover. Visit the Town Hall for an all-day pancake breakfast. Gather at the main stage for music and the annual log-sawing and pancake-eating contests. Enjoy lunch and snacks with our Lionesses in the Springwater Room above the rink. Explore our village and browse all that our exhibitors have to offer. Catch the school bus, east of the arena, for a tour of Lalonde's Sugarbush.

This digest is your guide to the festival. Ask our volunteers in the Sugar Shack and throughout the grounds for more information and check out our Facebook page. We hope you have a wonderful time and come back next year.



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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The Elmvalle Business Improvement Area positions the community as a “village” destination for shopping, dining and culture. The BIA manages a number of programs and promotions to support its brand. Join us as we represent the business community’s interests and create a vibrant downtown Elmvalle.

www.elmvalebia.ca / info@elmvallebia.ca
www.Facebook.com/ElmvaleBIA



The BIA would like to congratulate the Elmvalle Maple Syrup Committee for another fabulous event!!



Festival Highlights

Adults \$10

Kids \$5
(under 12)

Pancake House

Enjoy a Hot Breakfast on Festival day from 7:30am-2pm

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.

As always, we will be presenting local musical entertainment from the likes of Even Steven and Louis Lefave

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 presents his talented music students. All door ticket sales support the music program.

Friday, April 24th, 2026 in the EDHS Gym

Doors open at 6:30pm

Prior to and during the concert, the EDHS Youth Exchange Group will be holding a Silent Auction. All funds in support of hosting our Bella Coola, British Columbia twins.





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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Doing What You Love

Mid-February and Old Man Winter is still giving us a blast of cold temperatures. We don't mind so much. Right now we're getting anywhere from 7-8 hours sleep each night and three square meals a day. We are even able to visit with family anytime we want or just relax with our kids, but that will all change very soon.

Once the temperature reaches more favourable conditions, we will be busy tapping the trees. We have about 2500 taps which take about 4 days to do if the snow isn't too deep. If we have a lot of snow it can take up to two weeks. It's tough going, walking around a tree in snowshoes. Once the trees are tapped it's time to turn the pumps on. Hopefully, they will work. If not, there will be repairs to do. There goes lunchtime and a bit of pocket change.

If they are working, but we notice that they're only at 13 PSI rather than the necessary 18-20 PSI, We have to go back and check each tree and line for leaks. This happened last year and it turned out to be a mob of curious woodpeckers that had pecked holes into the main lines. They all had to be replaced. When the sap is flowing, we have to keep boiling, day and night until it freezes up. There goes our sleep.

There is always something needing to be cleaned, fixed, labeled, packed and stored. Not to mention running to the suppliers for things you forgot to pick up the last time. It's mayhem for 4-6 weeks. Is it worth it? Absolutely! It's always worth doing something you love.

Lalonde's Maple Syrup

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Maple Tree Fun Facts

- A gallon of pure maple syrup weighs 11 pounds.
- Sap flowing in high volumes is called a 'run'.
- As a tree increases in diameter, more taps can be added, to a maximum of four.
- 30-50 gallons of sap are evaporated to make one gallon of syrup.
- The season may last 4-6 weeks, but sap flow is heaviest for 10-20 days.
- The sugar content of sap averages 2.5%; of syrup, it's 66.5%.
- Each tap yields an average of 10 gallons of sap per season, yielding about one quart of syrup.
- Maple syrup is boiled even further to produce maple cream, sugar and candy.
- Warm, sunny days (above 40 degrees F) and frosty nights are ideal for sap flow.
- Tapping does no permanent damage to the tree and only about 10% of the sap is collected each year.
- A maple tree is usually at least 45 years old and 12 inches in diameter before it is tapped.
- The harvest season ends with the arrival of warm spring nights and early bud development in the trees.
- It takes one gallon of syrup to produce eight pounds of candy or sugar.



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Maple weekend

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Maple Weekend • April 4th & 5th, 2026

Maple syrup season is off to a more traditional start this year. The old fashioned winter we had this year bodes well for a slow transition to warmer weather, making for a good syrup season. Producers are excited to welcome visitors and showcase the 2026 crop of maple syrup during the 10th annual Maple Weekend, April 4 and 5, 2026.

Hosted by the Ontario Maple Syrup Producers' Association (OMSPA), Maple Weekend is a fun, free, two-day, family event that celebrates Ontario's maple heritage and invites visitors 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 a cold winter offers the promise of a long season," said Kyle Gilbertson, OMSPA Chair. "Maple syrup producers across the province look 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 10th annual Maple Weekend, and visitors can expect to experience the best of maple season at a sugarbush on April 4 and 5, 2026. The event features two full days of activities and specials at participating sugar bushes across the province. Running from 10 a.m. to 4 p.m. both days, 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.

Maple Weekend falls on Easter Weekend this year, so make sure you check with your local producers to confirm hours and days of operation.

Launched in 2015 as a trial and across the province in 2016, Maple Weekend has been a tremendous success for both producers and visitors. It is a past nominee for Destination Ontario's Tourism Event of the Year, and draws roughly 20,000 visitors to rural sugar bushes across the province, annually.

In 2026, there will be 75 producers taking part, 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 syrup producers is available on their website. Visitors are invited to visit www.mapleweekend.ca for more details.

About OMSPA

As the official voice of sugar makers in Ontario, OMSPA represents approximately 600 maple syrup producers from across the province who are committed to producing a high-quality product for consumers. 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:

Karen Bedard
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The Maple Tree Song

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By Susanna Moodie (1803-1885) CANADIAN POET, NOVELIST, ESSAYIST

When the snows of winter are melting fast, and the sap begins to rise,
And the biting breath of the frozen blast yields to the Spring's soft sighs,
Then away to the wood, for the maple, good, shall unlock its honied store
And boys and girls, with their sunny curls, bring their vessels brimming o'er
With the luscious flood of the brave tree's blood, into cauldrons deep to pour.

The blaze from the sugar-bush gleams red; far down in the forest dark,
A ruddy glow on the tree is shed, that lights up the rugged bark;
And with merry shout, the busy rout watch the sap as it bubbles high;
And they talk of the cheer of the coming year, and the jest and the song pass by;
And brave tales of old round the fire are told, that kindle youth's beaming eye.

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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.





Log Sawing Contest

Timing is Everything

The 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. Many are 'old hands' at this, while some are here for the first time.

The pine log, donated by Robert Ritchie Forest Products, is set up on stage and the referee hands over the 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's much harder than it looks, and using a fluid technique is definitely an asset.

We have two divisions; Open and Ladies'. Our 2025 open division winners were the team of Tiny Township Mayor David Evans and Springwater Ward 1 Councillor Matt Garwood, who knocked it out of the park with a time of 27.58 seconds. The winners of the ladies' division were Springwater Mayor Jennifer Coughlin and SCDSB Trustee Liz Grummett, with a very respectable result of 1 min 11.51 seconds.

The winning teams are rewarded with bottles of delicious maple syrup, having their names added to our trophy, plus the bragging rights until next year.





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Offering the perfect blend of small-town charm and modern design, Elmvalle is an ideal place for families looking for an affordable, welcoming community to call home.

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Pancake Eating Contest

Firefighters' & Community Challenge

This will be our 25th 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.

Local firefighters will compete in their division, with firefighter James Doan being heavy favourite to win this division once again. Last year, once again, James Doan was victorious. Is there anyone out there who can beat him? It remains to be seen.

It will also be our 5th year with a separate division which, this year, will feature contestants from Elmvale minor ball, minor hockey and the four EDHS houses.

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.





Elmvale Fall Fair

Elmvale Fall Fair

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Oct. 8th, 9th & 10th 2026
Thanksgiving Weekend

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1 How old is the Elmvale Maple Syrup Festival?

- a 45 years
- b 55 years
- c 58 years

2 What is the name of the Information Booth?

- a Syrup hut
- b Info booth
- c Sugar Shack

3 How do you travel to Lalonde's Sugar Bush?

- a by horse and wagon
- b by schoolbus
- c on foot

4 Where do the pancake-eating and log-sawing contests take place?

- a in the pancake house
- b on the main stage
- c in the arena

5 What is the name of the Festival Mascot?

- a Miss Amber Maple
- b Miss Maple Bud
- c Miss Sapfest



Answers on page 48

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Elmvale District Lions Club

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Numbered Events are shown on the Festival Map

All prices below include HST

1 Variety Night & Silent Auction

Friday April 24th, 6:30-9:00 p.m
Elmvale District High School
Adults: \$5.00 / Families: \$15.00
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
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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 & Ballot Box
Questions answered

7 Library

Book Sale & Children's Craft Demonstrations
Washrooms

8 The Arena

(8:00 am - 5:00 pm)
Free Admission | Arts & Crafts (main floor)
Lunches (upstairs, elevator available)

9 Church Chili Luncheon

(11:00 am-2:00 pm)
Adults - \$10 Children 4-10yrs - \$5
3yrs and under - free

Where Is Amber?

Look for our mascot, hidden on one of the digest pages, and when you find her, fill out a ballot at the Sugar Shack at the arena gates, stating the page number, exact location and a phone number at which we can reach you.

We will draw a ballot at 1:00pm and the lucky winner will receive a litre of Lalonde's Amber syrup.

You must answer your phone; we won't leave a voicemail. We'll move to the next ballot if there is no answer.



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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 or message us on our Facebook page.



www.emsf.ca |  Elmvale Maple Syrup Festival



EDHS Music Department

The funds received from the Elmvale Maple Syrup Festival will go towards the repair or purchase of various instruments, pieces of equipment and transportation of our students to a number of local events.

The community benefits from the students' continuous participation throughout the year, including presenting the Variety Night concert, which takes place on the evening prior to the Maple Syrup Festival, on stage at the Festival and the Elmvale Fall Fair and by providing seasonal music at the EMSF annual tree-lighting ceremony. We also provide audio equipment for other local happenings.

Students also appear at the Remembrance Day Ceremony and present spring and fall concerts at the school, which are enjoyed by the entire community.

Elmvale Presbyterian Church Youth Group

The Elmvale Presbyterian Church Youth Group gives young people the opportunity to belong to an organization that does not cost anything to join, but provides leadership skills and friendships that last a lifetime. It also benefits the community by encouraging the youth to become caring citizens, giving a helping hand where needed.

The Youth Group benefits the community by presenting hands-on activities such as career speakers. They also help to provide dinners and craft making at the Sara Vista Nursing Home, which is a nurturing experience for both the youth and the residents, and also provides leadership skills.

The funds received from the Elmvale Maple Syrup Festival Committee will help with the cost of fees and food involved in participating in various activities. On festival day, our youth are pleased to help wherever they are needed at the pancake house. These jobs include being runners, to make sure the food keeps flowing, cleaning and whatever else might be required.

Festival Funds in Action

EDHS Youth Exchange Program

This year we have an exchange with Bella Coola British Columbia. The funds donated by the Elmvale Maple Syrup Festival will be used to host our guests from Bella Coola in May of 2026. Expenses include: bussing, entrance fees and a restaurant meal.

This is a way for the youth in our community to experience and learn about First Nations culture first hand from their youth 'twins', and community knowledge teachers. They will also gain firsthand experience of the geography, climate, culture and richness of the region.

Youth who participate in the program become active in the national process of Truth and Reconciliation. They gain a strong understanding of the richness of First Nations communities and what they have to offer, and share that knowledge in their classes, with local organizations and their community.

In gratitude for the EMSF contribution, the parents of our exchange youth work in the pancake house on festival day and the youth help with set up.



Wendat Community Programs

Wendat provides a range of eleven programs and services which support adults with mental illness or age related challenges. Our catchment area includes Elmvale, where currently 5% of our clients reside. Our programs include case management, a social club, a vocational program, crisis services, crisis client, mobile crisis response team and brief service for adults with mild to severe mental illness.

Wendat is an Anchor member of the North Simcoe Ontario Health Team, working towards improving the local health care system, including ensuring physicians are located in Elmvale.

The funding received from the Elmvale Maple Syrup Festival Committee will go towards program costs and operating funds, and in particular for the ongoing operation of the Lorna Tomlinson Residence for Seniors.



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Elmvale & District Lioness/Lions Club

The funding received from the Elmvale Maple Syrup Festival Committee will be used to support community needs. All our profits are returned into the community in the form of donations to the Elmvale Food Bank, community schools, Sharewear and the Community Church, Sara Vista Nursing Home and the Lions Club Dog Guide Program. We also give to various specialized camps supported through the Lions Clubs and offered to personal community needs.

We also present the annual Sleigh Ride in the Village, each year in December.

In return for the funding, the Lioness members operate a food booth in the Springwater room, upstairs at the Elmvale arena on festival day, along with advertising for the festival and helping out in other areas, where needed.



Flos Agricultural Society Junior Board of Directors

We are a community organization that learns governance and leadership skills. One of the tasks the board undertakes is fundraising to provide an activity at the Fall Fair that youth can take part in for free. This aids in giving youth and parents something to utilize free of charge. In 2025, we provided free bumper car rides.

As a thank-you for the EMSF funds donation, the Junior Board members helped out in the pancake house at the Elmvale Maple Syrup Festival, by clearing tables, serving food, acting as runners with the food trays and cleaning up after the event.

This volunteer experience helps them understand what it takes to present events like the Maple Syrup Festival and the Fall Fair, making them valuable members of their community for the future.

Our Lady of Lourdes Catholic School

Our Lady of Lourdes School has a population of 242 students, from Elmvale and the surrounding area. Many families struggle financially and are unable to pay for field trips and school supplies. Although the school attempts to reduce these costs, we are limited by the school board as to the number of fund raising efforts which our parent council can hold each year.

Supplies within the school are in need of replacing, replenishing and updating. Being able to afford these expenses would mean that our students would be able to participate in more activities such as school trips, giving them a more rewarding school year and helping to shape the people they become and, ultimately, our future.

The funding from the Elmvale Maple Syrup Festival Committee will be spread out over a number of areas to alleviate the burden on the families and the school. In return, our staff and family members are willing to continue volunteering at the Sugar Shack information booth on festival day, as they have done for many years.



Friends of Springwater Library

Our mission is to support the Springwater Public Library through fundraising, advocacy and promotion. For many years we have held a book sale on festival day, with all funds raised going to the Springwater Public Library.

Our support has allowed the Springwater Public Library to continue their community programs and to cover the cost of necessary equipment and costs not allocated for in the municipal budget. The funding received from the Elmvale Maple Syrup Festival Committee will aid in those projects.

Our book sale is a popular draw on festival day and provides visitors with a dry, warm location to shelter in the event of inclement weather, as they browse our extensive collection of books, media and puzzles. We also help the EMSF at the Christmas tree-lighting ceremony, where a member of our group entertains the children by creating various seasonal crafts.



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Hurononia Centennial Elementary School Music

HCES has very active school and extra-curricular music programs. The monies donated assist with the cost of instrument repairs, the newest teaching resources, instruments and music, instrument parts and cleaning. Many of these costs are ongoing.

The music program at HCES benefits our community's children by enhancing learning, mental health and overall health and well-being. By performing in the community, our students learn how important it is to be part of that community. It teaches them responsibility and the importance of community participation. Primary students receive 100 minutes in music class and junior students, 40 minutes.

Our choirs perform at a number of local events, including the Variety Night Show at Elmvale District High School on the evening prior to the Maple Syrup Festival and teachers help in the pancake house on festival day.

Elmvale Skating Club

The Elmvale Skating Club provides local recreational programming at the Elmvale Community Arena. These programs are designed for participants of all ages and skill levels, provided by high quality coaching staff. This gives skaters the opportunity to grow and learn in their own community.

The skating club is made up of a group of dedicated volunteers, and each year they bring the community together to showcase the skaters' achievements through a Winter Gala and an end of year Carnival.

As registration fees continue to rise, the funds from the Maple Syrup Festival Committee will go towards reducing the cost to our members and helping to maintain affordable skating programming for our community.

In appreciation for the EMSF funding, the Skating Club Board of Directors and family members are willing to offer volunteer support and social media promotion.

Festival Funds in Action



Blind Hockey Organization

The funds donated by the Elmvale Maple Syrup Festival will help with the cost of ice time, pucks and jerseys for practice. The pucks are specially made for Blind Hockey as they are not a normal puck.

The Blind Hockey organization is hoping to bring a team to Elmvale and showcase a Blind Hockey game in the local arena. There are three players from Simcoe County currently playing Blind Hockey; Emily McLean from Elmvale, Randy Banks from Collingwood and Bob Lowe from Stayner. They have showcased the game in their communities.

Emily McLean's family assists our festival in a number of ways. Her mother runs our pancake house on festival day. Her father helps to set up the grills, cook pancakes and makes sure the grills are working throughout the day.

Emily volunteers at the Sara Vista Nursing Home.

MAPLE SYRUP FACTS

Maple Syrup Benefits and Nutrition

- Manganese (aids in energy production)
- Zinc (helps your immune system)
- Calcium (great for strengthening bones and teeth)
- Riboflavin (aids in metabolic processes)
- Magnesium (associated with lowered risk of heart disease)
- Potassium (helps to maintain a normal blood pressure)

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Maple Recipes

Maple Glazed Pork Chops

These maple-glazed pork chops, with a sweet, tangy glaze of maple syrup and cider vinegar, come together quickly, and they're so delicious you'll be thinking about making them again before you finish eating. Pair with creamy mashed potatoes and a fresh vegetable of choice.

Ingredients:

- 1/2 cup all-purpose flour
- Salt and pepper to taste
- 4 bone-in pork loin chops (7 oz. each)
- 2 tablespoons butter
- 1/4 cup cider vinegar
- 1/3 cup maple syrup
- 1 tablespoon cornstarch
- 3 tablespoons water
- 2/3 cup packed brown sugar

Nutritional Information:

- 1 pork chop equals 530 calories
- 32 g protein
- 14 g fat (7 g saturated fat)
- 101 mg cholesterol
- 121 mg sodium
- 68 g carbohydrate
- trace fiber

Directions:

1. In a large shallow dish, combine the flour, salt and pepper. Add pork chops and turn to coat. In a large ovenproof skillet, cook chops in butter over medium heat until a thermometer reads 145°, 4-5 minutes on each side. Remove and keep warm.
2. Meanwhile, in the same skillet, bring the vinegar to a boil. Reduce heat; add maple syrup. Cover and cook for 10 minutes. Combine cornstarch and water until smooth; gradually add to maple mixture. Bring to a boil; cook and stir until thickened, about 2 minutes.
3. Place chops on a broiler pan; sprinkle with brown sugar. Broil 4 in. from the heat until sugar is melted, 1-2 minutes. Drizzle with maple glaze.

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Local News

Elmvale & District Food Bank

In the late 1970s members of the Elmvale Lion's Club and the local churches realized a need in our community and they started a small food distribution network that operated out of the coat room at the Lions Club Hall situated just outside of the village.

Over the years, the need for providing food security in our community continued to grow and the Food Bank, as it was now known, was required to move five times, each time to a larger location.

As the use of the food bank grew so did the need to provide better governance and in 2016 the Elmvale & District Food Bank (E&DFB) incorporated and became a registered charity under the Federal Income Tax Act.

For many years the E&DFB partnered with the Township of Springwater, with the Township providing surplus space at the village's Community Hall to house our operations. As time went on the food bank outgrew this facility also. With the Township's assistance and through generous financial donations from the community, Elmvale & District Food Bank was able to build a new 3000 square foot building located at 62 Yonge Street North in Elmvale. The construction took place in the spring and summer of 2020, and the building opened in November of that year.

Michael "Mike" Stone was one of the Lions Club members who founded the original food bank. Over the next 40 years he volunteered countless hours to the cause. He became the first President of the Elmvale & District Food Bank Board of Directors, after its incorporation in 2016, and was instrumental in seeing through the building and completion of the new facility. In October of 2021 an "Open House" was held where it was announced that the E&DFB building would be named the "Michael Stone Building" in Mike's honour.

The Elmvale & District Food Bank is totally operated on a volunteer basis. It is governed by a nine-member Board of Directors and currently has more than 50 volunteers.

The volunteers do various jobs such as interviewing clients, sorting nonperishable food items, stocking shelves, purchasing and picking up perishable food supplies, (bread, dairy, vegetables and meats), and packing the items for distribution.

The Food Bank's hours of operation are on Wednesdays from 4:00 p.m. to 6:00 p.m. and Thursdays 10:00 a.m. until noon.

Donations of non-perishable food items or monetary donations are always welcome. Donations can be made during business hours at Elmvale & District Food Bank, 62 Yonge Street North, Elmvale LOL 1P0.

Monetary donations can be made either personally, by mail or through the Elmvale and District Food Bank website at www.elmvaldistrictfoodbank.net. (New banking regulations require that cheques be made out to Elmvale & District Food Bank.

Donations can also be made by using the QR code below. Financial donations are eligible for a Charitable Donation Tax Receipt. You can also follow us on Facebook Elmvale & District Food Bank.



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clay and tallow to make a black dye used in leather working.

The Woodland tribes carved the hard, close-grained wood into bowls, spoons, canoe paddles, axe handles and many other useful implements. The MicMac made bows and arrows from sugar maples and the trees provided long-burning fuel for cooking and warming fires.

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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 Elmvale 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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Handmade Children's Clothes & Toys

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416-822-9563
Wool sweaters and accessories

Elmvale Cooperative Nursery
ecnsexecutive@gmail.com
705-790-4339
Seeds and coloring

Elmvale & District Lions Club
lionstruckdraw@hotmail.com
705-734-4350
Lions Truck Draw Tickets

Fabricated Keepsakes
marcie@fabricatedkeepsakes.com
705-238-1124
Personalized clothing

Firefly Pottery
locks@rogers.com
705-549-7323
Handmade pottery

Flippin' Good Canning
sher@sheribabycreations.com
705-796-4757
Canning and preserves

Free Spirit Bazaar
bazaarfreespirit@gmail.com
437-339-8400
Women's clothing

Georgian Bay Cutting Boards
gbcuttingboards@hotmail.com
647-237-6607
Cutting boards

Gifts and Things
pathulton@hotmail.com
705-665-8343
Screen printed hoodies

Granola Inc.
marion@granola.ca
416-994-7591
Packaged granola

Granolala
marion@granolala.ca
855-891-5749
Granola sales

Hail and Haze Candles
hail.and.haze.@gmail.com
705-529-4672
Candles

Hazlett Farms
stephhazlett@hotmail.ca
705-329-3508
Maple Syrup Products

Huronion Fire
huronionfire@gmail.com
705-309-0277
Custom fire pits

Hutchinson Maple Syrup
hutchinsonmaplesyrup@outlook.com
705-238-8605
Maple Syrup, Candy & Taffy

I'd Tap That Maple Syrup
rich@idtaphatmaplesyrup.com
705-286-0888
Maple syrup

Immortal Engraver
immortal_engraver@outlook.com
705-309-1724
Printed 3D items

Jazz Urban Style Clothing
abbas_3@hotmail.com
416-893-2238
Clothing

J.D. On the Green
Jdfoodbrokers7@gmail.com
416-432-1350
Sporting Goods

JMJ Candies
jmjcandies2024@gmail.com
226-988-2620
Freeze dried candy

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705-441-4578
Sterling silver jewelry

Just Crafted by Kerry
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Tumblers

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705-238-3585
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705-641-1445
Tea towels, bibs, clothing

Lighted Glass Blocks
angelawilling54@gmail.com
705-220-6025
Laser engraving

Logan's Cuddly Creations
loganinche@hotmail.com
705-718-9888
Crocheted animals

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jess.tranquityflames@gmail.com
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Soy wax candles

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mandy88_2010@hotmail.com
647-533-9838
Assorted jewelry

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upfromthebay@gmail.com
705-955-7014
Signs and sublimation tumblers

Wild Kernal Co.
wildkernalco@gmail.com
289-231-4760
Kettlecorn sales

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cmarshall@wmib.ca
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Insurance Brokers

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john@williamsfarm.ca
705-526-8036
Maple syrup products

Windlee Farms
lorrivan@xplornet.com
705-526-0769
Maple Syrup Products

Xpresio
mo@xpresio.com
647-218-5848
Leather bracelets & keychains

Yellow Lab Lemons Café
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sephoraahsan@gmail.com
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*Vendors as available at time of publication



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Answers to Maple Quiz on page 23

1. C 2. C 3. B 4. B 5. A



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