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Sunderland Maple Syrup Festival

A look back in pictures



Mayor's Message



Dear Friends and Visitors:

Welcome to the 2018 Sunderland Maple Syrup Festival!

After a long and brutally cold winter, the signs of spring are a welcome relief. The warmer temperatures through the day have coaxed the gardens back to life and have the sap flowing in the trees again; this is the season of rejuvenation.

The Sunderland Maple Syrup Festival is an Annual Event that entices visitors from surrounding areas to visit our Municipality and to discover all that we have to offer; a fun family outing on a beautiful spring day. A tour of Harder's Maple Bush to witness firsthand the preparation, the collection, the evaporation and the bottling process is an education and a "must see" for you and your family. An experience your kids will always treasure.

When you have finished there, come see the many vendors, enjoy a wagon ride through town and take in the varied activities. Enjoy an "all day" pancake breakfast at the Sunderland Legion or indulge in the ever popular Peameal on a Bun prepared for you by the Sunderland Lions and be sure to stop into one of our restaurants for a tasty dessert.

Special thanks go out to the many volunteers and the organizing committee for the countless hours throughout the year that go into planning this exciting event.

On behalf of Brock Township Council and residents, we hope you will enjoy your visit with us and like so many others we hope you will make this an annual tradition for you and your family.

Sincerely,

John C. Grant Mayor of Brock Township

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Sunderland Maple Syrup Festival - A Sweet Tradition

Welcome to the 2018 Sunderland Maple Syrup Festival! Now in its 23rd year, this fun-filled event draws visitors from across the Greater Toronto Area and beyond. We love watching our population boom during these two days, with people gaining an appreciation for everything that makes Sunderland special.

We are proud of our maple syrup farmers for upholding an important Canadian tradition by harvesting the sweet "liquid gold" that has been a favourite since the 17th and 18th centuries. Originally boiled down in iron and copper kettles, the sap is transformed into syrup nowadays with modern processing. During the Festival, you can purchase syrup and maple syrup products right on River Street - OR hop on a bus and take a tour of Harlaine Maple Products' sugar shack. See for yourself how maple syrup used to be made with a native and pioneer display, and how technology has advanced production in the 21st century, courtesy of Paul and Betty Anne Harder.

We will also have buses to Salem Alpacas farm. Why not make the most of your agricultural / country visit? Bus tickets are available at Sunderland Public School, where you can take in an Arts & Crafts show and sale. Oh, and you'll notice horse and wagon rides running from the school to the arena. What a fun way to get around!

This year, we offer our most popular events, plus a few surprises. For example, on Saturday morning,

you can attend a Northern Stoker Biomass Heating demonstration at Northern Metalworks, just a hop, skip and jump from the school. Find out how new furnaces allow the use of grains, corn, pellets and other wood products for heating. There's plenty of free parking. At 12:30, there will be bathtub races, which are a crowd-pleaser for sure. On Sunday at 11:30 am, the Lawn Tractor Pull demonstration is a must-see. Cheer on the 4-H members as they chug along Albert Street, just south of River Street.

And hey, do you like to eat? On both Saturday and Sunday, enjoy an all-day pancake breakfast served up by the Legion and Sunderland Freemasons, featuring - you guessed it - fresh maple syrup! On Saturday morning, try your luck at a Pizza-Eating Contest sponsored by Two Brothers Pizza, and on Sunday morning, a pancake-eating contest sponsored by the Roadside Country Diner! Oh, did we mention fresh maple syrup with those pancakes? You will also find hot dogs, hamburgers and other tasty treats available during the weekend. It's a foodies' delight!

Throughout the Festival, vendors will exhibit hand-crafted items, novelties, clothing and snacks on River Street, as well as downstairs at the Town Hall. While you're there, enjoy live entertainment

Continued on next page



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(continued from page 6)

upstairs. Take the kids to the park for pony rides and a petting zoo, and to the Sunderland Historical Museum to add an educational component to your visit.

Whew! There's a lot to do, and if you get tired on Saturday, Grace Baptist Church and St. Andrew's United Church will have their doors open for a meet-and-greet so you can rest your feet, have a coffee and a chat before you continue your Festival adventure.

The Sunderland Maple Syrup Festival offers decades of tradition wrapped up in two event-filled days. Bring the kids, the grandparents, even the dog! We can't wait to greet you and invite you to join in the community spirit that makes Sunderland such a great place to live and visit.



Legion

Brock Branch 141 ~ 705-357-2404

***Sunderland Legion is a
community gathering place
that provides entertainment,
friendship and memories
for all ages.***

Legion Veteran's Dinner September 29
Remembrance Day Service at the Legion November 11
New Year's Eve Dance at the Legion December 31

We also rent the hall out for special occasions

If you are looking for something to do
check out the Legion

COME AND JOIN US
YOU CAN BE A MEMBER AND SUPPORT
OUR VETERANS AND COMMUNITY
CALL 705-357-2404 OR 705-357-2442

Memorials

Ted English of Country Lane Belgians provided drivers and teams for the horse wagon rides for many years. Thanks, Ted, for helping to make the Festival special. You are missed.



Ken McLean wrote the Maple Syrup Festival song in the second year of the event, and his band played for many years. Thank you, Ken. Your contribution to the Festival is remembered with gratitude.



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Call David Jibb, President of Durham West Junior Farmers 705-357-3040 (home) or 705-340-0312 (cell) or email d.jibb@hotmail.com to find out how your team can enter and win fabulous prizes in this Saturday crowd pleaser!



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Sunderland Maple Syrup Festival

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Entertainment Schedule:

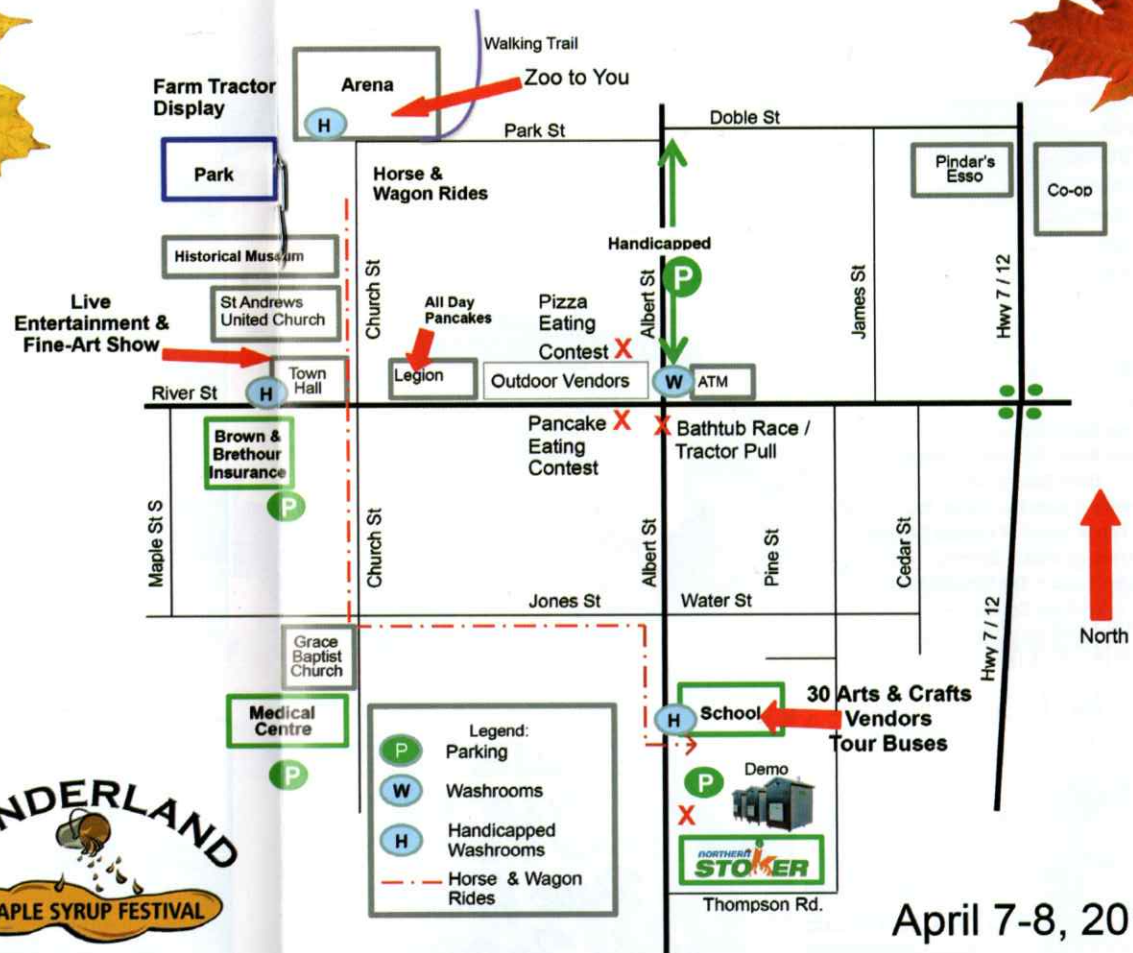
(Upstairs in the Town Hall)

Saturday Stage

- 9:45 Opening Ceremonies
- 10:00 Sunderland Stampeders
- 10:30 Sunderland Lions Theatre Group
- 10:45 Georgina Drum Circle
- 11:15 Legion Line Dancers
- 11:30 Pizza Eating Contest sponsored by and in front of Two Brothers Pizza
- 12:15 Outback Cloggers
- 12:30 Bathtub Races
- 1:30 Vintage Debris Band
- 2:30 Outback Cloggers
- 3:00 Vintage Debris Band
- 4:00 End of Day

Sunday Stage

- 10:30 Legion Line Dancers
- 11:30 Lawn Tractor Pull Demonstration
- 12:30 Pancake Eating Contest Sponsored by and in front of The Roadside Country Diner
- 1:00 Wolfgang Brothers
- 3:00 End of Day
- 2:00 Georgina Drum Circle
- 2:30 Vintage Debris Band
- 3:00 End of the day



April 7-8, 2018

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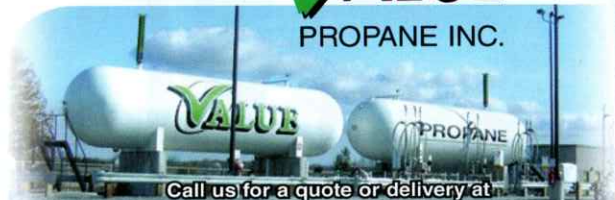


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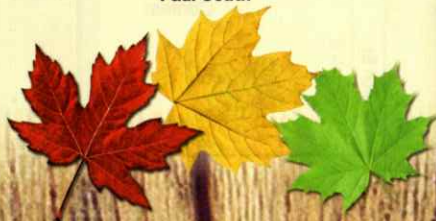
Alicia Moore.....Alicia's Designs - Jewellery
 Karen Carey Pampered Chef - Kitchen Stuff
 Dawn Smith Diva Gem Creation - Jewellery
 Leslee Waterson Stained Glass
 Claude Clarke Wood Crafts
 Stephanie Burton The Place for Natural Healing Art
 Walter Campbell..... Art Print
 Lorraine Skipwith Durham Honey - Honey Products
 Kristen Blaker Thirty One Gifts
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Sponsored By The Roadside Country Diner

PANCAKE EATING CONTEST!

**Sunday
 April 8th
 12:30 am**

In Front Of
 The Roadside
 Country Diner

\$5.00 Entry Fee. • 20 Participants Max.



The Sweet Story Of Maple Syrup

For most folks, pure maple syrup is the yummy stuff they drizzle onto pancakes, waffles and porridge to make their breakfasts complete. When they find out exactly how the syrup is made, it takes on an even more cherished role in their culinary preferences. No matter how you pour it, maple syrup is time and labour intensive to produce.

Of course, things have changed from the 1600s, when Native Peoples in Canada carved slots into maple trees and used strips of bark as spiles to extract the sap. What hasn't changed is using the sap as a sweetener and a natural remedy for certain ailments. Maple syrup contains minerals such as manganese, zinc, magnesium, calcium, riboflavin and potassium. In addition, syrup achieves similar antioxidant levels to broccoli and bananas.

Even with today's technology, however, the process of producing maple syrup is intensive. Here are a few facts that may make you look at the sweet stuff in a new way.

Did you know?

The maple syrup season runs for a few weeks in the spring, when we have warm days and cool nights. The roots draw water from the ground, and as it makes its way up the trunk, it picks up maple sugars that were stored the previous summer. A maple tree has to be at least 40 years old to be big enough to tap.

To keep the process sustainable, taps are placed in different spots each year so the previous years' holes can grow back.

As the trees grow in diameter and mature, up to four taps can eventually be drilled into each. Contrary to what many people think, tapping the trees correctly does not damage them. In fact, some maples have been tapped for over a century. For every litre of syrup, farmers have to boil down 40 litres of sap.

One tap will produce approximately 40 litres of sap over the season (equivalent to one litre of syrup). To give you some idea of the effect of the boiling process, sap has a sugar content of about 2.5%, while syrup averages 66.6%.

In Ontario, maple syrup has to be graded according to colour and flavor. You will tend to use lighter syrup for sweetening your food. The darker syrup is preferred by some as a sweetener, but is usually used in baking.

To make items such as maple sugar, candy and cream, the sap is boiled even more. When the evenings get consistently warm and the trees bud, the maple sap turns bitter, signifying the end of the season. Maple syrup does not freeze.

One of the high points of the Sunderland Maple Syrup Festival is traveling to Harlaine Farms to see how syrup used to be made with a team of horses pulled buckets of sap through the bush, as well as how it's made today through the use of plastic tubing for sap collection. Boiling the sap in a massive cauldron has been replaced with modern evaporators.

Find out more at the Ontario Maple Syrup Producers Association website <http://www.ontariomaps.com/>

TRACTOR PULL AN EXCITING ANNUAL EVENT!

The 4-H Club's Lawn Tractor Pull is one of the favourite annual events at the Sunderland Maple Syrup Festival.

This year the action gets underway at 11:30 a.m. on Sunday, April 8 at the corner of Albert St. near River St.

The lawn tractors are modified by the 4-H members themselves, and designed to pull weighted sleds.

The SMSF event will be a demonstration only, but it's good practice for the 4-H kids who will be entering competitions later in the year.

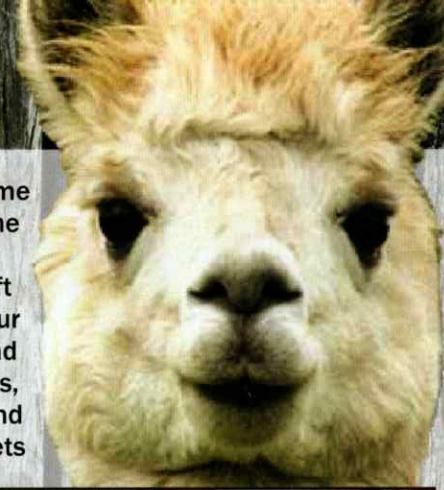
This attraction is lots of fun for visitors to watch, and even more fun for the competitors!



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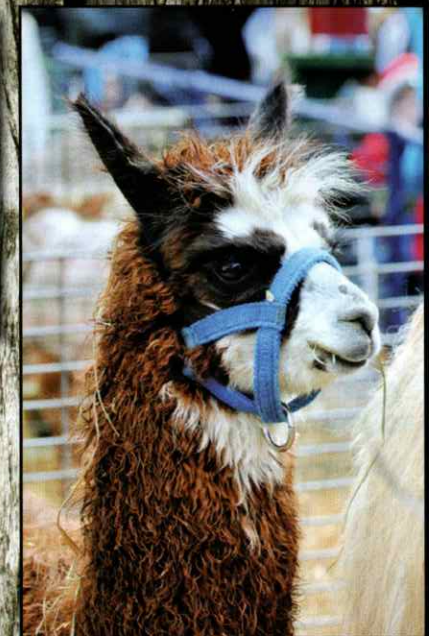
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Maple Syrup Butter Tarts



~INGREDIENTS~

Filling

- Butter - softened - ¼ cup (60 ml, 57 g)
- Firmly packed brown sugar - ¼ cup (60 ml, 53 g)
- Egg - large farm fresh - 1
- Vanilla Extract - ½ tsp (3 ml, 3 g)
- Ontario Maple Syrup - ½ cup (120 ml, 156 g)

Tart Shells

- Unbaked tart shells (purchased or handmade) - 12

~INSTRUCTIONS~

1. Preheat oven to 375°F (190°C/Gas 5)
2. Place tarts on a baking sheet.
3. Beat butter and brown sugar until light & fluffy.
4. Whisk in the egg, vanilla and maple syrup.
5. Whip until smooth.
6. Ladle into tart shells until each is ¾ full.
7. Bake at 375° F (190° C) for 15 to 20 minutes, until the tops are golden brown.

Top the tarts with raisins, walnuts, pecans or whatever takes your fancy.

Get ready to bake more, as they'll be gone in a flash!

Based on an Ontario Maple Syrup recipe from Ministry of Agriculture and Food Ont

Baker Rich (aka Rich Helms) spent a career in computer research and development. Rich attacks his interests from the angle of a researcher. From coffee roasting to paper mache, to baking bread Rich dives in head first.



OnBreadAlone.com/maplesyrup

WWW.MAPLESYRUPFESTIVAL.CA



Sunderland Lions Club

Serving the Community and having fun doing it.

The Sunderland Lions Club is planning many different fund-raising and community activities throughout the year. These events include:

- Scrap Metal day on April 22nd to collect and recycle unwanted metal, and electronics
- The Car Draw on Saturday, May 13th at the Sunderland Memorial Arena.
- Annual Summerfest Volleyball tournament in June.
- Another performance by Sunderland Lions Community Theatre in November.
- The 61st annual Sunderland Lions Music Festival in February 2018.

All funds raised through these events are donated back to the community support a wide variety of local needs, from children's sporting events to hospital programs, families in need, the food bank, children's learning programs and many more.



Sunderland Lions Club

Welcomes You

*To the 2018
Sunderland Maple Syrup Festival*

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To volunteer and serve our community, meet humanitarian needs, and encourage peace and promote international understanding through Lionism.

Check our website for upcoming events

www.sunderlandlionsclub.ca



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Sunderland

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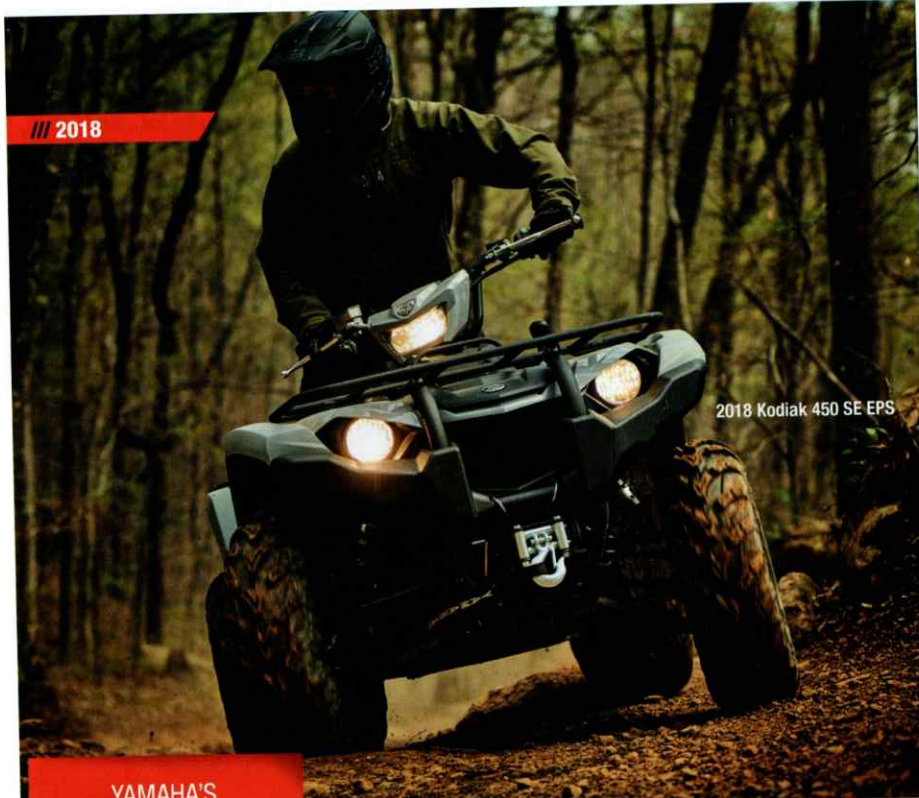
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