


# THE SWEET TRADITION OF A MAPLE SYRUP BOIL DOWN



As winter yields to the gentle embrace of spring, a delectable tradition takes center stage at Colvin Run Mill. At the annual Maple Syrup Boil Downs, the magic of turning sap into liquid gold unfolds. Join us on a journey into the heart of this sweet tradition, where history, science, and pure indulgence converge.

The story of maple syrup production in North America is deeply rooted in history, dating back to Native American practices. European settlers learned this art from indigenous communities. Colvin Run Mill, with its history dating back to the 19th century, provides the perfect backdrop for this age-old tradition.

Maple syrup production begins with tapping maple trees. Sap is the raw material for syrup and is collected in buckets and heated in pans. As water evaporates, the sap transforms into a rich, amber liquid - pure maple syrup. Syrup production takes approximately 40 gallon of sugar maple sap to make one gallon of syrup. Colvin Run Mill uses red maples, which have a lower sugar ratio meaning it takes 60-80 gallons of sap for one gallon of syrup.

The Maple Syrup Boil Down isn't just a feast for the taste buds; it's also a valuable educational experience. Learn about the science behind sap conversion, the history of maple syrup and the cultural significance of this sweet custom.

## SWIMMING AROUND THE WORLD

Chuck DiMeglio boasts an impressive accomplishment — swimming more than 24,901 miles or the distance around the world. According to DiMeglio about 40% of this swim-distance — which equals 1,753,030 pool lengths — has taken place in Fairfax County Park Authority (FPCA) pools.

DiMeglio, a 63-year-old resident of McLean and four-time competitor in the National Senior Games for swimming, accomplished this goal in 2022. He says the key to success is simple and anyone can do it: consistency. "Consistency is key," he says. "I never stopped doing it."

He has been swimming at least an hour every day, five days a week since college. Every weekday DiMeglio shows up to the pool to swim not only to stay healthy physically but also as a form of meditation that helps clear his mind, he said. Those visiting Oak Marr Rec Center pool likely have seen him making his laps in the Olympic size pool. He also has swam at many other FPCA Rec Center pools since moving to the area in 1980, enjoying their large sizes and convenient locations as well as swimming under the bright overhead lights.

You can find DiMeglio at the pool working on the next goal: swimming two million pool lengths. He invites others to join him in the pool. "Be kind to your joints," he says.

