

June

# dairy festival



2020

Tillamook  
Headlight Herald 



## Cowabunga! It's the June Dairy Festival

Hay folks, everyone loves a festival and parade, even if it's going to be a little different this year! Let's grab the bull by the horns and make it legen-dairy!

We are udderly delighted to celebrate with our community, but we have a butter idea: please be sure to practice physical distancing, wear a mask and wash your hands frequently. That way the cream will separate and rise to the top!

We may be milking it, but your Dairy Godmother says that it is the whey to go this year. Have fun, be safe and healthy. Otherwise things might get sour. Moove it on folks!

Like the cows in our community, Tillamook County Community Health Centers are outstanding in their field.



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# June Dairy Parade takes on a new look for this year

Line up at the Tillamook County Fairgrounds starting at 10:30 a.m. to travel the parade route

The June Dairy Parade is returning to downtown Tillamook on June 27th. While this event typically draws thousands of people who show up before sunrise to mark their seats along the parade route – this year will be a bit different.

Instead, load up your family in your vehicle and drive to the Tillamook County Fairgrounds where groups of thirty cars will be escorted through the parade route, every five minutes, starting at 10:30 a.m. The last group will leave the fairgrounds at 1:30 p.m.

"Vehicles driving through the parade should expect about a thirty minute

drive with parade entries on both sides of the road for approximately ¾ of a mile one you hit the route," said Tillamook Chamber Executive Director Justin Aufdermauer.

Each group of vehicles will be led through the route where parade entries will be carefully staged with social distancing in mind. Parade goers will still be able to see all their favorite dancers, bands, and colorfully decorated entries that will be passing out candy and other parade goodies to cars as they go by.

"Normally we release the parade route by now so that people can plan where to sit," Aufdermauer added,

"but this year we are keeping it under wraps the best we can to do our best to limit traffic impacts. So, you will just have to show up at the fairgrounds to find out."

Aufdermauer also said that for those who are feeling festive there will be a new award category this year for the best decorated participation vehicle. Other award categories include the Mayor's Choice Award and People's Choice Awards.

Looking for something else to do with the family after the parade? Be sure to check out the Tillamook Farmers Market on Saturdays between 9-2 on Laurel between 1st and 3rd St.



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# Royalty Ridge has international draw

**Chelsea Yarnell**  
Guest Contributor

Royalty Ridge may be one of the smallest dairy farms in Tillamook County, but that doesn't stop people from around the world traveling to see the Lancaster's award-winning cows.

Owned by Ryan and Freynie Lancaster (and their four children) for the last nine years, Royalty Ridge's 47 acres in Tillamook is home to 60 cows and 50 heifers that are often shown on the national level.

"A couple highlights we have had in showing our

cows is winning National Grand Champion two times with Circus," Freynie said. "And winning the World Dairy Expo Grand Champion with Libby."

Visitors come far-and-wide to see the home of champions.

"It is great for our children to be able to visit with dairy industry guests who travel from different countries and want to tour our farm," Freynie said.

Dairy industry guests are not the only ones who visit.

"Last year we had a group of 80 kids and chaperones tour the farm who were involved with a camp

from Portland," Freynie said. "This is a really good opportunity not only for the visitors, but for us. It is important to interact with people who aren't familiar with farming."

And dairy farming is not for the faint of heart.

"We work full time on it, which makes it difficult to get away," Freynie said.

Freynie grew up on a farm in Tillamook and saw firsthand how farmers helped other farmers when hard situations arose.

"I saw community

■ See **ROYALTY**, Page 4



## STOP BY FOR LUNCH AFTER THE PARADE!

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a whole.”

The June Dairy Parade holds a special place in the family’s heart because it is one day that things are put on hold.

“The June Dairy Parade makes me think of my grandpa, who was a Tillamook dairy farmer. It was the one day that he and many other Tillamook dairy farmers would not work all day,” said Freynie.

Growing up, her family would attend the June Dairy Parade and see other farm families participating in the parade, celebrating their heritage, and showing pride in their way of life in the dairy industry.

“The parade has grown over the years and the tradition of ‘stopping everything’ for that one day in June, remains strong in our family,” said Freynie.

## Celebrating the 63<sup>rd</sup> Annual June Dairy Parade



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## Royalty

Continued from Page 3

members coming to the aide of Tillamook dairy farmers or showing their support in challenging times,” Freynie said. “Owning a farm in Tillamook is special because we are a member-owner of the Tillamook Creamery. We have the privilege to ship our milk to make high-quality dairy products that can be found world-wide. It’s also special because of the Tillamook dairy community and our community as



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# Discover the health benefits of dairy

**D**airy foods are accessible, affordable, taste great, come in a number of varieties and provide a unique nutrient profile that can help make eating right easier and more enjoyable. Find out how dairy foods can help nourish people of all ages as they work to achieve greater health and wellness.

## Health Benefits

Dairy foods like low-fat or fat-free milk, yogurt and cheese are fundamental to good nutrition. Healthy eating styles that include fat-free or low-fat dairy foods have been linked to health benefits such as reduced risk of cardiovascular disease and type 2 diabetes in adults and improved bone health, especially in children and adolescents. Milk, cheese and yogurt provide high-quality protein. A growing body of research supports benefits of higher protein diets for athletes and highly active individuals,

weight management and to foster healthy aging.

## Dietary Guidance

Three servings of low-fat and fat-free dairy foods like milk, cheese and yogurt are recommended by the Dietary Guidelines for Americans for those 9 years and older, and there are options in the dairy case for almost everyone—including lactose-free or low-lactose varieties for those with lactose intolerance.

## Lactose Intolerance

Living with lactose intolerance doesn't mean you have to give up your favorite dairy foods. Did you know that each person with lactose intolerance is likely able to tolerate varying degrees of lactose? That's because one size does not fit all. It is all about understanding how much lactose is in the foods you love and how much you can handle at once. Lactose-free milk is

real milk without lactose; hard, natural cheeses have minimal lactose and yogurt with live and active cultures helps digest lactose, making it easier to tolerate.



The June baby is here! Born Saturday, June 6, at the Tillamook Regional Medical Center. The family gladly accepted the basket but decline to share their information or photo. The basket is given to the first baby born in June to honor June Dairy Month, donated by the Tillamook County Dairy Women. The Tillamook County Dairy Women would like to give a big thank you to all of the community members who donated to the 2020 June baby basket and for the OB nurses who delivered it. We appreciate your donations during this difficult time.

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# Holsteins: The ultimate dairy cow

With the large black and white markings that make them so easy to identify, it's hard not to notice the presence of Holstein cows in a field. They can be found on five continents around the globe, but in the United States they outnumber all other dairy cow breeds.

The number of Holsteins around the world numbers several million head. Their name varies according to the country, but they are still the uncontested champions of dairy cows. This superiority is mainly attributed to genetic improvements in the breed, which was developed in Canada and the United States at arti-

cial insemination centers.

The average annual milk production of a cow is close to 22,000 pounds. It can easily reach 37,000 pounds in the best specimens. Weighing up to 1,500 pounds, this cow is easily recognized by its prominent hips and visible bones. Angular in appearance, its abdomen has developed to digest as much food mass as possible. All its energy is used to produce milk.

Of course, this breed's milk is the most prized among cheese manufacturers, who have very particular technical requirements. That is one of the reasons why these cows are so popular in Europe,

particularly in Holland.

These cows do have some drawbacks. The huge milk production capacity of these animals is subject to some very strict constraints. They require constant care and a strictly controlled environment. The smallest of problems can cause their output to drop quickly. Even though noticeable improvements have been genetically engineered, their lifespan is as short as many other breeds. Holsteins are also a poor source of beef, which leads many American producers to acquire other breeds for a more balanced herd.



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## The 63<sup>rd</sup> June Dairy Parade Is almost here!

Look for us on the route.

We are excited to see everyone  
at this annual Tillamook Tradition!

**We will have:**  
**Yard Signs • Buttons • Stickers**



(This ad paid for by the Committee to Elect Josh Brown)

H49207

# Why is some cheese, cheddar orange

Cheesemakers have long given cheddars their orange hue using annatto, which is the seed from achiote trees and is used to this day.

But why are some cheddars dyed in the first place? There are a few theories, and they have to do with historic cow-care practices, marketing and regional traditions.

Here are some origin stories:

## The Grazing Theory

The science behind the “grazing theory” looks to explain that what cows eat can impact their milk.

Historically, in the late spring and early summer when cows grazed pastures, they ate grass containing higher levels of beta carotene, a pigment that’s found in fruits and vegetables like carrots. Once the cows ate this grass, the beta carotene ended up in the fat globules of their milk, giving milk, and in turn cheese, a golden red-orange hue.

However, during the fall and winter, when

cows are kept inside and given other feed, their milk was white from decreased levels of beta carotene in their feed.

David McCoy, who does technical consulting on dairy products, says that to maintain a uniform color in cheese, cheesemakers began dying it.

## The Way-Back Theory

Paul Kindstedt, author of “Cheese and Culture: A History of Cheese and Its Place in Western Civilization,” says the history of orange cheddar is tied to butter-making and 13th-century England.

When dairymen began to use cow’s milk instead of sheep’s, they skimmed most of the fat from the top to use for butter.

Butter was a luxury good at the time, and butter



with a golden hue was perceived to be higher-quality. The same was eventually true of cheese.

To get the right look for their butter, dairymen started dying it with things such as marigold to give it a continuous golden hue. As more and more of that fat was taken from the milk for butter, there was little left for cheese.

As this article on historic “cheese fraud” points out, to disguise the “low-fat” cheese, the practice

of dying was carried over from butter making. Over time, consumers began to expect darker-hued cheeses and by the 18th century, all cheeses were dyed regardless of the fat content.

But it appears initially the dyeing tradition didn’t make it to the United States. There were mixed feelings toward dyeing, so until the export market opened with Europe in the late 19th century, much of domestic cheddar cheese was a

pale white.

To compete with their European counterparts, Midwestern cheesemakers dyed their cheese. This also explains why today many in the Northeast choose white cheddar, while orange is popular in the Midwest.

When the United States began to export cheese, the Northeast never took up the practice of dyeing and then had difficulty selling its product overseas.

## The Marketing Theory

The final theory speaks to how the deep orange color of orange cheddar gained its roots. Dean Sommer, of the Center for Dairy Research at University of Wisconsin-Madison, says the coloring of

cheddar is something he has long pondered. He believes the tradition goes back to Leicestershire cheese, cheddar’s ancestor.

Cheese-making styles were very similar in 17th-century England, so the cheesemakers of Leicester needed to find a way to differentiate their product. They began dyeing their cheese with annatto seed, the same dye used today.

In the 20th century, during World War II, dyeing stopped to follow the British national recipe and White Leicester was born. After the war, the practice resumed, and orange-hued Leicestershire cheese became known as Red Leicester, leading to orange cheddar.

While all these theories are plausible, we might never fully know why cheddar was originally dyed orange. But it does give present-day cheese lovers an opportunity to taste one of each color to find their favorite.

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Al Kader Shriners brave the 90-degree heat in 2018 at the 61st June Dairy Parade.



Past Tillamook County Dairy Princess-Ambassadors during the 2017, 60th June Dairy Parade.



Tillamook Dairy Princess Ambassador Allyson Durrer is escorted by a member of the Royal Rosarians from Portland to the start of the June Dairy Parade in 2018 after planting a rose in the garden outside the Tillamook County Pioneer Museum.