

'Let's Go!' State Park Programs *continued from front page*

the Portland Audubon's Wildlife Care Center which is the oldest and busiest wildlife rehabilitation facility in Oregon. Each year, the care center treats about 3,000 animals for release back into the wild and responds to more than 12,000 wild-life-related inquiries.

'Let's Go!' programs are open to everyone. For some activities, you do need to be a certain age – at least 8 years old for birding and paddling and disc golf. Hiking is open to all and some pets, as long as there is an adult along. Camping is a family activity open to all ages.

On August 1-3 Stub Stewart Park will host a 'Let's Go Camping!' weekend. "We'll have tents and have fire

building classes," said ranger Westfall, "We'll have guided hikes, potentially a birding walk and just fill the weekend with everything an Oregon State Park has to offer." Westfall says the group

will camp at the walk-to sites in the West Loop of the Dairy Creek campground which has close parking and access to restroom and shower facilities.

"They say when you take part in an interpretive program you retain about ten percent of what you hear," says Westfall. "When you actually do the activity and have a hands-on experience you retain so much more."

While most 'Let's Go!' activities are free, paddling and camping activities require registration and a fee. For specific information about 'Let's Go Camping!' offerings, check out the Oregon State Park 2014 summer brochure and event calendar. http://www.oregonstateparks.org/index.cfm?do=thingstodo.dsp_letsGo



Audience members had a chance to see a Peregrine Falcon up close.



Kestrel Hawk

An Unusual Culinary Column: Avocado Chocolate Pudding

By Karen Kain

Here is your perfect summer desert!

This Avocado Chocolate Pudding recipe is decadent and addicting.

I am just warning you; please beware. A few of us who have tried it have not slept well due to the caffeine in the cocoa powder, but it didn't stop a certain someone from eating it two nights in a row.

Summer is the perfect time for simple deserts. This is a must try. Don't tell your guests what is in it and see if they

can guess. The avocados need to be soft but still firm. They give the pudding a smooth texture. You only need a little because it is so decadent. I love this recipe because it is super easy, healthy and delicious. The perfect sweet snack for gluten free and Casein free diets. The dark chocolate makes it rich and if you love chocolate you will love this!

Directions:

Combine all the ingredients in a food processor and blend until creamy. Your

guests will never guess the ingredients and come back asking for more.

Ingredients:

- 2 Avocados, soft but still firm
- 6 Tablespoons cocoa powder
- 1/3 Cup Maple syrup
- Pinch of salt
- 1 Teaspoon balsamic vinegar
- 1 Teaspoon vanilla
- 2 Tablespoons water



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