

Out Back NA



Is going Camping!!

July 20, 21, & 22nd, 2018

(Due to Road Conditions we are unable to Camp at the Little North Fork Campground)

Outback NA is returning to the:

Potato Patch Camperound

Friday Night Resentment Burn Meeting

- Saturday Morning Hike to Deer Creek Falls w/Meeting - Saturday Night Communal Potluck (Bring your favorite dish to Share) - Saturday Night Speaker Meeting, Sunday Morning Spiritual Meeting, Fishing(Trout!!!!), Fellowship and Fun

Bring: FOOD and beverages, camping equipment, fishing pool, hiking boots, a good attitude. **Leave:** All your troubles behind, just enjoy yourself. Bring your own food.

Directions from Chico: Take CA-32 E/E 9th St. (Chester/Oreland Exit go toward Chester) Continue to follow CA-32 E for 43.0 miles

This is a Self-Supporting Campout- Reservations are first come first Serve

Lassen National Forrest Camping fee is: \$14.00 per site (8 people and 2 cars per site)

For more information call:

Francis at (530) 354-1648, or Dennis at (530) 720-0426

Go outback, not back out



Outback NA Meeting Schedule

May 6, 2018- July 22, 2018

What is Outback NA?

Outback NA is a Narcotics Anonymous group that is part of the 916 North Area of Narcotics Anonymous. We are a group of recovering addicts who meet regularly to share the message of recovery. Instead of meeting in the same room each week, we meet all around the 916 North Area and out lying areas in beautiful settings. We have a different place each time. This meeting also sponsors day trips and camping weekends.

How difficult are the hikes?

Some hikes are a "walk in the library." Others are challenging even for experienced hikers. Because recovery depends on group unity, we make a special effort to stick together and make sure everyone completes the hike with a smile. We encourage each other as we walk, just like we do with the other challenges in recovery. Choose a hike that fits your ability. We rate the hikes on a scale of 1 to 5 to help you choose. **Level 1 - Easy.** A walk in the library. Level, only a few miles. Great for newcomers and members that haven't been walking much. Being outdoors and in the company of fellow addicts means everyone can have a good time. **Level 2 - Moderate.** A few more miles and some up and down. Still good for inexperienced hikers. **Level 3 - Challenging.** You'll probably be breathing hard at a few points because of the climb and/or extra miles. Most everyone can still do these hikes if they have willingness. **Level 4 - Hard.** Not recommended if you're new to hiking. Lots of elevation change and lots of miles. Guaranteed to give you a good workout along with the serenity of being outdoors in good company. **Level 5 - Very difficult.** Often we reserve these hikes for weekend retreats where we have more time to hike and relax. Get in shape before joining us on these hikes. And remember as you're wondering if you can make it to the top what you went through to get clean and how much better your life is today.

OUTBACK NA HIKE SUGGESTIONS

THE WEATHER CAN BE UNPREDICTABLE, SO LAYERED CLOTHING MAKES SENSE FOR ALL HIKES. BRING SOMETHING TO EAT DURING THE MEETING AND PLENTY OF WATER. BRING ALONG SUNSCREEN OR A HAT FOR THE HOTTER, LESS SHADED TRAILS. STAY ON THE TRAILS. PICK UP A TRAIL MAP BEFORE HEADING OUT. FOLLOW ALL PARK RULES AND REGULATIONS. WHAT YOU BRING IN, BRING OUT (THIS INCLUDES TRASH, FOOD, ETC.) IF YOU BRING YOUR CHILDREN, MAKE SURE TO KEEP THEM SUPERVISED AT ALL TIMES.

GRATEFUL TO BE OF SERVICE

Business Meeting Chair Person: Jon T. Recording Sec: Sharlee C.

GSR: Dennis M. Alt GSR: Open Treasurer: Patsy H.

Merchandise: Open

Outreach- Francis C. (530) 354-1648 godstaxi@yahoo.com

Sunday May 6, 2018

Feather Falls Trail (Up and Back)

Level: 4 (Hard) - Miles: 10 Elevation gain: 900

Host: Sharlee C. Speaker: TBA

9:00am- Rendezvousing at Oroville Park and Ride

9:30am- Leave Oroville Park and Ride for Hike

10:30am- Walking the Walk- Feather Falls National Scenic Trail offers you an incredible view of Bald Rock Dome, Bald Rock Canyon, and the 640-foot waterfall, Feather Falls. Passing through Black Oak and Madrone trees typical of the Sierra Nevada Yellow Pine Belt composed of trees like the platy Ponderosa pine, furrow-feeling Douglas-fir, slightly smelly Incense Cedar, and smooth-barked Madrone. Allow a minimum of four to five hours to hike the nine-mile loop. Bring plenty of water, bring a Lunch.



Directions- to rendezvous point from Chico: Start out going SOUTH on CA-99 S approx 11 mi go LEFT onto CA-149. 4.6 mi Take the CA-70 S ramp toward OROVILLE/MARYSVILLE. Stay STRAIGHT to go onto CA-70 S. 4.5 mi Take the NELSON AVE exit, EXIT 48, toward GRAND AVE. Stay STRAIGHT to go onto 4TH ST. 0.3 mi The Oroville Park and Ride parking is directly across the street from the Gas Station from the Gas Station on Grande Ave and 4th Street. **Directions: From Oroville Park & Ride to Feather Falls Trail**

Head: Start out going NORTHEAST on GRAND AVE toward BLUFFS DR. 1.0 mi Turn RIGHT onto TABLE MOUNTAIN BLVD/CA-70 BR. Continue to follow CA-70 BR. 0.5 mi Stay STRAIGHT to go onto WASHINGTON AVE. 0.7 mi WASHINGTON AVE becomes CA-162. 6.7 mi Turn RIGHT onto FORBESTOWN RD. 6.3 mi Turn LEFT on Lumpkin Road for 11.4 miles to the signed turnoff for Feather Falls. Turn left at sign and drive 1.5 miles to the trailhead.

Saturday May 19, 2018

South Rim Trail (Shuttle)

Level: 3.5 Miles: 6 Elevation gain: -1200

Host: Dennis Speaker: TBA

9:30am Rendezvous @ Chico Park and Ride

10:00am Start Hiking- A very scenic one-way down hill hike along the south side of Big Chico Creek. The South Rim or Annie Bidwell Trail starts at Historic Ten Mile House where wagons in the 1860's heading east from Chico would stop to get water brought up from the creek on the road you'll be walking down. **Directions: From**



Oroville: Montgomery St on Ramp to

rendezvous point- Merge onto CA-70 N, 5.8 mi. Merge LEFT onto CA-149, 4.5 mi. Take the CA-99 N ramp toward CHICO, 0.3 mi, Stay STRAIGHT to go onto CA-99 N. 10.9 mi Chester Orland Exit at State Hwy 32 & State Hwy 99 Chico Park and Ride.

Sunday, June 3, 2018

Level: 4.5 Hard Miles: 5 miles Elev gain: 1900 ft

Host: Francis C. Mtg Format: Topic Discussion

8:00am- Rendezvous @ Oroville Park and Ride

8:30am- Leave Oroville Park and Ride for Hike

9:30am- Walking the Walk- Thirty-Five Switch backs and 223 stone and wooden stairs lead down to the Wild and Scenic Middle Fork of the Feather River. Fleeting views of the gigantic Bald Rock Dome are visible through old growth Douglas fir, incense cedar, ponderosa pine and sugar pine at the top of the trail. Halfway down, the trees end and the trail leads out across exposed granite- the bottom of the Dome-with wildflowers, canyon wrens, reptiles and fabulous canyon views. You hear the rapids as you approach, and finally see the river down below from about 500 feet up. Venture upstream 1/4 mile and see Curtain Falls! Slide down the natural waterslide, but save your energy for the 1900-foot ascent back to the trailhead. Be sure to bring a lot of water.



Sunday, June 10, 2018 Potluck Outback Business Mtg

5:00pm 3459 Esplanade Cedar Village Motor Home Park Rec Room

Saturday, June 16 Outback NA at the Dorman K. Campout

9:00am Recovery Walk **10:00am** JFT meeting

hosted by Outback NA. Dorman K. Campout is at the Buckhorn Campground at Black Butte Reservoir near Orland CA. For registrations go to <https://916northna.org/wp-content/uploads/2018/03/Dorman-K-Registration-2018-2.pdf>



Sunday, July 1, 2018

Mt. Harkness Loop Trail

Level: 4 - Challenging Miles: 5.2 Miles

Elevation gain: 1420 feet Host: Francis

7:30am- Rendezvousing at Chico Park and Ride:

From Chico park and ride head east on CA-32 E toward Forest Ave 52.3 Head east on CA-32 E toward Forest Ave 12.2 Head east on CA-32 E toward Forest Ave 4.9

* (\$20.00 fee per car for parking please carpool)

10:00am- Start Hiking: The trail begins at Juniper Lake, and passes through vibrant and aromatic lupine and coyote mint. As you make your way up the shield volcano to the cinder cone volcano that tops Mount Harkness, the forest opens to sweeping vistas. The fire lookout tower located at the summit is one of the few working lookouts in the west. Staffed during the summer, hikers are welcome to visit, explore its magnificent views and learn about fire monitoring in the Park.



God show us your will, guide us to new trails.....