

## Guided Interpretive Nature Tours



**Instructor:** Heather Fraser

**Date/ Time:** Wednesdays from 1:30pm-3:30pm

**Session Dates:** Oct. 11, 18, 25, Nov. 1, 8, 15, 22, 29  
(6-8 sessions)

**Location:** Various Trails, Codiac and Shediac areas

**Participants:** Minimum 2, Maximum 20

### Course Outline:

Plan to bring you folks closer to our natural plant and wildlife community, as I build a new and informed nature community. We will walk through several local parks and trails as I highlight what is growing in the outside world around you that is edible, medicinal, unique, rare, of interest, invasive and more. For me it is all about teaching natural health and wellness, helping you become more aware of your surroundings no matter where you are. My company Explore Nature's Bounty offers tours seasonally showcasing our UNESCO designated Fundy Biosphere Regions (FBR) beauty and bounty. The fall tours will include visiting some of the Amazing Places under the FBR PROGRAMS, looking at the science behind seasonal changes, nature's preparation for the upcoming winter season, animal characteristics, bird sightings and sounds, plants, local flora and fauna and so much more. Each walk will be unique as you use a checklist (provided) to build on your knowledge base, using nature as personal self care. Learn as you walk from a tree/plant expert, dendrologist, experiential nature educator of 40 years, bee keeper, sugar maker and lover of all things wild. Possible trip to Sussex Bluffs once colors are vibrant – car pool, walk is hilly. Bring poles, sturdy boots, water and snacks.

### Instructor Bio:

Heather has been an outdoor educator for over 40 years, is a professional in forestry and fish and wildlife, NB bee keeper and long time maple producer.. Retired from the City of Moncton's Engineering and Environmental Services Department in Feb 2022 after 30 years of managing municipal forest resources, running cities sugar camp for 22 years and teaching outdoor science based education for local area school districts for decades. Wealth of knowledge in local parks, helped build several of them in her professional career. Runs a forestry company for

over 32 years managing other municipal forests, private lands and federal institutions in the Atlantic Region and beyond. Founding member of the UNESCO designated Fundy Biosphere Region, sits on boards for the YWCA, TREE CANADA CUFN (ATLANTIC CHAIR), Probus Moncton Beta Sigma Phi and others.

**Remember to check your email before each new course begins and during the course. You will be contacted by email if:**

- a) The course is cancelled or delayed unexpectedly or if there is a change in the time or venue of the course.
- b) During the course if the instructor gives notice that he or she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without email by phone, so please ensure the TSC has your correct phone # as well.

**Absence/ Absenteeism** - TSC instructors are volunteers who work very hard to prepare courses. Your cooperation is appreciated in letting them know if you are unable to attend as most instructors plan for the number of students who registered for the course. If circumstances change for you between registration and the first class, or if you decide to withdraw from the class, please email the TSC coordinator at [tscordinator@gmail.com](mailto:tscordinator@gmail.com). You can also call 506-364-2780 to let us know. Many courses have a wait list and someone else may be able to take your place. Once the class has started please advise the instructor if you are unable to attend a session.

**Classroom comportment** - Active class participation is encouraged by the TSC. We request that class members are mindful and respectful of the level of comfort of their fellow students and the volunteer instructors as they participate in the discussions.