

# As seen in the 2012 Fall edition of *There's a lot to do in Windsor*

## Good Natured

### Jen Filer – Adventure Programmer and Environmental Educator

While many children brought their favorite toy, a book or vacation souvenirs to “show and tell” in grade school, Jen Filer frequently brought casts of paw tracks she had discovered while in the woods “tracking” with her dad. Talk about fore shadowing; Jen now shares her savvy backwoods skills with hundreds of children and Windsor residents of all ages as the Adventure Programmer and Environmental Educator at Windsor’s 480 acre jewel, Northwest Park.

A lifelong Windsor resident, this four-year Town of Windsor employee pours her larger than life energy, creativity and passion for nature into developing a wide array of programming at the park including camp programs for kids, special events and team building training at the Windsor Challenge Course. Her duties at the park are sometimes unpredictable. Not many town employees can say they’ve had a frog go down their shirt while on the job, but Jen can attest that she surely has!

It comes as no surprise that Jen’s interests outside the workplace involve, well, the outside! An avid hiker, kayaker and runner, Jen loves any outdoor activity and time spent with her three year old son Joshua. Pictured above, Jen recently conquered the “Warrior Dash,” a mud-crawling, fire-leaping extreme 5k run to benefit the St. Jude Children’s Hospital at the Thompson International Speedway in Thompson, CT.

You can reach Jen at 860-285-1886 to learn more about how the Windsor Challenge Course team building training can improve effective communication and problem solving skills in your workplace or to learn more about any of the other programs offered at Northwest Park.

