



# The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

November 2012

Volume 7, Issue 11

**LIGHT UP  
THE HILLS**  
*This Holiday  
Season*

**JESTER  
HOLIDAY LIGHTS  
CONTEST**

More info to come in December issue,  
including announcement of prizes.

*Jester...Start Your  
Decorating!*



## NatureWatch

*by Jim and Lynne Weber*

### *A Plethora of Parakeets*

Established in Austin in the early 1970s from escaped caged birds, Monk Parakeets (*Myiopsitta monachus*) also known as the Quaker Parrot, are native to the temperate and subtropical regions of Argentina and surrounding countries in South America. Monks are often heard before they are seen, as their call is a loud and throaty chap(-yee) or quak quaki quak-wi quarr, and their sometimes startling screeches sound like skveet! They have grown in numbers by being able to survive our mild winters, and as such have now been included on the official list of accepted Texas species.

A colorful bird with bright green upperparts, pale grey forehead and breast with darker scalloped edges, and very light green to yellow underparts, Monks also have an orange bill, stiff dark blue flight feathers, and a long tapered tail. Technically a parrot, it is this tail that makes them a parakeet, which is a term for small to medium sized species of parrots that generally have long tail feathers.

Monks are the only parrot that builds a stick nest, either in a tall tree or man-made structure, rather than using a hole in a tree. They often breed in colonies, building a single large nest that has separate entrance holes for each pair. In the wild these colonies can become quite large, with communal nests reaching the size of a small automobile! Also unusual for a parrot, these birds occasionally have 'helper individuals', typically grown offspring, which assist in feeding the young. Highly intelligent and social birds, Monks can live anywhere from 15 to 30 years, and like other species of parrots kept as pets routinely develop quite a large vocabulary.



*Monk Parakeet*

*(Continued on Page 4)*

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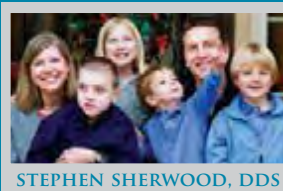
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## Nature Watch (Continued from Cover Page)

Monk Parakeets readily adapt to urban neighborhoods, as they are an open woodland species. A recent informal survey found over 65 nests in Austin, mostly in cell phone towers, tall telephone poles, and sports facility light poles. Even if the nests are cleared out, many colonies return to the same place to rebuild their nest. While mainly constructed out of willow branches, these nests may include man-made items such as rope, carpet, newspaper, and scraps of cloth. The Monks' diet consists of berries, tree buds, and seeds, which can be plentiful in both the native and non-native tree species common in the Austin area.

The exact number of wild Monks in our area is unknown, and evidence of harm by feral colonies of Monks is disputed. While they can be agricultural pests by eating fruits, grains, and other crops, they can also benefit local economies through birdwatching-based ecotourism. It is also important to remember that tens of millions of parrots have been removed from the wild worldwide, and have been traded in greater numbers and for far longer than any other group of wild animals. Many parrot species are still threatened by this trade, as well as by habitat loss, predation by introduced species, and hunting for food or feathers. As such, let's respect their existence enjoy our plethora of parakeets!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.



## SOCIAL GROUPS

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**BUNKO** - If you'd like to join or be put on the list as a sub, contact Carol Biggar at [cabiggar@austin.rr.com](mailto:cabiggar@austin.rr.com) or 512-795-8446 (home) or 512-914-7517 (cell). They are a lively group and play on the 1st Thursday of every month at 7 pm.

**CYCLING** - Want to join a Jester road biking group and participate in organized rides? Contact Troy Reish at [troy.reish@gmail.com](mailto:troy.reish@gmail.com) or call 241-0592.

**JESTER DOG LOVER'S GROUP** - Put a smile on your dog's face and a wag in his tail — sign up now to be a founding member of the Jester dog lovers group. Contact Carol Powell at 340-0321 or email her at [carolpowell@austin.rr.com](mailto:carolpowell@austin.rr.com)

**JESTER KIDS YAHOO GROUP** - This group is helping Jester parents connect with other parents who have children with similar ages or interests! Email [jesterkids-subscribe@yahoogroups.com](mailto:jesterkids-subscribe@yahoogroups.com) to subscribe.

**JESTER PAGE TURNERS** - Check out the Jester Page Turners, a neighborhood book group that meets the second Wednesday evening of each month. Contact Nicky Shore at [Shorenm@gmail.com](mailto:Shorenm@gmail.com).

**JESTER UNCORKED** - Wine lovers of Jester, unite! Join our ever-growing group of wine lovers. Contact Tonya Andrien at (512) 795-0086 or [tandrien@yahoo.com](mailto:tandrien@yahoo.com).

**KAYAKING** - Have some fun with this great water sport! For more info contact Dan Wolfson at [dwolfson@austin.rr.com](mailto:dwolfson@austin.rr.com) or call 795-8218.

**NETWORKING GROUP** - Are you a resident who owns a business or provides a service? Build your business by referral! One individual or company per professional category. Contact Paul (Griff) Griffiths at 241-1644 or [griff@albioncomputergroup.com](mailto:griff@albioncomputergroup.com)

**ROWING** - Interested in sweep rowing and sculling? Contact Julie Donnie at 340-0432 or [JulieDonnie@yahoo.com](mailto:JulieDonnie@yahoo.com).

**SPIRITUAL DEVELOPMENT GROUP** - Interested in developing relationships and sharing spiritual life experience? Contact Jim Irwin at [jimirwin@austin.rr.com](mailto:jimirwin@austin.rr.com) or 502-0797

**WELCOME COMMITTEE** - Darla Rowan and JoAnn Welles are co-chairs of this committee, which is designed to welcome new residents to Jester, including newborns. Volunteer to help by emailing JoAnn at [joann-welles@sbcglobal.net](mailto:joann-welles@sbcglobal.net) or call her at 346-0349

**WOODWORKING GROUP** - Join our woodworking group to share knowledge and techniques! Contact John Parker at 345-6991 or [JParker84@austin.rr.com](mailto:JParker84@austin.rr.com)



## CERTIFIED WILDLIFE HABITAT: BEFORE AND AFTER *by Dale Bulla*



**6706 BEAUFORD  
BEFORE**



**6706 BEAUFORD  
AFTER**

### 6706 BEAUFORD

This Jester yard at 6706 Beauford was certified many years ago as a wildlife habitat. The owners however wanted to do even more for wildlife as well as save on water, maintenance and mowing. The owners told me, "We got tired of mowing and high water bills. Also, if we want to leave town, we don't have to worry about our yard. It now takes care of itself with only minor trimming a few times a year. Drive by and take a look for yourself."

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## *Jester Families Take Part in National Ovarian Cancer Coalition's Balance 5K*

At the end of August, several of our Jester residents took part in the National Ovarian Cancer Coalition's (NOCC) Balance 5K and Kids K in an effort to raise awareness about ovarian cancer. In 2000, the Austin Chapter of NOCC was started by our own Jester resident, Stacey Hull, after she lost her mom to this awful disease. Often called the silent killer, ovarian cancer is difficult to detect. It is important to know the signs and symptoms such as bloating, pelvic or abdominal pain, trouble eating or feeling full quickly, back pain, or changes in your menstrual cycle.

This was the chapters fifth year to host the Balance 5K that took place at the Domain. Sage Stoakley, our talented Jester resident, sung the National Anthem to a crowd of over 1,000 participants on the morning of the race. Tyler Hull, Ryan Rusy, and Matt Jeffries were responsible for setting up the race water stops while numerous residents participated in the race or donated to the cause. Some of those participating included: Terry, Carter and Kalen Hull, Denise and Peter Rusy, Karen Jeffries, Erin and Maddie Halligan, Katie, Lauren and Caroline Hanley, Caris Palmer, Teresa Gouldie, and Christine Smarda.

NOCC is dedicated to raising awareness and promoting education about ovarian cancer. It also aims to improve the survival rate and quality of life for women with ovarian cancer. Each year more than 20,000 women in the United States are diagnosed with ovarian cancer and approximately 15,000 women die annually from the disease. If you would like more information about NOCC or ovarian cancer, go to [www.ovarian.org](http://www.ovarian.org) or call 1-888-OVARIAN. Know the signs and symptoms-- it could make a difference in someone's life.



*And the race begins...*



*Talented Jester resident Sage Stoakley sang the National Anthem*



*Jester residents Matt Jeffries, Tyler Hull and Ryan Rusy set up the race water stops*

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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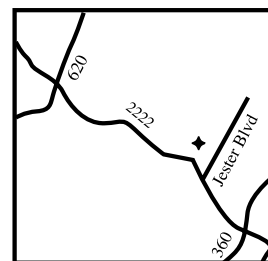
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## PET CORNER

### *CAN I GIVE MY DOG THANKSGIVING SCRAPS?*

*Submitted by Kristen West*

We know it's tempting, but most Thanksgiving scraps are not safest treat for your pets. Cooked turkey bones are a big no-no as they can splinter and result in a trip to pet ER. Additionally, overindulging your pet in other fatty foods can lead to stomach upset, diarrhea or even life-threatening pancreatitis. Other items to avoid are onion, sage, garlic ... and please, don't ever give your pet alcohol.

If you can't turn away from those puppy-dog eyes, a bite or two of pet-safe veggies like plain broccoli, sweet potato or carrots, or a small taste of plain turkey is usually OK. Put the treats in a Kong or other puzzle toy while you sit down to eat with your family so that your furry begger is happily preoccupied!



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### Home Athletics Schedule November/December 2012

Date	Sport	Opponent	Time
11/15	WBB	Whittier!	6 p.m.
11/17	WBB	LeTourneau!	1 p.m.
11/29	WBB	LeTourneau*	5:30 p.m.
	MBB	LeTourneau*	7:30 p.m.
12/1	WBB	Ozarks*	1 p.m.
	MBB	Ozarks*	3 p.m.
12/17	MBB	Northwood	3 p.m.
12/20	WBB	Texas-Dallas*	1 p.m.
	MBB	Texas-Dallas*	3 p.m.
12/29	WBB	Wisconsin-Stout^	4 p.m.
12/30	WBB	Rust^	4 p.m.
12/31	MBB	Wisconsin-Stevens Point	11 a.m.

MBB (M. Basketball)

WBB (W. Basketball)

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## Why Knowing About Kilowatt-Hours Can Help You Save Money

By Chris Lee

Let's all admit it - we've all taken electricity for granted. As soon as we were young enough to reach the light switch to turn on the lights, we've never thought about electricity since it's been integrated into our lives as a basic necessity. By understanding a little bit about a Kilowatt-Hour (kWh) of electricity use, you'll more easily measure and compare the costs to operate your appliances in order to figure out how you can save some money.

The concept of kWh is difficult to visualize since most of us have forgotten the details of our high-school physics class (for those of us that actually took high school physics). Power, energy, time?...how can we define kWh? If you turned on twenty 100-watt lightbulbs in your house and left them on for 1 hour, you would have used 2 kWh (20 lightbulbs x 100w x 1 hour = 2000 watt-hours). And if you used your clothes dryer for an hour and your dryer is rated at 5000 watts, then you used 5 kWh (5000w x 1 hour). While each family uses electricity differently based on their living habits, here's a website that will give you an idea on energy use of common household appliances. Caution: the dollar figures used in this chart are based on \$0.07 per kWh instead of they typical \$0.10 per kWh in Texas:

[www.glendalewaterandpower.com/rates/appliance\\_operating\\_costs.aspx](http://www.glendalewaterandpower.com/rates/appliance_operating_costs.aspx)

(Shortened: <http://goo.gl/kCelA>)

So if you looked at your energy bill, you'll see that you're paying for the amount of Kwh's that you and your family use. By knowing the concept of kWh you'll be able to more easily correlate your energy use to your energy bill and therefore be able to do more to save money. To help you save energy and therefore more money, here are some resources with helpful energy saving tips:

[www.takealoadofftexas.com/index.aspx?id=energy-efficiency-tips](http://www.takealoadofftexas.com/index.aspx?id=energy-efficiency-tips)

(<http://goo.gl/meydE>)

[http://energy.gov/sites/prod/files/energy\\_savers.pdf](http://energy.gov/sites/prod/files/energy_savers.pdf) (<http://goo.gl/u3fuE>)

I hope you've understood the basics of a Kilowatt-Hour and how it's measured to help you see your energy usage. If you have any questions about this, please ping me at [leec89@gmail.com](mailto:leec89@gmail.com).



## **WELCOME COMMITTEE NEWS**

It was another active month for the Welcome Committee with 10 packages made up and ready to deliver. We had all 6 members of the Committee active this month, so we were able to split up and deliver most of the packages. Thanks go to Dale Bulla for providing large blue folders with lots of information on our environment and appropriate plants for the area. He's also given us rolls of blue bags to put in our packages – Jester residents appreciate those dog owners who 'scoop the poop'. We've met many great dogs (and people) doing the Welcome package deliveries.

The packages we delivered this month were to:

1. Duncan, Dao and daughter Isabel on the 7900 block of Bricklebush Cove
2. Jay and Jenn with their dog, Frannie on the 6700 block of Winterberry
3. Lauren and Mark and daughter, Caroline with their dog, Olive on the 7200 block of Foxtree Cove
4. John, Nicole and daughters Ashton and Masen and their dog, Rock Star on the 7300 block of Holly Fern
5. Chris and Louise, with their sons Thomas (8) and Sullivan (6) on the 7100 block of Rusty Fig

In addition we left packages on the doorsteps of 2 residents who have moved in but weren't available. This month we left packages on houses on the 7400 block of Jester and the 7900 block of Bricklebush. We don't know the residents' names or phone numbers ahead of time, so can't call ahead to warn the new residents that the Welcome Committee members will be coming to call. If we know you're there but you're not available to speak with us, we'll leave a package on the doorstep.

The other two packages weren't delivered because the residents weren't yet moved in, and renovations were ongoing.

Please contact JoAnn Welles at (512) 346-0349 or [joann-welles@sbcglobal.net](mailto:joann-welles@sbcglobal.net) if you've moved to Jester lately and we haven't welcomed you officially. We may have tried to deliver a package but not found you home!



Jay and Jenn on  
Winterberry



John with daughters on Holly Fern



Lauren and daughter Caroline  
on Foxtree Cove

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## **New and Improved Irrigation Rebate Makes Debut**

*by Jacob Johnson, LI 17528*

*Austin Water Conservation Program Specialist*

Austin Water recently revised the irrigation upgrade rebate program to make participation easier than ever. Residential Austin Water and eligible wholesale customers no longer need an irrigation evaluation by Austin Water prior to beginning any rebated work. So instead of just fixing your irrigation system, upgrade it!

The rebate program is for existing irrigation systems only; rebates will not be given for new systems and/or expansions. A licensed irrigator or the homeowner must complete the work that will be rebated. Once the work is complete, submit the completed application and itemized receipt within 30 days. Staff may perform a post-project inspection to verify the completed work. The application can be found online and will always contain up-to-date information about the program: [www.austintexas.gov/departments/water-conservation-residents](http://www.austintexas.gov/departments/water-conservation-residents)

### **Items eligible for rebate:**

1. Rain sensor or soil moisture sensor (up to \$50): rain sensors and soil moisture sensors detect moisture and will shut off the irrigation system until the sensor dries out.
2. Pressure Regulating Valve—"PRV" (up to \$100): Misting or fogging in an irrigation system is often a sign of excessive operating pressure. A pressure regulator on the irrigation mainline helps decrease misting, makes spray patterns easier to control and extends the life of your irrigation components.
3. Pressure Regulating Components other than a PRV (up to \$100): A pressure regulating valve on the irrigation mainline is a way to control system-wide high pressure. However, not all stations are created equal. If only some stations are operating at excessive pressure, you may choose to install pressure regulation components at the individual station valve or even change out those heads to pressure compensating heads. If using pressure compensating heads, the entire station must be converted.
4. Conversion from spray to multi-stream multi trajectory nozzles (\$4 per nozzle, up to \$100; entire station must be converted): Multi-stream, multi-trajectory nozzles have a spray pattern that looks like rotating spider legs. This spray pattern results in higher distribution uniformity and is less susceptible to wind drift. This rebate is perfect for mid to large turf stations.
5. Conversion of station to drip (up to \$50; must include filtration and pressure regulation): Well designed and installed drip systems are extremely efficient. Drip applies water directly to the soil at a very low rate. However, to operate correctly, drip stations need filtration to prevent clogs and a form of pressure regulation to bring operating pressure into range for the drip emitters. The current code exempts drip from watering restrictions which will allow drip users to create their own schedule.
6. Capping a station (\$50; station valve must be removed): You may have an area of your yard that you don't need to water or where you may be making some big landscape changes. If you decide you don't

need a certain station anymore, remove the station valve and you'll be eligible for a \$50 rebate. Keep the cap visible and hang on to the valve for the possible post-work inspection.

But remember, even high quality irrigation systems can use a lot of water so pay careful attention to scheduling. Austin Water and eligible wholesale customers who use more than 15,000 gallons per month may benefit from a free irrigation evaluation performed by a licensed irrigator. Call 974-2199 or email [watercon@austintexas.gov](mailto:watercon@austintexas.gov) for more information or to schedule an evaluation.

## **Taking Control of Your Diabetes: Improving Self-Management**

*by Concentra Urgent Care*

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death. Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- Monitor your blood sugar and take your prescribed medications: By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- Watch your diet carefully: By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietitian or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.
- Lose weight: The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietitian can help you find ways to eat the foods you like while reducing your intake of calories.
- Increase physical activity: A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.
- Sleep well and reduce stress: Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: [www.diabetes.org](http://www.diabetes.org).





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**Teresa Gouldie**

Jester Resident / Broker

**751-8000**

**tgouldie@gmail.com**



**Happy  
Thanksgiving!**

**THANK YOU!**

*As I pause to count my blessings during this Thanksgiving Holiday, I give thanks for my Jester neighbors that I've come to know in the last 14 years. I am so grateful for your friendship, your business, and the confidence you have placed in me.*

*Teresa*

## November Events

Compliments of... Teresa Gouldie 751-8000 Coldwell Banker, United

Nov. 1 - 10	<b>Christmas at the Caswell House</b> - Historic Victorian home A magical, winter wonderland - Gifts available for purchase	1404 West Avenue <a href="http://caswellhouse.org">caswellhouse.org</a>
Nov. 1 - 18	<b>Ragtime</b> Over 40 of Austin's finest actors, supported by a glorious orchestra, perform this Tony-winning musical	Zach Theatre <a href="http://zachtheatre.org">zachtheatre.org</a>
Nov. 2	<b>Dr. Maya Angelou</b>	<a href="http://austintheatre.org">austintheatre.org</a>
Nov. 2 - 11	<b>Wurstfest</b> - Texas-German family funfest "salute" to sausage	<a href="http://wurstfest.com">wurstfest.com</a>
Nov. 3 - 4	<b>Austin Celtic Festival</b> Four stages of Celtic music, dance, storytelling & much more	Fiesta Gardens <a href="http://austincelticfestival.com">austincelticfestival.com</a>
Nov. 10 - 11, 17 - 18	<b>East Austin Studio Tour</b> Explore 300+ artist studios and take part in diverse art events	<a href="http://eastaustinstudiotour.com">eastaustinstudiotour.com</a>
Nov. 11	<b>Lone Star 23rd Annual Vegetarian Chili Cook-off</b> Keeping chili weird, but also vegan and delicious	<a href="http://veggiechilicookoff.com">veggiechilicookoff.com</a>
Nov. 14 - 18	<b>A Christmas Affair</b> 200+ national merchants sell original art, jewelry and crafts	Palmer Events Center <a href="http://jlaustin.org">jlaustin.org</a>
Nov. 15	<b>Edgar Winter</b> Tribute to real rock and roll, with a mix of blues and country	One World Theatre <a href="http://oneworldtheatre.org">oneworldtheatre.org</a>
Nov. 15	<b>The Best of Texas Music</b> - Willie Nelson, Ray Benson and Asleep at the Wheel, Jerry Jeff Walker, and more	The Moody Theater <a href="http://acl-live.com">acl-live.com</a>
Nov. 16	<b>Aerosmith with special guest Cheap Trick</b> In conjunction with fan festivals for Formula 1 U.S. Grand Prix	Frank Irwin Center <a href="http://uterwincenter.com">uterwincenter.com</a>
Nov. 16 - 18	<b>Formula 1 United States Grand Prix 2012</b>	<a href="http://Formula1.com">Formula1.com</a>
Nov. 20 - 25	<b>Cirque Dreams: Holidaze</b> Holiday ornaments come to life and perform astonishing feats	The Long Center <a href="http://thelongcenter.org">thelongcenter.org</a>
Nov. 22	<b>Thundercloud Turkey Trot</b> The largest 5-mile race in Texas	The Long Center <a href="http://thundercloud.com">thundercloud.com</a>

*serving JESTER ... Just a Little Closer to Heaven!*