

Official Publication of Jester Homeowners Association, Inc.

July 2013 Volume 8, Issue 7



TAILS OF SUMMER



by Jim and Lynne Weber

Flower blooms in summer are often visited by large, colorful butterflies in the swallowtail family. These insects are so named because of the tails on their hindwings that resemble the forked tails often found on birds in the swallow family. They are even more unique when in the caterpillar stage, because they possess a hidden structure behind their heads called an 'osmeterium', a fork-shaped organ that is exposed when under threat (or forced out with a gentle squeeze) and can emit a smelly and bad-tasting secretion. As such, swallowtails are distasteful to many predators in both the caterpillar and adult butterfly forms.

The smallest and darkest swallowtail you will see this time of year is the Pipevine Swallowtail (Battus philenor). Its upperside has blackish-brown forewings and hindwings that have an iridescent metallic blue sheen. The undersides of their hindwings have bright orange dots surrounded by black and blue, with subtle white markings. The Pipevine Swallowtail caterpillars, which are reddish-brown with rows of fleshy red tubercles rising up from their backs, normally feed in small groups on plants in the pipevine family. It is these plants that give the insect their poisonous quality.

One of our bigger and brighter swallowtails is the Two-tailed Swallowtail (Papilio multicaudata). Growing to over 5 inches wide, their distinctive yellow wings have

black tiger-like striping, with a row of bright blue spots along the trailing edge on both sides of the hindwings. Each hindwing also has two primary



Pipevine Swallowtail



Two-tailed Swallowtail



Giant Swallowtail

black tails, giving this insect its common name. The Two-tailed Swallowtail caterpillars are carrot-orange with a pair of pale yellow eyespots on top of the head and a pale yellow band behind the head, making them resemble a small snake. In our area, these caterpillars feed on the leaves of the wafer ash or hop tree.

Our largest butterfly is also a swallowtail, is aptly named the Giant Swallowtail (Papilio cresphontes), and can often have a wingspan of over 6 inches. Their wings are dark brown to black with yellow bands and a yellow spot in the center of each tail on the hindwings. Their young caterpillars look like bird droppings, which are effective at deterring predators. Giant Swallowtails have distinctive flight patterns, with the females tending to beat their wings slowly but move quickly over long distances, and the males having a more rapid, jerky flight due to their slightly smaller wings.

At times you may find an adult swallowtail butterfly missing some or all of its tails. While the true purpose of the tail-like extension on the hindwings of these butterflies is unknown, it is often believed that they trick predatory birds into biting off this expendable part of their wing, giving the swallowtail a chance to fly yet another day!

Send your nature-related questions to naturewatch@ austin.rr.com and we'll do our best to answer them. If

you enjoy reading these articles, look for our book, NatureWatch Austin, published by Texas A&M University Press.

JULY 4th
Parade & Activities
Thursday, July 4 - 9:30am



Paint your wagons, decorate your bikes, your pets, and yourself and join in this festive parade! Gather at Jester Club at 9:30 am (you don't need to be a member of the club to participate). Parade route will be up Jester, around Basil, and back. Games and Activities to follow!

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The Jester Warbler - July 2013

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Interested in submitting an article? You can do so by emailing diana0777@att.net or by going to:

www.peelinc.com/articleSubmit.php.

All news must be received by the 12th
of the month prior to the issue.

Jester Homeowner's Association Website!

www.JesterNeighbors.com Community Registration Code: 3328

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For lost or found pets, call 338-1519.

SIGN UP FOR JESTER EMAIL ALERTS!

Visit Jester Homeowner's Association website and sign up to receive pertinent neighborhood email alerts.

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Community Registration Code: 3328 - REGISTER TODAY!

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Jester Uncorked!

Lauryl and Rob Eddlemon hosted a gathering of Jester's Wine Tasting Group, Jester Uncorked, at their home on Saturday, June 15. The evening's theme was "Value Wines for Summer." The group tasted wines from lesser-known wine regions and under-appreciated grape varietals that pair well with Texas summer weather. We all learned a little and had a lot of fun!

This was a reunion of sorts for Jester Uncorked. The group has been on hiatus but we're ramping up again. The next gathering will take place in the fall — more info coming soon! If you are interested in joining or have any ideas for upcoming events please contact Karen





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GREENTIPS

ONCE A WEEK WATERING STILL IN EFFECT

by Dale Bulla

This is a friendly reminder to all Jester residents with automatic irrigation systems. Lake Travis continues to drop and a ban on all outside watering may be in our future. Wednesdays and Thursdays are the ONLY days for automatic sprinkler systems to water your lawn, depending on an even or odd address. Irrigations systems may not operate between 5 AM and 7 PM. So, midnight until 5 AM and 7 PM till midnight should be set on your irrigation controller.

Saturday and Sunday is reserved for hose-end sprinklers only. Of course, hand watering is still permitted anytime. The city of Austin is still giving free irrigation audits to anyone requesting one and they can set your irrigation controller. For more information, call 311 or go to: http://austintexas.gov/department/ stage-2-watering-restrictions. Help us keep Jester a "Green Neighborhood."







Jonathan and Heidi Parker of Barley Cove announce the arrival of their second daughter, Quinn Mae Parker, on May 7th. Quinn weighed in at 7 lbs, 12 ozs and was 19" long. Quinn is also welcomed by big sister, Reese, age 3 1/2.







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WE'RE GETTING FIREWISE!

It's been said that there's strength in numbers, and that's certainly the case when you take a look at what Jester and our neighbors in Lakewood have accomplished when it comes to improving wildfire safety in our neighborhoods. Here are the final results for the "30 Feet for Firesafety" weekend event that was held in April.

- 122 properties registered as participating in the event
- The City of Austin removed 79 tons of brush from the curb line in 39 truckloads (and they are BIG trucks!)
- The City of Austin teams that handled this removal logged 288 man hours to get the job done.
- 68 of the properties that participated reported homeowner and contractor hours contributed, and the total for those properties was over 1,100 hours.

We now have several members of our Firewise Committee who have completed classroom training and accompanied trained assessors on numerous inspections. These individuals are now qualified to assist residents with Firewise property assessments on request. So far, almost 50 Firewise property risk assessments have been conducted in Jester and Lakewood.

As a result of our efforts, Jester-Lakewood are now qualified to apply for Firewise Community certification, which will serve to recognize all of the work that we've done and our commitment to maintain a focus on protecting our neighborhoods from wildfire in the future. The application has been submitted to the national Firewise program, and we look forward to a positive response.

The Jester HOA thanks and congratulates all of those who have contributed to the Firewise program. If you've watched the news out of California and Colorado recently, there have been vivid reminders of why this work is so important, and there are numerous testimonials from those events that attest to Firewise principles saving homes. While we all hope that we won't see a wildfire anywhere near Jester or Lakewood, it's good to know that many of us are doing what we can to prepare for that possibility.

If you'd like to join in that effort, a good place to start is with a FREE Firewise risk assessment for your property. To make a request, go to http://tinyurl.com/jesterfirewise. We'll look at your property and provide recommendations to help you protect your home and your family. Questions? Email us at firewise@jesterneighbors.com.



Limbed up trees and controlled ground-level plants contributed to the defensible space that helped to save this home from being lost in the Black Forest Fire in Colorado Springs last month

A FOCUS ON SUNBURN

By: Concentra Urgent Care

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty. Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours. Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UVB can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

SYMPTOMS

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn.

FIRST AID

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as nonsteroidal antiinflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.





Jester Estates Stork Report

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SOCIAL GROUPS

CONTACT INFO

BUNKO - If you'd like to join or be put on the list as a sub, contact Vallie Marana at valliemarana@gmail.com or 925-408-5206 (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 or call 241-0592.

HILL 2013 KINDERGARTEN GROUP - This group is helping connect Jester families with others who also have children entering Hill Kindergarten in the Fall 2013. Email Jester resident, Kevin Fricke at Kevin@lonestarmedia.com to be added to our email distribution list.

JESTER UNCORKED - Wine lovers of Jester, unite! Join our ever-growing group of wine lovers. Contact Karen Kershaw at kershawk@me.com.

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

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 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

KAYAKING - Have some fun with this great water sport! For more info contact Dan Wolfson at 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

ROWING - Interested in sweep rowing and sculling? Contact Julie Donnie at 340-0432 or JulieDonnie@yahoo.com.

SPIRITUAL DEVELOPMENT GROUP - Interested in developing relationships and sharing spiritual life experience? Contact Jim Irwin at 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 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

A FOCUS ON PHYSICAL ACTIVITY Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO
I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity

• Includes people with disabilities

Far outweighs the possibility of risk of injury or illness

2. Most health benefits occur with at least 150 minutes a week

 Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

3. For most people, additional benefits occur when

 You increase the intensity of your physical activity

 You increase the frequency of your physical activity You increase the duration of your physical activity SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: www.nsc.org/resources/Factsheets/hl/fitness.aspx



Jester Estates

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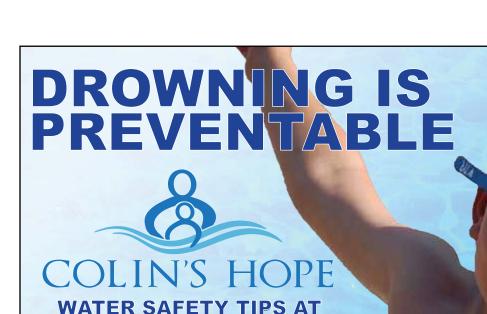
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Proven Results! Jul. 14

Jul. 27

Jul. 28

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July	Children'	s Day Art Park (Wednes	ot July 3)	Symphony Square	
	Musicians, dancers, storyteller, magicians, mimes and crafts				austinsymphony.org
July	Blues on the Green (every other Wednesday)			Zilker Park kgsr.com	
Thursdays	Nature Nights at the Wildflower Center			LBJ Wildflower Center	
	Explorations of plants, animals and the ecology of Central Texas				wildflower.org
Saturdays	Splash Party Movie Nights - Catch a flick and take a swim			deepeddy.org	
Sundays	Concerts in the Park			Long Center	
	Bring a pic	onic dinner, blanket & en	njoy free ensemble	concerts	thelongcenter.org
Jul. 4	. 4 Austin Symphony & Fireworks			Auditorium Shores	
	Come ear	ly, bring a picnic, and e	njoy the patriotic m	nusic	austinsymphony.org
Jul. 7	The Back	yard's 20th Anniversa	ry Celebration		The Backyard
	With Willie	e Nelson, surprise gues	t, Joe Ely, and mor	re	thebackyard.net
Jul. 10 -	One Night with Janis Joplin		Zach Theatre		
Aug. 18	Packed w	ith dynamic performand	es and classic sor	ngs	zachtheatre.org
Jul. 12 -	55th Annu	ual Zilker Summer Mus	ical - Little Shop	of Horrors	Zilker Hillside Theater
Aug. 17	Please, w	hatever vou do…don't fe	eed the plants!!!		512-479-9491 zilker.org

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