



The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

October 2016

Volume 11, Issue 10

President's Corner

Hello everyone, hope you are enjoying the fall season. We are off to a great start of the school year. Please watch for kids at the bus stops and be mindful of the speed limit. We are looking forward to the Halloween parade this month and hope to celebrate with many of you. Teresa Gouldie can always use some helpful volunteers at our community events--turn the page for her contact information and let her know if you can assist in any way.

Mark your calendars for the upcoming Jester adult social on November 16. See the announcement box on this page for more information on this event.

As always, Jester is a GREAT place to live!

Diana Miller
President



Holiday Happy Hour

WEDNESDAY NOV 16
6 - 8 PM
SCOREBOARD NESTER VILLAGE

The HOA invites you to kick off the holiday season with a gathering at Scoreboard. Come socialize and network with your neighbors and get into the holiday spirit! Light appetizers will be provided and happy hour priced drinks will be available for purchase. We hope to see you there!



JESTER HALLOWEEN PARADE & ACTIVITIES

SATURDAY, OCTOBER 29TH

9:30 AM

JESTER CLUB

(You do not need to be a member to participate)

Parade route is up Jester, around Basil, and back.
Come out and cheer on our Jester kiddos - they love an audience!



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ARTICLE SUBMISSIONS

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.*

Request for Updated Green Neighborhood Tips

by Dale Bulla

As you know, Jester is a "Green Neighborhood" and we have our own website on the City of Austin webpage. I try to update our numbers each year and would like to encourage you to send me any new data so I can do that at the end of this year.

If you have added a hybrid vehicle or zero emission vehicle, please let me know.

If you have had your yard certified as a wildlife habitat this last year, please let me know.

Remember, your information is not put on the website, we just submit numbers of green participants not names or addresses.

As of last year, we had 114 hybrids or Zero Emission vehicles and 177 certified habitats. Please contact me with your updated information before the end of the year or call me if you would like more information.

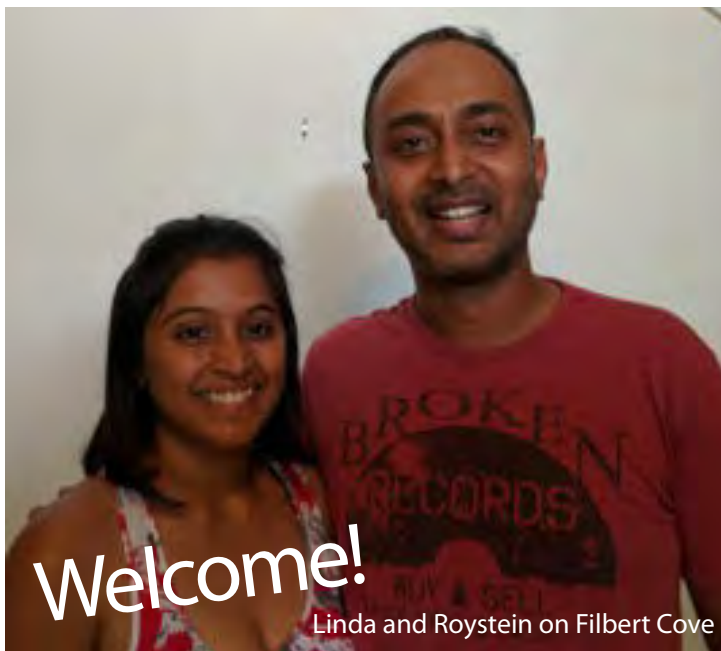
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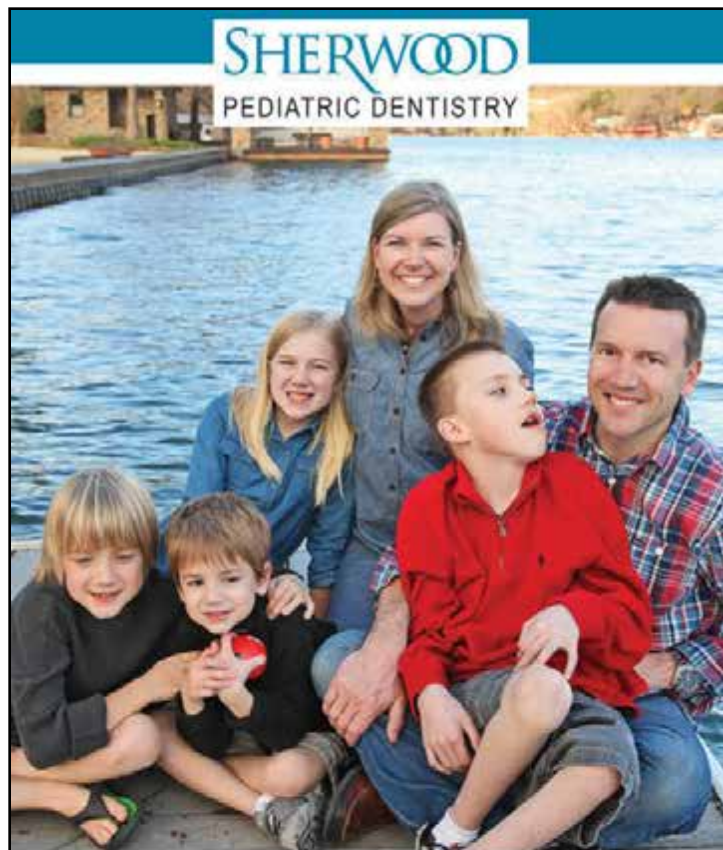
WELCOME COMMITTEE NEWS

The Welcome Committee had another great month, meeting new neighbors and delivering Welcome Bags to them. We were able to meet new neighbors that moved to:

- Filbert Cove. Roystein and Linda moved from another neighborhood in Austin.
- The 7200 block of Foxtree Cove. Hassan, Shushima, Aunteek and Angeera moved from Dallas.
- Peppervine Cove. Sheila and Kris with their daughter Alex moved from the Mount Bonnell area. They're long term residents of Austin and are happy to be in Jester.
- The 7000 block of Anaqua. Mark and Michelle with their children 5 year old Jack and 2 year old Olivia, returned to Austin after living more recently in LA and Dallas. They're especially happy to be near grandparents, and we're sure the grandparents are thrilled as well.

We were able to leave bags at several houses where it was clear the new neighbors had moved in, but were not home or didn't answer the door. We don't like to delay deliveries another month if we're sure the new residents have moved in as the Welcome Bags contain a lot of neighborhood information that we hope is helpful to new residents. Last month, we did leave bags at a house on the 8100 block of Asmara Drive as well as the 7200 block of Anaqua.

If you live near any new residents, please stop by and introduce yourself! Also, please contact JoAnn Welles at (512) 484-7588 or 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 bag to you but not found you home.



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NATURE WATCH

Mysterious Migration

by Jim and Lynne Weber

Fall migration season is upon us, and that usually conjures up thoughts of songbirds and hawks using the central flyway through Texas to make their way south to the subtropics and tropics for the winter. However, birds are not the only ones who migrate, and while much has been said about the complex, annual migration made by Monarch butterflies, the record for the longest insect migration (twice the distance of the Monarch) belongs to a dragonfly species, the Wandering Glider (*Pantala flavescens*). In fact, dragonfly migration has been suspected for over 100 years, and up to 50 of the world's 5,200 dragonfly species are thought to migrate (about 16 out of 326 in North America), but not much is known about where they are coming from or where they are going.

In Texas, there are several species of dragonflies that migrate in addition to the Wandering Glider. They include the Common Green Darner (*Anax junius*), Black Saddlebags (*Tramea lacerata*), Variegated Meadowhawk (*Sympetrum corruptum*), and Spot-winged Glider (*Pantala hymenaea*). Cooler nights seem to trigger the dragonflies' journey south, and like birds, they build up their fat reserves before setting out. They may use the lay of the land as a navigation guide, and some scientists speculate that they have an internal magnetic compass, as those that fly off course and out to sea appear to realize their mistake and reorient themselves.

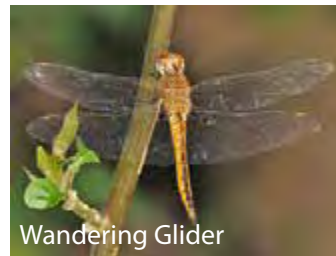
Dragonflies migrate during daylight hours, and green darners have been found to break their journeys every three days to rest and feed, using oak and juniper trees as stopover sites. Like monarchs, the full migration circuit takes multiple generations to complete, as it is the offspring of the generation that traveled south in the fall that is migrating north again in the spring.

Swarms of dragonflies can create one of nature's most impressive spectacles, with tens to hundreds of thousands of individuals streaming southward along lakeshores, mountain ridges, and coastlines. Even with the origins and destinations poorly known, the migration in the fall is more noticeable than that in the spring, presumably because the spring event occurs over a wider front and a longer period of time. However, migration is the only explanation for how dragonfly adults appear in early spring in places where their nymphs or larvae from the previous year or years have not yet emerged.

The ecological role of migrating dragonflies is another facet of the mystery yet to be resolved. Since several species use the same migration strategies and timing as migratory birds, traveling at the same times and concentrating in the same places, it is likely that

certain bird species are exploiting the abundance of dragonflies as a source of fuel for their own migration. More research is being done to solve these mysteries, most notably the Xerces Society's Migratory Dragonfly Partnership initiative, which uses "research, citizen science, education, and outreach to understand North American dragonfly migration and promote conservation."

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, check out our book, *Nature Watch Austin* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



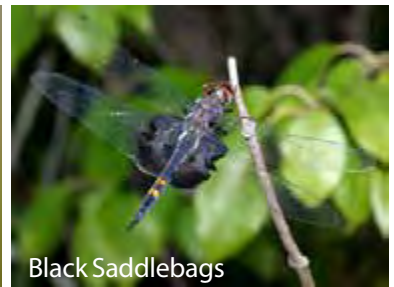
Wandering Glider



Spot-winged Glider



Common Green Darner



Black Saddlebags



Variegated Meadowhawk

Neighborhood Compassion Watch!

by Lesa Walker

Compassion is action. Discover acts that show caring for others and the Earth in your own Neighborhood! Send your photos, discoveries, and stories to compassionateaustin@gmail.com. Be sure to identify your neighborhood in your email.

We want to recognize and honor the good being done in our community.

Tell us something good happening in your family, a neighborhood business or school or library.

Here's a great quote from an August, 2015 article in the Huffington Post, entitled "Compassion: Universally Misunderstood" by Dr. Paul Gilbert, Professor of Clinical Psychology: "Compassion is not just about kindness or 'softness' and it is certainly not a weakness - it is one of the most important declarations of strength and courage known to humanity. It is difficult and powerful, infectious and influential. And, crucially, it is perhaps the only universally recognized language with the ability to change the world."



The Texas Driver (from the Texas Driver Handbook)

FLOODS

- Six inches of water will reach the bottom of most passenger cars, causing loss of control and possible stalling.
- Twelve inches of water will float many cars.
- Two feet of water will carry away pick-up trucks, and most other vehicles
- Water across a road may hide a missing segment of roadbed or a missing bridge. Roads weaken under floodwater, get out quickly and move to higher ground. Better yet, when there's water on the road, Turn Around. Don't Drown. Saving your life may be as simple as choosing an alternate route.

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- Ladera
- Lakeway
- Legend Oaks II
- Long Canyon
- Meridian
- Northwest Austin Civic Association
- Paloma Lake
- Parkside at Mayfield Ranch
- Plum Creek
- River Place
- Rocky Creek
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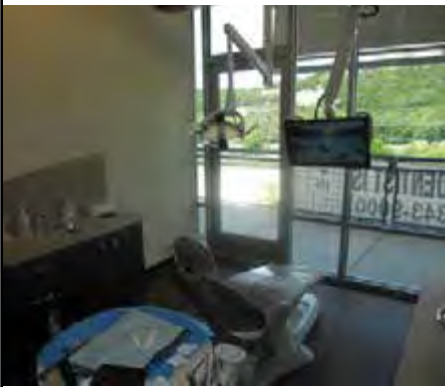


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RECIPE OF THE MONTH

The Wrap Of Kahn

Ingredients:

1 bottle Peanut sauce- (the best I have found is made by Archer farms and sold at Target stores that have bigger grocery sections. I've made my own but prefer theirs)
1 to 1 1/2 lbs chicken breast cut in small to medium cubes
1 to 2 limes
some cilantro chopped
1 cup white rice (jasmine is best)
1 or 2 cups- raw- shredded red cabbage (you will want to figure out how to use up the rest of the cabbage-though it keeps quite a while)
Some bamboo shoots- drained and cut skinny
1 jar spicy black bean or spicy brown bean sauce
Good Gorgonzola cheese- crumbled up
Thin flour tortillas (the thick ones don't work well for this)

Procedure:

Rice- cook it according to the directions- when done fluff with fork and mix in some cilantro and lime juice to taste. Set aside.

Chicken- I usually cook it in large sauté pan with olive oil, lime juice, garlic (powered or fresh depending on what I have) salt and some pepper- If I'm feeling real energetic I cook some finally chopped sweet onion in there as well. When it is just about done I add the peanut sauce and cook till chicken is done and sauce is heated through. Sometimes I throw cilantro in this part of the dish also. Be mindful that you want some looseness to the chicken mixture some the excess peanut sauce seeps into the rice- yum!

The put together:

Heat up tortilla over gas if you can (don't microwave it)
schmere on a thin layer of the spicy bean sauce
put on decent layers of bamboo shoots and cabbage
add rice layer
add some of the chicken mixture
top with Gorgonzola (I put healthy portion because I love the stuff, but you will want to play around till it tastes right to you.)
Roll it up like a burrito,

Enjoy!

Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

Weight Training + Protein: Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

Long Distance Running + Carbohydrates: For long workouts, the performance edge goes to people who have the most glycogen (the stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

Aerobics, Kickboxing and Spinning + Fat: For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

Yoga and Pilates + Complex Carbohydrates: The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.



Jester Homeowner's Association Website!

www.JesterNeighbors.com

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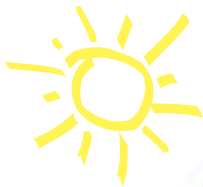
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The Children's Center Of Austin



The Children's Center of Austin is hosting their Fall Festival

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4 Spices with Surprising Health Benefits

When it comes to adding flavor to your favorite meals, there's more to seasoning than salt and pepper alone. There's a whole world of spices out there that can take your cooking game to the next level and offer some surprising health benefits along the way.

Spice up your meals with these top picks that are as healthy as they are versatile.

1) Oregano

Fun fact: One teaspoon of oregano has the same amount of antioxidants as three cups of spinach. This healthy herb also contains potassium, zinc, iron, protein, calcium, magnesium, and fiber.

Try it: Add a few pinches of oregano to a dish of melted butter. Brush it on fresh-baked dinner rolls for a flavorful finish.

2) Cinnamon

Sure, it's a tasty addition to all-things sugary and sweet, but did you know that cinnamon can help reduce blood sugar levels? Plus, it's been shown to help improve brain function, promote better heart health, and even protect against diabetes.

Try it: Top baked sweet potatoes with a dash of cinnamon and nutmeg. These two spices pair well together and their woody aromas make them top picks for holiday dishes.

3) Nutmeg

Speaking of nutmeg, did you know that this spice can help prevent cavities? It can also naturally detox the body, improve digestive health, and reduce inflammation and pain.

Try it: Sprinkle a pinch of nutmeg onto your morning bowl of oatmeal and pair it with your favorite fresh fruits.

4) Cumin

One tablespoon of this spice contains 20% of your daily iron, which plays a big role in carrying oxygen to all of your cells. It can also boost your brainpower and keep your immune system in tip-top shape.

Try it: Add a dash of cumin to your next batch of chili. It will add a hint of spice without turning up the heat.

Donna Kelly-Konopka

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October Events

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

Fri. & Sat.	Austin Ghost Tours - 90-minute walking tours downtown	austinghosttours.com
Fri. & Sat.	Boo at the Zoo: Oct. 7 - 8, 14 - 15, 21 - 22, & 28 - 29 Go on the haunted train ride or trek through the haunted house	Austin Zoo austinzoo.org
Oct. 13	Elvis Costello: Detour - Rock and Roll Hall of Fame	acl-live.com
Oct. 13 - 20	Austin Film Festival Eight days of films & parties celebrating the art of film	Various venues austinfilmfestival.com
Oct. 14 - 15	Fall Native Plant Sale - Choose from nearly 300 species of hardy Texas native bred to thrive with our Central Texas climate	wildflower.org
Oct. 14 - Dec. 3	Charlotte's Web Classic children's story come to life	Zach Theatre zachtheatre.org
Oct. 15	Jerry Jeff Walker - Lone-Star country rocker	acl-live.com
Oct. 15	German-Texan Heritage Society Oktoberfest Live music, German food, a biergarten, kids' activities & more	German Free School germantexans.org
Oct. 15 - 16	AIA Austin Homes Tour - showcasing local architects	aiaaustin.org
Oct. 16	Toby Keith - Country music hit-maker	austin360amphitheater.com
Oct. 16	Daniel Tiger's Neighborhood LIVE!	thelongcenter.org
Oct. 16 & 23	The Pumpkin Express - Pack a picnic and take a steam train to Bertram, pick a pumpkin and chat with Farmer Brown	austinsteamtrain.org
Oct. 20	Nitty Gritty Dirt Band - Long-standing country rock band	oneworldtheatre.org
Oct. 21 - 23	Formula 1 United States Grand Prix 2016 With special performance by Taylor Swift on Oct 22	circuitoftheamericas.com
Oct. 23	Halloween Children's Concert – Wear your Costume! Featuring mind-chilling songs, entertaining for all ages!	The Long Center austinsymphony.org

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