



The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

September 2018

Volume 13, Issue 9



ATTENTION JESTER WINE LOVERS!

The next JESTER WINE TASTING party is in September. There are so many wineries in Texas these days. Let's give some of them some business and taste their offerings! Besides some great wines, come to enjoy a variety of foods from your neighbors! It's always yummy!

The Longhorn's are playing and we'll have the TV on for those that want to watch.

SEPTEMBER HOSTS ARE:

Name: Mark & Debra Ellsworth

Address: 7313 Foxtree Cove

Phone: 512-627-5323

WHEN:

Saturday, September 15, 2018

7:00pm – 10:00pm

BRING:

\$15.00 for wine

A wine glass each

A dish such as appetizer, salad, side dish, dessert

The ELLSWORTH'S will supply the entrée and the wine.

RSVP: debra@debraellsworthphotography.com

WE NEED HOSTS!

It's fun and easy to host. I'll give you outlines for communications and other information to use and personalize.

If you would like to host a wine party, please email: debra@debraellsworthphotography.com

HEY JESTER GIRLS NIGHT OUTERS'

Popular vote for our next get together is a casual evening enjoying our JESTER POOL & PARK.

WHEN:

Friday, October 5, '18, 6:30

BRING:

- * Your choice: appetizer, sweets, salad. Debra Ellsworth will supply entrée.
- * Your choice of beverage(s)
- * Your Friends are welcome

RSVP:

Debra Ellsworth

debra@debraellsworthphotography.com

512-627-5323

If you would like your name added to our listing, send an email to Debra supplying your Name, Address, Email and Phone Number.

Quick Tour of Our Website jesterhoa.com

by Ron Herzfeld, Webmaster

This is only a quick tour of your website. We welcome you to explore all the information contained in its 7 pages. The purpose of the website is to keep you informed on what is happening in your neighborhood; provide you with organizational documents; and, to be sure you know who to contact with any of your concerns and problems.

Home Page: It's not only a welcome page but a way to stay socially connected through the direct link to the Jester HOA Facebook page.

About Page: This page is obviously designed for prospective residents looking for a great place to live and enjoy the area...you already know that.

Contact Page: Communication is very important to the Jester HOA. This page provides information about your elected members of the Board, the Committees, and Management Company, as well as the Jester Club, which is an autonomous organization from

(Continued on Page 2)

Board of Directors

www.JesterNeighbors.com

President

Diana Miller.....(C) 512-496-0777
.....diana0777@att.net

Secretary

Eva Wissner.....(C) 512-587-7968
.....evawissner@gmail.com

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.....chris@chcaustin.com

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Teresa Gouldie(C) 512-751-8000
.....tgouldie@gmail.com

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.....ronherzfeld@gmail.com

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Susanne Paul(C) 512-342-8967
.....susanp257@gmail.com
Edward Mokarzel(C) 512-569-0914
.....ed_mokarzel@yahoo.com

Restrictions Violations Committee Chair

Drew Sanders 512-502-7045,
.....drew.sanders@goodwintx.com

Warbler Co-Editor and Email Alert

Diana Miller.....diana0777@att.net

Jester Club 512-794-8867
.....jesterclubmanager@yahoo.com, www.jesterclub.org

Homeowner's Association Mgmt - Goodwin Mgmt

Drew Sanders(W) 512-502-7045, (Fax) 512-346-4873
.....Drew.Sanders@Goodwintx.com

Office:

11149 Research Blvd, Suite 100
Austin, TX 78759

Mailing Address:

P.O. Box 203310
Austin, TX 78720-3310

Newsletter Information

Co-Editors

Diana Miller.....diana0777@att.net
Teresa Gouldietgouldie@gmail.com

Publisher

Peel, Inc. www.PEELinc.com, 512-263-9181
Advertising.....advertising@PEELinc.com, 512-263-9181

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.*

(Continued from Cover Page)

the HOA, with its own Board. The Jester Club information is on this page as many residents are members and enjoy the activities it provides.

Committees Page: This is an important page as it keeps you updated on major issues and concerns that may affect you. Three committees, Traffic, Fire, and Crime are covered.

Documents Page: Whenever you have a question on how the HOA is structured; what the rules are; and, who is mandatory or voluntary, you can find it here in our library of legal and informative documents.

Events Page: Throughout the year, the social committee plans and presents many fun activities for all the residents of Jester Estates. These events are highlighted on this page and on our Facebook page.

Gallery Page: Pictures do speak a thousand words...maybe more. The Gallery is designed to communicate a neighborly connection through making us more than a house on a lot. It brings us together as a neighborhood. Both the events and Gallery page are ideal for you to submit Jester events and pictures to the webmaster for all of us to enjoy.

Again, please visit our website, keep informed, and enjoy the many good things that Jester has to offer.

FACT:

There are multiple ways to teach a child how to solve a math problem.



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NATURE WATCH

IT'S A SPHINX, METHINKS!

by Jim and Lynne Weber



Vine Sphinx

Generally speaking, these moths are named not just for their streamlined bullet-shaped bodies that have long narrow forewings and short hindwings, but also for their distinct behavior that comes in the form of swift, hovering flight. Many species in this family hover in mid-air or swing from side to side when feeding on flowers, an ability that has evolved in only three other groups: hummingbirds, certain bats, and hoverflies. In addition to nectaring on flowers, these moths often pollinate them at the same time.

The leaf-feeding caterpillars or larva of these moths typically have a smooth body with a characteristic horn near their posterior end, hence the common name hornworm. They pupate in an earthen cell or loose cocoon at or near the soil surface. The word sphinx was first associated with the larva in 1736, when Rene Reaumur, a French scientist and entomologist, noted that they often assumed a pose reminiscent of the mysterious Egyptian Sphinx of antiquity. They accomplish this pose by holding their anterior legs off their substrate and tucking their heads underneath when resting, which appears to form an upright praying position.

In our area, some of the more interesting sphinx moths include the Vine Sphinx (*Eumorpha vitis*), Tersi Sphinx (*Xylophanes tersa*), Waved Sphinx (*Ceratomia undulosa*), and Rustic Sphinx (*Manduca rustica*). The Vine Sphinx appears similar to the well-known White-lined Sphinx, but is dark greenish-brown with a more complex pattern of sharp whitish streaks and bands on its forewings (instead of an even, pale tan stripe from base to tip intersecting uniform white lines) and a small pinkish patch on its hindwings (instead of a broad pink band). The wingspan of this moth is 3.5 to 4 inches, it flies from April to May and July to October, and the larva feed on grapevines. The Tersi Sphinx is easily identified by its long pointed abdomen,



Tersi Sphinx

brownish-tan forewings resembling woodgrain, and hindwings with jagged black and white markings. This sleek, fighter jet-like moth has a wingspan of 2.5 to 3 inches, flies June to October, and its larva feed on catalpa and smooth false buttonweed.



Waved Sphinx

wingspan is 3 to 4.5 inches, it flies from May to October, and its larva feed on ashes and oaks. The Rustic Sphinx has an abdomen with three pairs of yellow spots along the sides, and yellowish to chocolate-brown forewings with black zigzag lines. It has a wingspan of 3.5 to 6 inches, flies from July to October, and its larva feed on crossvine and trumpet vine.

Certain species of sphinx moths have been widely used in scientific research aimed at better understanding animal flight and insect physiology. Some have played a key role in advancing knowledge of hormones produced by nerve cells, while others have contributed to the development of small flying robots by shedding light on how these insects stay airborne while hovering. Those are some pretty important roles for a sphinx, methinks!

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 books, *Nature Watch Austin* and *Nature Watch Big Bend* (both published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Rustic Sphinx

Health Highlights:

September, Healthy Aging Month

No matter what your age, you can stay at your personal best with these expert tips.

By Matt McMillen

1. Get moving

Exercise regularly to maintain a healthy body and brain.

2. Stay social

Take a class, volunteer, play games, see old friends, and make new ones.

3. Bulk up

Eat beans and other high-fiber foods for digestive and heart health.

4. Add some spice

Add herbs and spices to your meals if medications dull your taste buds.

5. Stay balanced

Practice yoga or tai chi to improve agility and prevent falls.

6. Take a hike

Brisk daily walks this September can bolster both your heart and lungs.

7. Sleep well

Talk to a sleep specialist if you don't sleep soundly through the night.

8. Beat the blues

If you've been down for a while, see a doctor. Depression can be treated.

9. Don't forget

To aid your memory, make lists, follow routines, slow down, and organize.

Expert Tips on Healthy Aging

Tips from Gary W. Small, MD, professor of psychiatry and biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA Longevity Center

*Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.

*To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

Tips from Carla Perissinotto, MD, MHS, assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco

*Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.



Ingredients:

- 1 18-oz can tomato juice
- 1 tablespoon parsley flakes
- 1 15-oz can tomato sauce
- 3 tablespoons wine vinegar
- 3/4 cup finely cut celery
- 2 tablespoons olive oil
- 3/4 cup finely chopped cucumber
- 1 teaspoon salt
- 1/2 cup finely chopped onion
- 1/4 teaspoon pepper
- 1/2 cup chopped avocado
- 1/2 teaspoon Worcestershire sauce
- 1/4 cup finely chopped green pepper
- 1/8 teaspoon garlic powder
- 5 or 6 drops Tabasco sauce

Directions:

Combine all ingredients and mix well. Cover and refrigerate overnight. Serve cold with toasted garlic rounds.

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3 Ways to Bring a Taste of Autumn Into Your Home

By MarLee Berry, *TexasHillCountry.com*

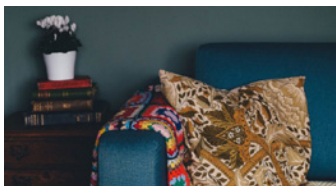
Autumn is finally here and for those of us living in the heart of Texas, we know what that means. Absolutely nothing, because it is still 90 degrees outside. Although our great state is famous for many things, a predictable seasonal pattern is not exactly one of them. However, for many people, the thought of cooler weather, colorful scarves, and pumpkin spice gives them all the warm and fuzzies. Below are three ways you can make the inside of your home feel totally fall-like even when it still feels like summer on the outside.

1. Bring In the Scents of the Season



The first step toward creating an autumnal haven is incorporating the scents of the season. From potpourri mixes and wax melts to candles and essential oil blends, there are a number of ways to bring cozy fall aromas to your home. The key is to look for hints of cinnamon, vanilla, or nutmeg. A good rule of thumb: let your nose be your guide. If the smell makes you think of grandma's apple pie or a relaxing walk through the woods on a cool, crisp morning, then you have probably found the perfect match.

2. Add a Touch of Color



A key part of fall that many people love is the changing colors of foliage. Reds, yellows, and oranges in various shades all around evoke a sense of anticipation as the promise of cooler weather seems just around the corner. A great way to harness that energy is by bringing the colors of fall indoors. A simple red throw blanket casually draped across a chair or a selection of autumn-themed throw pillows strategically placed can add just a tasteful hint of seasonal decor without going over the top.

3. Decorate With Nature's Bounty



The final step in getting your home ready for fall is to incorporate nature's bounty. A quick walk through your neighborhood might yield a multitude of materials. Leaves in all kinds of shapes, sizes, and colors, used in conjunction with twine or ribbon, can create a simple banner. Acorns, or other nut varieties, placed inside a clear vase or mason jar can become beautiful centerpieces. Of course, pumpkins and gourds are oftentimes found at your local grocer and are wonderful items to utilize in your autumn decor.

Here in Texas, the seasons tend to keep us on our toes as we never know exactly what might be thrown our way. However, regardless of what might be happening outside, you can still make your home feel like a fall paradise on the inside.

PATRIOT DAY AND NATIONAL DAY OF SERVICE AND REMEMBRANCE SEPTEMBER 11

In memory of the nearly 3,000 people who were killed in the September 11, 2001, terrorist attacks, each year in the United States we observe Patriot Day and National Day of Service and Remembrance.

HISTORY

On October 25, 2001, the U.S. House of Representatives Joint Resolution 71 was approved. Resolution 71 requested that the President designate September 11 of each year as "Patriot Day". President George W. Bush signed the resolution into law on December 18, 2001 (as Public Law 107-89).

On this day, it is asked by the President that the American flag is flown at half-staff at individual American homes, the White House and on all United States government buildings and establishments at home and abroad. The President has also asked Americans to observe a moment of silence beginning at 8:46 A.M. (Eastern Daylight Time), the time the first plane struck the North Tower of the World Trade Center on September 11, 2001. He also strongly encourages Americans to use the Corporation for National and Community Service to find and volunteer for service opportunities.

It was on September 10 of 2012 that President Obama issued a proclamation renaming the day as Patriot Day and National Day of Service and Remembrance, in reference to both Public Laws 107-89 and 111-13 (the Edward M. Kennedy Serve America Act).

"As we join in serving causes greater than ourselves and honoring those we lost, we are reminded of the ways that the victims of 9/11 live on — in the people they loved, the lives they touched, and the courageous acts they inspired. On Patriot Day and National Day of Service and Remembrance, we pledge to carry on their legacy of courage and compassion, and to move forward together as one people." ~Presidential Proclamation—Patriot Day and National Day of Service and Remembrance

<http://www.whitehouse.gov/the-press-office/2011/09/09/presidential-proclamation-patriot-day-and-national-day-service-and-remem>

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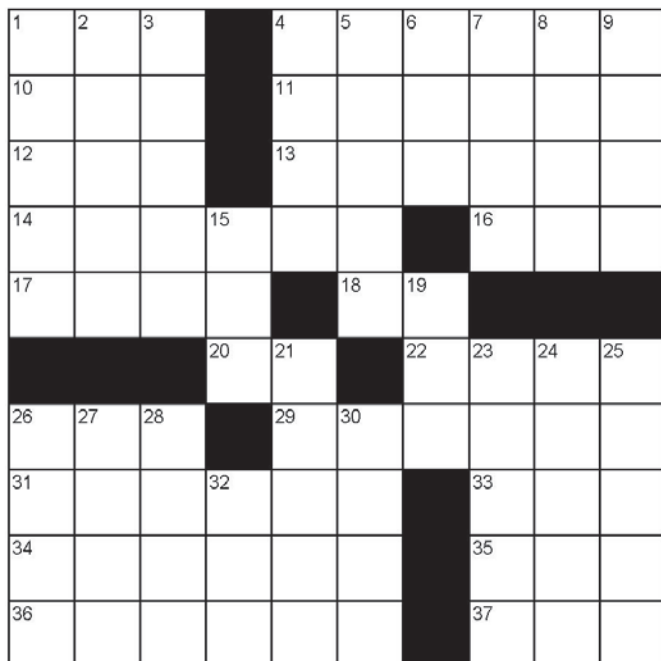

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CROSSWORD PUZZLE





GO ON A STAYCATION THIS SUMMER

New Creations completed an amazing remodel of our kitchen and family room. We wanted to **create a home that felt like we were on a vacation** and that's what we got. The entire process and the finished product far exceeded our expectations. Roy is a joy to work with, and his designer Erin gave us fabulous ideas. Roy really means it when he says "how can we serve you?" He kept in touch with us almost daily through email, phone or text, and was never too busy to discuss our needs. Any anxiety we had starting the project dissolved as we realized New Creations' main concern was making sure we loved our new spaces – and we do!!

- Jester Estate Residents Nancy & Andy Mastronardi

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DUE: September 30th, 2018

Be sure to include the following so we can let you know!

Name (first name, last initial): _____ Age: _____



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September Events

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Sept. 1, 8 & 22	Sunset Express <i>Catch the sunset from the rails</i>	austinsteamintrain.org
Sept. 8 - Jan. 27	Tortoise and Hare <i>A re-imagining of the ancient fable</i>	Zach Theatre zachtheatre.org
Sept. 16	CASA Superhero Run <i>5K & Kids 1K and costume contest</i>	IBM Client Innovation Center casasuperherorun.com
Sept. 18	Game of Thrones Live Concert Experience <i>Orchestra and choir performing music from all seven seasons</i>	Frank Erwin Center uterwincenter.com
Sept. 19	Graham Nash <i>Legendary artist & two-time Rock and Roll Hall of Fame inductee</i>	Paramount Theatre austintheatre.org
Sept. 20 - 27	Fantastic Fest: 8-day Film Festival <i>Featuring a range of genres; full feature and short films</i>	fantasticfest.com
Sept. 21	KIDZ BOP Live 2018 - The #1 music brand for kids	hebcenter.com
Sept. 21	Tim Allen - Home Improvement star & stand-up comedian	texasperformingarts.org
Sept. 21 - 23	The Firebird <i>A world-famous ballet about an adventuresome prince</i>	The Long Center balletaustin.org
Sept. 21 - 23	Wizard World Austin Comic Con <i>Where pop culture comes to life</i>	Austin Convention Center wizardworld.com
Sept. 22	The Flatlanders - A showcase of master songwriters	austintheatre.org
Sept. 22 - 23	Pecan Street Festival	pecanstreetfestival.org
Sept. 22 - Nov. 4	Harvest the Fall Fun <i>Scarecrow stuffing, hayrides, mazes, a barrel train and more</i>	Marble Falls sweetberryfarm.com
Sept. 28 - 30	Day Out with Thomas - Ride behind Thomas the Tank Engine	austinsteamintrain.org
Sept. 29	Texas Craft Brewers Festival <i>The greatest showcase of Texas craft beer</i>	Fiesta Gardens texascraftbrewersfestival.org

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