



The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

April 2020

Volume 15, Issue 4

President's Corner

Jester Neighbors:

First of all, let me wish health and wellness for all of you and your extended families. We are up against an unprecedented situation in regard to COVID-19 and need to support and protect each other. Please be mindful of your neighbors – watch out for each other and please do all you can to mitigate and contain this virus. The news is everywhere – please listen and heed recommendations for the safety of all.

Secondly, a big Thank You to all who were present at the Red Lotus for the JHOA Annual meeting. While I know that everyone is busy with work, family, and other commitments, I am very appreciative of those who were able to attend – updates were given from the various committees and two Board Director positions were filled for the requisite 3 year terms. Confidence was shown for Teresa Gouldie as she was supported to remain on the board and as such will continue to be in charge of the social committee. She is in great need of assistance with all the events under that committees' auspices so please step up, step out and help any way possible!! Phil Phonesheck had stepped up from the Safety committee to fill a vacancy last fall and he was also supported to remain in that position. He has already contributed substantially by recommending volunteer placements on Board committees for High Schoolers who are eager to serve their neighborhood while gaining quality life experience as well as rounding out their community involvement that is meaningful for the college application process. Please contact him for information.

The Board requests and welcomes help and more volunteers from the Jester neighborhood – it belongs to ALL of us – the Board is VOLUNTEER and it takes multiple VOLUNTEERS working together to have a successful HOA. When bringing ideas or requests to the board to add an event or reinstate a previous activity, please come with a solution on how to accomplish that – or be the change that you are seeking. Your JHOA Board is here to support and facilitate but cannot do all the work – please join in the effort and together let's make this the best neighborhood in Austin!

Stay Safe –
Christi Campbell
JHOA Board President

HEY NEIGHBOR! YOU TOO COULD MAKE YOUR HOME MORE FIRE RESISTANT – GET your FREE FIREWISE HOME EVALUATION Go to jesterhoa.com

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WOW! The FREE Firewise Home Evaluations are On Fire...7 more concerned homeowners had their homes evaluated to learn to reduce the risk of wildfire damage. Carol Phillipson, Jerle & Elizabeth Neeld, Thom Lang, Philip Ruth, Margrate Lindhiem, Audrey Wolchansky, Sandhya & Balaji Rumaswamy and their neighbor Chad Roesle learned how to make their homes safer.

Jester FireWise Evaluator Brad Knowles discussing ways to reduce risk of fire with homeowner Jerle Neeld



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ARTICLE SUBMISSIONS

Interested in submitting an article? You can do so by emailing tgouldie@gmail.com or by going to: www.peelinc.com/articleSubmit.php.

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

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NATURE WATCH

by Jim and Lynne Weber

FORAGERS IN FLIGHT

Spring marks the return of many bird species to Central Texas, but few are as mysterious as the Chuck-will's-widow (*Antrostomus carolinensis*). Often heard but rarely seen, this bird's song sounds just like its name, rising up from the canyons in the nighttime and pre-dawn hours. A nocturnal bird in the Nightjar family, these birds are members of what used to be called goatsuckers, due to an old and erroneous belief that they would fly into barns at night and suck on the teats of goats.

Nightjars are medium-sized, nocturnal or crepuscular birds that are characterized by long wings, short legs, very short bills, and gaping mouths. The largest nightjar in North America is the Chuck-will's-widow, ranging from 11 to 13 inches in length with a wingspan of 23 to 26 inches. It has reddish-brown feathers lined with black, mottled brownish underparts, a rufous to reddish-gray throat, with brown and white patterning on its head and chest. In addition, males have white patches on their outer tail feathers, which can be seen only when they fly. Returning to Central and East Texas in April, they are found in mixed woodlands where they roost during the day, their earth tones mimic the forest's tree bark, dirt, and leaf litter, making them truly difficult to locate. Often heard at night, its common name is derived from its continuous, repetitive song, with each word mimicking the sound and rhythm of that song.

Specialists in aerial foraging, when this bird's massive mouth opens, its lower jaw changes shape from a V to a semicircle creating a large area in which to take in a wide variety and size of flying insects. Although not a primary part of their diet, they have also been known to eat small birds and bats, swallowing them whole. Additionally, they have long, stiff bristles around their mouth, which may help funnel food into the mouth, protect the bird's eyes from insect legs or wings, or have a tactile function much like that of a mammal's whiskers. Like other nightjars, Chuck-will's-widows do not build typical bird nests, but rather lay their brown and lavender speckled eggs in a shallow depression scraped in the ground.

It is a common but incorrect assumption that the word nightjar comes from the fact that birds such as the Chuck-will's-widow consume many insects in the course of their nighttime foraging and thereby serve as a 'receptacle'. However, etymology of the word tells us that it comes from the 'jarring' sounds made by the male when the female is brooding, often described as a "churring trill that seems to change direction as it rises and falls." This is just one of many interesting facts about these foragers in flight!

Send your nature-related questions to [HYPERLINK "mailto:naturewatch@austin.rr.com"](mailto:naturewatch@austin.rr.com) 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, Nature Watch Big Bend, and Native Host Plants for Texas Butterflies (all published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Chuck-will's widow



Chuck-will's-widows lay their eggs in shallow depressions on the ground



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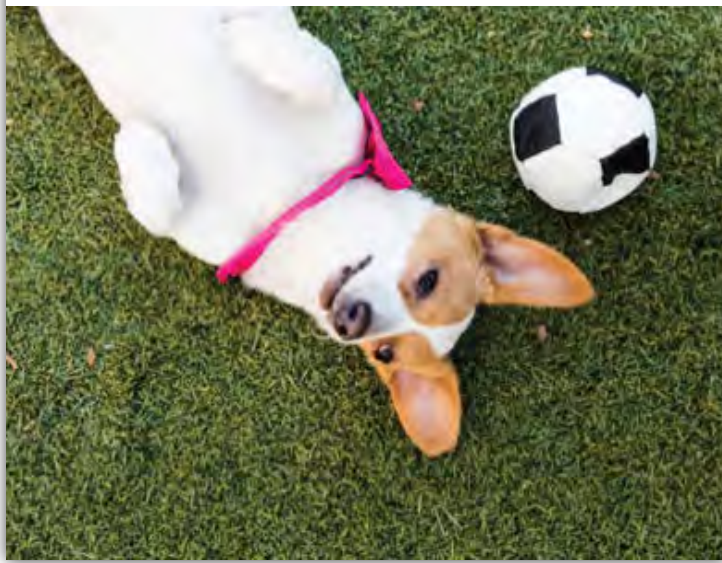
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WELCOME

Welcome Committee News

by Carol Phillipson

Three Jester neighbors joined the Jester Welcome Committee: Lee Sherwin, Rita Chapin and Elaina Griffiths, all longtime residents of Jester. Lee, Rita and Elaina will join the other committee members, Eva Wisser, and myself, to deliver goodies and valuable information about Austin and why Jester is the best place to live and raise a family.

If you are new to Jester or know of someone who has moved here, please contact me through the Jester website at www.jesterhoa.com to be included in our next welcome visit.



Cooking substitutions aid in calorie reduction

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.

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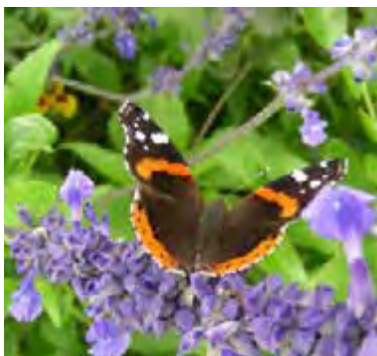


Texas A&M Agrilife Extension: Pollinators



There are many animal pollinators with most of those being insects. Probably the most well-known of pollinator insects are bees and more specifically, honey bees. Honey bees are pollinators, but only make up a small portion of the bee population around the world. Most bees are solitary and nest in the

ground. Solitary bees are not aggressive and many are stingless, so people should not be afraid of them.



Butterflies and moths are also important pollinators. Unfortunately, due to habitat destruction and other factors, their populations are on the decline. If you want to provide habitat for butterflies and moths, you need to ensure to fulfill the requirements of all life stages. Host plants are needed for egg laying and

caterpillar feeding; nectar plants are needed for adult feeding; and overwintering sites are needed for various stages.



Flies are an often overlooked pollinator. With their poor reputation for carrying diseases, many people consider flies to be pests. Flies can be beneficial by fitting into food webs, breaking down waste material, feeding on other insects (some species), and pollinating plants (including

some food crops such as apples and peppers).

Ideas to help conserve pollinators:

- Plant native plants that provide nectar blooms spring, summer, and fall
- Provide a variety of colors
- Provide a variety of flower/ bloom shapes
- Provide multiple levels of plants (groundcover, shrubs, trees, etc.)
- Plant in clumps of the same plant to make it easier for pollinators to find
- Reduce turf and replace with flowering plants
- Plant native bunch grasses to provide food and shelter for insects
- Allow fallen leaves to remain on property to provide shelter
- Create areas of bare soil for ground nesting bees (choose sunny areas that will provide dry soil)
- Use IPM (integrated pest management) to reduce pesticide use
- Provide water in a SAFE manner for insects
- Use shallow dishes with rocks, stones, sand, or some substrate to allow insects to drink without drowning

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

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Note: Due to the ongoing cancellation of events, we cannot publish an accurate calendar of activities this month.