

Official Publication of The Jester Estates Homeowners Association

December 2007 Volume 2, Issue 12

President's Corner

The Board had two major objectives in the communications area for 2007. We wanted to make improvements in the newsletter and the website. Thanks to a lot of hard work by Diana Miller and Teresa Gouldie, the Warbler newsletter is going great. And now we are nearing the completion of our new Jester neighborhood website. I hope we will be able to announce the new site next month.

We had a beautiful day for the Halloween parade and Teresa Gouldie and her helpers did a great job again. The kids all seemed to have a lot of fun. I hope we have a lot of folks decorate their home for the holidays so our judges will have a hard time picking a winner in our contest.

The Board will be planning the JHA annual meeting soon. If you are interested in serving on the Board of Directors or a committee, please let one of the board members know. The annual meeting is in February every year.

Happy holidays! Philip Kolman



HO! HO! HO!

SANTA IS COMING TO JESTER ABOARD A FIRETRUCK!

Saturday, December 15th 9:00 am Jester Club

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

The Austin Fire Department has graciously agreed to send Santa aboard a fire truck to visit with our Jester children and grandchildren.

Activities, Caroling andMore! BRING YOUR CAMERAS!



LIGHT UP THE HILLS THIS HOLIDAY SEASON!

Announcing Jester Lights Contest

Win \$200 in Gift Certificates to Various Merchants/Restaurants in Jester Village!

Spread holiday cheer by lighting up our neighborhood! Let's make Jester the "Go To" neighborhood - *the* place people go to every season to see the best lights Austin has to offer!

(To insure our judges drive by ALL homes with lights/decorations in Jester, please register your address, or nominate your neighbor's home, by emailing Teresa at Tgouldie@Gmail.com or calling 751-8000)



Wednesday, December 12th from 7- 10pm Meet in Jester Village parking lot, near Bamboo Restaurant

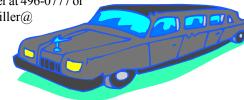
Join us in celebrating the holidays by participating in our limo ride! We drive by incredible light displays, including the ever popular lights on 37th St. We take a photo in front of the huge Christmas tree at the Capitol, and we make a quick stop at the sing along piano bar on 6th Street. It's LOADS of FUN and a great way to meet your neighbors!

Bring a decorative wine glass for a gift exchange. We share the cost of the limo, and the amount is determined based on the number of ladies participating. Call for details!

RESERVE YOUR SPOT BY DECEMBER 7TH.

Call Diana Miller at 496-0777 or email to diana_miller@

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VOLUNTEER
Opportunities for December

By Daniel Dietz

Tree Planting at Slaughter Creek

Saturday, December 15th

9am to 1pm.

Near the intersection of Slaughter Ln and 1826.

Task: The city of Austin's Wildland Conservation Division will be planting native trees to restore a riparian woodland along

will be planting native trees to restore a riparian woodland along the banks of Slaughter Creek. For more details, to register, and receive directions, please email Daniel.dietz@ci.austin.tx.us or call 263-6443.

Dniel Dietz

Environmental Conservation Information Specialist City of Austin - Wildland Conservation Division



Jester Halloween Parade

By Teresa Gouldie, Social Chairman

Jester Homeowner's Association hosted its annual Halloween Parade on Saturday, October 27th. Excited Jester children and grandchildren arrived at Jester Club in an incredible array of colorful costumes. After parading down Jester Blvd, around Basil and back, the children were treated to refreshments and an assortment of games and activities. The prize walk was a hit as always, with prizes ranging from Halloween erasers, fans, footballs, puzzles, and more. A great time was had by all on this beautiful fall day!

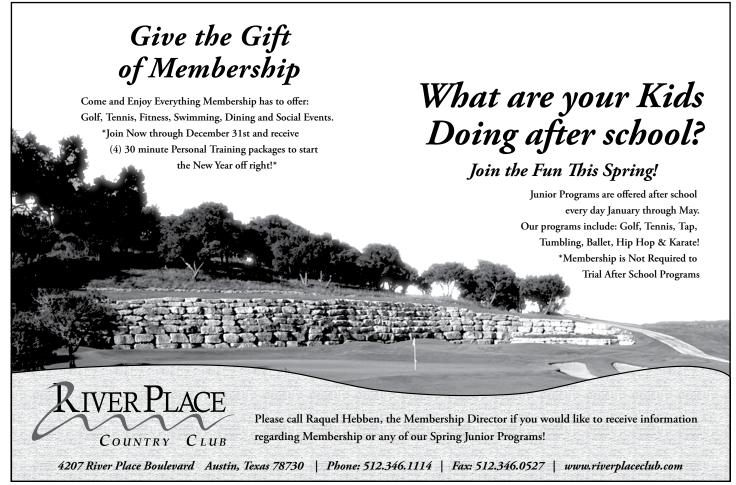
A special thank you goes out to Cookie Bandel of Jester Club for providing the location, and to Billy Gouldie for putting up the signs at the Jester entrances and providing the golf cart to lead the parade. Our Halloween volunteers included Ed and Kathy Grober, John and Dottie Nolan, Eva Wisser, Kenneth Oliver, Kevin Raper, Ashby McDonald, Tyler Hull, Phil Kolman, Daniel Smarda, Stacy Tolley, Hannah Rosenblatt, and Kelly Mullen. Thanks to all of these helpers for creating memories for our Jester children!















Thinking about selling your home? Here are a few tips that will make your home simply irresistible!

- **1. Add a touch of color.** Use fresh or silk flowers to breathe life and color into the main rooms. A colored afghan or throw on the couch will jazz up a dull room.
- **2. Make the bathrooms feel luxurious.** Put away those old towels and toothbrushes. When buyers enter your bathroom, they should feel pampered. Add a new shower curtain, fresh towels, and fancy guest soaps.
- **3. Does it smell good?** Set out potpourri or fresh baked goods for a homey smell. Make sure that there are no lingering scents from cigarettes or pets.
- **4. Help them envision living there.** Set the table with pretty dishes and candles, and create other vignettes throughout the home to help buyers picture themselves there. For example, in the basement lay out a chess game.
- **5. Beautify the entrance.** Buy a fresh doormat with a pretty pattern or a clever saying.
- **6. Make the rooms feel bigger.** Take one or two major pieces of furniture out of every room to create a sense of spaciousness.
- **7. Accentuate counter space.** Put away kitchen appliances and personal bathroom items to give the illusion of more counter space.
- **8. Lay logs in the fireplace.** Or put a basket of flowers there if it's not in use.
- **9. Depersonalize the rooms.** Put away family photos, mementos, and distinctive artwork.
- **10. The lawn should sparkle.** Turn on the sprinklers for 30 minutes to make the lawn sparkle.

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NatureWatch

by Jim and Lynne Weber

Dispelling Common Myths of the Ashe Juniper

The Ashe juniper, more commonly known as the "cedar" tree, is not the bane of nature many people have come to believe. It is as much a part of the Texas Hill Country as wildflowers and limestone. The juniper tree can germinate on bare rock, quickly develop a thick canopy to protect the earth beneath it, and drop an enormous amount of leaf litter that can build soil and capture & hold water. Let's explore some of the more common myths surrounding this tree, and in the process begin to appreciate its purpose, beauty, and wildness.

Myth#1: The "cedar" tree is not a native tree. While you have probably heard some of the tall tales about how junipers may have arrived in central Texas, the undisputable proof that they are native lies in fossilized juniper pollen found in our area, dating back to the last Ice Age. Additionally, in historical records dating back to the late 1600s and early 1700s, junipers are accurately described by Spanish trailblazers, missionaries, and other early settlers & explorers alike.

Myth #2: The "cedar" tree is a water hog. Scientific stemflow studies have shown that the juniper does not take in any more water than any other native woody plant its' size. Junipers are extremely drought tolerant, and their dense canopy breaks the impact of falling rain. This allows a thick organic litter to accumulate under the juniper,

which slows down erosion and provides flash flood control. When slopes are clear-cut of juniper and native grasses cannot establish themselves, we not only lose our soil, but we may also be losing water. Eroded soil can fill the recharge cracks and limestone karsts with silt, which ultimately decreases the amount of water that percolates into the aguifer.

Myth #3: The "cedar" tree is a useless tree. One of our endangered species, the Golden-cheeked warbler, uses the soft bark strips of old-growth junipers to build its nest. Many other species of wildlife use juniper thickets as escape cover and shelter, and in the winter, its berries feed several species of birds and mammals. Butterfly larvae, such as the Great Purple Hairstreak & Juniper "Olive" Hairstreak, as well as the Tortricid or leafroller moths, all consume the foliage. And from a human point of view, oils provided by the juniper are used to scent perfumes and soaps, and the wood itself has been used for fuel, furniture, tools, fence posts, and just about everything in between.

Myth #4: Cutting down all the "cedar" trees in my yard will protect me from 'cedar fever.' December through March is the

(Continued on page 6)





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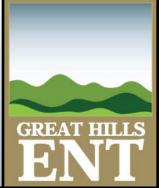


Don't want to wait for the mail? View the current issue of the Jester Warbler Newsletter on the 1st day of the month at www.PEELinc.com

Mark T. Brown, M.D., FACS 11762 Jollyville Road Austin, Texas 78759

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Nature Watch- (Continued from page 5)

height of 'cedar fever' season. This is the time of year that juniper trees (males only, the females produce the berries) produce copious amounts of pollen, up to several pounds per tree. Once this pollen becomes airborne, it travels hundreds of miles to reach every allergy sufferer. Let's face it – 'cedar fever' is simply a natural part of living in central Texas.

In short, the Ashe juniper helps us to define what we call "a sense of place." Combined with the wild and tumbled terrain created by our ubiquitous limestone, the character of the juniper's twisted limbs and the smell of its foliage in the deep summer heat defines the essence of the Texas Hill Country.

For more information about Ashe junipers, please see Untwisting the Cedar by Elizabeth McGreevy Seiler at http://members.toast. net/juniper/Ashe%20juniper.html#anchor891212.

At no time will any source be allowed to use the Jester Estates Community Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Jester Estates Homeowner's Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Jester Estates residents only.



- Neuropathy
- Regional pain syndromes
- **■** Fibromyalgia

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"WE ARE COMMITTED TO FINDING ANSWERS FOR OUR PATIENT

Neighborhood Tips

By Dale Bulla

NEW HIKE AND BIKE TRAIL NEAR JESTER NOW OPEN

On Friday, November 9, 2007, the Bull Creek Foundation and the City of Austin Wildlands Conservation Division celebrated the official opening of the Matthew Smith trail on the Bull Creek Water Quality Protection Lands tract. This 1.5-mile hike and bike trial is the first to open on City of Austin Water Quality Protection Lands. The 60-acre Bull Creek tract, also known as the Stenis tract, was purchased with Bond funds after a successful 1998 election. Volunteers from the Bull Creek Foundation participated in a public process to define possible public uses for City water quality protection lands in 1999-2000 as part of an overall land management plan.

A memorandum of agreement between the foundation and the city was signed in 2003, followed a formal application permit process, which was finalized in late 2005, allowing trail construction to begin in January 2006. Thanks to countless hours contributed by volunteers, Eagle Scout and school projects, the trail is now open and will be maintained by volunteers from the Bull Creek Foundation. No dogs are permitted.

Directions to the trailhead and parking. Note - Parking is very limited. Traveling North on Loop 360 (from FM 2222) - Head north on Loop 360, you will pass through the traffic signal at Lakewood Drive. Move into the left lane and take a left at the next traffic signal at Spicewood Springs Road. Once on Spicewood Springs Rd, turn right onto the low water crossing road and take an immediate right into the parking lot area.

Advertising Information

Please support the businesses that advertise in the Jester Warbler. Their advertising dollars make it possible for all Jester Estates residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-989-8905 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

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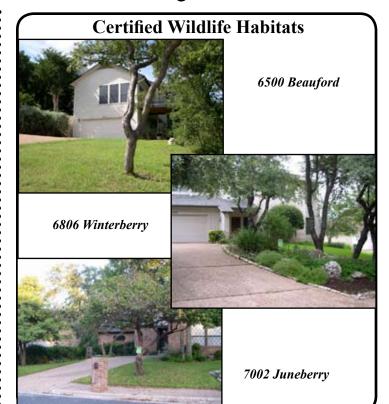
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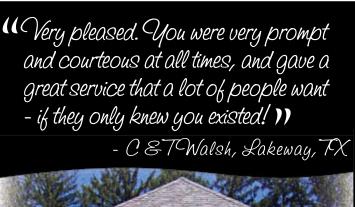
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ON YOUR MARK, GET SET, WELCOME!

The Jester Welcoming Committee is off to a good start, with plans to welcome all new residents to Jester

- be it a new baby or a new household.

The committee is putting together welcome packets for the new residents including helpful area information, information on local businesses, and other "goodies".

But the Welcome Committee needs your help ---

- ✓ Do you know of a new arrival in the neighborhood either a baby or a new household? We'll be scouring the neighborhood looking for sold signs and new baby signs, but that's not enough to make sure we identify each new resident. We want to make sure everyone feels welcome.
- ✓ Do you have any helpful hints that should be included in the Welcome Packet? Perhaps there's some service available to Jester residents that you didn't know about when you first moved in. The Jester Warbler is an excellent source, so the newest issue will always be included in the Welcome Packet, but we're betting that there's other information a new resident would love to have.
- ✓ Are you good at crocheting or knitting? Not everyone on the committee is talented in this respect! We have projects we are creating that require this skill.
- ✓ Are you interested in becoming a member of this exciting committee? Joining this committee is a great way to meet all the new residents. Plus our meetings are fun, social events.

If you can help out, contact Judy Johnson at <u>judycoughenour@hotmail.com</u>, or call 346-2270.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Jester Estates residents, limit 30 words, please e-mail Diana Hempstead at <u>JesterOwner@aol.com</u>.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-989-8905 or advertising@PEELinc.com.

ANNOUNCMENT!

NO NETWORKING GROUP MEETING IN DECEMBER!

Meetings will resume in 2008



HOLIDAY LIGHTS

will be up at the Jester Blvd. entrance from Thanksgiving thru the New Year! Happy Holidays from the JHA Board!



The Truth About Steroids

Steroid abuse is still on the rise, and not just among professional athletes and bodybuilders.

Despite numerous educational efforts by health care officials, many amateur and high school athletes looking for that elusive competitive edge still believe they can get it from a syringe or a bottle of pills. What they don't realize is that steroids will give them a lot more than they bargained for.

Not worth the risk

Acne. Liver damage. Increased risk of heart disease. These are just a few of the side effects associated with anabolic steroid abuse. And there's more.

The side effects are severe. Men who use steroids also may develop gynecomastia (the development of breasts), priapism (painful prolonged erection) and edema from sodium and water retention. They also will be more prone to cardiovascular problems since steroids decrease high-density lipoprotein levels (HDL) or "good" cholesterol, and increase low-density lipoprotein levels (LDL) or "bad" cholesterol.

Coupled with hypertension and negative changes in myocardial tissue, steroids users are at an increased risk for heart attack as well

Of additional concern are alterations in psyche and behavior (i.e., aggression, physical dependence) and decreased immune function. Changes in the reproductive system, such as a reduction in testicle size, sperm count and mobility, and a decrease in the

levels of endogenous testosterone and other sex hormones are common.

Women at risk

Unlike men, whose side effects may be reversible once the abuse has stopped. women experience irreversible changes, such as a deepened voice, increased facial and body hair growth, enlarged clitoris and coarser skin. In addition, irregularities in, or cessation of menstrual cycle, increased libido, aggressiveness, acne and decreased immune function may occur.

Women are also prone to the cardiovascular risks and changes in psyche and behavior that men experience.



All risk, no glory

There is an even scarier risk of steroid abuse: death. Steroid users who share needles are putting themselves at risk for developing infections such as HIV, hepatitis or other viral diseases.

The terminal risks of steroid abuse are not fully known. Some published cases of tumors and other cancers related to steroid abuse have been reported. Even so, physicians and researchers do not know all the repercussions of steroid abuse on one's body and future health.

Controlled research is unethical and only information from abusers is usable; yet this data may be inaccurate since most users are not forthcoming about the full extent of their steroid use.

Since the late 1980s, the federal government has begun to crack down on steroid use and distribution. Possession of steroids with intent to distribute without a valid prescription is a felony and subject to prosecution. Likewise, steroid use is a violation of the rules of virtually all sports leagues and councils as well as the traditional ethics of good sportsmanship.

No substitute for training

What most steroid users don't realize is that they are placing themselves at risk for something they could achieve on their own. Many experts agree that the effects of steroids on strength and muscle mass of beginning weight lifters or athletes are minimal when compared with the effects of an intensive weight-training or conditioning program.

The best way to improve performance and increase muscle mass is to follow a welldesigned program that challenges both your body and your mind. No drug can do that for you.





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Jester Uncorks a Cornucopia of Wine

Jester Uncorked tasted a variety of wines that would pair well with Thanksgiving dinner as they gathered last month at the home of Billy and Teresa Gouldie. The wines covered a large range of styles. Finding the perfect wines for Thanksgiving can be a tricky task, because the dishes at a single table range from the light to heavy, savory to sweet. The Riesling and Rose surprised many people who had never had a dry version of either of these wines. In some cases, new favorites were found.



Late stayers included: Rob Eddelmon, David Sonier, Ted Francis, Peggy Morse, Cherise Sonnier & Bonnie Francis.

A list of wines that you may want to try at your next Thanksgiving dinner: Champagne Duval-Leroy Brut, Fritz Haag Estate Riesling 2005, Chateau Soucherie Rose de Louire, Isabel Estate Pinot Noir 2004, Di Arie Zinfandel 2005, and Arcadian Syrah Westerly Vineyard 2003.

If you would like to join Jester Uncorked, contact David and Cherise Sonnier @ sonnier@austin.rr.com.

Happy Holidays Jester Uncorked!



Doing the job – David Sonnier pouring Rob Eddlemon a glass of wine







JESTER TENNIS GROUP UPDATE

The Jester Tennis Social Group has been meeting weekly to play tennis since February of this year. We now have 33 people on our roster with a wide range of skill levels. We have the courts reserved every Thursday night and may play other nights too depending on the weather and court availability. Anyone that is interested in joining should contact Ed Grober at Tennis@isoexpress.com or 306-7275 for more information.



Playing tennis on November 8th were; Ed Grober, Ann Katz, Rossi Bryne, Andy Rogers, Norman Kim, Dani MacFarlane and Fernando Cruz-Silva.

Dr. Michael S. Lifshen

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PLAYGROUPS

Parents of Children Newborn – 2

Nina Polansky at 608-1139 NinaSilverman@hotmail.com





Parents of Children 3 – 5

The Jester 3-5 playgroup will meet at the Jester playground on Tuesday at 9 am and Wednesday at 2 pm each week. We may schedule in-home dates soon so let me know if you are interested in hosting. We look forward to seeing you at playgroup! Contact me if you have any questions. Becky Parker, *jparker84@austin.rr.com*

Parents Children 6 – 8 Tori Nordin at 231-8842 VNordin@austin.rr.com



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SOCIAL GROUPS - Contact Info

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BOOK CLUB - Be a founding member of Jester's 2nd Book Club, contact Valerie Walley at wwalley@randomhouse.com

BUNKO - If you'd like to join or be put on the list as a sub, contact Cherise Sonnier at sonnier@austin.rr.com or 343-6528. They are a lively group and play on the 1st Thursday of every month at 7 pm.

COOKING/DINNER CLUB- Join our new cooking/dinner club. Meet friends and enjoy great food! Contact Elizabeth Fitzgerald at 347-8189 or EFitzgerald@charities.org

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.

FISHING - Do you like to fish? We are planning an event in September or October. Contact Terry McFarland at 795-1131

GARDENING- Keep in touch with Nature! Join our new Gardening group – you will really dig them. Contact Kenneth Oliver at 241-0336 or DNKOliver@earthlink.net.

HILL KINDERGARTEN PLAYGROUP - Make new kindergarden friends who live in Jester. Contact Amy Kulik at 502-1976 or amoose7@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! Contact Jayne Rosso at jesterkids-subscribe@yahoogroups. com or call 342-0983.

JESTER UNCORKED - Wine lovers of Jester, unite! Join our evergrowing group of wine lovers. Contact David and Cherise Sonnier at 343-6528 or sonnier@austin.rr.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 Teresa Gouldie at tgouldie@gmail.com or call 751-8000.

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

TENNIS - Our tennis group meets on Wednesdays and Thursdays – all skill levels welcome! Contact Ed Grober at tennis@isoexpress.com or call 306-7275.

WALKING GROUP - Join our walking group and combine exercise with meeting new friends. Contact Becky Parker at 345-6991 or at jparker@austin.rr.com.

WELCOMING COMMITTEE - Judy Johnson leads this group designed to welcome new residents to Jester, including newborns. Volunteer to help by emailing Judy at JudyCoughenour@hotmail.com or call her at 346-2270.

WOODWORKING GROUP – Join our woodworking group to share knowledge and techniques! Contact John Parker at 345-6991 or <u>JParker84@austin.rr.com</u>

YOGA - Interested in joining a yoga group that meets in your own neighborhood? Contact Pama Gangatirkar at pgangatirkar@yahoo. com or call 349-2555.

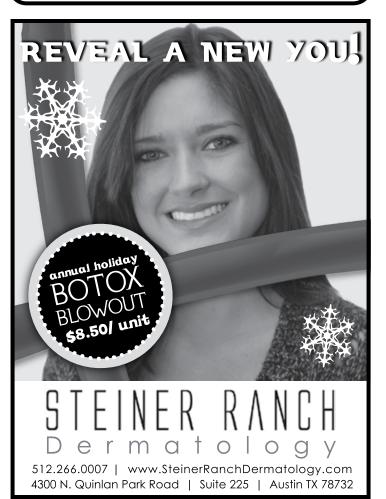


randomhouse.com

JESTER CLUB MEMBERS

Jester Club is going digital! We would like to move most correspondence to email where possible. Are you on the email list? To join or for more information on the club, please send an email to Manager@JesterClub.org.

Be a Founding Member of Jester's Second Book Club! Contact Valerie Walley at vwalley@



TO SUBMIT ARTICLES OR ANNOUNCEMENTS FOR THIS NEWSLETTER:

All articles should be sent via www.peelinc.com/articlesubmit.php.
You may attach a photo if you'd like. All articles must be received by the 7th of each month for publication in the following month's newsletter.

For questions, call or email our Jester Editor: Diana Hempstead at 496-0777 or Diana_Hempstead@dell.com.



A bird called the Greater Pewee has an easily recognized call, sounding like "Ho-say, ma-re-ah." The call earned the bird the common name "Jose Maria" in Mexico.

Babysitting Co-op, Anyone?

By Teresa Gouldie

Many years ago (my boys are now 22 and 24!), I belonged to a babysitting co-op. Hour and half hour cards were issued, and we babysat for each other's children and would "pay" each time with the cards. It was great fun! There were lively monthly meetings where we got to know each other and compared notes (and stories!) on raising our children. We discovered that we all faced similar challenges. One was that we often needed a break to run an errand for just an hour or an hour and a half, and many times it was difficult to find a sitter for that short a time period. The members of the co-op lived close-by and provided a way to solve that issue. Periodically, we had speakers at our meetings covering topics that were relevant to all of us. Those members with experience were always able to offer guidance and advice to the new mothers. We looked forward to these monthly get- togethers and friendships developed that have lasted many years.



Viva Rogers has graciously agreed to head the new Babysitting Coop in Jester. Please contact Viva at 947-4028 or viva Rogers@yahoo.com



Teresa Gouldie Jester Resident / Broker 751-8000 tgouldie@gmail.com

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Happy
Holidays!

Why did 5 Jester sellers choose to list with Teresa in October?

Because they have seen her results!

December Events

				0 0
Compliments of	. Teresa Gouldie	751-8000	Coldwe	ell Banker, United
December:	Rocking Christmas Part	y & Santaland Di	aries	Zachary Scott Theatre
Thurs Sat.	Shake, rattle, & roll down Santa Claus Lane!			476-0541 zachscott.com
Dec 4 – Dec 23	Christmas Bureau of Austin			Northcross Mall
	Sponsor a family or elderly individual, or			453-3950
	volunteer to man phones,		cbofaustin.org	
Thru Dec 21	Gingerbread Workshops	<u> </u>		Austin Children's Museum
	Create a candy-covered h			472-2499 austinkids.org
Dec 1 – Dec 30	Ice Skating on the Plaza	Whole Foods Downtown		
	Our city's only public, out	door ice skating rii	nk!	wholefoodsmarket.com
Dec 6 – Dec 23	The Nutcracker			Bass Concert Hall
	Ballet Austin presents an	evening of		477-6060
	magic and merriment.			utpac.org
Dec 8 – 9	Luminations, A Winter C	elebration		LBJ Wildflower Center
	Celebrate our 25th Annive	ersary with lumina	rias,	292-4100
	music, refreshments and	fun!		wildflower.org
Dec 9 – Dec 23	Trail of Lights Festival			Zilker Park
	A mile-long stretch of Zilk	er Park is transfor	med	974-6700
	into a wonderland of lights			ci.austin.tx.us/tol
Dec 11	Austin Symphony Orcho	estra		Riverbend Centre
	Christmas Sing-Along			476-6064
	Sing-along to Christmas f	avorites.		austinsymphony.org
Dec 14 - Dec 24	Armadillo Christmas Ba	zaar		Austin Music Hall
	A premiere Austin arts ev	ent with an		447-1605
	eclectic selection of uniqu	ıe gifts.		armadillobazaar.com
Dec 27	Playhouse Disney Live!			Frank Erwin Center
	See Mickey Mouse, Tigge	er, Pooh and more	!	uterwincenter.com
Photograpit	h Santal Dag	amban 15	0 0 111	Lastor Club

Photos with Santa! - December 15, 9 a.m. - Jester Club

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