Welcome to the second newsletter derived solely from “good news” information around TRP! We are hoping to publish quarterly, but of course this will depend on the response. If your name has been left out of any parts of this issue, please accept my apology. I included what I received and respected the privacy of things I have heard but were not submitted. The HOA has informed me that the “official” newcomer list is not a public document so those people who have moved in who would like to be mentioned in future issues, please email me (Nancy Goldmark) directly at nsg52@aol.com. Nancy Jenkins (nancyinaiken@gmail.com) is the keeper of the TRP contact list. Any resident or property owner who needs a copy of it or needs to be added/amended, please contact her. New residents or property owners who would like access to the Residents of TRP Facebook page need to ask a neighbor who is on it already to add their name to it. Janet DePrince (janetdeprince@verizon.net) will be happy to add any of the new ladies in the community to the ladies night email list. Ladies night is now once a month on a Monday night at a local restaurant, someone’s home or pot luck at the clubhouse. The men meet every Thursday at the clubhouse BYOB!

Congratulations TRP is proud to have many accomplished equestrians and horses living among us, who have competed successfully this fall and winter. These include: Kathy Viele, who earned her Silver medal! Quite an accomplishment! and Mark Reader won a 26 mile endurance race at Broxton Bridge, riding his 14 year old Arabian mare, Bar Dance, beating 28 riders and averaging 11.5mph! Mark also fox hunts Bar Dance in the first flight of Aiken Hounds hunt.

-Congratulations to Lyn Langford and Scott Douglas on their recent election to the TRP Liaison committee. Thank you in advance for your time and effort on our behalf!

- Big wet kisses to Katrina “Kat” Prussman who came in second at the FOTAS Kissing contest. She is the beloved dog of Eileen and Ray Prussman.

-Congratulations to Blair Cummings on the purchase of her new reining and working cow horse, 6 year old grey mare, Miss Berrie Smooth. Blair plans to try ranch horse and reining work with her, and hopefully have some beautiful babies in the future!

-Congratulations to Miriam Graybeal who completed this November a rigorous 6 month/250 hour training and certification program with saddle fitter expert Mike Scott. As an independent saddle fitter, she has no bias toward any particular brand and understands that there is not one make that will fit all shapes of horses. Often times, Miriam believes that a better fit can be achieved with your current saddle just by adjusting its tree, reflocking or rebalancing the panels . Her goal is to insure maximum comfort, balance and performance for horse and rider. She has a website:
www.aikensaddlefitting.com for more info and TRP residents get a discount!

What a great addition to Three Runs to have this service available!

-Congratulations to Alison and Steve Krasner on the upcoming graduation of their daughter, Michelle. Michelle is graduating from USC/Columbia with a 4.0 GPA! And not surprisingly, she is already gainfully employed!

Welcome to

-Maureen Goldstein who moved into 827 Dasher Circle in August. Maureen has some wonderful western saddles and barn supplies for sale if anyone is looking!

-Dan Sassi and Joan Kersh who now live at 791 Three Runs Plantation Drive.

-Ryan and April Collins of Dasher Circle welcomed baby boy Rhett into the world and TRP mid-December to be Cody’s baby brother.

-The Wolfes on corner of TRP drive and Dasher Circle. Carolyn is a hair stylist and ready to do your color and cut at her home anytime!

Welcome to all!

Some people are just great…. and that includes:

-our neighbors, Scott and Christy Douglas. The Douglas family has lived on Hiwassee Run for 7 1/2 years. They adopted the cutest, luckiest blind dog who was in need of a forever home. Chuck is as happy as can be and is thriving as the newest member of the Douglas menagerie. A big thank you to the Christy and Scott for organizing a special traveling Christmas Caroling event around the holidays that was enjoyed by all who went and appreciated by all who were visited!

-Right on the heels of that, special thanks to Cece Bulkley and Kim Martin (and their band of elves) who organized and orchestrated a beautiful and fun New Years Eve party in the new activity center including great decorations and festivities! Many thanks to you both!

-Nicole Gonzalez, daughter of Carolina and Nestor who manage the Gould’s Blue Poppy Farm in Three Runs, recently did an amazing thing! She had long beautiful hair and decided to cut her hair and make it a donation to “Locks of Love”, a well known charitable organization that uses the hair to make wigs for people undergoing chemotherapy. Nicole’s gorgeous mane went to a little girl in Miami. What a wonderful gesture, Nicole! We’re all very proud of you as are your parents and Paulina and Matt!

-Last but not least, many thanks to outgoing Liaison committee members Bill Wert and Kirby Hill for your time, work and dedication on behalf of the community. You were both approachable, thoughtful and much appreciated by all of the residents.

Local Wildlife Tidbits has to include the Nine-Banded Armadillo! Although not native to SC, they are spreading slowly across the state from their native South and Central Americas. It’s a mammal closely related to ant-eaters and sloths. “Armadillo” is Spanish for little armored one. Intolerant of freezing temperatures, their burrowing behavior allows them to live here. They are easily recognized by their “shell” which is
actually a series of bony plates on the surface of their skin. Unlike folklore, they cannot roll into a ball to evade predators. Fully grown, they weigh 8-17 lbs, about the size of a large house cat. When frightened, they can give off a noxious odor but do not spray like skunks. They have a litter of four identical quadruplets (one egg splits into 4 embryos) in March or April. They are omnivores, eating worms, insects, ants, beetles, fruits, seeds and eggs of reptiles. Armadillos are primarily nocturnal with a strong sense of smell to detect food. Their main predators include coyotes, feral dogs and raptors. Biggest cause of mortality? Getting hit by cars. Although they can transmit the bacteria that causes leprosy, no one in SC has ever reported contracting the disease.

**Spotlight on two TRP residents**

-Betsy Uberti on Quarry Pass was born and raised in Philadelphia and then lived most of her adult life in New Jersey. She is one of 5 children of Irish and English descent. She has three children, 2 daughters and one son spread across the US in Seattle, NJ and California. Two grandchildren live in New Jersey. She is married to and has been with Cindy Ziegra for 20 years. At the present time, they have one horse named Cassidy. Their dog Jenny and cat Ping passed away recently and are very missed. Her hobbies include Aqua-cize, reading, doll collecting, quilting, knitting and crocheting. Her favorite restaurant in Aiken is Rosehill Estate “The Stables”. She and Cindy recently had a memorable trip to Greece including Athens and sailing through the Greek Isles. They also stopped in Turkey and toured Kusadasi and Ephesus. They love living in Three Runs, love the people, the slower pace and the climate. We at TRP are lucky they live here with us!

-JC Fitzgerald lives on Dasher Circle with her husband Bill. She grew up in Ohio, spending most of her adult life near Cleveland and in Avon Lake. They have lived here since April 2015 and love the amenities and her “wonderful new friends”. She feels that there is a camaraderie here and feels that the offers of assistance amongst the community is unparalleled. She grew up spending as much time as possible on horseback, dawn to dusk, and doing farm chores when she wasn’t in school. She has two morgans, Gable’s Secret Sun (Sunny) turning 23 years young and EMR StarCatcher (Catcher) who is turning 12 and hails from Montana. Dressage is her discipline, and both horses have been with her since they were about 5 years old. Their dog Cooper was a rescue at 8 weeks old whose breed is yet to be determined. Cooper provides endless entertainment for her and Bill as well as being Sunny’s BFF! Her favorite restaurants are Casa Bella and Mellow Mushroom. Although they have travelled some in the past on cruises and to west coast, they enjoy staying home in
Aiken. JC is a great source of information and keeps up on horse news and advancements. They are a real plus for this community!

**New Activities to check out** include the

- **TRP book club** open to all. The latest book is “The Sympathizer” by Viet Thanh Nguyen. The discussion meeting for this book is February 16th at 2:30pm at the clubhouse. Next book TBA….if you’d like more information, please contact Karin Sisk ([karinsisk@gmail.com](mailto:karinsisk@gmail.com)) and get added to her contact list. Karin is a former professor of English, extremely well-read and clearly a life long student! We are all so glad the she came up with this group and is serving as a wonderful coordinator and moderator. Thanks Karin!

- **Zumba classes** are now being offered at the new Activity Center on Tuesdays and Fridays at 2:30pm. No pre-sign up is necessary. Just come with $5/class and sneakers that are NOT running shoes and join in the fun.

- **Dog Obedience classes** are being offered by dog trainer extraordinaire, Kirby Hill on Saturdays at 3:00pm in the warm up field next to the dressage arena at the clubhouse. Kirby asks that if you are planning to come, shoot him an email so that he knows how to include you and your dog in the day’s plan.

**Calendar of future events includes**

- Feb 15 Liaison Committee Town Hall meeting at Clubhouse 7-9pm

- Feb 17-18 Camden Equus Film Festival

- Feb 25 Marc Chancey demonstration at TRP addressing behavior issues like trailer loading, 1-5pm sponsored by Cummings Insurance and Aiken Saddlery. Free admission

- Mar 10-11 Home and garden Show Odell Weeks Center

- April 15 Foalapalooza at TRP!

- April 20 Inspired Home Tour Southern Living at Woodside Plantation

- April 20-23 Sacred Heart of Augusta Garden Festival

- April 29 Run United Half marathon and 5K Newberry Street

- Redcliffe Plantation Tours Thursdays through Mondays 11am, 1 and 3pm
-Saturdays…Historic Trolley Tour, call to reserve Aiken Visitors Center and Train Museum 406 Park Ave SE For tickets, call 803-644-1907 Tuesday-Friday

-Anytime…Phinizy Swamp & Nature Park…bird watching 1858 Lock and Dam Rd. Augusta, GA just before the Augusta airport.

-SRS public tours www.srs.gov/general/tour/public

-Monday nights…WingPlace…Trivia 7 pm in teams 732 East Pine Log Road

-Edgefield distillery of Moonshine….try the Apple Pie flavor

Neighbor Business Directory of Services

Services provided by Residents of Three Runs Plantation

-Cousyn Dressage
Dressage Coach - Training Level to Grand Prix - Lessons, Training, Clinics, Competition coaching Cousyndressage.com pcousn@gmail.com 904-613-5464

-Cwik, Alexis
Tenacious Acres Dressage - dressage training, lessons, competition coaching, sales www.facebook.com/TenaciousAcresDressage alexis@tenaciousacres.com 608-512-9516

-Cwik, Natalie
Tenacious Acres - Breeder of German Riding Ponies and Performance Warmbloods, lessons in dressage

natalie@tenaciousacres.com 608-516-5233
-Dzingle, Diane

Back To Balance Equine Bodywork

Aikenequinebodywork.com | https://www.facebook.com/Back-in-Balance-Equine-Bodywork-593957663997880 dldzingle@gmail.com 509-993-7375

-Graybeal, Miriam

Independent Certified Saddle Fitter, flocking, fitting, consulting for all english brands, Dressage Lessons
AikenSaddleFitting.com | DressageinAiken.com
miriamgraybeal@gmail.com
561-603-5580

-Zara, George

Custom saddle maker, English and Western, Repairs of saddles and tack 803-609-8517.

-Hill, Kirby

Professional dog training. 540-333-1305
dogtrainer434@gmail.com

-Weber, Mary

Horses and Hounds Pet and Horse Sitting Services, daily visits, overnight stays.
horsesandhoundsaiken.com .
horsesandhoundsaiken@gmail.com.
803-643-9972, 803-443-8303
TRP Offer: Discounted prices for TRP

-Fram, Janet & Borge

The Country Gallery Antiques LLC in Rupert, Vermont.
Shop 802-394-7743, Janet's cell 802-681-8885. Our website is www.country-gallery.com
TRP Offer: Furniture can be delivered during an East Coast run
- Greer, Gina

Epona on Laurens - An equine-inspired boutique 137 Laurens Street SW Aiken, SC 29801 803-262-5102
EponaOnLaurens.com

-Bulkley, Cece

Realtor Broker with 25 years experience Coldwell Banker Residential Brokerage
AikenEquineHomes.com
808-864-1695
ceceb@email.com

-Graybeal, Miriam

Coldwell Banker Residential Brokerage miriamgraybeal@gmail.com
AikenEquestrianRealty.com 561-603-5580

-Zara, Trish

Notary Public 803-641-7084
TRP Offer: Free Service for TRP Residents

-Swart, Caroline & Paul

Natural Migrations - African Safari Specialists, booking customized photographic safaris, including horse safaris. 803-642-1800
info@naturalmigrations.com
www.naturalmigrations.com

-Dodge, Ursula

Ursula Dodge Design Studio
Original animal artwork on a range of gift products including indoor/outdoor metal signs for barn decor. ursuladodge@earthlink.net;
TRP Offer: Three Runs residents receive "friends and family" discount of 15%

-Pues, Sherry
Specializing in portraits of horses and their people. northlightstudio@gmail.com
803-649-9633 (landline) or 803-220-4578

-Gum, Eric

Mason with extensive stone experience, historic brick patterns, certified rumford
mason, and structural block. Entry pillars, walks, arches, courtyards, fireplaces,
mounting blocks. licensed and bonded

cell: 509-385-8608
ericgum13@gmail.com  Free estimates

-John Clark, Farrier 315-702-7458

-Cyndi Clark, pet sitting, large and small animals. muddmuttlives@yahoo.com,
315-406-7252

-Hillary Clark-Kulis, Equestrian Care and Exercise. hclarkku@oswego.edu
315-730-3702

-Carolyn Wolfe, hair stylist 401-323-1599

If you would like to be added to this directory, please contact Miriam at miriamgraybeal@gmail.com.
Recipe
Homemade Aussie Bites (Costco copycat)
Prep Time: 20 minutes
Cook Time: 10 minutes
Total Time: 30 minutes
Yield: 24 mini bites

Homemade Aussie Bites
1 3/4 cup rolled oats, divided
1/4 cup dried apricots
1/4 cup raisins
1/4 cup ground flaxseed
1/4 cup sunflower seeds
1/4 cup unsweetened shredded coconut
1/4 cup cooked quinoa
2 Tbsp chia seeds
1/4 tsp baking soda
1/4 cup honey
1/4 cup agave nectar
1/4 cup butter, melted
1/4 cup unrefined coconut oil, melted
1/2 tsp vanilla extract

Preheat oven to 350 degrees F. Coat two 12-count mini muffin pans with cooking spray and set aside.
Place 1 cup of rolled oats into a food processor. Process for about 1 minute until oats are pulverized. Add in the remaining 3/4 cup rolled oats, dried apricots, raisins, flax seed, sunflower seeds, coconut, quinoa, chia seeds and baking soda. Pulse until apricots and raisins are in small bits.
Pour in honey, agave nectar, melted butter, coconut oil and vanilla extract. Pulse just until combined.
Divide batter among the prepared muffin pans. Bake at 350 degrees F for 10 to 12 minutes or until golden brown.
Remove pans from oven and let cool in pans on a wire cooling rack for 10 minutes.
Remove from pans and let cool completely on the wire rack.
Store in an airtight container for up to 4 to 5 days. Can also freeze for up to 2 to 3 months.
Noteworthy

Thank you to Mary Weber for her continued efforts to get recycling going….status is that containers are here and plan is to begin sometime in February. She will keep us all apprised.

There is a Smart 911 app for phones that if you register all your information in advance, it helps the responders know exactly who lives in the house, including pets, medical conditions, etc. Check it out….

Training Quotes we love…

-what you are doing is what they are learning

-you can’t control how your horse acts all the time, but you can control how YOU RE-act

-speed is the enemy of impulsion

-you can get a horse to do anything if he is willingly moving forward

-think of your horse as a car; you can steer all you want but nothing is going to happen if you don’t hit the gas

-think of your 20m circle as a banana….simple yes, but effectively takes out points and over-bending to the inside