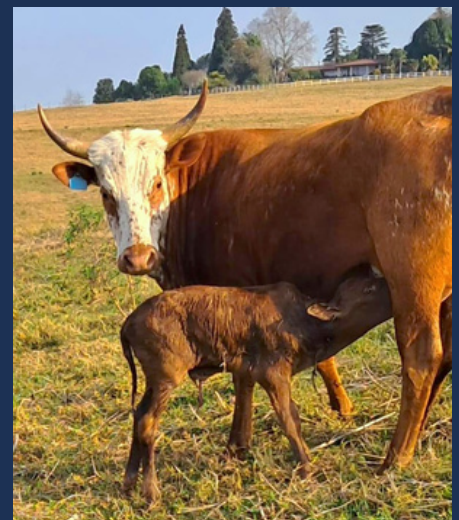




### Dear Residents

There is a renewed lightness in the air as spring makes her gentle arrival. The first Yellow-Billed Kite has been spotted overhead, a sure sign that the seasons are turning. Across the estate, fresh green buds are unfurling on the trees, while soft blossoms hint at the beauty of warmer days ahead. Out in the fields, new Nguni calves have appeared, their presence a tender reminder of the rhythm of life that surrounds us here.

Residents have been sharing photographs of glorious sunrises and sunsets, each captured from different corners of the estate yet all carrying the same sense of awe. These moments remind us how fortunate we are to live in a place where nature paints the sky in such spectacular ways.



Alongside nature's renewal, Garlington itself has entered a season of progress. Over the past three months, extensive work has been completed to transform the space once fondly known as the 'Dust Bowl' into a dedicated parking area. The HOA parking bays are intended for residents and visitors when making use of the HOA offices, the gym, tennis courts, and trampolines during the day, and they are also available after hours for convenient access to the Bistro. We are also pleased to share that an inverter has been installed at the gym, allowing residents to enjoy uninterrupted workouts even during power outages. At our main entrance, a second exit lane has been completed to improve flow, accompanied by a new turnstile for staff. In addition, a series of important road maintenance projects have been undertaken, ensuring our estate remains well cared for and easy to navigate. As spring unfolds, we look forward to the many moments, both big and small, that bring us together.



# EVENT ROUNDUP

## Ladies Brunch

On 9 August, we had the pleasure of hosting a delightful Ladies Day Brunch. Our guest speakers, the renowned mother-and-daughter duo, Megan and Fay from Image Insured, shared their expertise with charm and flair. From colour palettes and flattering styles to make-up application and wardrobe essentials, their practical advice was both insightful and inspiring.

The afternoon was filled with laughter and meaningful takeaways. Those who attended left feeling enriched, empowered, and encouraged to add fresh touches to their personal style. We extend our heartfelt thanks to Megan and Fay for sharing their wisdom, and to the ladies who joined us in making the afternoon so pleasant.



# Glow In The Dark Walk / Run

There could not have been a brighter way to welcome Spring than with our Glow in the Dark Walk / Run. On Thursday, 4 September, our usual afternoon walk took on a colourful twist as residents and friends gathered in their lumo outfits, ready to light up the evening.

Just before sunset, the group set off, and as the evening darkened, the route came alive with glowing sticks lighting the way. The fading light created the perfect backdrop for the trail of bright colours and playful energy.

Some ran, some walked, and many simply enjoyed the atmosphere alongside family and friends. We are grateful to everyone who joined us and look forward to many more fun-filled family events in the months ahead.



# Quiz Evening

The Bistro was abuzz with friendly competition at the recent Quiz Evening. Residents gathered in teams, ready to put their wits to the test and enjoy an evening of lively entertainment.

The quiz focused on local general knowledge, challenging participants to see just how much they really know about the area we call home. From history and geography to fun facts and hidden gems, questions kept everyone on their toes.

It was an evening of great company, light-hearted rivalry, and many “aha!” moments. Thank you to all the residents who joined in the fun.





# Meet The Residents

## Kelly, Paul and the Girls



In 2012, I arrived in Hilton with nothing but the clothes on my back, my little Ford Fiesta, and my five-year-old daughter. Life was uncertain, but I was determined to create something better for us. Around that time, I discovered The Secret, and it shifted my entire outlook. I stopped seeing myself as a victim and chose instead to become the heroine of my own story. With faith and a vision for the future, I started focusing on what I wanted and began manifesting it, one step at a time.

As my business began to grow in 2013, I started to see the results of that shift. One day, on my way to a birthday party, I stumbled across Garlington. The village was wrapped in mist, quiet, and enchanting. I remember tears springing to my eyes as I whispered, "One day... someday I will live here." When I got home, I placed a picture of a Garlington home on my vision board. That image became my goal, my dream, and eventually, my reality. Six years later, I bought a home here, and I've never looked back.

Five years ago, my partner Paul joined the girls and I in Garlington after moving from Durban. He quickly found his place in the community, forming friendships and embracing the lifestyle. He loves the quiet rhythm of country living, the sense of safety, and the warmth of the people here, so different from the pace of city life. Watching him thrive in this environment has made our life even more special.

Today, Garlington is more than just where we live – it's home. I love the freedom of the estate, where Tara and Ella can explore safely and doors don't need to be locked. The views, the wilderness, the quiet beauty. There is truly nowhere else like it in Hilton. But above all, it's the people who make this place extraordinary. Over the years, we've shared Christmas carols on misty evenings, leaned on each other during difficult times like Covid and the looting, and celebrated countless joyful moments together. It's in those experiences that the true spirit of Garlington shines.

While building a life here, I've also carved out a career that reflects my passion. Though I studied accounting and later worked as a magazine editor, I eventually discovered my true calling in health and fitness. Since 2007, I've competed in 14 bodybuilding competitions, even placing third at the South African Championships in the Fitness Bikini division. Today, I coach clients around the world, helping them live healthier, stronger lives. I've also launched my own collagen brand and continue to grow my business, all while raising my daughters and creating a home with Paul.

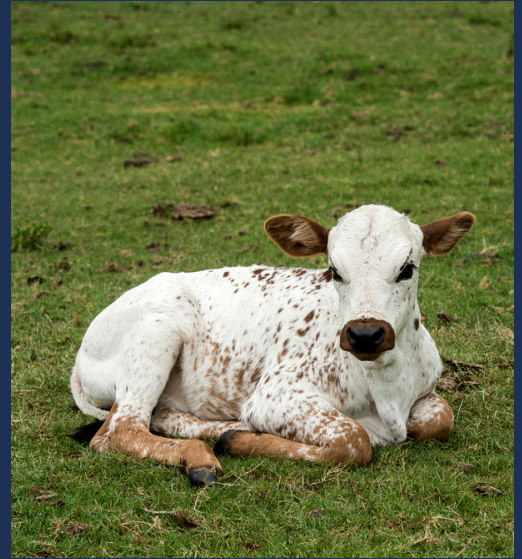
Being a mother has been my greatest role. I'm so proud of Tara and Ella and the young women they are becoming. My philosophy is simple: what you put into the world comes back. I choose positivity, growth, and kindness, and I surround myself with people who value the same. My faith anchors me daily, reminding me of the blessings in my life.

Looking back, the journey from that uncertain day in 2012 to where we are now has been anything but linear. Yet every twist and turn has brought us here, to Garlington, to this community, to this life I love. It's not just where we live; it's where we belong.

# The Ngunis of Garlington

by Ed Schroeder

Life at Garlington is shaped not only by its landscapes and architecture, but also by the people who bring depth and character to our community. Among them is Ed Schroeder, whose passion for Nguni cattle has become both a personal calling and a gift he shares with others.



A photographer, author, and storyteller, Ed has spent years documenting these extraordinary animals — creatures celebrated not only for their striking hides but also for the heritage they carry within African culture. His acclaimed book, *The Nguni of the Makhathini Flats*, has brought their beauty and significance to a wide audience, pairing evocative imagery with stories that honour their place in history. Today, Ed continues this journey with the Nguni grazing our very own pastures, weaving together his love for the land, the cattle, and the stories they tell. In the article that follows, Ed invites us into this world, offering a closer look at the Nguni of Garlington and the meaning they hold.



From its inception, Garlington Estate has marketed itself as “An Estate in the Country”. We bought here in 2002 and when our building was complete in 2008, there were only five houses on the estate. It was really an estate in the country. As the number of houses increased, the open areas decreased, which put pressure on both the cattle and the wildlife. Even at that stage there was a herd of Nguni cattle on the estate belonging to one of the directors, the late Doug Crowe. The herd faced numerous challenges and changes of ownership in spite of which they survived, as Nguni normally do. Fortunately, when it was decided to sell the herd, the homeowners purchased it and that is the situation today.



One of the first herd sires was ‘Gada’, known for his fierce guarding of his cows but otherwise very placid. This is Gada and his family. The photo was taken in February 2009 while the building of the apartments was in progress.

Ngunis are known for their calm temperament but cows with newborn calves are very protective of their offspring. It's therefore important to bear that in mind when going for a walk with your dogs, when the dogs are not on a lead.



When walking through the herd it is tempting to get close to the newborn calves, but it is advisable not to encroach on their comfort zone which is probably around 4 metres.

Spending quiet time within the herd is enormously therapeutic, as long as you don't have dogs with you and as long as you don't make sudden movements.



This photo was taken in May 2009. Note the lack of houses.



This was one of our previous herd sires. A beautiful bull but unfortunately the calves he sired had some serious defects, so he had to go to greener pastures.

Our present herd sire, below, is a beautiful young bull, bred on the estate.

Garlington is very fortunate to have Pierre Labuschagne, an experienced cattle farmer and estate resident, looking after the herd at no cost.

The Garlington Nguni are what makes this estate an estate in the country with a rural feel to it and not just another housing complex.



If you want to know more about this wonderful breed of cattle you can phone Ed on 0721482458 or email him on [ed@edschroeder.co.za](mailto:ed@edschroeder.co.za)

# A Proud Garlington Moment!

We're thrilled to share that Kitty Sardi has been named Head Girl of St Anne's for 2026 – a truly special milestone for her and for all of us at Garlington Estate.

Many of us have watched Kitty grow into the inspiring young woman she is today, and this achievement is a testament to her character, leadership, and dedication.

Congratulations, Kitty – you've made your community proud! And we can't wait to see what your next chapter holds.



## Reminders

### PADEL COURT DISCOUNTS

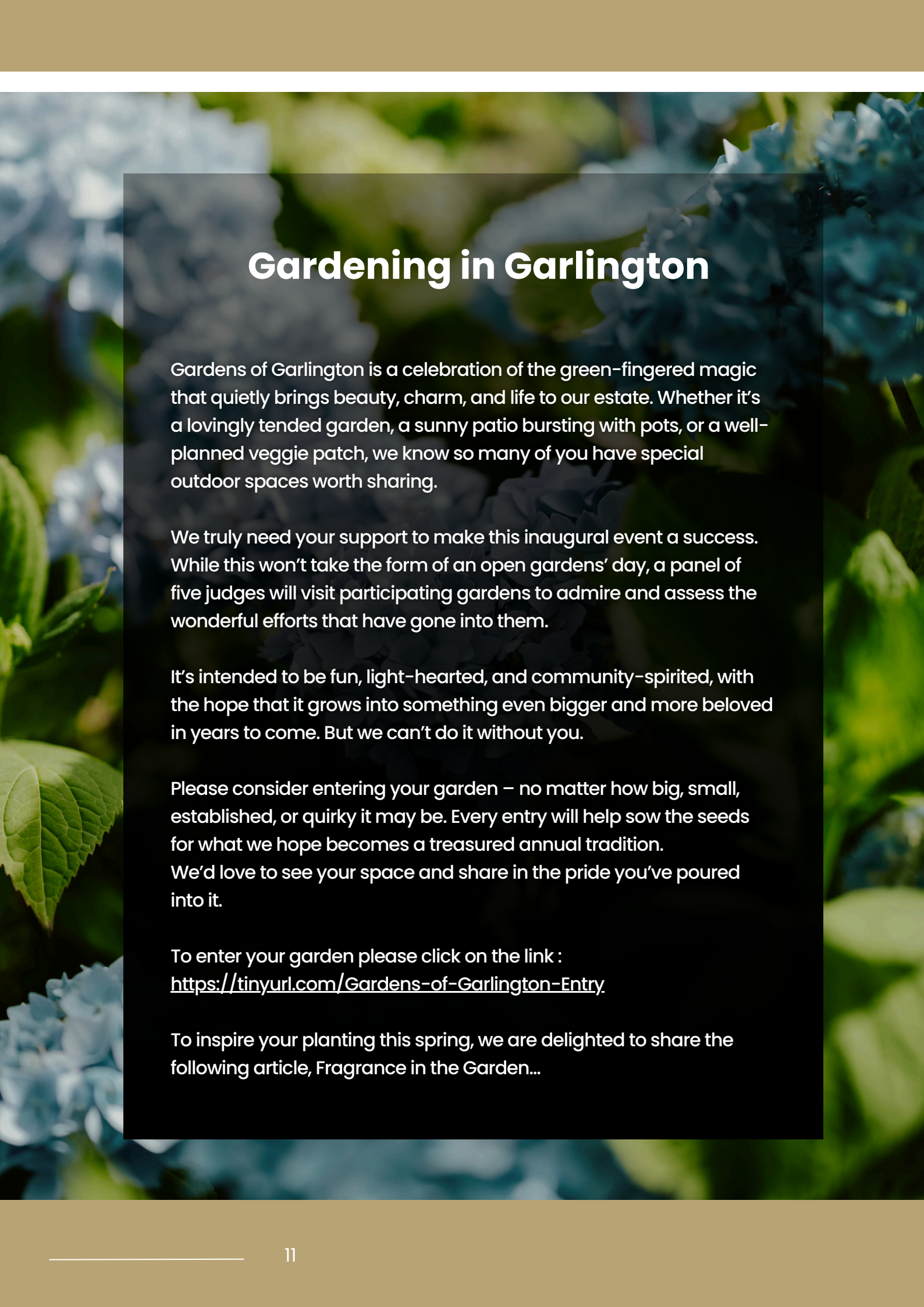
Don't forget that residents enjoy a special discount when booking the padel courts at Grace College. Simply show your Garlington App when you arrive to claim this benefit.

### YEAR-END FUNCTIONS AT THE BISTRO

A gentle reminder to secure your year-end function bookings with Steph at the Bistro. Spaces are filling up quickly, so be sure to reserve your spot early.

### BLOOD DONATION – 01 NOVEMBER

Help us make a meaningful difference together with our community blood drive. Your donation could save a life!



# Gardening in Garlington

Gardens of Garlington is a celebration of the green-fingered magic that quietly brings beauty, charm, and life to our estate. Whether it's a lovingly tended garden, a sunny patio bursting with pots, or a well-planned veggie patch, we know so many of you have special outdoor spaces worth sharing.

We truly need your support to make this inaugural event a success. While this won't take the form of an open gardens' day, a panel of five judges will visit participating gardens to admire and assess the wonderful efforts that have gone into them.

It's intended to be fun, light-hearted, and community-spirited, with the hope that it grows into something even bigger and more beloved in years to come. But we can't do it without you.

Please consider entering your garden – no matter how big, small, established, or quirky it may be. Every entry will help sow the seeds for what we hope becomes a treasured annual tradition. We'd love to see your space and share in the pride you've poured into it.

To enter your garden please click on the link :  
<https://tinyurl.com/Gardens-of-Garlington-Entry>.

To inspire your planting this spring, we are delighted to share the following article, *Fragrance in the Garden*...



## FRAGRANCE IN THE GARDEN

There is something enchanting about a garden filled with fragrance and Spring is the perfect time to plan a few scented treasures that will make every stroll outdoors a joy.

Some of the most beloved choices are the classics: gardenias with their creamy white blooms, roses that release their perfume in the heat of the day and lavender, which adds both fragrance and formality to garden borders. For climbing frames, pergolas, or boundary walls, jasmine is a timeless option, offering a sweet evening scent that seems to float on the air.

When designing with fragrance in mind, it's worth thinking about placement. Scented plants are best enjoyed where you linger; beside an entrance, near a seating area, along pathways. Pots of fragrant herbs such as mint, basil, or lemon verbena can be placed close to the kitchen door, where brushing against them releases a burst of freshness.

A garden's  
fragrance is  
nature's poetry,  
carried on the  
breeze.

For a touch of spring magic, consider flowering shrubs such as yesterday-today-and-tomorrow (*Brunfelsia*), whose changing blooms release a gentle perfume, or star jasmine (*Trachelospermum*), which combines evergreen foliage with clusters of scented white flowers.

A garden filled with fragrance awakens the senses in a way that colour alone can't. This spring, why not add a few scented favourites and let your garden welcome you with both beauty and sweet perfume?



# Heritage Salad Recipe

Heritage and Braai Day is almost here, and across South Africa, the smell of hot coals and sizzling meat will soon fill the air, blending with the laughter of friends and family. While the braai is undoubtedly the star, the accompaniments make the feast complete. Capture everything delicious about spring with this fresh and vibrant Strawberry Asparagus Salad recipe with an easy balsamic vinaigrette!

## Salad Ingredients

- 2 cups fresh asparagus (about 1 bundle), trimmed & cut into 1 inch pieces
- 285 grams baby spinach and rocket mix
- 3 ½ cups strawberries, quartered
- ½ small red onion, cut into thin strips
- ¾ cup chopped pecans
- ½ cup crumbled feta cheese

## Easy Balsamic Dressing

- ¼ cup balsamic vinegar
- 3 tablespoons olive oil
- 1 tablespoon honey + 1 teaspoon
- ½ teaspoon dijon mustard
- ½ teaspoon minced garlic
- ½ teaspoon salt
- pinch black pepper



## Instructions

Trim about 2 inches off the woody bottoms of the asparagus. Cut rest of asparagus stalks into 1 inch pieces. Toss into salted boiling water and boil for 3 minutes. Drain and rinse with cold water until asparagus is cool. Pat dry and set aside.

Quarter strawberries, slice onions, and remove the long stems from the spinach and arugula.

Toss all of the salad ingredients together in a large serving bowl.

## Balsamic Dressing

Whisk all dressing ingredients together until honey is fully incorporated. Drizzle over salad. Lightly toss and serve.



# Photographic Competition

There's a quiet beauty to life on Garlington – from golden sunsets over the hills, to gardens in bloom, morning walks with the dogs, or joyful moments with family and friends. Every resident experiences the estate in a unique way, and we would love to see Garlington through your lens.

We are excited to launch the Garlington Photographic Competition, a chance for residents to share the unique images and stories that capture the essence of life here at home.

## How it Works

- Theme: Life at Garlington – what makes it so special to you?
- Entry period: October 2025 – March 2026 (6 months).
- Closing date: 31 March 2026.
- Each month, a selection of entries will be shared on our community channels for everyone to enjoy, building momentum towards the final showcase.

## How to Enter

- Email your photo(s) to [marketing@garlington.co.za](mailto:marketing@garlington.co.za).
- Please include your name, address, and photo title/caption.
- Photographs must be original and taken within Garlington Estate.

This is your opportunity to celebrate the beauty of our surroundings and capture the moments that mean the most to you. All entries will be considered for the final prize, which will be awarded in March 2026.

## Important to Note:

By submitting photographs, residents acknowledge and give Garlington Estate permission to use these images in our publications, on our social media platforms, and on our website.

We look forward to seeing Garlington through your lens!

