



## A PLACE WE SHARE

There is something about Garlington that goes beyond the landscape and the homes we live in. It is found in the everyday things that make up life here – knowing your neighbours, greeting someone on a morning walk, watching the seasons change and seeing children grow up with space to play and explore. It is also in the care people take in the place around them. The gardens, the open spaces, the trees and the paths are all part of what makes Garlington what it is, and there is a shared pride in looking after them.

Life here is lived in many different ways. Some enjoy the sporting facilities, others spend time in their gardens, walk the estate, meet friends at the Bistro or simply appreciate having the countryside around them. There is room for all of it, and for people of different ages and interests to enjoy the estate in their own way.

What matters is that Garlington continues to be a place that is well cared for, welcoming and grounded in its surroundings. A place where the landscape is part of everyday life, where neighbours become familiar faces, and where the small things often matter most. Garlington is shaped not only by the land, but by the people who live here and the care they take in the place they share. That is what gives the estate its character – and what will continue to shape it in the years ahead.

# From the GM's Desk

Spring has a way of changing Garlington almost overnight. The mornings become lighter, the gardens begin to wake, and there is a sense of movement returning to the landscape after the quieter months of winter.

This time of year is always a pleasure to experience on the estate. The first blossoms appear, the birds become more active and the gardens begin to take on colour again. Even the bees have plenty more to keep them busy as spring flowers begin to bloom.

In this edition of Garlington Life, we take a closer look at some of the people, stories and experiences that make life at Garlington so interesting. We meet residents Mervyn and Kay, whose creativity has grown into a wonderful little enterprise, and celebrate a member of our maintenance team who has been part of Garlington for more than 15 years.

We also head much further afield, as two of our residents share the story of their recent birding expedition to India. With the rather ambitious challenge of finding 50 birds that our own resident birding expert, Adam Riley, had never seen before, it promises to be a fascinating account of adventure, determination and some very special sightings.

Closer to home, we follow the progress of our apiaries and discover what our wildlife cameras have been capturing around the estate. We also meet a group of residents who spend their Friday afternoons knitting for charity, alongside some seasonal gardening advice and a heritage recipe to enjoy.

One of the things I enjoy most about Garlington is that there is always more happening than meets the eye. A walk around the estate can reveal something different each day – a new flower in bloom, wildlife passing through, or simply a familiar view looking quite different in the changing light.

I hope you enjoy this edition and, as always, take a little time to appreciate the people, stories and changing landscape around us.



*Malcolm Carlyle*

# OUR STORIES

## A Garlington Love Story

For us, this has been our Garlington 'love' story.

Not in a romantic sense, but a story of embracing and being embraced by a rediscovered lifestyle and a new community of very special friends.

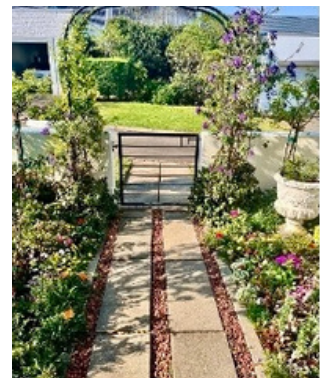


We relocated to Garlington three years ago and first lived in the penthouse above the gym and pool, both then closed. However, the 42 steps up to the front door provided plenty of alternative cardiac exercise. On entry into the penthouse, we were awed by the views in every direction through the double-vault windows. From that vantage point, the sunrises and sunsets were more spectacular than we had seen for many years (indeed, an image of a sunrise won a prize in the Garlington photographic competition).

We rediscovered the love of a gentler pace of life by living here, and on daily walks, a renewed love of the abundance of wildlife and flora to be found on the estate. Perhaps the discovery with the deepest impact, one which we soon grew to love, has been the awareness of the transience and change through the decline and renewal of life in the seasonal cycles: the carpets of brittle leaves, the snow-capped 'berg in the distance, the joyous appearance of new growth, misty mornings giving way to towering clouds.

The only drawback to what we called our 'holiday year' in the penthouse was the lack of a garden. We poured our savings into purchasing a Karoo Townhouse and moved into our beautiful home two years ago. But there was another drawback: the low-maintenance garden, comprised of more than 500 kg of large pebbles (evidenced by having to pack and carry more than 40 bags of 15 kg), more than 200 aloes (donated to various sources), and three proteas. We had already fallen in love with so many Garlington gardens that Kay was determined to establish a garden more suited to the local conditions, especially since a local nurseryman told us that "you can plant a broomstick in Hilton, and it will grow".

With her usual enthusiasm and creativity, Kay set about establishing her own type of garden and, within a year, our small patch was transformed into a profusion of colours, textures and scents, a haven for birds and bees and butterflies, one that has been admired by many passersby, and a garden that likewise changes with the seasons.



I have been painting regularly since retiring, in various media and styles, and have participated in numerous exhibitions. In a departure from mainly land- and seascapes and inspired by the many varieties of the flowers in Kay's garden, I wanted to capture their fleeting natural beauty. As Frida Kahlo said, "I paint flowers so they will not die." From many photographs of individual specimens, I composed the images into a large-scale painting that took many weeks to complete.

Not wishing to sell that particular painting, we wanted to find a way to make my artwork accessible and affordable. Through a serendipitous meeting at the Hilton Arts Festival, we contacted an expert and wonderful printer who was, and continues to be, excited to make prints of my paintings on various fabric items. And so, at the Garlington Christmas Market last year, we were able to offer tablecloths, runners, aprons, tea towels and scatter cushions of "Kay's Garden", on premium-quality fabric that is machine washable, colourfast and crease resistant.

Kay and I have extended our range to include more of my artworks for the Harvest and Home Markets since then: "Rock Roses", "Aloes", "Waterlilies", and "Proteas", also printed on tablecloths, runners, and tea towels, and including a range of mouse pads or placemats, tote and utility bags, and a variety of scarves. We are hoping to prepare a Christmas range for the upcoming Christmas Market.

Thank you, Garlington, its people, its facilities, and its beauty, for a renewed love of life we will always cherish and be grateful for.

**-Mervyn and Kay McMurtry**



# In Search of Birds at the Edge of the Himalayas

## An extraordinary adventure into Northeast India with two of Garlington's residents

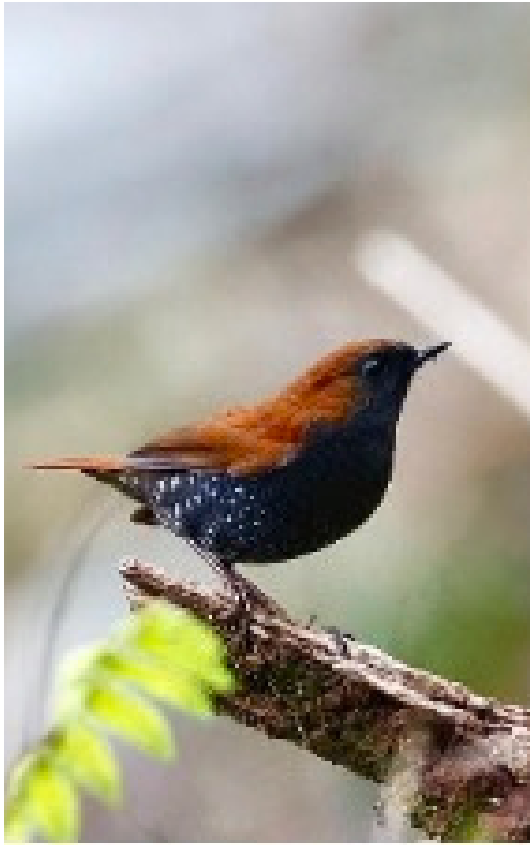
For most of us, a holiday might involve a comfortable hotel, a few good meals and perhaps a scenic drive or two. For Garlington residents Adam Riley and Sean Moffatt, a recent journey to Northeast India involved something rather more demanding: travelling into some of the most remote and rugged parts of the Eastern Himalayas in search of birds that are rarely seen anywhere in the world.

In May, Adam and Sean set off on an expedition with a very specific goal. After eleven previous trips to India, Adam still had a list of 50 bird species he had yet to find. There was a reason these birds had remained elusive. Many are exceptionally rare, inhabit remote mountain forests or have dwindling populations, making a sighting dependent on patience, perseverance and, often, a little luck. The days were long. The group of five would spend up to 12 hours on the road, travelling through increasingly wild and mountainous country. And when someone heard the distinctive call of a bird, everything stopped. Out of the vehicle they went, cameras and binoculars at the ready, searching the forest for a glimpse.

For birders, this anticipation is part of the thrill. After hours on the road, a single call can transform the entire atmosphere. Suddenly, everyone is listening, looking and hoping to catch sight of the target bird. At the top of the list was the spectacular Blyth's Tragopan, described by the travellers as the most wanted bird of the expedition. The Eastern Himalayas are home to an extraordinary diversity of birdlife, with habitats ranging from lowland grasslands and forests to high-altitude Himalayan landscapes. Northeast India is consequently regarded as one of Asia's great birding destinations.

The tragopan was just one of many memorable sightings. The group also encountered the Gould's Shortwing, an extremely rare and sought-after Himalayan speciality; the rarely seen and endemic Naga Wren-Babbler; the Slender-billed Scimitar-babbler; and the magnificent Himalayan Monal, photographed with snow falling around it. There they encountered wild Red Junglefowl (the ancestor of the domestic chicken), the brilliantly coloured Ruddy Kingfisher and the recently discovered but critically endangered Bugun Liocichla among many others.





For Adam, the expedition delivered an impressive result: 49 of the 50 birds he had been searching for, plus another species that wasn't on his original list. The other members of the group were equally successful, recording between 200 and 400 lifers each. Lifers are birds they had never seen before.

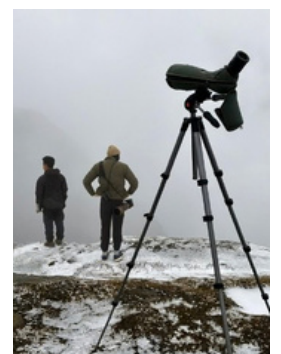
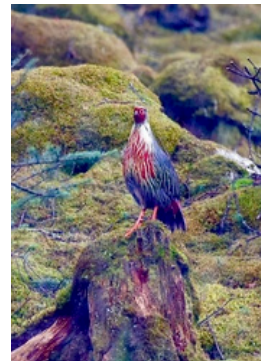
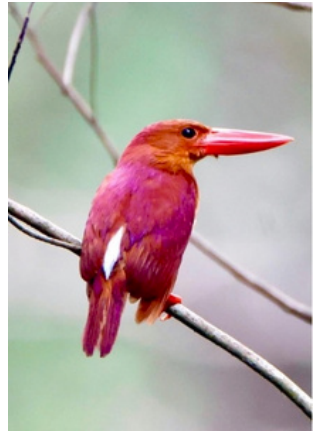
And then there was everything else. The birds may have been the reason for the journey, but they were certainly not the only memorable encounters. The group came across an Indian Rhinoceros, with its unmistakable single horn, as well as an elusive Dhole, or Asiatic Wild Dog. The landscape itself was equally extraordinary. Their route took them through the Mishmi Hills and eventually to Sela Pass at 4,200 metres, where snow became part of the experience. After long days on the road and in the mountains, the simplest comforts took on new meaning. A warm meal, a place to rest and the changing scenery outside the vehicle became part of the adventure.



And then, there was one final surprise: Mount Everest appeared from the plane window in all its majesty. It would be easy to focus on the numbers, 50 target species, hundreds of lifers, 4,200 metres and twelve-hour drives. But Adam and Sean's photographs tell a much bigger story. They capture an expedition through spectacular landscapes, encounters with wildlife, unexpected snow and the exhilaration of pursuing something that can never be guaranteed. Even for those who don't know their parrotbills from their scimitar-babblers, there is something wonderfully infectious about that kind of curiosity: it's the willingness to travel a little further, look a little harder and wait for something extraordinary to reveal itself.

It is a privilege to have residents who pursue their passions with this kind of enthusiasm, and even better when they share the photographs and stories with the rest of us.

Thank you, Adam and Sean, for giving us a glimpse into an extraordinary corner of the world.



### SEE THE ADVENTURE

This link provides a short documentary of Northeast India, bringing together the birds, landscapes, wildlife and memorable moments from this extraordinary adventure. Watch their journey here: <https://youtu.be/PdmSpto5E00>



## THE PEOPLE BEHIND GARLINGTON

# Lindokuhle “Lindo” Nene

If you have spent any time at Garlington over the past 15 years, there is a good chance you have crossed paths with Lindokuhle Nene – or Lindo, as everyone knows him.

Lindo joined Garlington in 2012, when the estate looked very different from the one we know today. Many of the houses and buildings we now pass each day were still building sites, and there were plenty of open spaces waiting to take shape.



His first job was planting trees between the houses in Umngenyane. From there, his work took him through a little bit of everything – looking after cattle and horses before eventually moving into gardening. Over the years, he has worked both on his own and as part of different teams, learning as he went. According to Lindo, everything he knows about work he learned at Garlington.

That sense of having grown alongside the estate is something that comes through when Lindo talks about his years here. He has watched houses go up, gardens mature and trees that he planted himself grow into part of the landscape. His favourite places are the areas where the buck roam, and, perhaps unsurprisingly, the spots where those early trees are now standing tall.

Outside of work, Lindo is a keen soccer and rugby fan and has a great love of music. He also enjoys raising animals and spending time with his two sons. Growing up in Sweetwaters, he was raised by his mother and grandmother and attended Nobanda Junior Primary, Sweetwaters Primary and Siyanda High School.

After nearly 15 years at Garlington, there is a simple way Lindo describes what the estate has meant to him: “Everything I have and the person I have become is because of Garlington, or connected to Garlington.”

It is a lovely reminder that while the houses, gardens and facilities may be what we notice first, an estate is also shaped by the people who have worked here, cared for it and watched it grow. And somewhere among the trees, particularly those planted by Lindo all those years ago, is a little piece of his story too.

# A Glimpse of the Wild Side



There is always more happening around Garlington than we see on our daily walks.

Our wildlife cameras have been quietly capturing some of the animals moving through the estate, giving us a glimpse of the wildlife that shares the landscape around us. Recent sightings have included a side-striped jackal, a porcupine and a mongoose, each captured going about its business in very different parts of the day. Some sightings are fleeting, others linger just long enough to trigger the camera, but together they offer an interesting glimpse into the variety of wildlife moving through Garlington.

And these are just the moments we have managed to capture.

WHO KNOWS WHAT MIGHT APPEAR NEXT?

## Recent Sightings



### Side-striped Jackal

19 July 2026 | 19:34



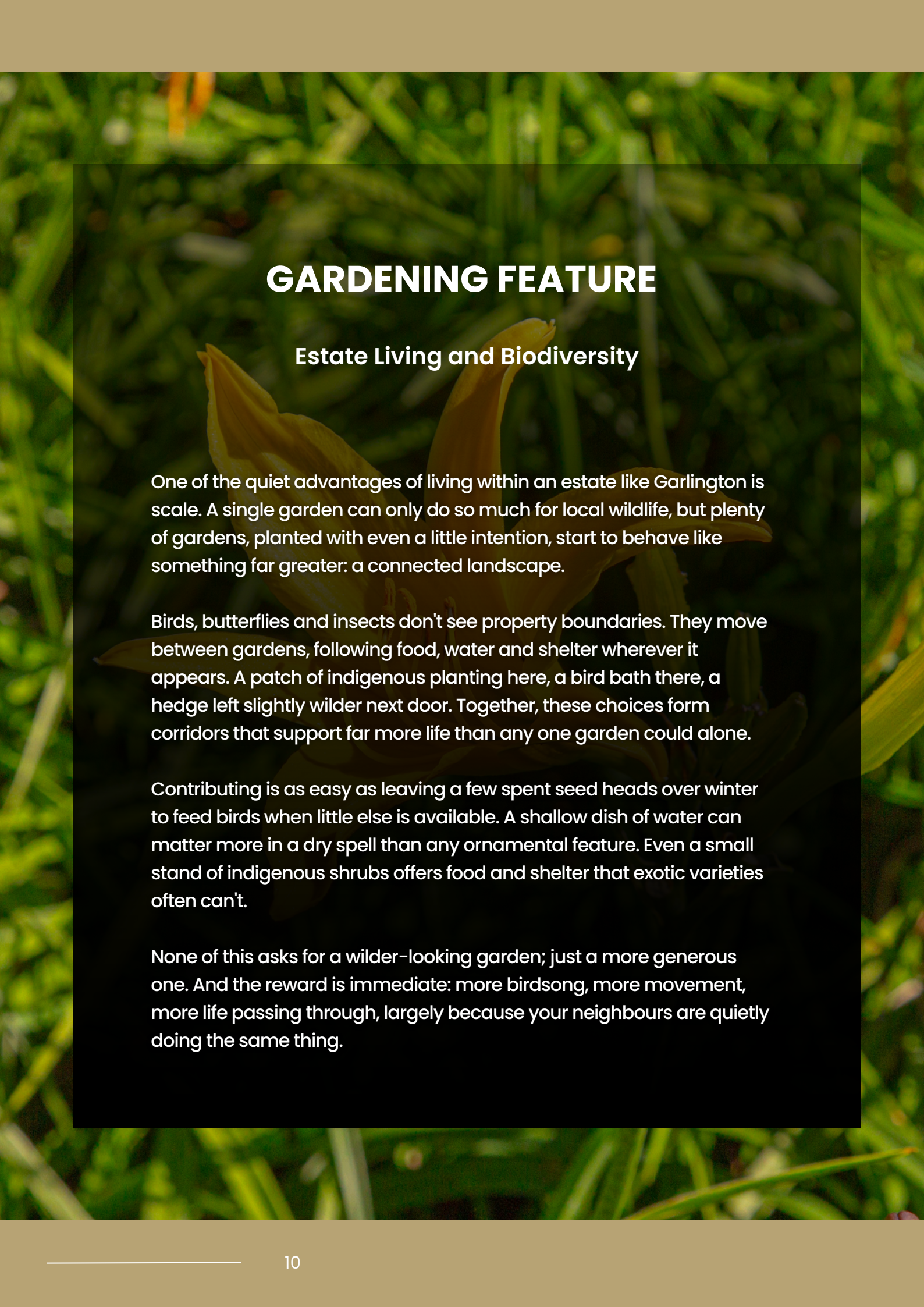
### Porcupine

19 July 2026 | 23:56



### Mongoose

21 July 2026 | 15:57



# GARDENING FEATURE

## Estate Living and Biodiversity

One of the quiet advantages of living within an estate like Garlington is scale. A single garden can only do so much for local wildlife, but plenty of gardens, planted with even a little intention, start to behave like something far greater: a connected landscape.

Birds, butterflies and insects don't see property boundaries. They move between gardens, following food, water and shelter wherever it appears. A patch of indigenous planting here, a bird bath there, a hedge left slightly wilder next door. Together, these choices form corridors that support far more life than any one garden could alone.

Contributing is as easy as leaving a few spent seed heads over winter to feed birds when little else is available. A shallow dish of water can matter more in a dry spell than any ornamental feature. Even a small stand of indigenous shrubs offers food and shelter that exotic varieties often can't.

None of this asks for a wilder-looking garden; just a more generous one. And the reward is immediate: more birdsong, more movement, more life passing through, largely because your neighbours are quietly doing the same thing.



# The Hive Journal



## A busy few months for our little ladies

There has been plenty happening inside Garlington's hives since we introduced our first apiaries in April, and the latest inspection has given us a fascinating glimpse into just how quickly the bees have settled into their new home.

On 5 August, Mpumza and Pro returned to inspect the first two swarms that arrived at Garlington. What they found inside was a hive full of activity.



The bees had wasted no time getting to work. They have been out scouting the estate and surrounding area for pollen and nectar, bringing their finds back to the hive to feed themselves and the developing larvae. They are also beginning to store a surplus of nectar, which is the very beginning of what we hope will become our first harvest of Garlington Honey.

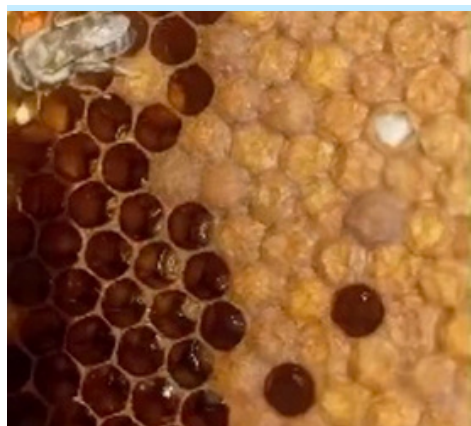
## Inside the hive

Both queens were looking healthy and strong, with beautiful laying patterns, plenty of eggs and, importantly, no signs of disease. A healthy queen is at the heart of a thriving colony. Her job is to lay the eggs that become the next generation of workers, and the inspection showed that both colonies are developing well.

The comb was also filling nicely with nectar. This is where the bees' remarkable work really begins. When a bee brings nectar back to the hive, it is placed into the familiar hexagonal cells of the honeycomb. But nectar is not yet honey. It contains a considerable amount of water, so the bees need to remove it before it can be stored.

They do this by fanning their wings over the comb, creating airflow that gradually reduces the water content. Once the nectar has been sufficiently dehydrated, the bees seal each cell with a thin layer of wax. And that little wax seal is nature's own storage system.

With the honey safely enclosed, there is very little opportunity for it to ferment or spoil. In fact, properly stored honey is remarkably stable. There are stories of honey being discovered in ancient Egyptian tombs that was still edible thousands of years later.



## Honey makes wax

There is another extraordinary part of this process that happens almost entirely unnoticed. The bees produce the wax used to build their honeycomb themselves. Tiny flakes of wax are secreted from glands on the underside of their abdomens and moulded into the intricate structure of the comb.

But producing wax comes at a cost. It takes approximately 8 kilograms of honey for a colony to produce just 1 kilogram of wax. So the comb itself represents a considerable investment of energy by the colony. It is used to raise young bees, store pollen and, of course, hold the honey that the bees have worked so hard to collect.

Look closely at a piece of honeycomb and there is an extraordinary amount of work behind every one of those little hexagons.

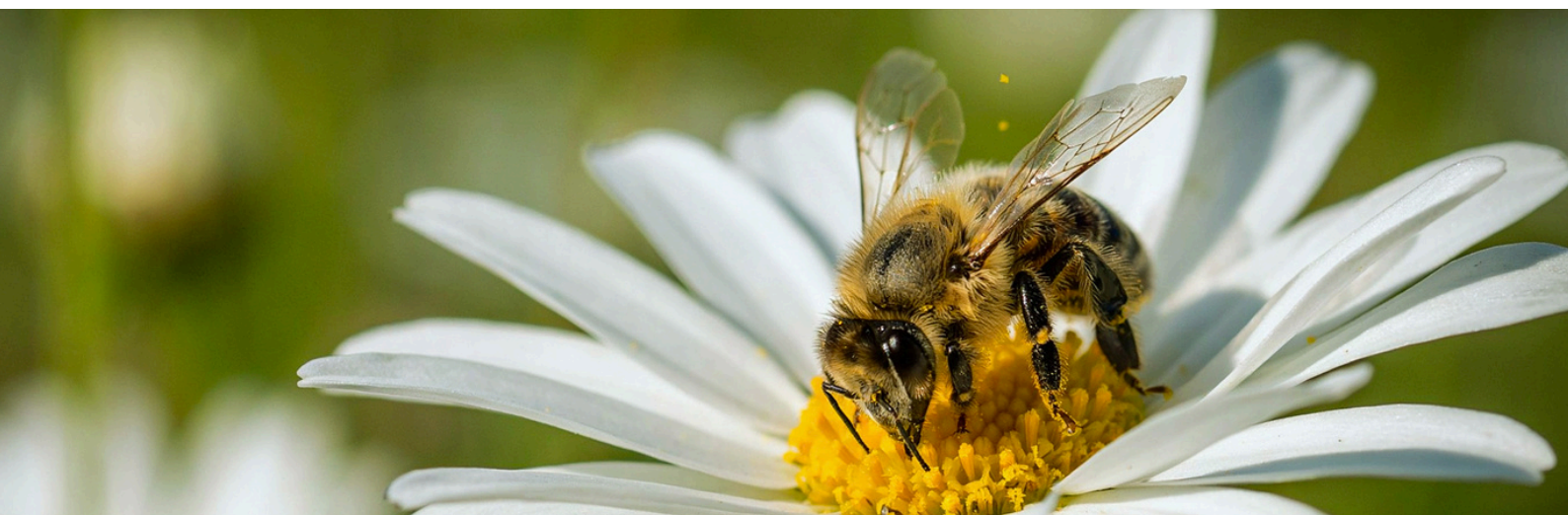
## Spring is coming

As we head into spring, the timing couldn't be better. Buds are beginning to form, and flowers will soon be opening across the estate and surrounding countryside. For the bees, that means an abundance of new sources of pollen and nectar to explore.

Over the coming weeks, our little workers will be busy moving from flower to flower and bringing their harvest home. Because they forage from a variety of plants, trees and flowers, the honey produced will be a multifloral honey, reflecting the different blooms available to them throughout the season.

If all continues as well as it has so far, we should be looking forward to our first harvest towards the end of spring. It will be quite something to taste honey produced by bees that have spent the season foraging among the gardens, trees and open spaces of Garlington.

For now, though, there is still work to be done. The hives are healthy, the queens are laying well, the comb is filling and spring is on its way. The next chapter of the Hive Journal should be a sweet one.



# GARLINGTON PEOPLE – MADE WITH LOVE

## The Friday Knitting Group

Every Friday afternoon, a group of Garlington ladies gather with their wool, knitting needles and crochet hooks. There is tea, plenty of conversation and usually a fair amount of laughter around the table.

Their hands are busy making blankets, beanies, ponchos and other warm winter clothing, along with tiny garments for premature babies. Each piece takes time. A blanket can take many hours of patient work, while a tiny baby jacket may be small enough to fit in the palm of your hand, but is no less carefully made. For these ladies, knitting and crochet are familiar crafts. Some have been doing it for most of their lives; others have taken it up more recently. They know the comfort of choosing a beautiful wool, following a favourite pattern and watching something slowly take shape beneath their fingers.

What they make, however, is not for their own cupboards. The finished pieces are given to people who are less fortunate and may be facing a cold winter without enough to keep themselves or their children warm. Among the recipients are premature babies, whose tiny bodies need all the warmth they can get.

It is easy to imagine the journey of one of their blankets. Wool chosen with care. Hours spent stitching. Perhaps a conversation or two along the way. A few mistakes unravelled and done again. And eventually, a finished blanket folded neatly and placed into the hands of someone who needs it.

The person receiving it will probably never know who made it. They will simply feel the warmth. And perhaps that is the loveliest part of what these ladies do. There is no fuss, no expectation of thanks. Just the quiet generosity of giving their time, their skill and something made by hand to someone they may never meet. For the ladies around the table, Friday will come again next week. More wool will be unpacked, needles will be picked up and another row will begin.

Perhaps there are other ladies at Garlington with a basket of wool tucked away at home, or who have always wanted to learn to knit or crochet. If so, the Friday afternoon group would be delighted to have you join them.



# A Gift That Will Keep Giving

**A generous donation to Garlington Select Care will provide valuable mobility support for residents now and into the future.**

Garlington Select Care would like to thank the Christopher family, who generously donated R40,000 towards the purchase of a tilt table for two residents who are paraplegic, as well as others who will benefit from the equipment. A tilt table is an important piece of equipment for people requiring mobility support. It will provide opportunities for improved therapy and greater independence, while assisting the care team in supporting residents' wellbeing.

We would also like to thank Joan Withers for her guidance and advice on the use of the tilt table, helping to ensure that residents receive the greatest benefit from this valuable equipment.

A generous gift such as this has a practical impact that will extend well beyond the day it is received.

## THE GARLINGTON NOTEBOOK

A few things we've noticed around the estate...

### A Morning Visitor

What a wonderful sight to wake up to.

Resident Ed Schroeder recently captured this beautiful young reedbuck ram quietly resting on the Garlington Promenade. Despite people walking past — including Shorty and a resident walking two dogs on leads — he remained completely unfazed.

Ed summed it up rather perfectly: "What a joy to wake up, open the curtains and this is what you see. A young reedbuck ram quietly resting on the Promenade."

A lovely reminder that some of the best sightings at Garlington are the ones that simply appear outside your window.



Photography: Ed Schroeder



## A Warm Welcome

We are delighted to welcome the Hesp, Van Eeden, Thorburn, Fyvie, Colle, Muller, Worthington and Mlangeni families to Garlington.

We hope you are settling in well and enjoying discovering the estate and the surrounding Midlands. We look forward to getting to know you.

## A New Chapter For The Bistro

After many years of running The Bistro and being part of daily life at Garlington, Stef, Mic and Alex have officially purchased the Bistro building.

We would like to congratulate them on this exciting milestone and thank them for all they have brought to The Bistro over the years. We look forward to seeing the next chapter unfold.



## Well done, Thami!

A big congratulations to Thami, who recently achieved 3rd place in a bodybuilding competition. This fantastic result has earned him qualification for the South African Championships in Cape Town next June.

We wish Thami every success as he prepares for the next stage of his competition journey.

# A FOND FAREWELL TO CHERYL

After many years of being a familiar face around the Garlington office, Cheryl will be leaving us at the end of September.

As our Secretary, Cheryl has been one of the people behind the scenes helping with the many day-to-day details that keep the estate running smoothly. For residents, she has often been the person to turn to with a question, a form, a document or one of the many small details that need attending to.

We would like to thank Cheryl for her time, patience and commitment to Garlington, and for the assistance she has given to residents, staff and the Board.

While we will certainly miss having her around the office, we are grateful for her contribution and wish her every happiness and success in whatever comes next.

Thank you, Cheryl, and all the very best for the next chapter.



## DATES FOR THE DIARY

**26 SEPTEMBER – Gardens of Garlington Morning**

**17 OCTOBER – Blood Drive**

**28 OCTOBER – Halloween**

**20 NOVEMBER – Christmas Market & Carols Evening**



# FROM THE KITCHEN

A SOUTH AFRICAN FAVOURITE

## Traditional South African Peppermint Crisp Tart

### INGREDIENTS:

- 1 packet Tennis biscuits
- 100 g butter, melted
- 1 × 360 g tin caramel treat
- 250 ml fresh cream
- 1 teaspoon vanilla extract
- 2 × 49 g Peppermint Crisp chocolate bars, crushed
- A few extra pieces of Peppermint Crisp, to decorate

### Method:

#### 1. Prepare the biscuit base

Crush the Tennis biscuits finely and mix with the melted butter. Press firmly into the base of a 20–22 cm tart dish. Refrigerate while preparing the filling.

#### 2. Prepare the filling

Place the caramel treat in a bowl and beat until smooth.

#### 3. Whip the cream

Whip the cream with the vanilla until soft peaks form. Gently fold the whipped cream into the caramel.

#### 4. Add the chocolate

Fold in most of the crushed Peppermint Crisp, reserving a little for the top.

#### 5. Assemble

Spoon the mixture over the biscuit base and smooth the surface.

#### 6. Chill

Sprinkle with the remaining Peppermint Crisp and refrigerate for at least 4 hours, preferably overnight.

#### 7. Serve

Serve chilled, cut into generous slices.