

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
Lifestyle
at lake michelle

"If there could be one word that could act as a standard of conduct for one's entire life, perhaps it would be 'thoughtfulness' "

CONFUCIUS

Dear Residents,

I hope you've all had a good week.

As promised in last week's newsletter we have included more details on some of the highlights on the Events Calendar for May. The most important of course being Mothers Day on the 14th. A Village favourite, 'The Roadsinger' will also be performing that day and families are welcome as always.

Before that though, the Coronation of King Charles III takes place on Saturday 6th May. Love or hate the British Royals - and the drama that seems to fill the news, you will only get to witness so many coronations in a lifetime. Many of you have mentioned that you witnessed Charles's late mother, Queen Elizabeth being crowned, so we will have the big screen up in the lounge if anyone wants to enjoy the pomp and ceremony of the big day with fellow Royalists.

Our regular Bingo players will not be disappointed as there will be a special event on the 19th (details to be announced) so keep that week free.

We close the month off with a Country and Western Dance. Don your boots and cowboy hats and get ready to dance to your hearts content, or just come and enjoy the music of 'Gordon Rocker' who blew everyone away at the St Patrick's event. See the event flyers for more details.

In this week's newsletter, we cover all things "Coronation". Read more in this week's Health & Wellness about why cold weather makes us crave certain foods and in "Did You Know" we cover very interesting facts about our beloved Mother City.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

Week 18

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Three reasons you feel hungrier and crave comfort foods when the weather turns cold

Did You Know

Fun Facts You Didn't Know About Cape Town

ACTIVITIES & EVENTS

MON 1 MAY	TUE 2 MAY	WED 3 MAY	THUR 4 MAY	FRI 5 MAY	SAT 6 MAY	SUN 7 MAY
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLANETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
		09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	10h00 3, 17, 31 MAY CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1	 10H30 CORONATION 1ST FLOR LOUNGE	
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15H00 MOVIE CINEMA ROOM	14h00 BRIDGE ACTIVITY ROOM 2			12H00 SUNDAY LUNCH BISTRO
	14H00  OPERA CINEMA ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM			17H00 RESIDENT SOCIAL MAIN LOUNGE		
		REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY		18H00 FRIDAY NIGHT DINNER BISTRO		

ACTIVITIES & FACILITIES

STRETCH CLASS

Stretching exercises suitable for any level of fitness and ability

Sue - 072 212 0277

AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Renate - 082 519 443

Linda - 082 410 9443

CALLANETICS

Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability

Louise - ext. 2143

TÁI CHI

Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability

(1) Roy ext. 22129

(2) Fiona 082 920 1818

BACKCARE YOGA

All level yoga class with a focus on mobility and strengthening of the back

Claire - 083 453 5539

LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class

Louise - ext. 2143

GOLF CROQUET

Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy

Brian - ext. 2089

LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Shereen - 071 471 3624

Glenda - ext. 2073

TABLE TENNIS

Social table tennis for beginners or more experienced players

Dianne - ext. 2061

BRIDGE

The card game that's both intellectually and socially stimulating

Cecily - ext. 2011

POOL

Get together and enjoy a game of pool in the 1st floor lounge

Bill - ext. 2040

GAMES

Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games

Cecily ext. 2011

Norma ext. 2089

LIBRARY

Read to hearts content. Grab a book from our wide range on offer

Jane - ext. 2063

SWIMMING POOL & GYM

Heated indoor swimming pool and state of the art gym for your enjoyment

Hours

Mon to Fri: 08h00 - 19h00

Sat / Sun / PH: 08h00 - 17h00

SALON

Ladies & gents are welcome at Janine's Hair Studio

Hours

Tue / Wed 09h00 - 16h00

Janine - 073 294 9655

GROUPS & EVENTS

CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John - ext. 2018

BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

Ian - ext. 2094

OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike - ext. 2112

KNITTING GROUP

Knitting while socialising for an amazing cause.

Jen - ext. 2112
Avril - ext. 2049

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002
Irene - ext. 2031

MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare - ext. 2039

GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val - ext. 2056

HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Don - ext. 2039

AIR SHOW TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

UPCOMING EVENTS

MAY

OPERA - 2ND
DINNER SERVICE - 5TH, 12TH
ROYAL CORONATION - 6TH
GARDEN TALK - 9TH
MOTHER'S DAY LUNCH - 14TH
BINGO NIGHT - 18TH
SPECIAL EVENT - 19TH
FELLOWSHIP - 3RD, 17TH, 31ST
MOBEE CARWASH - 10TH, 24TH
MOVIE - 24TH
LADIES MEET & GREET - 24TH
SPECIAL EVENT - 26TH

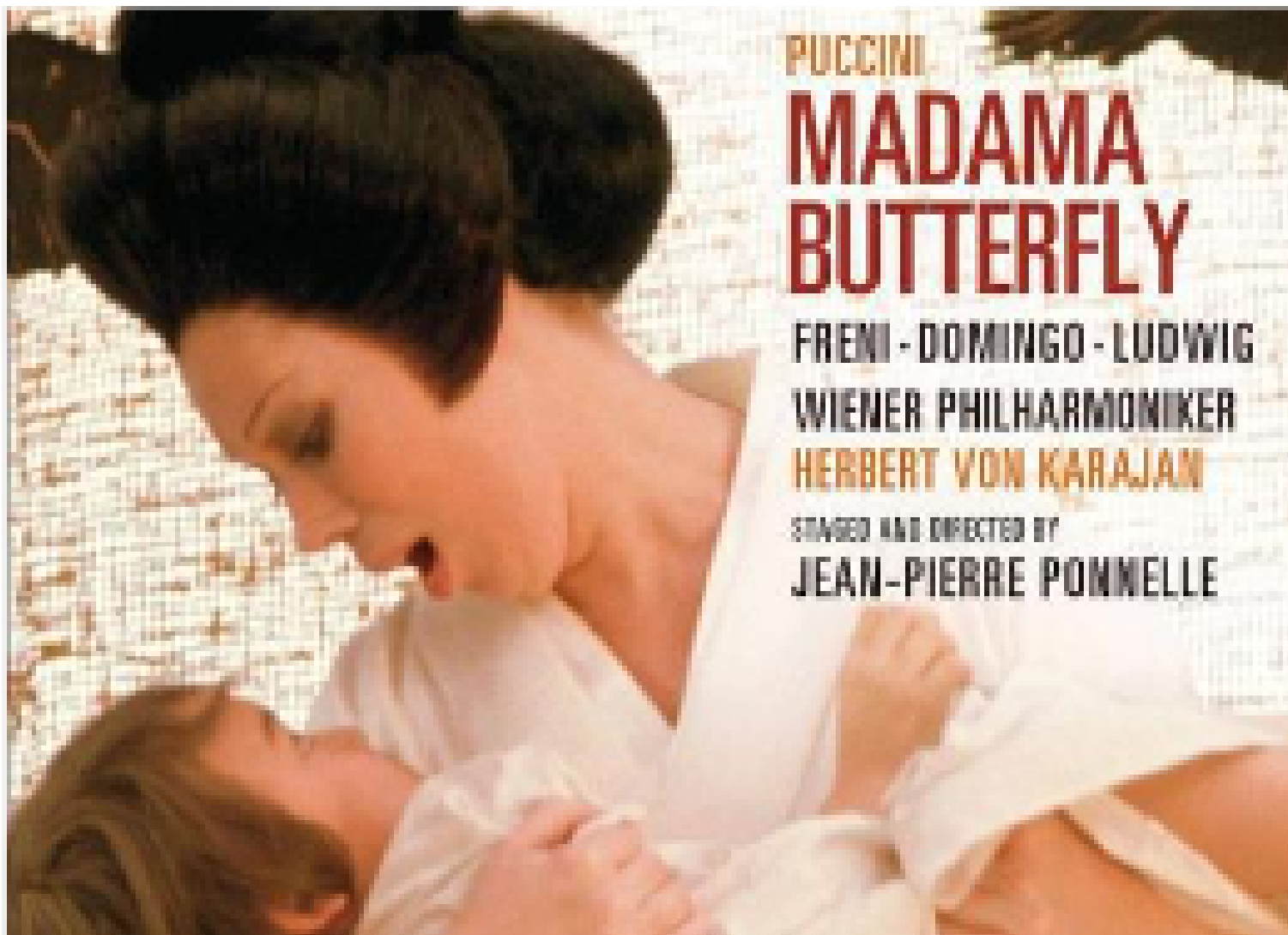
JUNE

DINNER SERVICE - 2ND, 9TH, 30TH
FATHER'S DAY LUNCH - 18TH
FELLOWSHIP - 14TH, 28TH
MOBEE CARWASH - 14TH, 28TH
QUIZ NIGHT - 22ND
MOVIE - 28TH

JULY

DINNER SERVICE - 2ND, 9TH, 30TH
FATHER'S DAY LUNCH - 18TH
FELLOWSHIP - 14TH, 28TH
MOBEE CARWASH - 14TH, 28TH
QUIZ NIGHT - 22ND
MOVIE - 28TH

ACTIVITIES & EVENTS



OPERA - 2 MAY

Madama Butterfly is a Puccini masterpiece. A truly tragic story with some of the most beautiful music in all opera.

As was customary in the early 20th Century an American officer based in Japan could arrange a “marriage” with a local girl for the duration. Pinkerton is an officer on the USS Abraham Lincoln and with the help of some local “fixers” he arranges to “marry” Cio-Cio-San (called Butterfly by her friends) an innocent very naive, very young woman. She believes it is a real marriage forever and even converts to Christianity. Pinkerton sails away and Butterfly spends every day waiting for his return to resume their marriage. She finds she is pregnant and has a son. Eventually Pinkerton does return and that’s where tragedy strikes.

This production is actually a movie based entirely on the opera with a star studded cast including Placido Domingo, Mirella Freni, Christa Ludwig and conductor Herbert von Karajan. Sing in the original Italian with English subtitles

VENUE: CINEMA ROOM | TIME: 14H00 | RSVP: MIKE JACKLIN. EXT 2112

ACTIVITIES & EVENTS



THE CORONATION OF HIS MAJESTY KING CHARLES III

By Command of The King
the Lords and Ladies of Evergreen
are invited to be present at the viewing of
The Royal Coronation
on the 6th day of May 2023

Venue: First Floor Lounge | Time: From 10h30

Coronation Menu

Scones with Strawberry Jam & Cream - R45

Tea Sandwich Selection - R55

(Cream Cheese & Cucumber / Smoked Salmon / Devilled Egg Mayo)

Lunch from 12h00 - R65

Beef & Ale Pie with Mashed Potato & Sweet Peas

Or

Coronation Chicken Wrap with Chips or Side Salad

Beverages

Tea / Coffee - R25

Sparkling Wine (Glass) - R45 | Gin & Tonic - (S) R35 / (D) R45

BOOKINGS ESSENTIAL

RSVP at Reception or ext. 2400 | Bistro orders on ext. 2404

ACTIVITIES & EVENTS

Mother's Day

SET MENU LUNCH
LIVE ENTERTAINMENT

- 14 MAY 2023 -

Starter

Creamy Butternut or Mushroom Soup
served with Sundried Tomato Croutons.

Main Course

**Spinach & Mushroom-stuffed Pork Fillet with
Apple Sauce**

Or

Herb Crusted Line Fish with Lemon Butter Sauce

Or

**Spinach & Feta-stuffed Chicken Roulade with
Brown Onion Jus**

served with Cherry Tomatoes and Garlic Green Beans,
Rosemary Baby Potatoes.

Dessert

Chocolate Brownie
served with Vanilla Ice Cream

Or

Blueberry Cheesecake

R155pp / Children under 12years R75 | Bookings essential -
ext 2404 | Seating from 12h00 | Service on 15/20min intervals

ACTIVITIES & EVENTS



The Ladies Meet & Greet Club

'Life is better with Friends'

If you're new to the Village or would like to meet regularly to socialise with a great group of ladies, please do join **The Ladies Meet & Greet Club.**

Speaker:
Gillian McCulloch
from Tom Ro Haven

WHEN: Wednesday
24th May at 15h00.

CONTACT:
Bridget on ext. 2002 or Irene on ext. 2031

Everyone to please wear their name tags.

Coffee / Tea and scones will be available.
Order directly with Bistro.
ext 2404

ACTIVITIES & EVENTS

FRIDAY, 26 MAY

**COUNTRY &
WESTERN DANCE**

LIVE ENTERTAINMENT
GORDON ROCKER

SEATING FROM 18H00
SERVING TIMES ON 30MIN INTERVALS.
PLEASE BOOK ACCORDINGLY

WELCOME DRINK
A GLASS OF CAPE TOWN CO WHITE OR RED WINE

TO SNACK ON
HOMEMADE CORN BREAD

MAIN COURSE BUFFET
BBQ PORK RIBS OR KENTUCKY-STYLE CHICKEN LEG 1/4
WITH HASSLEBACK POTATOES, SWEET PUMPKIN &
BAKED VEGETABLE HASH

DESSERT
APPLE PIE OR CHOCOLATE BROWNIE
WITH VANILLA ICE CREAM

R165 pp | Bookings essential - ext 2404

IT'S A CELEBRATION

*Count your age by friends, not years.
Count your life by smiles, not tears. — John Lennon*

BIRTHDAYS

1 MAY

BILL RAMAGE - Noordhoek

2 MAY

GAIL FORTGENS - Lake Michelle

3 MAY

PETER FOAD - Lake Michelle

4 MAY

MARGARET REID - Lake Michelle

ANNIVERSARIES

4 MAY

CHRIS & ROSE MENY-GIBERT
Noordhoek

7 MAY

KEN & INGE SYMMONS
Noordhoek



WHAT'S ON THE MENU?

MENU

DAILY MEALS – R65

MONDAY

Meatloaf served with creamy mash potato, seasonal vegetables and a rosemary gravy

OR

Butter chicken curry served with basmati rice and sambals

TUESDAY

Sweet and sour pork served with egg fried rice and stir-fry vegetables

OR

Mild beef and vegetable stew served with white rice and green beans

WEDNESDAY

Moroccan chicken served with cous cous and roasted vegetables

OR

Cape Malay bobotie served with yellow rice and sambals

THURSDAY

Homemade pork meatballs served with creamy mashed potatoes

OR

Beef fajitas served with cream cheese and guacamole.

FRIDAY

Battered hake served with fries, coleslaw, lemon wedge and tartare sauce

OR

Roasted chicken thigh served with potato wedges and coleslaw

SATURDAY

Bacon and mushroom alfredo served with a garden salad

OR

Honey and mustard pulled pork burger served with potato wedges

THE BISTRO

OPEN DAILY 08H00 – 16H00

DINNER SERVICE – FRIDAY'S FROM 18H00

DAILY MEAL ORDERS BY 14H00

BOOK ON EXT 2404

BREAKFAST – R65

FULL HOUSE

Grilled beef sausage and bacon served with your choice of 2 eggs, fries and 2 slices of toast and preserves

FILLED CROISSANT

Toasted croissant filled with cheddar cheese, scrambled egg, bacon, tomato and sautéed onions. Served with chips

DINNER MENU – R95

MEXICAN NIGHT

Main Course

Nachos (chicken or beef)

or

Burritos (chicken or beef)

or

Pizza – Spicy mince topped with peppers and sour cream

Main Course

Churros with ice cream and chocolate sauce

SUNDAY LUNCH – R145

MAIN COURSE

Orange glazed gammon served with roasted potatoes, pumpkin mash, creamy spinach and a side of beetroot.

DESSERT

Malva pudding served with custard or ice cream.

THE CORONATION

BUCKINGHAM PALACE IS PLEASED TO ANNOUNCE THAT THE CORONATION OF HIS MAJESTY THE KING WILL TAKE PLACE ON SATURDAY 6TH MAY, 2023.

THE CORONATION CEREMONY WILL TAKE PLACE AT WESTMINSTER ABBEY, LONDON, AND WILL BE CONDUCTED BY THE ARCHBISHOP OF CANTERBURY.

THE CEREMONY WILL SEE HIS MAJESTY KING CHARLES III CROWNED ALONGSIDE THE QUEEN CONSORT.



INTERESTING FACTS ABOUT KING CHARLES III CORONATION

Charles ascended to the throne following the death of his mother, Queen Elizabeth II, on the 8th September 2022. It marks the formal investiture of a monarch's regal power. Charles will be 74 at the time of the ceremony, the oldest a new monarch has ever been crowned. The ceremony will "reflect the monarch's role today", according to a statement from Buckingham Palace. It also said the Coronation will "look towards the future while being rooted in longstanding traditions and pageantry."

The plans for the King's coronation have been kept a closely guarded secret under the code name "Operation Golden Orb". Some of those details will stay under wraps until the day itself - but here's a few facts you might not know about the coronation.

TIME AND DATE

The Coronation will take place at 11am on 6th May 2023 at Westminster Abbey [12h00 midday in South Africa].

The late Queen's coronation took place on 2nd June 1953, and was the first to be televised which was a move encouraged by Prince Philip, in order to help modernise the Royal Family and ensure popularity with the public remained. It was deemed to be a success after attracting a record-breaking number of viewers from across the world. Charles was also at the event watching, aged just four.



THE INVITATION

The official Coronation invitation was sent out to around 2,000 guests – a considerably smaller affair compared to Queen Elizabeth II's 8,000 Coronation guests.



The invitation for the Coronation was designed by Andrew Jamieson, a heraldic artist and manuscript illuminator whose work is inspired by the chivalric themes of Arthurian legend. Mr Jamieson is a Brother of the Art Workers' Guild, of which The King is an Honorary Member.

The original artwork for the invitation was hand-painted in watercolour and gouache, and the design was reproduced and printed on recycled card, with gold foil detailing.

Central to the design is the motif of the Green Man, an ancient figure from British folklore, symbolic of spring and rebirth, to celebrate the new reign. The shape of the Green Man, crowned in natural foliage, is formed of leaves of oak, ivy and hawthorn, and the emblematic flowers of the United Kingdom.

The British wildflower meadow bordering the invitation features lily of the valley, cornflowers, wild strawberries, dog roses, bluebells, and a sprig of rosemary for remembrance, together with wildlife including a bee, a butterfly, a ladybird, a wren and a robin. Flowers appear in groupings of three, signifying The King becoming the third monarch of his name.



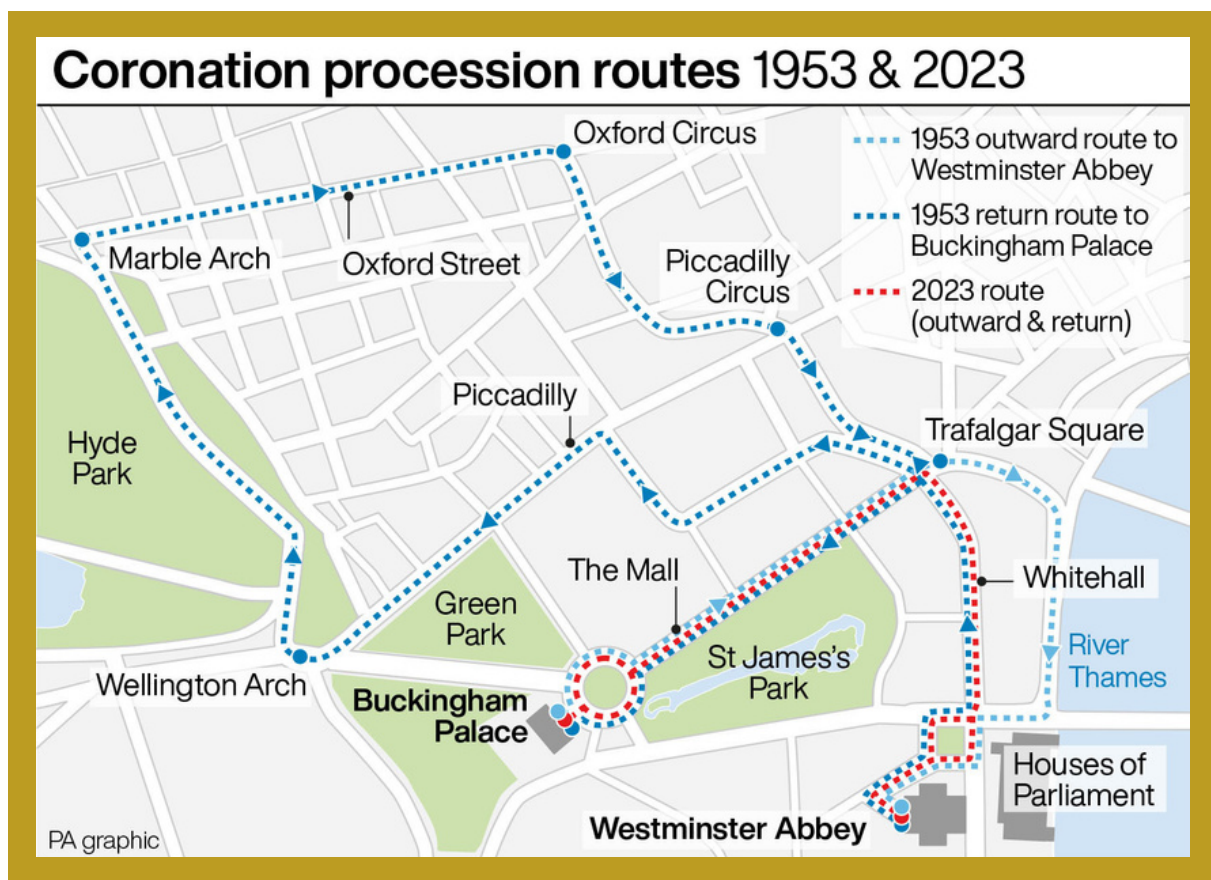
A lion, a unicorn and a boar – taken from the coats of arms of the Monarch and Her Majesty's father, Major Bruce Shand – can be seen amongst the flowers. Her Majesty's arms are now enclosed by the Garter, following her installation as a Royal Lady of the Order of the Garter last summer.

THE PROCESSION

The Coronation procession route is much shorter than Queen Elizabeth's. In 1953, Queen Elizabeth's coronation procession was 5 miles [8km] long and took two hours. This time, King Charles' and Queen Camilla's procession is only 1.3 miles [2km] long – just a quarter of the length of Queen Elizabeth's.

Known as 'The King's Procession', the King and Queen will depart Buckingham Palace in a special coach called the Diamond Jubilee State Coach. Created for Queen Elizabeth II to commemorate the 60th anniversary of Her late Majesty's reign, the coach has only ever been used by the Queen. The outside features a gilded crown on the top carved from oak from HMS Victory, while the interiors have been crafted from woods, metals and materials from buildings and places with specific connections to Britain.

The procession will take them along The Mall via Admiralty Arch, to Trafalgar Square, before going down Whitehall and Parliament Street. They will then go around Parliament Square to Broad Sanctuary, which is where Westminster Abbey is located.



After the ceremony, their Majesties will take the same route back to Buckingham Palace. 'The Coronation Procession', which is set to be much larger in scale, will see the King and Queen travel in the Gold State Coach.

The Coronation Procession will include Armed Forces from across the Commonwealth and the British Overseas Territories, and all Services of the Armed Forces of the United Kingdom, alongside The Sovereign's Bodyguard and Royal Watermen.

More than 6,000 men and women of the United Kingdom's Armed Forces will participate in the historic event. Described as the largest military ceremonial operation for 70 years, the Coronation will see sailors, soldiers and aviators from across the UK and Commonwealth take part in the magnificent procession. Later in the day, military personnel will conduct a flypast of more than 60 aircraft from the Royal Navy, British Army and Royal Air Force flying over The Mall in London.

THE CEREMONY

The Duke of Norfolk, who as Earl Marshal is responsible for organising the ceremony. He has reportedly been tasked with making it a simpler, shorter and more diverse ceremony that reflects modern Britain

At the start of the Coronation ceremony, the Archbishop of Canterbury will introduce the King to the crowd. King Charles will then take an oath to protect the Church of England and the law after which he will sit in an old wooden chair called the Coronation Chair, which was made in 1300. He will be anointed with holy oil on his head, chest and hands. He will then be given a big golden orb and a sceptre.

Finally, and the most important part, King Charles will be crowned with a special crown, the St Edwards Crown. He will move to the throne and everyone will kneel down to show their respect.

Camilla will also be anointed and crowned, as was the Queen Mother when she was crowned Queen in 1937.

THE CROWNS

King Charles III will wear the St Edward's Crown when he is officially declared as the King during his Coronation. This will be the first and only time that Charles will wear this particular crown. Made of solid gold and weighing five pounds, it contains 444 gemstones, including rubies, sapphires, garnets and tourmalines.

It was originally made for the coronation of Charles II in 1661 and is stored safely in the Tower of London. The crown was also worn by his late mother, Queen Elizabeth II in 1953. King Charles will also wear the Imperial State Crown during the Coronation service.

According to Historic Royal Palaces, the Imperial State Crown is made of gold and set with 2,868 diamonds, 17 sapphires, 11 emeralds, 269 pearls, and four rubies. The crown contains some of the most famous jewels in the collection. These include the Black Prince's Ruby, the Stuart Sapphire, and the Cullinan II diamond.

The Imperial State Crown was originally made for the coronation of King George VI in 1937, replacing the crown made for Queen Victoria in 1838.

Queen Camilla will wear Queen Mary's crown which is made of silver and gold and has 2,200 diamonds on it.



ST EDWARDS
CROWN



IMPERIAL STATE
CROWN



QUEEN MARY
CROWN



THE CORONATION EMBLEM

The emblem pays tribute to The King's love of the natural world, unifying the flora of the four nations of the United Kingdom; the rose of England, the thistle of Scotland, the daffodil of Wales and the shamrock of Northern Ireland. Together, the flowers create the shape of St Edward's Crown, with which His Majesty The King will be crowned. The emblem has been designed using the red, white and blue of the union flag.

The emblem will feature throughout the historic celebrations in May, including the Coronation Service at Westminster Abbey and the Coronation Concert at Windsor Castle, as well as national events, street parties and community gatherings. The emblem will also be used for all official merchandise commemorating the Coronation of The King and The Queen Consort, and across digital and social media.



THE CORONATION WEEKEND

SATURDAY 6TH MAY, 2023

The Coronation Service will take place on the morning of Saturday 6th May 2023 at Westminster Abbey. It will begin at 11am. The King and the Queen Consort will arrive at Westminster Abbey in procession from Buckingham Palace, known as 'The King's Procession'.

Following the ceremony, the King and Queen Consort will return to Buckingham Palace in a larger ceremonial procession, known as 'The Coronation Procession'. They will be joined in this procession by other members of the Royal Family. The day will end with the Royal Family appearing on the balcony.

SUNDAY 7TH MAY, 2023

On Sunday 7th May 2023, a special Coronation Concert will take place at Windsor Castle. Broadcast by the BBC, the concert will bring global music icons and contemporary stars together in celebration of the historic occasion. The concert will be attended by members of the public, as well as charities supported by the Monarch. The Concert will begin mid evening and will last for approximately two to three hours. During the concert, there will also be a special 'Lighting up the Nation' segment, which will see the country join together in celebration as iconic locations across the UK are lit up using projections, lasers, drone displays and illuminations.

The Coronation Big Lunch will also take place on Sunday 7th May. From street parties to garden get-togethers, neighbours and communities across the UK are invited to share food and fun together.

MONDAY 8TH MAY, 2023

The Big Help Out will be held on Monday 8th May 2023. Organised by The Together Coalition and 25 of the UK's biggest charities, The Big Help Out will highlight the positive impact volunteering has on communities across the nation. From rolling up your sleeves to help a local group, to volunteering at a food bank, this is the chance to lend a hand in your neighbourhood.



HEALTH & WELLNESS



THREE REASONS YOU FEEL HUNGRIER AND CRAVE COMFORT FOODS WHEN THE WEATHER TURNS COLD

ARTICLE BY: DAILY MAVERICK

Reaching for pasta or a bowl of comforting soup? Here's how the cooler months can affect our cravings. As we move through Autumn, the southern hemisphere is starting to see cooler weather. For some of us, that can mean increasing feelings of hunger and cravings for "comfort food" such as pasta, stew and ramen. But what's happening in our body?

3 things change when it gets cold

1. Our body conserves heat

It sends this energy it conserves to our internal organs so they can maintain their temperature and work properly. The body can also perform heat-generating activities (such as shivering), which uses energy. The body will then look for additional energy through calories from eating food.

2. Our body warms up when eating

When we eat, the body needs to expend energy to digest, absorb, and metabolise the nutrients. This process requires the use of energy, which generates heat in the body, leading to an increase in body temperature termed "diet-induced thermogenesis". However, the amount of energy used to keep us warm is quite modest.

3. Some people experience a drop in serotonin

This is partly because the rate our body produces serotonin is related to sunlight, which is lower in winter. Serotonin helps to regulate mood, appetite, and sleep, among other things. When serotonin levels are low, it can lead to increased hunger and decreased satiety (feeling that you've had enough to eat), making us feel hungrier and less satisfied after meals.

Why we love comfort food in winter

Many of us struggle to eat salad in winter and crave mum's chicken soup or a slow-cooked, brothy ramen. Research shows our brain detects the cold weather and looks for warm food. Warm food can provide a sense of comfort and cosiness, which is particularly appealing during the colder months when we spend more time indoors. Comfort food can mean something different for everyone. They are foods we reach for in periods of stress, nostalgia, discomfort (like being cold), or emotional turmoil. For most of us, the foods we often over-indulge in are rich and carbohydrate-heavy. A drop in serotonin has also been shown to stimulate an urge to eat more carbohydrate-rich foods such as gnocchi, pasta, ragout, and mashed potatoes.

What happens to those extra calories?

If you consume more energy in cooler weather, some of it will be used to keep you warm. Beyond keeping us warm, extra calories we consume are stored. While most humans today have access to a year-round food supply, some research shows our bodies may still have some leftover instincts related to storing energy for the cooler months when food was harder to come by. This behaviour may also be driven by biological factors, such as changes in hormone levels that regulate appetite and metabolism.

A fundamental principle of nutrition and metabolism is that the balance between the energy content of food eaten and energy expended to maintain life and to perform physical work affects body weight. This means any excess energy that we don't use will be stored – usually as fat. Using mathematical modelling, researchers have predicted weight gain is more likely when food is harder to find. Storing fat is an insurance against the risk of failing to find food, which for pre-industrial humans was most likely to happen in winter.

It doesn't have to be unhealthy

No matter your cravings during cooler months, it's important to remember your own personal health and wellbeing goals. If you're worried about excess energy intake, a change in season is a great time to rethink healthy food choices. Including lots of whole fresh vegetables is key: think soups, curries, casseroles, and so on. Including protein (such as meat, fish, eggs, and legumes) will keep you feeling fuller for longer. DM/ML

DID YOU KNOW?



FUN FACTS YOU DIDN'T KNOW ABOUT CAPE TOWN

ARTICLE BY: CAPETOWNMAGAZINE.COM

Think you're clued up on all there is to know about the Mother City? Think again! There's a whole heap of quirky little tidbits of info about our pretty metropolis that you're unlikely to be familiar with. So, in an effort to keep you on your toes, we've compiled an overview of fun facts about Cape Town, at least some of which we're sure you've never heard before.

THINGS YOU DIDN'T KNOW ABOUT CAPE TOWN

Cape Town is South Africa's tobogganing hub

Fancy slipping and sliding downhill in a sled? The Mother City is the place to do it. Although over 300 tobogganing tracks exist worldwide, Cape Town is home to the only one in Africa, aptly titled Cool Runnings after the film about Jamaica's first bobsled team. If you're keen on visiting, you'll find the track just 25km outside of the city centre on Carl Cronje Drive.

Two couples get hitched on Table Mountain every month

Our precious flat-topped mountain began forming around 280 million years ago, and today, it's still evolving! The cableway, on the other hand, was erected in 1929 and was originally constructed from wood and steel (sounds pretty dangerous to us, but there have been no accidents on it as of yet).

Another fun fact: it's estimated that two couples get hitched on the mountain every month. Wowzers! And did we mention that the Table Mountain National Park, which spans an area of 22 000 hectares, boasts more plant species than the British Isles or New Zealand?

Cape Town was appointed the best place in the world to visit by the New York Times in 2014

The Mother City racked up some serious awards in 2014: our pretty city was named the best place in the world to visit by The New York Times, appointed World Design Capital 2014, featured second in Travel and Leisure's list of top holiday destinations and deemed the second best African city to visit by TripAdvisor's 2014 Travellers' Choice awards. Similarly, did you know that in 2013 the UK publication The Guardian named the Sea Point swimming pool one of the top ten swimming pools in the world?

The Castle of Good Hope once had a sea view

Cape Town's famous landmark the Castle of Good Hope is the oldest colonial building in South Africa, having been built between 1666 and 1679. The structure, which was once a fort, served as a welcoming port for sailors travelling around the Cape – an often arduous journey. Despite popular belief, it was not built by Jan van Riebeeck; although, a temporary clay and wooden fort was built during his time at the now Golden Acre shopping centre. Though the years have reshaped the Castle's surrounding landscape, it is hard to imagine that at one time the star-shaped building had waves lapping at the entry point (the entrance was later moved for this very reason)! Today, the castle exists as a ceremonial base for Cape regiments of the South African Defence Force.



Lion's Head wasn't actually named for its felines

Despite speculation, Lion's Head does not take its name from being host to some big cats. The story goes that during the 17th century Dutch settlers named the peak Leeuwen Kop (Lion's Head) and its adjacent summit Leeuwen Staart (Lion's Tail aka Signal Hill as it's known today). It was thought that the space between the two peaks is suggestive of a crouching lion.

Afrikaans is the most widely spoken language in the Western Cape

Despite being one of the youngest languages in the world, Afrikaans is the most widely spoken tongue in the Western Cape, with isiXhosa and English racking up second and third places. Another fun fact about local demography? According to the 2011 population census, the Western Cape populace has a (slightly) feminine edge – with 50.9% of us being women. Girl power!

The Cape Floral Kingdom claims nearly 7000 plants found nowhere else in the world

The Cape Floral Kingdom, which spans 90 000sq km, is the smallest and richest recognised floral area on the planet and was declared a world heritage site by UNESCO's committee. Of the 9600 species of plant life that are found in this kingdom, around 70% occur nowhere else in the world. These include the likes of the honey buchu, peninsula snapdragon and Good Hope satinflower.



The Cape Peninsula was originally known as the Cape of Storms

As a result of the terrible tempests that have been known to rock the Mother City's coastline, the Cape Peninsula was originally nicknamed the 'Cape of Storms' by legendary explorer Bartholomew Dias. Later, it became known as the Cape of Good Hope because it offered colonial powers the promise of a sea route to the East.

Dr. Christiaan Barnard's groundbreaking surgery was bittersweet

While most are familiar with the fact that Dr Christiaan Barnard performed the first-ever heart transplant in 1967 at Groote Schuur Hospital, not so many know that his patient passed away shortly after. Sadly, Mr Louis Washkansky, the man who received the revolutionary cardiac surgery, lived only 18 days post operation due to the onset of pneumonia. The original theatre where the awe-inspiring act took place is today a museum, aptly named Heart of Cape Town.

Cape Town nearly followed in Australia's footsteps

Adderley Street, the iconic Cape Town street that is today famous for its flower and fruit-and-veg sellers, took its name from Mr Charles B. Adderley, who passionately protested against a plan by the British government to turn Cape Town into a convict colony. History books have it that the road was originally made entirely from wooden blocks, but these were ultimately covered over with tar to make the road we know today. Remnants of these wooden tiles can still be found towards the upper end of the street today. So keep your eyes peeled next time you're in search of a beautiful bouquet in the city centre!

Cape Town has the country's highest number of homes valued at more than R20 million

Business Day recently reported that while Jozi's home to most of South Africa's wealthiest (48% live in the City of Gold), the Mother City has more "trophy homes" – houses valued at over R20 million. Furthermore, it seems that the most sought-after spot of turf for those living it lush is Camps Bay, where there are 155 properties valued at more than R20 million.

Cape Town is the most equal city in South Africa

Though the ANC and DA might never come to consensus over who will most effectively run the Western Cape, both the UN-Habitat's (the United Nations agency for human settlement) 2010/11 and 2012/2013 State of the World's Cities reports concluded that Cape Town is the most equal of all South African cities. According to the account, which looks at income inequality, the three cities topping the inequality list are Buffalo City (East London), Johannesburg and Ekurhuleni (East Rand).