



September 2021 Newsletter
Magazine Section

*Friendship, Fellowship and
Fun*

1st September
First day of Spring

*What's the Difference Between
a Solstice and an Equinox?*

You may know that the solstices and equinoxes signal the changing of the seasons on Earth, but do you remember which is which? Are they just different names for the same thing? Actually, a solstice and an equinox are sort of opposites.

The seasons on Earth change because the planet is slightly tilted on its axis as it travels around the Sun. This means different points on Earth receive more or less sunlight at different times of year. If Earth were not tilted, the Sun would always appear to be directly above the Equator, the amount of light a given location receives would be fixed, and there would be no seasons. There also would be no need to mark equinoxes or solstices.

The two solstices happen in June (20 or 21) and December (21 or 22). These are the days when the Sun's path in the sky is the farthest north or south from the Equator. A hemisphere's winter solstice is the shortest day of the year and its summer solstice the year's longest. In the Northern Hemisphere the June solstice marks the start of summer: this is when the North Pole is tilted closest to the Sun, and the Sun's rays are directly overhead at the Tropic of Cancer. The December solstice marks the start of winter: at this point the South Pole is tilted closest to the Sun, and the Sun's rays are directly overhead at the Tropic of Capricorn. (In the Southern Hemisphere the seasons are reversed.)

The equinoxes happen in March (about March 21) and September (about September 23). These are the days when the Sun is exactly above the Equator, which makes day and night of equal length.

So, in the Northern Hemisphere you have:

- Vernal equinox (about March 21): day and night of equal length, marking the start of spring
- Summer solstice (June 20 or 21): longest day of the year, marking the start of summer
- Autumnal equinox (about September 23): day and night of equal length, marking the start of autumn
- Winter solstice (December 21 or 22): shortest day of the year, marking the start of winter

September equinox in the southern hemisphere usually happens on the 21st, 22nd, or 23rd of September. This year the Spring equinox occurs on Wednesday 22 September.

Iran

The fortnight-long Persian festival Nowruz begins at the spring equinox. It is a celebration of rebirth and has its roots in the ancient religion of Zoroastrianism, which was founded over three thousand years ago. Nowruz also marks the Iranian new year and on the day of the equinox Iranians prepare the Haft-Seen table. It features a variety of foods that symbolise beauty, good health, patience and prosperity, as well as spring flowers and sprouting seeds that symbolise rebirth.

Turkey

Kurds also celebrate their new year at the spring equinox. On the eve of the equinox, Kurds in Turkey light bonfires to symbolise the passing of the dark winter season and the arrival of the light spring season. On the day itself they wear new clothes, gather spring flowers and sing, dance, recite poetry and smash pottery for good luck. Many urban families will make a special trip out to the country to be at one with nature and see the first shoots of spring.

China

On the spring equinox all over China people play the egg standing game, where anyone who can get an egg to stand upright at this time is said to bring good luck upon themselves. This game is said to have been played at the time of the spring equinox in China for 4,000 years.

Spring marks the start of a busy period for Chinese farmers and at the spring equinox those working close to the Yangtze River reward their cattle with sticky rice balls to express their thanks to them. They also look out for wild geese flying overhead, as they are said to fly back to the north in the first five days of spring.

Japan

On the spring equinox, or Shunbun no Hi as it is called in Japan, Japanese people visit the graves of family members and they replace the flowers around the burial sites, clean the graves and leave offerings of incense to console ancestral spirits. The festival goes on for a week and during this time there are lots of family gatherings where everyone tucks into botamochi, a sweet mashed rice ball wrapped with azuki bean paste.

Sicily

Legend has it that in ancient Italy on the day of the spring equinox women went to the Gardens of Adonis and planted seeds to symbolise new growth and rebirth. This custom still lives on in the southern Italian island of Sicily. Here women plant pots and baskets with seeds of grains, vegetables and flowers. When they start to grow they then tie the stalks with red ribbons and put them on graves on Good Friday to show that life will always win over death.

Poland

The winters are particularly harsh in Poland and so spring is welcomed with glee. Poles do this by symbolically burying winter. The children make

straw effigies of Marzanna, the ice maiden. They dress her in a wedding dress and put a wreath on her head and then they throw her into a river or lake or set her on fire. When she is gone they collect flowers and branches and decorate them with ribbons and beads to welcome in the new season.

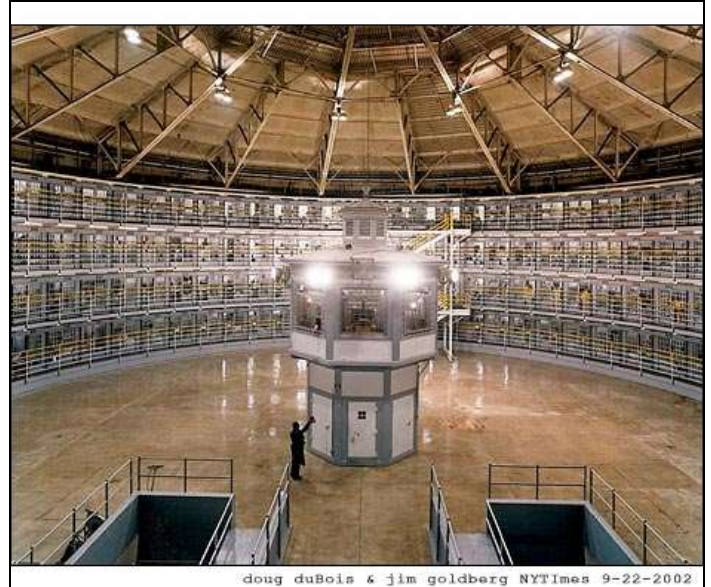
*Internalized Authority
and the Prison of the
Mind:
Bentham and Foucault's
Panopticon*

Jeremy Bentham, an English philosopher and social theorist in the mid-1700s, invented a social control mechanism that would become a comprehensive symbol for modern authority and discipline in the western world: a prison system called the Panopticon.

The basic principle for the design, which Bentham first completed in 1785, was to monitor the maximum number of prisoners with the fewest possible guards and other security costs. The layout consists of a central tower for the guards, surrounded by a ring-shaped building of prison cells.

The building with the prisoners is only one cell thick, and every cell has one open side facing the central tower. This open side has bars over it, but is otherwise entirely exposed to the tower. The guards can thus see the entirety of any cell at any time, and the

prisoners are always vulnerable and visible. Conversely, the tower is far enough from the cells and has sufficiently small windows that the prisoners cannot see the guards inside of it.



The sociological effect is that the prisoners are aware of the presence of authority at all times, even though they never know exactly when they are being observed. The authority changes from being a limited physical entity to being an internalized omniscience - the prisoners discipline themselves simply because someone might be watching, eliminating the need for more physical power to accomplish the same task. Just a few guards are able to maintain a very large number of prisoners this way. Arguably, there wouldn't even need to be any guards in the tower at all.

In 1813, parliament granted Bentham 23,000 Pounds to build the first ever panopticon prison. This panopticon in New Dehli was completed in 1817 and is still functioning as a prison to this day.

Michel Foucault is one of the most influential sociological thinkers of the last half century. One of his key contributions to criminology is his focus on how the nature of crime control has shifted from using the threat of violence and the fear of being physically punished to control through surveillance – fear of being seen to be doing something wrong.

Punishment has changed from being a violent public spectacle (such as hanging) to being hidden away, behind closed doors. It has also changed from being swift and physical, done on the body, to being more drawn out and psychological – punishment today is typically about changing the mind and the soul.

This reflects a change in how power is exercised in society – we have moved away from what Foucault called ‘sovereign power’ (control through the threat of force), to ‘disciplinary power’ (control through the monitoring and surveillance of populations).

Sovereign power was typical of the period before the 18th century when the monarch had power over people and their bodies, and thus inflicting punishment directly on the body was the means of asserting control.

Foucault points out that by the end of the 18th century this type of extreme public punishment no longer took place, instead punishment took place in prisons, behind closed doors and there was more of an attempt by authorities to control and reform criminals through the use of timetables

and other interventions such as educational programmes.

Foucault argues that disciplinary power (surveillance) evolved significantly in the late 19th century with Jeremy Bentham’s new design of prison known as the panopticon – which consisted of a central observational tower and prison cells arranged around it in such a way that the prisoners could potentially be under observation at any time, but could not see whether they were being observed or not. Because of this, prisoners had to self-monitor their behaviour so that, in effect, they ended up disciplining themselves as a result of being under constant surveillance.

Foucault argues that the use of surveillance has extend everywhere in society – it is not only in prisons that surveillance is used to control people; and it is not only criminals who are subjected to disciplinary power.

Michel Foucault, expanded the idea of the panopticon into a symbol of social control that extends into everyday life for all citizens, not just those in the prison system.

You can do surveillance by CCTV. You don’t need a round building to do it. In many ways, the watchtower at the heart of the panopticon is a precursor to the cameras fastened to our buildings – purposely visible machines with human eyes hidden from view.

The parallels between the panopticon and CCTV may be obvious, but what happens when you step into the world

of digital surveillance and data capture?

Computer and network surveillance is the monitoring of computer activity and data stored locally on a computer, or data being transferred over computer networks such as the Internet. This monitoring is often carried out covertly and may be completed by governments, corporations, criminal organizations, or individuals. It may or may not be legal and may or may not require authorization from a court or other independent government agencies. Computer and network surveillance programs are widespread today and almost all Internet traffic can be monitored.

Surveillance allows governments and other agencies to maintain social control, recognize and monitor threats or any suspicious activity, and prevent and investigate criminal activities.

Sitting at the computer in the privacy of our home it is easy to forget how exposed we actually are.

The first woman to buy fish n chips after lockdown.



(With thanks to Ted Morton)

FOR THOSE WHO ARE BORED WITH THE CURRENT RESTRICTIONS

Something for seniors to do to keep those "aging" brain cells active!

- 1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?**
- 2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?**
- 3. Before Mt. Everest was discovered, what was the highest mountain in the world?**
- 4. How much dirt is there in a hole... that measures two feet by three feet by four feet?**
- 5. What word in the English Language... is always spelled incorrectly?**
- 6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?**
- 7. In California, you cannot take a picture of a man with a wooden leg. Why not?**
- 8. What was the British Prime Minister's Name...in 1975?**
- 9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?**
- 10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?**
- 11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?**

Answers on next page (no peeking!!!)

Here are the Answers:

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?

Answer: Johnny, of course.

2. There is a clerk at the butcher shop, he is five feet ten inches tall, and he wears size 13 sneakers. What does he weigh?

Answer: Meat.

3. Before Mt. Everest was discovered, what was the highest mountain in the world?

Answer: Mt. Everest.

4. How much dirt is there in a hole that measures two feet by three feet by four feet?

Answer: There is no dirt in a hole.

5. What word in the English Language is always spelled incorrectly?

Answer: Incorrectly

6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?

Answer: Billy lives in the Southern Hemisphere.

7. In California, you cannot take a picture of a man with a wooden leg. Why not?

Answer: You can't take pictures with a wooden leg. You need a camera to take pictures.

8. What was the Prime Minister's Name in 1975?

Answer: Same as is it now - Boris Johnson

9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?

Answer: You would be in 2nd. Well, you passed the person in second place, not first.

10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?

Answer: Neither, the yolk of the egg is yellow [Duh]

11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

Answer: One. If he combines all of his haystacks, they all become one big one.

IMPOSSIBILITIES IN THE WORLD

- 1) You can't count your hair.**
- 2) You can't wash your eyes with soap.**
- 3) You can't breathe through your nose when your tongue is out.**

Put your tongue back in your mouth, you silly person.

Ten (10) Things I know about you.

- 1) You are reading this.**
- 2) You are human.**
- 3) You can't say the letter "P" without separating your lips.**
- 4) You just attempted to do it.**
- 6) You are laughing at yourself.**
- 7) You have a smile on your face and you skipped No. 5.**
- 8) You just checked to see if there is a No. 5.**
- 9) You laugh at this because you are a fun loving person & everyone does it too.**
- 10) You are probably going to send this to see who else falls for it.**

TO ALL MY INTELLIGENT FRIENDS

Keep that brain working; try to figure this one out....

See if you can figure out what these seven words all have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

Give it another try....

Look at each word carefully. You'll kick yourself when you discover the Answer. This is so cool.....

REMEMBER I ONLY SENT THIS TO MY SMART FRIENDS

NOW DON'T LET ME DOWN

No, it is not that they all have at least 2 double letters....

Answer is below!

Answer:

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

Did you figure it out?

No? Then send this to more people and stump them as well.

Then, you'll feel better too.....!

(With thanks to David Walker)

TRANSLATIONS

In a Bangkok Temple:

IT IS FORBIDDEN TO ENTER A WOMAN, EVEN A FOREIGNER, IF DRESSED AS A MAN.

Cocktail Lounge, Norway:

LADIES ARE REQUESTED NOT TO HAVE CHILDREN IN THE BAR.

Doctor's Office, Rome:

SPECIALIST IN WOMEN AND OTHER DISEASES.

Dry Cleaners, Bangkok:

DROP YOUR TROUSERS HERE FOR THE BEST RESULTS.

A Nairobi Restaurant:

CUSTOMERS, WHO FIND OUR WAITRESSES RUDE, OUGHT TO SEE THE MANAGER.

On the main road to Mombasa, leaving Nairobi:

TAKE NOTICE: WHEN THIS SIGN IS UNDER WATER, THIS ROAD IS IMPASSABLE.

In a City restaurant:

OPEN SEVEN DAYS A WEEK AND WEEKENDS.

In a Cemetery:

PERSONS ARE PROHIBITED FROM PICKING FLOWERS, FROM ANY BUT THEIR OWN GRAVES.

Tokyo hotel's rules and regulations:

GUESTS ARE REQUESTED NOT TO SMOKE, OR DO OTHER DISGUSTING BEHAVIOURS, IN BED.

On the menu of a Swiss Restaurant:

OUR WINES LEAVE YOU NOTHING TO HOPE FOR.

In a Tokyo Bar:

SPECIAL COCKTAILS FOR THE LADIES WITH NUTS.

Hotel, Yugoslavia:

THE FLATTENING OF UNDERWEAR WITH PLEASURE IS THE JOB OF THE CHAMBERMAID.

Hotel, Japan:

YOU ARE INVITED TO TAKE ADVANTAGE OF THE CHAMBERMAID .

In the lobby of a Moscow Hotel, across from a Russian Orthodox Monastery:

YOU ARE WELCOME TO VISIT THE CEMETERY, WHERE FAMOUS RUSSIAN AND SOVIET COMPOSERS, ARTISTS, AND WRITERS ARE BURIED DAILY, EXCEPT THURSDAY.

A sign posted in Germany's Black Forest:

IT IS STRICTLY FORBIDDEN ON OUR BLACK FOREST CAMPING SITE, THAT PEOPLE OF DIFFERENT SEX, FOR INSTANCE, MEN AND WOMEN, LIVE TOGETHER IN ONE TENT, UNLESS THEY ARE MARRIED WITH EACH OTHER FOR THIS PURPOSE.

Hotel, Zurich:

BECAUSE OF THE IMPROPRIETY OF ENTERTAINING GUESTS OF THE OPPOSITE SEX IN THE BEDROOM, IT IS SUGGESTED THAT THE LOBBY BE USED FOR THIS PURPOSE.

A Laundry in Rome:

LADIES, LEAVE YOUR CLOTHES HERE AND THEN SPEND THE AFTERNOON HAVING A GOOD TIME.

COINCIDENCE
1 in a 2 million chance.

A quite incredible coincidence occurred in our family 15 or so years ago but the story goes back further.

In early 1972 my brother was in his mid-twenties working for Pan Am in Sydney when one of their planes mistook the lights on a line of fishing boats in Bali for the runway and crashed into a mountain with the loss of all onboard. My brother was sent there immediately until more senior staff arrived from U.S.A. He handled it so well he was offered a position in New York. Many other opportunities arose and he became a U.S.A. citizen and subsequently married and had a son.

His son chose Hotel Management after school and as he had visited Sydney many times decided to study at I.C.M.S. St Patricks Manly. Initially he lived at College and then shared a flat in Manly but after graduation required accommodation closer to the city and found a flat at Neutral Bay. He told his father, who asked what street and then what number. Whilst he didn't know the number, he remembered the name of the block. His father then asked which flat. By now my brother was becoming impatient until his father informed him that that was the exact flat his great grandmother had lived in more than 50 years earlier.

What a coincidence that flat should be vacant and he chose it without any knowledge of where she had lived in Sydney.

Cherry Robinson



Blue Skies Ahead

Photo taken at Tania Park, Balgowlah by John Robinson

LIMERICKS

Though they've been around for less time than the Shakespearean sonnet, limericks are a popular form of poetry for different audiences. Though not the first to write or recite them, English poet Edward Lear was famous for popularizing limericks in the nineteenth century. In 1846, he published a volume of his original limericks entitled "A Book of Nonsense". One limerick from his book reads as follows:

*There was an Old Man with a beard,
Who said, 'It is just as I feared!
Two Owls and a Hen,
Four Larks and a Wren,
Have all built their nests in my beard!'*

Defining Characteristics of a Limerick

Limericks all follow the same structure and pattern which sets them apart from other poetic forms and makes them easily identifiable.

1. A limerick consists of five lines arranged in one stanza.
2. The first line, second line, and fifth lines end in rhyming words.
3. The third and fourth lines must rhyme.
4. The rhythm of a limerick is anapestic, which means two unstressed syllables are followed by a third stressed syllable.

5. The first, second, and final line each have three anapests (da dum da da dum da da dum).
6. The third and fourth lines have two anapests (da dum da da dum).

COMPETITION

OK - now it is your turn

Make up a limerick and submit it to the newsletter editor at:

jennifer_mary_jones@hotmail.com

Your limericks will appear in the newsletter, will be judged by your club committee and the winner awarded a prize at our next meeting.

Tips for writing a limerick

Aside from their steadfast structure, there's a lot of leeway when it comes to limerick topics. Here are six tips to help you write your limerick.

1. **Tell a story.** When you read other limericks, you'll notice that they have a narrative arc, complete with a main character, plot, and resolution. When you write a limerick, approach it like a very short story.
2. **Start with your subject.** Your first line should introduce your main character and establish a setting if you're including one. For a practice run, start with your own name, jot down words that rhyme with it, and see what amusing limericks you can come up with.

3. **Make it absurd.** Limericks are meant to be nonsensical and silly. After you've introduced your main character, put them in an absurd scenario to ramp up the humour.
4. **End with a twist.** The last line of a limerick is like the punch line of a joke. End your limericks with a plot twist.
5. **Don't stray from the structure.** The sky's the limit when it comes to the subject matter of limericks, but you need to follow the AABBA rhyme scheme and the anapestic rhythm pattern. If you need help finding words that rhyme, reference a rhyming dictionary to help you with ideas.
6. **Read your limerick out loud.** Limericks are fun to write and just as fun to read out loud. Reading them aloud as you write helps you make sure you have the right rhythm. Then, when you're done, read it in front of people to get a good laugh.

There once was a man from Nantucket,
 Who kept all his cash in a bucket.
 But his daughter, named Nan,
 Ran away with a man,
 And as for the bucket, Nantucket.



How boys tell a story



How girls tell a story



PNEUMONIC INFLUENZA SPANISH FLUE 1919

The Spanish flu pandemic emerged at the end of the First World War, killing more than 50 million people worldwide.

Despite a swift Australian quarantine response in October 1918, cases of Spanish flu began to appear in Australia in early 1919.

About 40 per cent of the population fell ill and around 15,000 died as the virus spread throughout the country.

The notice on the following page was found by Cherry Robinson when "cleaning out".

PNEUMONIC INFLUENZA.

Use of Respirators.

The infection of influenza is given off from the nose and mouth of patients who are suffering from influenza; and probably from the nose and mouth of possible carriers.

The wearing of an effective respirator (commonly called a mask) over the nose and mouth will prevent the passage of germs into the nose and mouth. An effective respirator consists of four layers of surgical gauze or three layers of butter cloth, which should be worn on a light wire frame, fitting closely over the mouth and nose. The gauze on the respirator should be changed as often as it becomes soiled—say once daily. No disinfectant need be applied to the gauze. The old gauze should be burned.

EVERY CITIZEN SHOULD WEAR A RESPIRATOR

while riding on trams, trains, or other vehicles; upon steamers; when occupying offices, rooms, or other enclosed spaces, which are also occupied by any other persons; in any crowded street, or if walking or standing in conversation with other persons. In the open air it is believed that there is safety at a distance of six feet or over from the mouth of any person.

Advice to those in Health.

- Wear a respirator.
- Do all you can to help your neighbours.
- Do not be afraid to enter a house where assistance is needed.
- Keep all children in the open air as much as possible.
- Do not be depressed.
- Keep away from the cougher, spitter, and sneezer except when you are wearing a respirator.
- Keep out of crowds, and avoid close contact with other people.
- Keep in the fresh air and sunlight as much as possible.
- Keep out of doors, if possible, or in a well-ventilated room.
- Be temperate in eating, and avoid alcohol.
- Wash your hands and face immediately upon reaching your home.
- Change your clothes before mingling with the rest of your family.
- Keep the mouth and teeth clean.

Advice to those who are Sick.

- Go to bed at once.
- Stay in bed until recovery is complete.
- Follow the advice of your doctor.

The sick person should cough, sneeze, or expectorate into gauze or a piece of clean rag which should be burnt at once after use. Persons handling the gauze or rag should wash their hands after each attention.

Patient's room should be well ventilated, and care should be taken that draughts do not strike him.

Visitors should be kept from the sick room as far as possible. Only one member of the family should attend on the patient, and the attendant should wear a mask.

Sydney, New South Wales,
January, 1919.

HEALTHY DRINKS

*Taken from Harvard
School of Public Health
website*

In the beginning, there was water—abundant, refreshing, providing everything the body needs to replenish the fluids it loses. Humans relied on it as the only beverage for millions of years.

Milk was introduced with the advent of agriculture and the domestication of animals. Then came beer and wine and coffee and tea, all consumed for taste and pleasure as much as for the fluids they provide.

The newcomers (sugary beverages including soda, sports drinks, and energy drinks) offer hydration but with a hefty dose of unnecessary calories that the body may have a hard time regulating. Alternatively, “diet” drinks offer sweetness without the calories, but does that make them a healthy choice?

With so many options, it's easy to be confused about which beverages are best for our health:

- **Water** is the best choice for quenching your thirst.
- **Coffee** and **tea**, without added sweeteners, are healthy choices, too.

- Some beverages should be limited or consumed in moderation, including **fruit juice**, **milk**, and those made with **low-calorie sweeteners**, like diet drinks.
- **Alcohol** in moderation can be healthy for some people, but not everyone.
- It's generally best to avoid **sugary drinks** like soda, **sports beverages**, and **energy drinks**.

Coffee

Coffee lovers around the world who reach for their favourite morning brew probably aren't thinking about its health benefits or risks. And yet this beverage has been subject to a long history of debate. In 1991 coffee was included in a list of possible carcinogens by the World Health Organization. By 2016 it was exonerated, as research found that the beverage was not associated with an increased risk of cancer; on the contrary, there was a decreased risk of certain cancers among those who drink coffee regularly.

Additional accumulating research suggests that when consumed in moderation, coffee can be considered a healthy beverage.

One 8-ounce cup of brewed coffee contains about 95 mg of caffeine. A moderate amount of coffee is generally defined as 3-5 cups a day, or on average 400 mg of caffeine, according to the Dietary Guidelines for Americans.

Coffee is an intricate mixture of more than a thousand chemicals. The cup of coffee you order from a coffee shop is likely different from the coffee you brew at home. What defines a cup is the type of coffee bean used, how it is roasted, the amount of grind, and how it is brewed. Human response to coffee or caffeine can also vary substantially across individuals. Low to moderate doses of caffeine (50–300 mg) may cause increased alertness, energy, and ability to concentrate, while higher doses may have negative effects such as anxiety, restlessness, insomnia, and increased heart rate. Still, the cumulative research on coffee points in the direction of a health benefit. Does the benefit stem from the caffeine or plant compounds in the coffee bean? Is there a certain amount of coffee needed a day to produce a health benefit?

The bottom line: A large body of evidence suggests that consumption of caffeinated coffee does not increase the risk of cardiovascular diseases and cancers. In fact, consumption of 3 to 5 standard cups of coffee daily has been consistently associated with a reduced risk of several chronic diseases.] However, some individuals may not tolerate higher amounts of caffeine due to symptoms of jitteriness, anxiety, and insomnia. Specifically, those who have difficulty controlling their blood pressure may want to moderate their coffee intake. Pregnant women are also advised to aim for less than 200 mg of caffeine daily, the amount in 2 cups of coffee, because caffeine passes through the placenta into the

fetus and has been associated with pregnancy loss and low birth weight. Because of the potential negative side effects some people experience when drinking caffeinated coffee, it is not necessary to start drinking it if you do not already or to increase the amount you currently drink, as there are many other dietary strategies to improve your health. Decaffeinated coffee is a good option if one is sensitive to caffeine, and according to the research summarized above, it offers similar health benefits as caffeinated coffee. It's also important to keep in mind how you enjoy your brew. The extra calories, sugar, and saturated fat in a coffee house beverage loaded with whipped cream and flavoured syrup might offset any health benefits found in a basic black coffee.

Did You Know?

- It is a myth that darker roasts contain a higher level of caffeine than lighter roasts. Lighter roasts actually have a slightly higher concentration!
- Coffee grinds should not be brewed more than once. Brewed grinds taste bitter and may no longer produce a pleasant coffee flavour.
- While water is always the best choice for quenching your thirst, coffee can count towards your daily fluid goals. Although caffeine has a mild diuretic effect, it is offset by the total amount of fluid from the coffee.