



Mercedes-Benz
WINNIPEG

FORE WOMEN'S HEALTH

2011 GOLF TOURNAMENT

Thursday, September 1st, 2011
Bel Acres Golf and Country Club

WonderWoman Sponsor (Title sponsor)



Mercedes-Benz
WINNIPEG

Bionic Woman Celebrity Endorsement
Nia Vardalos

Strong Woman Sponsors



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Thank You

for supporting the Women's Health Research Foundation of Canada by participating in today's fun and educational event. We hope you enjoyed the Mercedes-Benz Winnipeg Fore Women's Health Ladies Golf Tournament 2011 and look forward to seeing you all next year.

Mercedes-Benz Winnipeg Fore Women's Health Golf Tournament Committee

Donna Martin (co-chair)

Pam Hadder (co-chair)

Sandra McKenzie

MariAnn Ruczak

Diane Blahey

Eileen MacDonald

Jackie Dewar

Jill Demianiw

Taryn Foreman

Lana Jones

Patty Black

Bev Temple

Jo-Ann Lapointe-McKenzie

Dinner

Fresh buns and butter

Greek salad

Romaine lettuce tossed with cucumbers, tomatoes, red onion, bell peppers, feta cheese, kalamata olives and garlic balsamic dressing

Entree

Grilled boneless chicken breast, with a spinach, pesto, sundried tomato and feta cheese, wrapped in puff pastry and served with a light demi sauce.

Served with garlic and rosemary oven roasted potatoes and Mediterranean vegetables

Dessert

Tiramisu

Trivia Questions

Question 1. On average, Canadian women are having their first child at age:

- Answer:**
- a. 23 years
 - b. 26 years
 - c. 29 years**
 - d. 32 years
-

Question 2. Young women are less likely than young men to report using a condom during sexual intercourse.

Answer: *True*

Question 3. Out of 30 countries, Canada has the ___ largest gender-pay gap.

- Answer:** a. 3rd b. 4th **c. 5th** d. 6th e. None of the above
-

Question 4. A girl born in Canada in 2005 can expect to live to the age of _____ years.

- Answer:** a. 76 b. 78 **c. 83** d. 85
-

Question 5. Which of the following increases one's risk for developing breast cancer?

- Answer:**
- a. using antiperspirant
 - b. eating non-organic fruits and vegetables
 - c. getting breast implants
 - d. none of the above**
-

Question 6. There are twice as many nerve endings in the clitoris as compared to the penis.

Answer: *True*

Question 7. Thirty minutes of intercourse burns 85 calories or more.

Answer: *True*

Question 8. To the brain, being in love is similar to the “high” produced by cocaine.

Answer: *True*

Question 9. Which of the following statements is true?

Answer:

- a. Women appear more resilient when it comes to stress
- b. Women are more likely to consult physicians
- c. Men and women differ in health-related habits
- d. All of the above**

Question 10. For all age groups combined, ___ of women are physically INACTIVE (expend less than 1.5 kilocalories per kg per day)

Answer:

- a. 25%
- b. 43%
- c. 57%**
- d. 66%

Question 11. What percentage of women ages 31 to 70 exceeded Health Canada’s recommendation of 400 mg of caffeine per day?

Answer:

- a. 5%
- b. 15%**
- c. 30%
- d. 50%

Question 12. Lesbian women see a family doctor

- Answer:**
- a. More often than heterosexual women
 - b. Less often than heterosexual women**
 - c. As often as heterosexual women
 - d. On a monthly basis
-

Question 13. What is the probability that a woman will develop breast cancer in her lifetime?

- Answer:**
- a. 1/4
 - b. 1/6
 - c. 1/9**
 - d. 1/20
-

Question 14. Dr. Oz referred to the vagina as a self cleaning oven.

- Answer:** *True*
-

Question 15. Which women need to consume more calcium a day?

- Answer:**
- a. Pregnant or lactating women
 - b. Women who are prone to fractures
 - c. Women 50+ years old**
 - d. All women need to consume the same amount
-

Question 16. IN 1916, women in Manitoba were given the right to vote. When were Aboriginal women given the right to vote in Canada?

- Answer:**
- a. 1916
 - b. 1935
 - c. 1960**
 - d. 1985

Question 17. 5% of midlife women have urinary incontinence and these women always seek medical help.

Answer: *False*

Question 18. Research studies show that symptoms of heart attacks in women are different from those in men. Chest pain is the most common symptom in both sexes. What symptoms are also experienced by women during a heart attack?

Answer:

- a. unusual fatigue that gets worse with activity
- b. difficulty breathing
- c. heartburn that is unrelieved by antacids
- d. tightening and pain in the chest that extends up into the neck, jaws and shoulders
- e. All of the above**

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Nia Vardolas

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