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Over \$6000 of prizes donated!

We apologize to any supporters who did not make the print deadline



Mercedes-Benz Winnipeg



Thursday, August 19, 2010
Rossmere Golf and Country Club

WonderWoman Sponsor (Title sponsor)



Mercedes-Benz Winnipeg

Strong Woman Sponsors



Healthy Glow Contest Sponsors



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 2010 and look forward to seeing you all next year.

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

Donna Martin (co-chair)
Beverley Temple (co-chair)

Diane Blahey
Eileen MacDonald
Jackie Dewar
Jill Demianiw
Joanne Hampson
Kristen Wilson
Lana Jones
Lisa Lylte
MariAnn Ruczak
Pam Hadder
Patty Black
Sandra McKenzie
Vera Steinberger

Dinner

Chicken Brie stuffed with
Spinach and Brie in a Chardonnay cream sauce
Rice Pilaf and Mixed Vegetables
Garden Salad with choice of dressings on the table
Dessert (Sweet Platters)
Coffee and Tea

Thank You to our Hole & Contest Sponsors

**Mercedes-Benz Winnipeg
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Kevin Becker/National Bank Financial
SWJ Strategic Marketing & Advertising
Arbonne Int'l
QiQuest
Royal Dance Conservatory
Admiral Printing Limited
Tom Powell Design Studio
Unisource**

Special Thanks

**Rossmere Golf & Country Club
Chrissy Troy and Hot 103 FM
Manitoba Pork Council
Old Dutch
Banville & Jones
Two Amigos
Zumba by Christina Vasquez
Salon Venator
Earrings donated by Tara Silvaggio
Make up Artist - Karla Lharoufeh
All the wonderful volunteers!**



Trivia Questions

Question 15. Symptoms of chronic stress in women that should be treated include:

- Answer:**
- a. Headaches, low libido
 - b. High blood pressure
 - c. Emotional eating
 - d. All of the above**
-

Question 16. The number of missing Aboriginal women in Canada is 582. Nearly half of all murder cases involving First Nations, Metis and Inuit women and girls remain unsolved. The rate is dramatically different for cases where non-aboriginal women are murdered, where 84 % are cleared by charges or other means.

Answer: *True*

Question 17. Most people understand that severe crushing chest pain is a common symptom for heart attacks. Women's most common symptoms of heart attacks can include which of the following?

- Answer:**
- a. Discomfort in the shoulders, neck or back
 - b. Discomfort in the abdomen, nausea
 - c. General fatigue and shortness of breath
 - d. All of the above**
-

Question 18. Food banks in Manitoba serve a large number of people each month, with Winnipeg Harvest being the largest. They serve how many children each month?

- Answer:** a. 3,000 b. 7,000 c. 10,000 **d. 18,000**
-

Manitoba has the largest population of children using food banks in the country.

**Putting
contest:**

In North America, what percentage of women wash their hands after using the bathroom?

- Answer:** *d.*
- Handwashing is one of the most effective ways to prevent the spread of colds and flu. But is that fact getting people to wash more often? A recent study says no. The study, conducted by The Soap and Detergent Association (SDA) and the American Society for Microbiology (ASM), found that not as many adults wash their hands as say they do. Researchers found that 90 percent of women washed their hands while only 75 percent of men lathered up.
-

Question 1. Getting at least 1200 mg of Calcium a day can assist with which of the following?

- Answer:**
- a. Preventing osteoporosis
 - b. Reducing the risk of high Blood Pressure
 - c. Reducing symptoms of premenstrual syndrome
 - d. All of the above**
-

Question 2. Worldwide, the number one cause of death in women in their reproductive years is:

- Answer:**
- a. Starvation
 - b. Complications related to pregnancy or childbirth**
 - c. Motor vehicle accidents
 - d. Post- partum depression
-

Question 3. Which vitamin was recently linked to prevention of cancer in women?

- Answer:** a. A b. B c. C **d. D**
-

Question 4. The United Nations Population Fund reviewed more than half a million female deaths related to childbirth in 2000. What % of these maternal deaths were found to be preventable?

- Answer:** a. 69 b. 79 c. 89 **d. 99**

Question 5. Women can be challenged with many types of infections – Candida albicans yeast is one of them. What are the main contributors towards Candida overgrowth?

Answer: a. High stress
b. Refined foods
c. Synthetic hormones
d. All of the above

Question 6. When considering mental health, which of the following is NOT a common shared need of Aboriginal Prairie Women?

Answer: a. The need to be heard and receive answers
b. The need to talk to someone
c. The need for more medications
d. The need for care, support and acceptance

Question 7. For every dollar earned by Aboriginal women how much do Aboriginal men earn?

Answer: a. \$1.25
b. \$1.70
c. \$2.00
d. \$2.34

Question 8. When diagnosed early, 90% of women with ovarian cancer survive. However, ovarian cancer kills at least 1700 Canadian women each year. Symptoms of ovarian cancer include:

Answer: a. Abdominal bloating and difficulty eating or feeling full quickly
b. Urinary frequency
c. Pelvic or abdominal pain
d. Annual pap smears are a good thing!

Question 9. Conditions affecting the bones, joints and muscles such as osteoporosis and arthritis are more common in women than men.

Answer: **True**

Question 10. Women have higher incidences of high blood pressure after the age of 60 than men.

Answer: **True**

Question 11. To prevent vaginal infections and discharge, which of the following is recommended?

Answer: a. Wear silk panties
b. Wear cotton panties only during the day
c. Go “commando” & wear no panties
d. It doesn’t matter what you wear, so “don” a thong

Question 12. 1. The women’s age group with the highest rates of obesity is:

Answer: a. 18-24
b. 25-34
c. 35-44
d. 45-64 due to multiple reasons
e. 65+

Question 13. When you use a tanning booth before the age of 30, your risk of developing melanoma (the deadliest skin cancer) goes up by what percentage?

Answer: a. 10%
b. 25%
c. 50%
d. 75%

Question 14. The World Health Organization estimates that nearly half of the sexual assaults worldwide are against girls ages 15 and younger.

Answer: **True**