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| Moksha Yoga                 |                                |

Over \$6000 of prizes donated!

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

# FORE WOMEN'S HEALTH

*Ladies golf tournament '09*



Thursday, August 27, 2009  
Rossmere Golf and Country Club

WonderWoman Sponsor (Title sponsor)



Bionic Woman Sponsors



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 Investor's Group Fore Women's Health Ladies Golf Tournament 2009 and look forward to seeing you all next year.

## Investor's Group Fore Women's Health Golf Tournament Committee

Donna Martin (co-chair)  
Leona Johnson (co-chair)

Beverley Temple  
Brenna Raemer  
Diane Blahey  
Eileen MacDonald  
Jill Demianiw  
Kristen Wilson  
Lana Jones  
MariAnn Ruczak  
Patti Glesby  
Patty Black  
Sandra McKenzie  
Sandy Kluka  
Tish O'Keefe  
Vera Steinberger

## Dinner

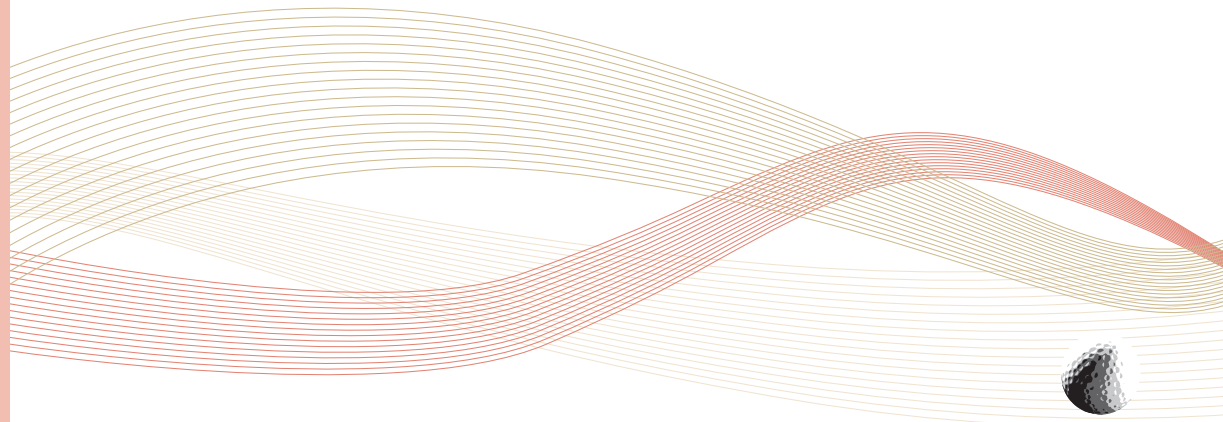
**Rossmere Stuffed Chicken**  
**Mixed Garden Greens**  
**Seasonal Mixed Vegetables**  
**Dinner Rolls**  
**Dessert (Rossmere Sweet Platters)**

## Thank You to our Hole Sponsors

**Investor's Group**  
**Manitoba Blue Cross**  
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**Winnipeg Winter Club**  
**QiQuest**  
**Royal Dance Conservatory**  
**Admiral Printing Limited**  
**Tom Powell Design Studio**  
**Unisource**

## Special Thanks

**Murray Chev - Hole-in-One**  
**Julie Leefe - Putting Contest**  
**Sweatmarks - Pre-golf warm-up**  
**Sleeman's - samples**  
**Fazzo Bistro - lunch sponsor**  
**Peller Estates - Wine Sponsor**  
**Tim Horton's - cart snack sponsor**



# Trivia Questions

**Question 14.** The tip of the clitoris has as many nerve endings as the glans of the penis

**Answer:** *True*

**Question 15.** Smoking among women is linked to

**Answer:**

- a. higher insurance premiums
- b. cancer of the cervix
- c. menstrual problems
- d. *all of the above*

Smoking tobacco remains the leading cause of preventable death in Canada

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**Question 16.** What is the leading cause of death of women in North America

**Answer:**

- a. breast cancer,
- b. motor vehicle accidents
- c. *lung cancer*
- d. coronary heart disease

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**Question 17.** Women who golf with friends or who volunteer for good causes are more likely to be happy and live longer.

**Answer:** *True*

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**Question 18.** A vigorous "shag" can burn more than 100 calories – as much as a brisk walk or running up a few flights of stairs.

**Answer:** *True*

## Putting

**contest:** More women will acquire a Sexually Transmitted Infection than men and the consequences are more dire in terms of disease and infertility.

**Answer:** **True** Therefore always use a condom!!!

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**Question 1.** Who is the Manitoba Minister of Health?

**Answer:** *Thersesa Oswald*



**Question 2.** Half of all women in substance abuse treatment have a history of rape or incest.

**Answer:** *True*

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**Question 3.** Did you know it is now COOL (LOL) to ask your health care provider to warm a speculum under a tap before your exam?

**Answer:** *Yes*

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**Question 4.** Married women are more likely to be depressed than single or married men or single women.

**Answer:** *True*

**Question 5.** Women are more likely than men to describe their health in a positive manner

**Answer:** *False*

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**Question 6.** Men and women typically experience sleep disturbances equally.

**Answer:** *False*

Women worry or think about all the tasks required. 1:5 women live in poverty and inadequate housing. Women with children often don't sleep well. Hormones also affect women's sleep patterns throughout various stages in life.

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**Question 7.** Compared to a dollar earned by a man, women earn:

**Answer:**

- a. 25 cents
- b. 50 cents
- c. 76 cents**
- d. 96 cents

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**Question 8.** Pap Smear tests are recommended for sexually active women up to which age?

**Answer:**

- a. 30
- b. 60
- c. 70**
- d. 90

**Question 9.** Brain Scans show that when a man's brain is in a resting state, 70% of his brain is shut down. When a woman is in a resting state 90% of a woman's brain remains active.

**Answer:** *True*

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**Question 10.** More women participate in health research than men.

**Answer:** *False*

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**Question 11.** Women are typically more active than men.

**Answer:** *False*

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**Question 12.** What will further trigger menopausal symptoms?

**Answer:**

- a. caffeine,
- b. spicy foods
- c. alcohol
- d. all of the above**

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**Question 13.** Osteoporosis, which is largely preventable, affects 13-15% of women over 50. What percentage of women have low bone mass density

**Answer:**

- a. 5- 10%
- b. 15 – 29 %
- c. 30 – 36%**
- d. 37 – 50%

Foods high in calcium include dairy products, salmon and broccoli.  
Foods high in magnesium include black beans, halibut and broccoli.