

Celebrating Resiliency Conference

February 1-3, 2022



Santé
Canada

Health
Canada

This conference is funded by Health Canada



Wake up & Trivia

TYPE YOUR ANSWER IN THE CHAT

FASTEST FINGERS GET POINTS

FIRST TWO CORRECT ANSWERS THAT APPEAR IN THE CHAT

1.

What is the hormone in your body that plays a role in sleep. The production and release of it in the brain is connected to time of day; increasing when it's dark and decreasing when it's light.

It is also available as a supplement

A: Melatonin



2.

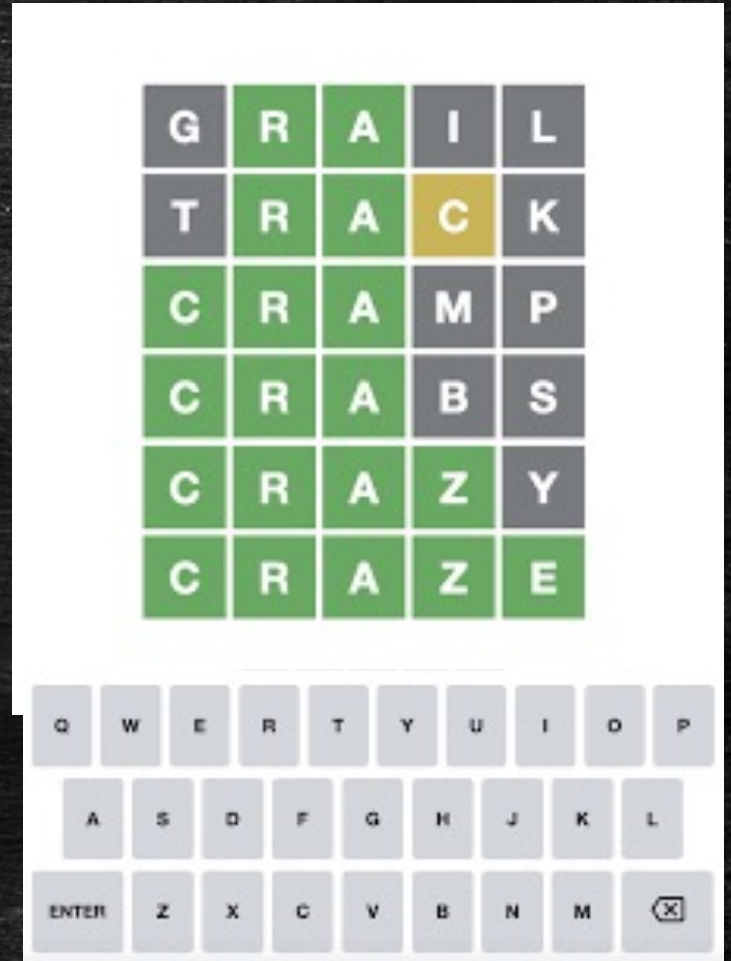
What 4 letter acronym describes a feeling of well-being or tingling as experienced by some people in response to a specific gentle stimulus; often a particular sound like whispering voices, paper tearing, and scalp massage. Popular videos on YouTube are often tagged to “help you fall asleep”?

A: ASMR



3.
What is the daily puzzle game where you guess a five-letter word that has seen a sharp increase in popularity recently? It was created by a software engineer in Brooklyn for his partner?

A: Wordle



4.

What dark South Korean show's runaway popularity in 2021 made it Netflix's highest ranked show of all time?

Subscribers have watched more than 2.1 billion hours of it since it was released, according to Netflix.

A: Squid Game



5.

What word completes this quote by Gille Vigneault

"Mon pays ce n'est pas un pays, c'est _____"
("My country isn't a country, it's _____")

-Gilles Vigneault

A: l'hiver



6.

What historic Quebec City landmark holds the Guinness World Record for the most photographed hotel in the world?

A: Château Frontenac



7.

What is the provincial bird of Quebec?

A: Snowy Owl



8.

Named for the town where it is produced, what is the name of the pungent cheese originally made by Trappist monks at the Abbey of Notre-Dame du Lac?

A: Oka Cheese





9.

One of Quebec's most popular tourism regions, what is the name of the peninsula along the south shore of the Saint Lawrence River separated from New Brunswick on its southern side by Chaleur Bay and the Restigouche River?

A: Gaspé Peninsula

10.

What company got its name after making a typo when its founder suggested they name it after a mathematical term referring to a 1 followed by 100 zeros?

A: Google



11.

Which 2000's sitcom invented Galentine's Day, the holiday the day before Valentine's day in which you celebrate your female friendships?

A: Parks and Recreation



12.

Flower sales are incredibly high on Valentine's Day, but according to Teleflora, what holiday is the second highest day for flower sales?

A: Mother's Day



13.

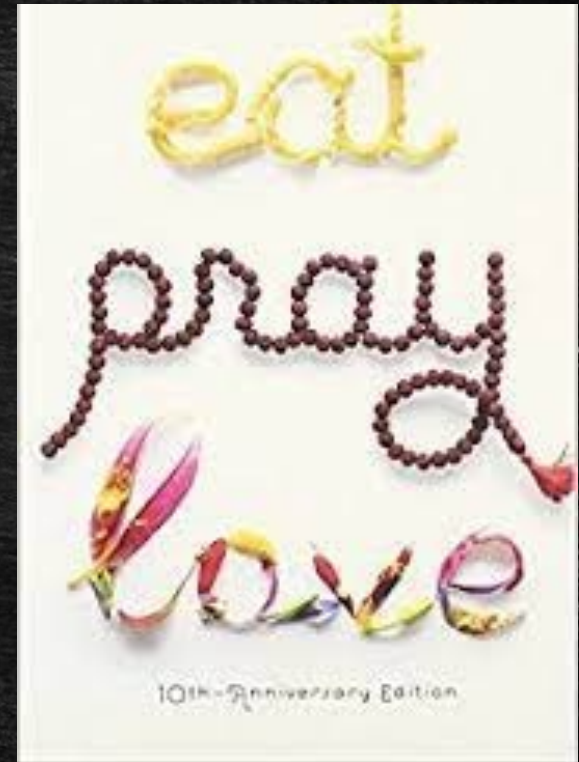
What Montreal chef competed and won Iron Chef America, beating out Bobby Flay with a plate of lobster poutine?

A: Chuck Hughes



14. Published in 2006 who wrote the memoir Eat, Pray Love?

A: Elisabeth Gilbert



What rapper opened a restaurant in his hometown of Detroit called “Mom’s Spaghetti” this past fall?

A: Eminem



and the
WINNER is...

THANK YOU

CHSSN

Celebrating Resiliency Conference

February 1-3, 2022



Santé
Canada Health
Canada

This conference is funded by Health Canada

