

Southport

August 2017 Issue

Southport Celebrates 25th Anniversary and Canada's 150th Anniversary

On Wednesday August 30th, Southport held a Community BBQ to celebrate Southport's 25th Anniversary along with Canada's 150th Anniversary. The event was open to the community and featured kids activities, a pulled pork supper and local entertainment.

The event began with a performance from local band Boy Boy Boy and was followed by welcoming remarks from Southport CEO, Peggy May. The other speakers included Paulette Connery, Southport Board Chair; The Honourable Candice Bergen; The Honourable Ian Wishart; and Cathie McFarlane.

The crowd was then entertained by the high-energy dancing of the Asham Stompers. The audience was even invited to participate in a dancing lesson.

The Sharpe Sisters closed out the night's performances with their harmonic melodies. A dazzling fireworks display capped off the event.

Thank you to everyone who came out and celebrated Southport's 25th Anniversary and Canada's 150th Anniversary with us.



Special Guests Visit Southport Airport



On August 24th, Southport Airport received a visit from the additional training aircraft of the Royal Canadian Air

Force (RCAF). Military flight training is carried out under contract at Southport. The 4 aircraft used to train at Southport are the C-90B King Air (left), Grob 120 A (second from left), B-206 Jet Ranger (second from right), and Bell 412 (right).

The additional aircraft pictured are used to train pilots at other facilities. Together, the aircraft at Southport and the visiting aircraft showcase the training aircraft of the RCAF.

Southport Sponsors Community Events

Southport continues to sponsor community events. In the past month Southport sponsored:

- United Way Golf Tournament
- United Way Kayak Fundraiser



B-25 Stops at Southport

From August 28th - September 3rd a B-25 Bomber stopped at Southport Airport as a part of the Flying Legends of Victory Tour from the Arizona Commemorative Air Force Base. The crew gave tours of the plane's interior, and sold flights in the historical aircraft. (Supplied photo.)

Southport Participates in Golf Tournaments

On August 11th Southport staff participated in a fundraising golf tournament for the United Way - Portage Plains. Southport staff also participated in the BOMA golf classic on August 16th.



United Way Kayak Raffle

The Community BBQ on August 30th, Southport donated a kayak for a fundraiser for United Way-Portage Plains. Participants had to guess how many Canada flags were in the kayak. The draw raised \$295! The winner was Dianne Switzer (L), pictured with Mandy Dubois (M) and Peggy May (R).

Upcoming Events

MB Precision Ag Workshop December 12



Southport Promotional Video

You may have seen film crews around Southport in the last little while. That's because Southport is having a promotional video made! Look for the video, which showcases everything Southport has to offer, coming soon!

New Employee



Southport has a new Facility Maintenance Technician, Brad Gannon. Brad has 29 years of plumbing experience to bring to Southport. He also loves hockey, fishing and is a big supporter of the Portage Terriers. Welcome to the team, Brad!

Contact Us!

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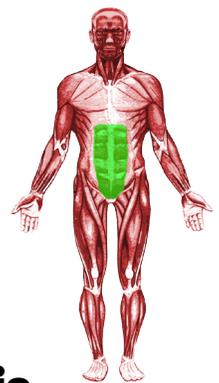
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September Spotlight: Rectus Abdominis

We've got a new feature at Central Plains RecPlex: Monthly Spotlights! Each month, we'll feature a new muscle group that you can learn about, and find a targeted exercise and challenge. You'll have until the end of the month to attempt the challenge that corresponds to the muscle. September's muscle is Rectus Abdominis or "abs", a paired muscle running vertically on each side of the anterior wall of the abdomen. When flexed, the muscle moves the lumbar spine, bringing the rib cage and pelvis towards each other. You can find more information on this month's targeted exercise and challenge on our website or in the fitness area at Central Plains RecPlex.



Rectus Abdominis

Member of the Month

Every month at Central Plains RecPlex, we'll be featuring a member of the month who shows dedication to their fitness goals. September's member of the month is Russ Sampson, for displaying friendliness, hard work, and effort.



Russ has been coming to the RecPlex for a year and a half and plans to compete in a bodybuilding competition next year. Congratulations Russ!

Bring A Buddy Day - September 13 + 27

**BRING
A BUDDY
DAY**

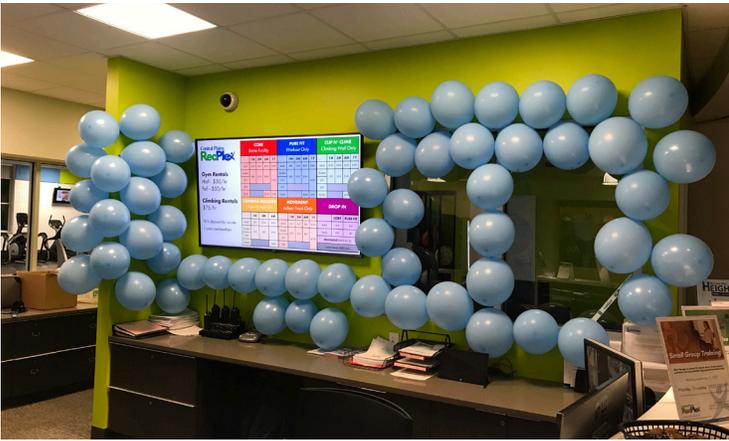
September 13 + 27

Members with a Core or Clip n' Climb membership can bring a friend to climb for free. All rules and waivers apply.



Balloon Pop

As a way to thank our members for referring their family and friends to the Central Plains RecPlex, staff put together a balloon event! Balloons cover our wall with prizes hidden within some of them. The prizes range from climbing passes, Sawmill Tea & Coffee gift certificates, all the way to a 1 month Core membership! When members refer a friend, they get to pop a balloon, hopefully revealing a prize. The friend they referred also wins as they will be offered 2 free day passes to try out the RecPlex!



Radio Campaign - Rumble in the RecPlex

In September and October we will be running a radio campaign promoting the Central Plains RecPlex. Make sure you're listening to the local radio stations. There will be daily competitions with a grand prize of a one-year membership to the Central Plains RecPlex!

New Fall Fitness Classes

Starting in September, Central Plains RecPlex will be offering a variety of fitness classes for all ages, taught by a certified fitness instructor.

Junior Gym

Youth ages 11-15 can learn how to exercise safely and efficiently under supervision.

Monday + Wednesday: 5:00PM -7:00 PM

\$5 per session drop in fee

\$30 for 1 month (8 sessions)

\$75 for 3 months (24 sessions)

Smoothie Night at Central Plains RecPlex

Staff members at the Central Plains RecPlex were busy handing out smoothie samples from Sawmill Tea + Coffee Co. to our members for a post-workout refuel in August. There are many perks to being a member at the Central Plains RecPlex!



Small Group Training*

Blast through an intense 30-minute abs or circuit workout – perfect for those with a busy schedule.

Monday – Thursday: 7:00 AM - 7:30 AM

\$5 per session drop in fee

Group Exercise*

Cardio and strengthening exercises are combined for a full-body workout set to music.

Tuesday + Thursday: 7:00 PM – 8:00 PM

\$8 per session drop in fee

*A fitness class membership allows the user to attend both Small Group Training and Group Exercise classes.