



Stay and Play in Southport!

Southport launched a new campaign - Stay and Play! This new motto highlights Southport's accommodations and amenities. You may have seen our billboard that shows this new campaign as you are travelling West on the TransCanada, heading toward Portage. You will soon see more advertisements in Stride Place and along Sissions Drive by Walmart.

Stay . . .

Southport has two accommodation buildings on site that are perfect for a weekend getaway or a long-term stay. We have everything needed to make your stay at Southport comfortable!

The state-of-the-art Barker Building was built in 2011. Barker Building is similar to a hotel and has 52 spacious suites, each has separate living, dining and kitchen area, a private bedroom, full bathroom, flat screen TVs, cable, Wifi, parking and a storage area. These include two accessible rooms and two two-bedroom suites.

Mynarski House is popular with students studying in

Southport. The building has 32 rooms. Each have a double bed, flat screen TV, cable, Wifi and parking. A common kitchen area is located on each floor and includes stoves, microwaves, and basic cookware. Common laundry facilities are also available at no charge.

If you get hungry during your stay, contact the Central Plains RecPlex and order one of their delicious new pizzas, or stop by the RecPlex Welcome Centre in the morning for free fruit and coffee to start your day.

Play . . .

Southport has lots to do to keep you busy. Practice your golf swing at the Southport Golf Club driving range, or book your tee-time to take up a game of golf on the greens in the summer.

At the Central Plains RecPlex, challenge yourself with the 9m climbing wall, or "get your glow on" with glow

bowling at Southport Bowl, Southport's 5-pin bowling alley with 5 lanes with electronic scoring. The RecPlex also features a 110m walking path, a full-sized gymnasium that can be rented for numerous activities, and a day-care centre.

The fitness area features free weights, universal machines, benches, exercise bikes, stair climbers, treadmills, ellipticals, battle ropes and punching bags to complete your fitness experience.



Enjoy the outdoors with Southport's outdoor facilities which include two asphalt tennis courts, three baseball diamonds, a soccer field, 400m graveled track, and numerous walking paths that criss-cross through the community, allowing you to take in the beautiful prairie landscape and explore Southport.

Southport residents receive 10% off of their membership at the Central Plains RecPlex!

M3 Aerial RPAS Ground School Training

M3 Aerial held an RPAS (remotely piloted aircraft system) ground school course in the Flightline Building in Southport on February 12 and 13. This was the largest class in M3 Aerial's training history! The 29 individuals from across Manitoba learned about operating RPAS and the current rules and regulations.



Southport Focuses on Manitoba Accessibility Act

Southport Chief Executive Officer, Peggy May, and Director of Business Development, Deanna Talbot, attended the monthly BOMA Breakfast in Winnipeg at The MET on Tuesday, February 19. The breakfast focused on the topic: The Accessibility Act: What commercial real estate professionals need to know, presented by Brian Everton of Design for All Consulting. The session provided commercial real estate professionals with an introduction to The Accessibility Act. Participants learned about why the legislation became necessary, an overview into how the Act is put together, and what is required of property managers under the Act's Customer Service standard. Stay tuned for updates on the steps we are taking to become more accessible.



Southport Donates to ACE

As new upgrades continue in the Southport office, we ensure that our old equipment finds a new purpose. Southport donated 7 computers, 1 monitor, 7 sets of keyboards, mice and other necessary components for each computer to Accelerated Christian Education (ACE), a faith based home schooling curriculum for kids from Kindergarten to Grade 12, managed out of Southport.

The Southport Slappers Take to the Ice on the Crescent

Six Southport staff members laced up their skates and took their shot at the Champion title in the MIG Pond Hockey Championship from Friday, February 17 to Sunday, February 19. Thirteen teams signed up to play and many more came out to support the Portage Rotary Club. The winning team this year was from Newton Enterprises. This year the championship raised \$10,000.

Tenant Feature: Nutri - Pea Limited

Nutri-Pea is a privately owned company specializing in the manufacture of food ingredients derived from Canadian Yellow Peas. Since its inception in 1997, the company has become the only manufacturer of pea ingredients of its kind in North America and delivers meaningful benefits to food companies worldwide. The company retains a HACCP and ISO 9001:2000 accredited production facility in Portage la Prairie in the city's industrial park. Being dedicated to solvent-free processing, Nutri-Pea maintains a status of GMO-free and gluten-free. Nutri-Pea uses the Warehouse Building for storage.



Nutri-Pea Limited
Natural Pea Ingredients



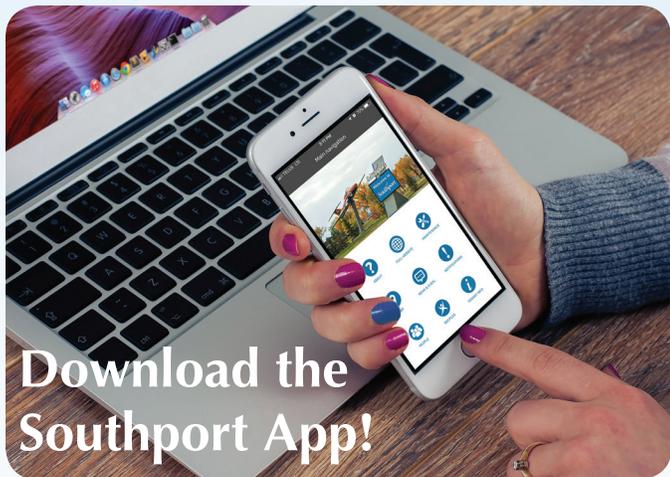
Southport Women Attend SHEDay

Southport's female staff spent Thursday, February 7 in Winnipeg at the RBC Convention Centre in Celebration of the fifth annual SHEDay conference. The conference is an opportunity for women to hear from inspirational speakers who share their success, knowledge, experiences and stories with attendees. The conference aims to help women develop their leadership capacity and strength by building networks, creating dialogue and enhancing communication. It was a great day filled with inspiration and it was a great bonding opportunity for the staff as well.



Southport Learns About the Importance of Preparing for Communication in a Crisis Situation

Southport's Director of Business Development, Deanna Talbot, attended the Institute of Corporate Directors (ICD) luncheon on Wednesday, February 20. The luncheon provided insight about how to prepare for a crisis – before it is too late. Topics covered included viral social media scandals, cybersecurity attacks and the ongoing impact of the #metoo movement.



Download the Southport App!

Southport Supports Promotional Video

The Community Foundation of Portage and District (CFPD) created a video, sponsored by Southport, that showcases the foundation and its importance for the wide variety of interests that it supports.

The video featured Southport's Chief Executive Officer, Peggy May, and our involvement in CFPD with our endowment which has grown to over \$25,000.



150 Women Who Care

On February 28, several of Southport's female staff attended the Community Foundation of Portage and District 150 Women Who Care event. The event showed exactly how the foundation makes an impact in the community. Every woman who attended the event made a commitment to donating \$100 to CFPD with the purchase of their ticket, creating the Women Who Care fund. The evening included local music, a five-course meal with wine and pitches from five local non-profits. Following the food and pitches, the women voted on the organization they wanted to be awarded with a \$10,000 grant. The deserving winner was Rest-A-Bit Inc. The organization will be using the new funds to create a homeless shelter in Portage la Prairie. Congratulations!



Upcoming Events

Home and Life Expo: March 15-16

Visit the Southport and Central Plains RecPlex table at Stride Place for a chance to win great prizes!

Connect with us!

Our Office:

25 Centenaire Drive,
Southport, MB R0H 1N1

Hours of Operation:

Monday to Friday: 8:30 AM - 4:30 PM

 204.428.6030 or 1.800.558.4680

 www.fb.me/southportairport

 www.twitter.com/southportmb

 www.southport.ca

 info@southport.ca



March Spotlight: Brain

The upcoming muscle of the month for March will get you thinking. It's the brain! The cerebrum is the largest part of the brain. It is not technically a muscle, but it functions as one. It consists of the cerebrum, the brainstem and the cerebellum. More information about the muscle of the month and exercises can be found on our website or on the posters in the workout area.

Reach for the Top - Climbing Wall Tips

- 1 WARM UP** - It's important to warm up if you want to climb well and avoid injury. Be patient and take your time so you are ready to climb. Rock climbing gives you cardio and strength building in one workout.
- 2 THINK BEFORE YOU MOVE** - Many people incorrectly think rock climbing involves great strength. While you can never be too strong, it's technique that will make you climb better. Plan and decide which hand and foot hold you're going to use, and in what order, then put it into action.
- 3 WATCH OTHER CLIMBERS** - Paying close attention to what others are trying can be useful, but it can also be problematic. Everyone has different strengths, weaknesses and physical attributes, remember, everyone has their own way!
- 4 FOCUS ON BALANCE** - Balance is the glue that binds all aspects of climbing together. Aim to climb in a slow, controlled style. While you reach between holds, your body should stay reasonably still. It's excellent balance and body positioning that allows climbers to do more complicated moves.
- 5 STAY RELAXED AND DON'T GET FRUSTRATED** - You may have overlooked which foot or handhold to grab, and a simple adjustment will make you more comfortable. When bouldering, try to stay relaxed and loose. If you feel yourself start to fall or flail, take a few deep breaths and have a good look around at your options. Failure is part of learning, so don't let it frustrate you. Be patient and enjoy the process of problem solving. Above all, remember that practice makes perfect!



Member of the Month: Lisa Brown

Lisa has been a member at the RecPlex for two years and is working to get back into fitness, as she used to be in martial arts, earning two black belts along the way. She would like to open her own gym one day. Congratulations, Lisa!

If you have a nomination for a member of the month, please let us know by email, social media, or in person.

Central Plains
RecPlex

Brews + Bites

Hours of Operation - Grab a Bite!

Free fruit and coffee available upstairs to re-fuel while you visit the RecPlex!

*Pizza and alcoholic beverages are currently only available downstairs in Southport Bowl.

DOWNSTAIRS: Mon. - Fri. 6pm - 10pm

Sat. 1pm - 10pm

Sun. 12pm - 5pm

UPSTAIRS: Mon. - Sat. 6:30am - 10pm

Sun. 9am - 8pm



Connect with us!

Our Location:

75 Centenaire Drive,
Southport, MB ROH 1N1

Hours of Operation:

Monday to Saturday: 5 AM - 10 PM
Sunday: 9 AM - 8 PM



204.428.6050 or 1.800.558.4680



www.fb.me/centralplainsrecplex



www.instagram.com/centralplainsrecplex



www.centralplainsrecplex.com



recreation@southport.ca