



3 Canadian Forces Flying Training School Holds Change of Command Ceremony

On July 12, at the Southport Airport, 3 Canadian Forces Flying Training School (3 CFFTS) held a Change of Command Ceremony. This ceremony typically occurs every 2 - 3 years.

Lieutenant-Colonel Marc-Antoine Fecteau was recognized for his dedication over the past 3 years as Commandant of the School, before passing the command to incoming Commandant Lieutenant-Colonel Colin Peek.

Many members of the military, Southport staff and dignitaries attended the afternoon ceremony. The dignitaries in attendance included Portage la Prairie MLA; Ian Wishart, City Councillor; Sharilyn Knox, Southport Board Chair; Brent Gilbert, Southport CEO; Peggy May and Reviewing Officer; Colonel Denis O'Reilly.

LCol Fecteau's next posting will be in Ottawa, as Governor-General Julie Payette's Military Advisor. LCol Peek trained at Southport, and was also the Deputy

Commandant in 2016 under Lieutenant-Colonel Scott Mutton and Lieutenant-Colonel Fecteau.

Southport would like to say goodbye and best wishes to LCol Marc-Antoine Fecteau and congratulations and welcome to LCol Colin Peek.





Watch the Construction of Hangar 5 in Our Time Lapse Video

The construction of Hangar 5 is coming along quickly! To keep up-to-date on this exciting project, Southport installed a time lapse camera nearby to capture the construction of the hangar in real-time from 7AM- 7PM everyday. The time lapse video of the hangar's construction throughout the month of June can be viewed online on Southport's [Facebook page](#).



Southport Sponsors & Attends 15th Annual Arron's Chance 2 Play Charity Golf Tournament

On Thursday, July 18 and Friday, July 19, Southport staff attended the 15th Annual Arron's Chance 2 Play Golf Tournament. The tournament is based around a well-known Portage la Prairie athlete, Arron Asham, who had a successful NHL career before retiring in 2014. Chance 2 Play was started to provide kids from the area with the opportunity to play winter ice sports, and helps out an average of 30 - 40 kids each year. Southport attended a sports dinner which kicked



Southport Presents Scholarship at Red River College Graduation Ceremony

In June, Southport presented scholarships to two deserving Red River College students. The recipients of the awards were Kari Denby, graduate of the Administrative Assistant Program and Lalaine Buan, graduate of the Early Childhood Education Workplace Program. Congratulations to all Red River College Graduates!

off the tournament on Thursday, with special guest speaker, Ron MacLean, who is best known as the host of Hockey Night in Canada.

The golf tournament itself was held on Friday. Southport staff golfed in the tournament and sponsored hole 16 where players had the chance to participate in human bowling and enter to win a Stay & Play in Southport package. Congratulations to the winner of the Stay & Play package, Ryan Hamm!



Tenant Feature: Airport Technology Industries

Airport Technologies Inc. (ATI) is a local, Canadian company that specializes in the restoration and refurbishment of airport maintenance equipment. ATI has grown and now manufactures its own designs out of its plant at Southport. ATI manufactures the best "purpose-built" Airport Plow Vehicle in the world, the Snow Mauler, as well as a High Speed Airport Snowblower, the Snow Wolf. The company has products at airports across North America. ATI is located on the east side of Southport in a hangar that has been renovated and now includes a large scale crane.



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You Can Now Tour Southport's Accommodations Online

Southport is excited to release new 3D tours of Barker Suites and Mynarski House. You can now explore these accommodations from anywhere you can access the internet. Plan ahead and book your next stay in Portage la Prairie or Southport now!

[View Barker Suites](#)

[View Mynarski House](#)





Southport Welcomes New Executive Assistant

Southport would like to extend a warm welcome back to Breanne Neudorf as the new Executive Assistant. Breanne is a graduate of Carleton University in Ottawa, Ontario where she received a Bachelor of Communications and Media Studies Degree with Honors. Breanne has a history with Southport as a summer student Marketing Assistant in 2018. She has writing and media experience that she is eager to put to use in her new role. Welcome back to the team Breanne!



Residential Tenants Help in Keeping Southport Beautiful

In the month of July, Southport completed its second round of yard checks. Residential tenants in Southport with the nicest yards were awarded with coupons for bowling, golf, pizza from Brews + Bites in the RecPlex or a pass for the RecPlex fitness area, for their hard work and for doing their part in keeping Southport beautiful! Residential tenants can prepare for the last yard check in August, and keep an eye out for coupons waiting for them when they get home.

Southport Office Receives New Self-Watering Planters

On July 8, Our Farm Greenhouses was in Southport planting flowers in our new self-watering planters. These new planters fit right in with our Climate Smart initiatives as they reduce the water costs associated with daily watering, and they make the entrance to Southport beautiful!



Southport's Yard Beautification Checks are underway!

Once a month Southport will be giving out coupons to the houses with the nicest yards!

Have a neighbour with a nice yard?
Nominate them!

Contact marketingassistant@southport.ca, 204-428-6071 or southport.ca for details.

Reaching New Heights 4th Edition Now Available

The newest edition of Southport's magazine, Reaching New Heights, is now available! You can access the magazine [online](#), or come visit us at the Southport office for your own hard copy.



Upcoming Events

McKenzies Portage Funeral Chapel Tree Dedication Ceremony:
August 18

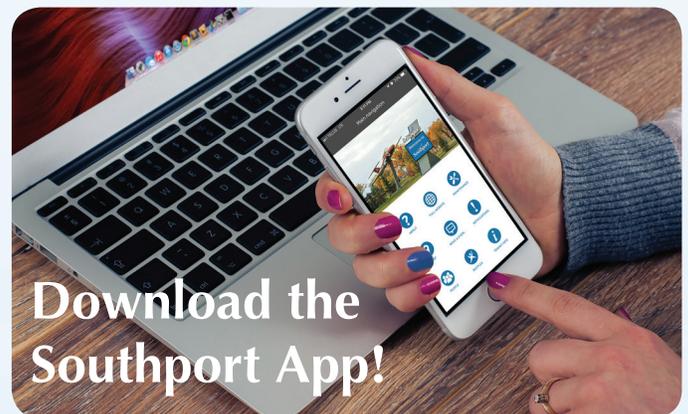
Earlier this spring, 120 young evergreens were planted in Southport's Interpretive Park. Each tree will be dedicated to a loved one that has passed away.

Southport Residential Community Evening:
August 28

Southport's residential tenants are invited to attend an outdoor movie, Disney's Aladdin, complete with snacks.

Southport Office Closed:
September 2

The Southport office will be closed Monday, September 2 for Labour Day. The Central Plains Rec-Plex will be open with holiday hours: 9am - 7pm.



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

August Spotlight: Hamstring

The upcoming muscle of the month for August is the hamstring. The hamstring is one of the three posterior thigh muscles between the hip and the knee (semimembranosus, semitendinosus and biceps femoris). These three muscles are quite susceptible to injury. The hamstrings cross and act upon the hip and the knee. Together, these three muscles flex (bend) the knee, while the semitendinosus and the semimembranosus extend (straighten) the hip.

A graphic designed to look like a construction sign. It has a black and yellow striped border at the top and bottom. The text is centered on a grey background. At the bottom right, there is a blue circular icon with three white dots, resembling a bowling ball.

UNDER CONSTRUCTION
Southport Bowl Closed August 13 - September 6, 2019

Please *spare* us while we renovate Southport Bowl.
We apologize for any inconvenience.
We promise it'll be worth the wait!

Upgrades to include:

- glow lanes • pinsetters
- lane bumpers • new lanes

Central Plains
RecPlex

Bowling Alley Renos

We're excited to announce that Southport Bowl is receiving upgrades to make bowling even better! Southport Bowl will be closed for these renovations from August 13 until September 6. The new upgrades will include: new lanes, lane bumpers, glow lanes and new pinsetters. Follow Southport and the Central Plains RecPlex on social media to stay up-to-date on the renovations and the re-opening later in September.



Member of the Month: Taylor McVannel

Taylor has been a member at the RecPlex since she moved to Portage la Prairie one and a half years ago. She loves maintaining an active lifestyle in every aspect of her life, whether she's working out at the RecPlex or going about her day-to-day activities. Taylor especially enjoys working out with her friends and family. Her next fitness goals are to build more muscle and to be able to do a chin-up. Congratulations Taylor!

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

Call & Order Your Next Pizza From Brews + Bites!

Monday - Saturday

6:30am - 10pm

Sunday

9:00am - 10pm



Game On! Southport's Ball Diamonds Are Open for the Season

Southport's ball diamonds are ready for the summer season! Call ahead to book a diamond today: 204.428.6050

2019 Adult Fees

8 hour day (full day)	\$90
4 hour day (half day)	\$50
Fee per hour	\$20

2019 Youth Fees

8 hour day (full day)	\$62.50
4 hour day (half day)	\$35
Fee per hour	\$10

Summer at the RecPlex

The RecPlex is gearing up for the end of the summer with a giveaway! Every Friday in August, we will be giving away a RecPlex prize. On the last day of the month, we will draw for the grand prize which includes a one-month membership to the RecPlex. Follow Southport and the Central Plains RecPlex on Facebook and watch for more ways to enter!



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

Climbing Club

WHO?

Everyone!

WHAT?

This is a group for creating and maintaining a climbing community here in Portage la Prairie. At the RecPlex, we have a beautiful wall that needs to be used to its full potential!

WHERE?

The Central Plains RecPlex climbing wall, "The Pit."

WHY?

For fun! This club, will give climbers a chance to climb with other people, give and receive feedback, and allow the route setters to determine the best routes to set on the wall.



Resistance Bands Available for Purchase at the RecPlex

The RecPlex now carries White Lion Athletics mini resistance bands! The bands come in a 5-pack which includes instructions and 5 progressive levels of resistance bands all in a carrying pouch for \$20. These bands are perfect for developing strength, endurance, stability and power!

Does Your Gym Bag Need Replacing?

Replace that old gym bag with a new RecPlex gym bag for only \$35.00. Ask the front desk staff for more details on your next visit.

Every Tuesday Evening
7PM - 8PM.

Free for RecPlex Members,
\$10 for Drop-ins

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