



Southport Hosts Community Movie Night for Residential Tenants

Every summer, Southport shows its appreciation to the residential tenants that call Southport home. Over the past four years, this event was a community barbecue. This year, Southport switched things up and hosted a movie night.

On August 28, Southport hosted a Community Movie Night for the residential tenants. Residential tenants were invited to bring a chair or blanket to the green space off of Caledonia Crescent, in the centre of the Southport residential area.

Earlier in the evening, the movie was moved indoors, but the rain didn't stop Southport staff and residents from having fun! The featured movie, Disney's Aladdin, was shown at 8:00PM. The tenants enjoyed complimentary drinks, popcorn and snacks while they watched the movie.



Southport Sponsors Central Plains Cancer Services Charity Golf Classic

On Thursday, August 29, Central Plains Cancer Services held their 2nd Annual Charity Golf Classic in support of their Kids Can Cope program. This program is for children and teens who are dealing with cancer in their lives. Southport is proud to have sponsored a portion of the tournament.

Southport Staff Volunteer to Help Setup the Annual Portage la Prairie Potato Festival

On Friday, August 9, Southport staff headed to Republic Park to help setup for the 2019 Annual Portage la Prairie Potato Festival. Staff helped set up tables and chairs in the vendor area, disperse recycling bins, arrange a space for the accessible parking area and assemble the fence surrounding the area.



Southport Welcomes New Board of Director

Southport is excited to welcome a new member to our Board of Directors, Dan Bolton. Dan has called Portage la Prairie home since he was 10 years old. He graduated from Arthur Meighen High School with honors and distinction and has a Bachelor's degree in Agribusiness from the University of Manitoba.

Dan has an extensive background in the agriculture and food production industry, and is experienced in sales and management. He worked in agriculture retail and grain buying for 15 years for a few grain companies doing every job from running custom application equipment to running grain elevators.

As current Director of Farm Services at Northern Quinoa Production Corporation (NorQuin), Dan comes to work every day excited to be part of a growing team working to develop a new crop in Western Canada. Aside from this, Dan is involved with several agriculture engagements and boards and remains an active member of the community and volunteers with events as often as possible.

A few events that Dan has been involved in are the RBC Cup, large curling events in Portage la Prairie, and he was part of the fundraising team for the new playground equipment in the Koko Platz neighbourhood in Portage.

Dan currently resides in Portage la Prairie with his wife Jenna and their two sons Weston and Payson. In his off time, he is an avid snowmobiler and curler in the winter and enjoys golfing and baseball in the summer months.

Southport Yard Beautification Winner 2019

For the past few summers, Southport has held a Yard Beautification Contest. Once a month in June, July and August, we walked around the neighbourhood and rewarded tenants with the nicest yards a coupon for one of Southport's amenities. This year, our overall winner for the summer was Nadia Milley. Congratulations Nadia and thank you to all of our tenants for working hard to make Southport beautiful!



Southport Prepares for an Economic Impact Study of 2019 Operations

In February 2017, Southport released an economic impact study that measured the spending, employment and economic output of Southport through an analysis of 2016 operations. This report updated the previous study of 2014. Southport will be conducting a third economic impact study this year. The tender was awarded to InterVISTAS and we will see the results by the end of 2019.

Watch the Construction of Hangar 5 in Our Time Lapse Videos

The exterior walls and roof of Hangar 5 are now up and construction has moved inside the hangar. Southport's time lapse camera has also moved inside to continue capturing the construction footage from 7AM - 7PM everyday. You can watch the walls go up in our July Time Lapse video on [Facebook](#). Watch our social media for the next time lapse video which will feature the flooring installation and other interior construction.



McKenzie's Portage Funeral Chapel Holds Tree Dedication Ceremony in Southport's Interpretive Park

Earlier this spring, McKenzie's Portage Funeral Chapel visited Southport and planted a number of young ever-green trees in preparation for a dedication ceremony that was held on Sunday, August 18.

Since 2018, two dedication ceremonies have been held, and each tree that has been planted in Southport's Interpretive Park has been dedicated to a loved one that has passed. Southport is happy to provide space for these trees, and a place for friends and family to remember their loved ones.



Tenant Feature: KF Aerospace

KF Aerospace services the Canadian Forces primary flight training program. KF Aerospace has established a turnkey operation at the Southport Airport with new facilities, training devices and courses to satisfy the training requirements of the RCAF. KF Aerospace is Southport's anchor tenant and embraces Southport's military heritage while putting Southport on the map, as they train 80% of Royal Canadian Air Force pilots. They use a number of Southport's facilities including Hangar 1 and Hangar 2 for maintenance and storage and the Hilly Brown Building where ground school training takes place and where the majority of KF Aerospace staff are located. The Alan McLeod Building is the students residence and Voyageur Place is where the Officer's Mess is located, which is where all students and instructors are fed.



Southport Staff Receive IT Security Training

In August, Southport staff received IT training to keep up-to-date with the latest fraudulent email, text message and phone call scams. Staff learned about the many 'red flags' that can alert you to what is fraudulent and what is not. Staff participated in a quiz that tested this knowledge in regard to fraudulent websites. The session was presented by Jordan Sharples of Solutions IT in Portage la Prairie. The Southport employee who was most aware of fraudulent websites from the quiz was Chris Egan who won a prize from Solutions IT.



Download the
Southport App!

Professional Photography of Southport

On August 12, professional photographer, Andrew Sikorsky, visited Southport and took a variety of photos. Andrew took some landscape and architectural shots, photos inside the Central Plains RecPlex, and new staff members had their portraits taken. To finish up the day, Southport staff gathered in front of the 'gate-guard,' the Tutor 202 Golden Centenaire Aircraft that is installed by the Southport office, for a group photo.



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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

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 www.southport.ca

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Upcoming Events

**C.O.P.P. / RCMP Holds 13th Annual
Golf Tournament**
September 5

Southport is sponsoring a hole in the tournament where golfers can participate in human bowling and enter to win a bowling package to celebrate the reopening of Southport Bowl on September 7 after renovations have been completed. All proceeds from the tournament are donated to R.O.K. and Big Brothers Big Sisters Portage.

**Portage Terriers Host Annual Par 3
Challenge Golf Tournament**
September 6

Southport is sponsoring a hole in the tournament. There will be great food and amazing prizes for all golfers.

KF Aerospace / 3CFSTS Hosts Family Day
September 14

KF Aerospace is hosting a Family Day for their staff, military staff and Southport staff. On this day, these staff and their families receive the opportunity to take to the sky in one of four airplanes or helicopters that are flown at Southport.

September Spotlight: Lats

The upcoming muscle of the month for September is the pair of muscles often called the lats, or also known as the latissimus dorsi muscle. This pair of flat muscles on the back stretches to the sides, behind the arm, and is partly covered by the trapezius muscle on the back near the midline. The lats are the largest muscle in the upper body and are responsible for the movement and internal rotation of the shoulder joint and have a role in the extension and flex of the spine.



Resistance Bands and Gym Bags Available for Purchase at the RecPlex

The RecPlex carries White Lion Athletics mini resistance bands. The 5-pack 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!

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.



Member of the Month: Tristan Sawka

Tristan has been a member at the RecPlex for a year and a half. His current workout strategy includes push-pull super sets and drop sets. Tristan says if he isn't making a silly face by the time he's on rep 5, he's not doing the sets right, or to the fullest extent of his abilities. Congratulations Tristan!

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



REACH NEW HEIGHTS AT THE RECPLEX

CLIMBING NIGHT

EVERY TUESDAY NIGHT

7:00 - 8:00 PM

EVERYONE WELCOME!

DROP- IN YOUTH \$5.00
DROP - IN ADULTS \$10.00
DROP - IN FAMILY (5) \$15.00
FREE FOR RECPLEX MEMBERS

The RecPlex Celebrates Summer With a Giveaway

To celebrate the end of the summer before people go back to their routines, the Central Plains RecPlex held a Summer Giveaway contest and social media campaign throughout the month of August.

The campaign featured one prize giveaway each week, with one grand prize winner at the end of the month. People entered the contest by commenting on posts, answering polls, tagging their friends, discussing their favourite workouts and suggesting new classes that they would like to see offered at the RecPlex.

Our grand prize winner was Russ Sampson. He won a RecPlex gym package which included a one-month membership to the RecPlex, a RecPlex gym bag, towel, and shaker cup. Congratulations to Russ and to our other weekly draw winners.

Summer at the RecPlex

WEEKLY PRIZES AND ONE GRAND PRIZE

Prizes every Friday and a grand prize including a free month membership at the end of the month.

Stay tuned daily for your way to enter!

QUESTION OF THE WEEK

WHAT FITNESS CLASS WOULD YOU LIKE TO SEE OFFERED AT THE RECPLEX?

Please "Spare" us While Southport Bowl is Being Renovated

Southport Bowl received some new upgrades in the month of August. Southport Bowl closed on August 13 for renovations, and will remain closed until the reopening on September 7. The upgrades to the facility include new pinsetters, lane bumpers and new lanes that glow, to make glow bowling better than ever.

To celebrate the reopening, Southport and the Central Plains RecPlex are holding a Strike Out and Win contest! The first 30 customers who bowl a strike, will automatically win a prize. You can also enter to win an Ultimate Southport Bowl Prize Pack when you come bowling in September, or by watching our social media and tagging who you'll bring with you when you come to try out the new upgrades.



Call & Order Your Next Pizza From Brews + Bites!

Monday - Saturday
6:30am - 10pm
Sunday
9:00am - 10pm



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



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