



Southport Paves the Way

Several paving projects have taken place over the last month at Southport. These paving projects are part of an annual initiative that ensures infrastructure aligns with Southport's standards and future goals.

Musketeer Road East (pictured above)

Road repairs have taken place along Musketeer Road East, ensuring a smooth drive.

Hangar 5 Parking Lot and Driveway



Hangar 5 has a newly paved parking lot and driveway. Hydro seeding has taken place to allow new grass to grow and next, parking stall lines will be painted.

Southport COVID-19 Update

At Southport, we're doing our part to minimize the spread of COVID-19 by keeping our office closed to the public. Inquiries can be made by phone or email. Southport Golf Club is now closed for the season. In coordination with government and public health recommended protocols, masks are required to enter Central Plains RecPlex and physical distancing measures must be followed. All workouts, climbing wall sessions and bowling bookings must be made in advance. View the full policy on the RecPlex [website](#). For more information regarding COVID-19, please visit the Province of Manitoba website for the latest updates: www.manitoba.ca/covid19/.

Accelerated Christian Education Parking Lot



Accelerated Christian Education Canada (ACE), a long-standing tenant at Southport, received a newly paved parking lot. Southport is pleased to work with its tenants to ensure their facilities meet their needs.

Walking Paths



In the green space along Caledonia Crescent, the walking paths have been paved. You can now enjoy these new, smooth walking paths on your next evening stroll, morning run, or walk with your dog.

Assiniboine Avenue



Assiniboine Avenue, which runs through Southport's residential area, now features a new, smooth paved road. New grass will soon grow along the pavement edge thanks to the recent completion of hydro seeding.

OPEN HOUSE

Sunday, October 25 1-3pm

53 Portage Street, Southport



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Construction Zone: Centenaire South



The newest Centenaire South duplexes are nearing completion. Interior and exterior final touches are taking place and these new homes will soon be complete for their November possession. We are excited to see the finished product!



Southport Welcomes New Central Plains RecPlex Staff

Southport would like to extend a warm welcome to the two new Customer Service Representatives of Recreation, Grayson Butler, and Paige Garroich. Welcome to the Southport team!



Tenant Feature: Assiniboine Community College

Assiniboine Community College operates a 2-year rotating Practical Nursing Program out of their campus at Southport. The program uses an interactive blended learning and classroom environment, with simulated clinical settings using the latest lab equipment. The program provides students with an opportunity to make a difference in the health care profession.

ACC uses the Southport Building for office, classroom, and laboratory space. The program has seen success at Southport and it is great for the local economy as it produces local nurses who will ideally stay and work in the Portage la Prairie region.



Southport Management and Board of Directors Gather for 2020 Strategic Planning Session

Southport Board of Directors and Management met virtually on September 29 to discuss the future strategic direction of Southport. It was a productive session, discussing Southport's bright future.



Central Plains RecPlex Adds New Safety Measures

Central Plains RecPlex prioritizes member and employee safety and is working to continue providing a safe environment at the RecPlex. In coordination with government and public health recommended protocols, masks are now required to enter the RecPlex and must be worn in the lobby at all times.



Workout Area:

Once you have entered the workout area, you may remove your mask, as indicated by signage.



Climbing Wall:

If you are in the climbing pit, but are not climbing, you must wear a mask.



Southport Bowl:

Masks must be worn in the downstairs lobby area, at the check-in desk and in the seating area at all times. Once you enter the bowling lane area, you may remove your mask, as indicated by signage.



Central Plains RecPlex Gets into Fitness With Fall Discount Day

Central Plains RecPlex held its annual fall Discount Day on September 17. On this day, all new and renewed memberships were 20% off and members had the chance to win their membership for free!

This year, not only did one member win, this entire family won their one-year family membership for FREE. Congratulations to the Loewen family!

We would like to thank all members who renewed their memberships on Discount Day and welcome our new members, including the Loewen family, to the Central Plains RecPlex!



ROCK | **BECOME A**
WALL | **MEMBER**
OPEN | **TODAY**



Connect with us!

Our Location:

75 Centenaire Drive,
Southport, MB ROH 1N1

Hours of Operation:

Monday to Saturday: 5 AM - 10 PM
Sunday: 7 AM - 7 PM

 204.428.6050

 @centralplainsrecplex

 @centralplainsrecplex

 www.centralplainsrecplex.com

 recreation@southport.ca



Machine of the Month

For the month of October, we are featuring the Cable Machine. This piece of equipment is used in weight or function training. It is a vertically-oriented structure with a weight stack attached through a cable and pulley system to one or more handles. This set up allows the machine to be used for a variety of exercises.

Unsure how to get started with using the Cable Machine? Just ask one of our staff!

3 Cable Machine Tips

1 Choose Your Attachment

The RecPlex cable machine has many attachment options including stirrup handles, split ropes and a pull-down bar. You can easily clip the attachments onto the cable.

2 Adjust the Pulley

After taking the pin out of the weight stack so there is no resistance, move the height of the pulley up or down to suit the exercise you'll be doing. For example, for upper moves such as a chest press, make sure the pulley height is set so you can complete the exercise without having to raise your shoulders.

3 Pick Your Number

Place the pin back into the weight stack at the appropriate weight plate for you. The load should make it challenging to finish your reps and sets, but not so much that you lose your form. The middle ground is your sweet spot!

GET YOUR
GLOW
ON!

SOUTHPORT
BOWL

September Event & Charity Support

CFPD Advertisement Sponsorship

The Community Foundation of Portage and District ran their monthly advertisement in the Graphic Leader highlighting a grant given to the Fort la Reine Museum for their Accessible Education Project. The project included installing 20 new information panels translated into English, French and Dakota, as well as the installation of 8 new audio effects in their most popular heritage buildings. These new multi-sensory features can now be enjoyed at the museum for years to come.

Southport proudly sponsors these monthly advertisements, as the CFPD is one of Southport's key community partners.



United Way Central Plains Glow Golf Tournament

In September, Southport sponsored and attended the United Way Central Plains Glow Golf Tournament that was held at Southport Golf Club. Southport provided all the glow golf balls and flag glow sticks as part of the sponsorship. It was a fun evening of golf and supporting a local not-for-profit organization that helps children, families, individuals, and seniors in our community.

Southport was pleased to sponsor this tournament as the United Way Central Plains is one of Southport's key community partners.

Portage Terriers Golf Tournament

Southport sponsored and attended the first annual Geno Romanow Memorial Par 3 Challenge at the Portage Golf Club on September 13. All proceeds from the tournament, in Geno's name, went to the Portage Terriers organization. Alumni, fans and business partners joined together in making the tournament a success.

Southport is an active supporter of the Portage Terriers in our community and is proud to provide the Central Plains RecPlex as the official home dry land training facility for the hockey team.

Geno Romanow Memorial
Par 3 Challenge





MCC Mattress Donation

In September, Southport switched all the double mattresses in our accommodation building, Barker Suites, to new queen mattresses. With this, some of the double mattresses were donated to the Portage MCC Thrift Shop.

Southport is pleased to donate all unused on-site furniture to the local MCC Thrift Shop in support of our community.

\$44,171.72



**Total 2020
Donations**

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

 @SouthportAirport

 @SouthportMB

 www.southport.ca

 info@southport.ca