

*Pictured below: Southport staff, Manitoba Hydro staff, City of Portage la Prairie staff.



Thank You Hydro Employees, from Southport

Southport wants to sincerely thank everyone for bearing with us during the storm that blew through Manitoba in October, causing significant damage. We want to especially thank the hard-working hydro employees that came to our area to help restore power to the thousands of people that were left in the dark after the storm.

The Central Plains RecPlex was closed to the public to temporarily house the influx of hydro employees until their housing trailers arrived and local hotel rooms became available. As soon as plans for the hydro employees were solidified, the RecPlex fitness area reopened to the public. When the hydro employees were relocated to housing trailers and hotels, the RecPlex gymnasium became their central headquarters for meals, first-aid and other services. The RecPlex gymnasium has since reopened to the public, and daily operations have resumed.

We received numerous volunteer offers to help in preparing the RecPlex for the hydro employees.

Thank you to everyone who either helped, or showed their support. A special thank you to the Portage la Prairie Fire Department, 3CFFTS military students at Southport and community volunteers who helped set up the RecPlex.

A reminder to RecPlex members, to thank you for your patience and understanding, every member will receive a free RecPlex gym bag, and three days added to their memberships, to account for the three days that the RecPlex was closed. If you have any questions, or would like to claim your free bag, talk to one of the RecPlex staff on your next visit.

Southport is proud to be a part of this community. It is fantastic to see such a show of support! Follow us on social media and download the Southport app to stay up-to-date on events and in emergency situations.

 @southportairport

 @SouthportMB



Southport Welcomes New Term Director, Business Development

Southport would like to extend a warm welcome to Colby Orchard in his new term position of Director, Business Development. He will assume this position while Southport's current Director, Business Development, Deanna Talbot, is on maternity leave. When Deanna returns, Colby will move into a new, full-time position with Southport. Colby has history with Southport as Manager, Recreation for the former Southport Recreation Centre. He was involved in the implementation and construction of the facility, which is now known as the Central Plains RecPlex. Colby has a diverse background in Economic and Business Development, and a variety of training in Community Economic Development Practices. He graduated with a bachelor's degree from the University of Manitoba, with a focus on Psychology and Human Ecology. He is eager to put his business and management experience to use in his new position. Welcome back in your new role, Colby!

Southport Welcomes New Employees to the Central Plains RecPlex Team

Southport is pleased to welcome two Customer, Service Representatives, Recreation at the Central Plains RecPlex. Congratulations Kalem McEachnie and Guido Mamani on your new positions and welcome to Southport!



Kalem McEachnie



Guido Mamani



Southport Attends Unmanned Systems Canada Conference in Ottawa, Ontario

Southport staff took flight to Ottawa for a three-day USC Conference from October 30 - November 1. Southport Directors of Business Development, Deanna Talbot, and Colby Orchard, networked at the conference, learned about the latest leading edge technology, were informed of the progression of regulations in unmanned systems technology, and discussed plans for the upcoming USC Student Competition in May 2020 at Southport.



NEW Content!

Download the Southport App!

Southport Attends Portage Chamber of Commerce & Portage Rotary Club Joint Luncheon

On Tuesday, October 22, Southport attended the joint Portage la Prairie District Chamber of Commerce and Portage Rotary Club luncheon. The luncheon featured a forum about climate change and small businesses. Following the presentation, the group discussed climate change initiatives that local small businesses have in place. Southport is proud to have several climate change initiatives in place with being a Climate Smart Certified Business, the first in Manitoba

The climate action forum was led by Darren Swanson, associate of the International Institute for Sustainable Development. The forum was one of approximately a dozen that the Manitoba Chambers of Commerce have hosted throughout the province.



Southport Golf Club has Closed for the 2019 Season

Southport Golf Club thanks their members and guests for a fantastic 2019 season! The golf course and clubhouse are now closed for the winter, and we look forward to the 2020 season.



Southport Holds Employee Appreciation Evening

On Thursday, October 10, Southport staff enjoyed an evening of appreciation. The evening began with staff visiting the Keepsakes of Conflict Exhibit at the Fort la Reine Museum. The exhibit was loaned from the Moosejaw Museum and Art Gallery in Saskatchewan and featured trench art and other Canadian war-related craft. This exhibit was created to interpret the human aspect of war and how conflict affects us. After touring the museum, staff headed back to the Southport office for a supper from Mole Guacamole, Portage la Prairie's new authentic Mexican restaurant. Great fun and food!



Southport Supports & Attends Portage District General Hospital Foundation Gala

On Friday, October 18, Southport attended and donated a prize for the PDGH Foundation Gala. Proceeds from the event allow the Foundation to access items that are not provided by provincial healthcare. Southport and Red River College Stevenson Aviation Campus donated a Hangar Dinner for 10 for the live auction. The prize is a \$1,500 value, and was auctioned for \$3,000. We look forward to hosting the dinner in 2020.

Tenant Feature: Red River College (RRC) Stevenson Campus

Red River College Stevenson Campus, Aviation and Aerospace, operates its Aircraft Maintenance Engineer apprenticeship program out of Hangar 4 at Southport. The 2,200 sq. meter campus is equipped with a wide selection of training aircraft, including a Cessna Citation II jet, as well as other repair shops and classrooms. Manitoba is home to the third largest aerospace sector in Canada, and RRC is an active partner. The college trains their students in all aspects of the aviation and aerospace sector. Their graduates are found throughout the industry: overhauling aircraft engines, maintaining aircraft, building components and in management positions such as Directors of Maintenance and Quality Assurance.



Hangar 5 Construction is Nearing Completion, Watch in the Latest Time Lapse Video

Construction has moved inside of Hangar 5, and is nearing completion. Interior rooms have been painted and mechanical equipment and finishes are being installed. Visit our website to watch the latest time lapse videos, and watch our social media for the official date of the grand opening. The hangar will be operational as of December 1.



RED RIVER COLLEGE



Southport Hosts Polling Station for Federal Election

In October, Manitobans voted in the federal election. For those that visited Southport to cast their vote, the polling station was set up inside the Southport Building, located at 180 Centenaire Drive. Signs were posted outside of the building, and once inside the building, arrows led voters to the room where they were able to vote. Southport also hosted a polling station for the provincial election in September.





Southport Hosts Open House for New Units in Centenaire South Development

The newest duplex units in our Centenaire South development are move-in ready! To celebrate, Southport held an Open House on Sunday, October 27 and Monday, October 28. The open house events allowed prospective tenants and local businesses to have a sneak peek at the inside of these upscale homes. If you were unable to attend, you can explore the unit from your own computer or mobile device in an online [3D virtual tour](#).



Upcoming Events

Remembrance Day Hours November 11

The Southport Office and the Central Plains Rec-Plex will be closed on Monday, November 11 for Remembrance Day.

Portage Rotary Club's Santa's Parade of Lights December 6

Watch for Southport's float, and our staff handing out candy, in the Portage la Prairie Santa Clause Parade.

Hangar 5 Grand Opening January 2020

Southport will celebrate the grand opening of Hangar 5, our new 13,600 sq. ft. hangar.

M3 Aerial Ground School Training January 2020

M3 Aerial is back at Southport for another Ground School Training session. If you have thought about learning to fly a drone, or gaining a better understanding of the regulations, this is the course for you.



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

November Spotlight: Gluteus Minimus

The upcoming muscle of the month for November is the gluteus minimus muscle. This muscle is the smallest of the three gluteal muscles. It is fan-shaped and is located between the anterior and inferior gluteal lines, and behind the greater sciatic notch, one of the bones of the pelvis. The gluteus minimus muscle abducts the thigh when the limb is extended, and is a major, important part of supporting the body. With the hip flexed, the gluteus minimus also internally rotates the thigh.



Call & Order Your Next Pizza From Brews + Bites!

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



Member of the Month: Albert Fehr

Albert has been coming to the RecPlex since July 10, 2019. He became a member to lose weight and get fit after helping his wife through a battle with cancer. Since joining, Albert has approximately lost 16 lbs and gained 10 pounds of muscle! He says he is feeling great and is looking forward to staying fit! Congratulations Albert!

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

The RecPlex & Southport Bowl Celebrates Halloween with Spooktacular Bowling

To celebrate Halloween, the Central Plains RecPlex held a Spooktacular Bowling event on Saturday, November 2. Bowlers were invited to come bowling, dress up in a costume and were able to enter to win a bowling party. Congratulations to the winner, Graeme Smith!



Central Plains RecPlex Holds Membership Discount Day

The RecPlex held its annual Membership Discount Day on Thursday, October 2. All new or renewed RecPlex gym memberships received a 20% discount! The day was originally scheduled for October 17, but was postponed while the RecPlex housed hydro workers who came to help restore power in the area after a powerful snow storm. The RecPlex honoured the discount pricing on both days. Southport and the RecPlex want to thank the dedicated members who renewed their memberships, and extend a warm welcome to our new members.

A promotional graphic for 'Climbing Night'. It features a photograph of a person climbing a rock wall. The text is as follows:

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

Purchase Your Gym Gear 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!

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



@centralplainsrecplex



@centralplainsrecplex



www.centralplainsrecplex.com



recreation@southport.ca

CSR Report - October 2019



Portage District General Hospital Foundation Gala - \$800.00

Southport and Red River College Stevenson Aviation Campus donated a Hangar Dinner for 10 as a prize for the live auction at the PDGH Foundation Gala on October 18th. The event allows the Foundation to access items not provided by provincial healthcare. The prize is a \$1,500.00 value, and was auctioned for \$3,000.00. Southport is proud to donate to this event, as it benefits everyone in our local area that utilize the hospital's many services.

CFPD Advertisement - \$288.75

In October, the Community Foundation of Portage and District ran an advertisement in the Graphic Leader to highlight a grant to the Fort la Reine Museum for their annual Anishinaabeg Cultural Program Initiative. Southport sponsored this advertisement, as the CFPD is one of Southport's key community partners.



United Way Central Plains Donation from Southport Clothing Sales - \$140.00

Southport staff bought unused promotional clothing and all proceeds were donated to the United Way Central Plains. Southport is always pleased to donate to the United Way, as they are one of Southport's key community partners.

Portage Terriers Gym Membership Sponsorship - \$5500.00

Southport is proud to sponsor our local MJHL hockey team, the Portage Terriers. Southport's fitness facility, the Central Plains RecPlex, is the official dry land training facility of the Portage Terriers and offers the team use of our full-sized gymnasium, rock climbing wall and access to all weights and cardio equipment in the fitness area.



CSR Report - October 2019

THANK YOU
TO OUR SPONSORS



Girls in Aviation Day - \$500.00

On October 5, Southport sponsored the 5th annual Girls in Aviation Day. On this day, girls aged 8-17 enjoyed a number of interactive activities in the aviation industry including meeting a pilot, flight attendant, air traffic controller, military airforce crew, maintenance and aerospace engineers, an airport fire fighter and an aeromedical attendant at career stations. At each of the stations, the girls had a hands-on activity to learn about that specific career. Southport is proud to sponsor this day, and encourages young women to pursue careers in the aviation industry.

\$7,228.75



**Donations
to our
Community**