

Southport Ready to Celebrate 25 Years

Southport is gearing up for our 25th Anniversary celebration on August 30th. We're hosting a community barbeque in the Southport Interpretive Park to celebrate our anniversary in conjunction with Canada's 150th anniversary. The event will start at 4:30 PM and feature live music, activities and food and beverages. A pulled pork dinner will be served from 5:00-6:30 PM. Tickets for dinner can be purchased in advance only, from Southport's main office or at the Central Plains RecPlex. Dinner tickets are \$10 for adults or \$7 for children.

The night will finish off with a fireworks display at 10:00 PM. The event is open to the public, with no admission required. Please join us to help celebrate our 25th and Canada's 150th anniversaries.

Southport Managers Receive Yellow Belts

Three of Southport's managers, Deanna Mitchell, Bryce Taylor and Curtis Calvert, received their Yellow Belts for completing their Lean Six Sigma Training. The training focuses on improving efficiency. Congratulations on your achievement!



COMMUNITY BBQ in CELEBRATION of Southport's 25th Anniversary & Canada's 150th Anniversary

SOUTHPORT INTERPRETIVE PARK • AUGUST 30
4:30 PM START • FIREWORKS AT 10:00 PM

FREE ADMISSION FOR THE COMMUNITY

HELICOPTER DISPLAY • BOUNCY CASTLE • BUBBLE SOCCER • BEVERAGES • LIVE MUSIC & MORE!

FEATURING:
BACKROADS
ASHAM STOMPERS
THE SHARPE SISTERS

Southport 25
1992 • 2017

Visit our Facebook event page for more details.

Dinner Tickets Pre-Sale Only Adults \$10 • Children \$7
Buy at Southport's Main Office at 25 Centenaire Drive, Southport or at the Central Plains RecPlex

LIMITED QUANTITIES
Deadline: August 16

 COMMUNITY FOUNDATIONS OF CANADA
all for community. ensemble pour tous.

 CANADA 150

 Canada

This initiative is made possible by the Community Fund for Canada's 150th, a collaboration between the Community Foundation of Portage and District, the Government of Canada, and extraordinary leaders from coast to coast to coast.

More information on the event can be found at www.southport.ca/8/events-conferences or on our Facebook event page.

Southport Sponsors Community Events

Southport continues to sponsor community events. In the past month Southport sponsored:

- Canada Day Celebrations at Stride Place
- Portage Ex
- Arron Asham Golf Tournament

Arron Asham Chance 2 Play Tournament

On Friday July 21, Southport sponsored the Arron Asham Chance 2 Play Golf Tournament. We had an airplane toss at hole #8 and gave away a group rental for the Central Plains RecPlex climbing wall as a prize.



Congratulations to 3CFFTS Grads!

Congratulations to the graduating classes of 3 Canadian Forces Flying Training School who earned their wings on July 14. The classes that graduated were ME1703 and RW1609. A great accomplishment and proud day for these new pilots!

Southport Community Bulletin Boards

Reminder: Southport has Community Bulletin Boards that are available for residents to use for their posters. Tenants wishing to submit a poster can drop off (5) copies at the main office, at 25 Centenaire Drive.

Upcoming Events

Community Barbeque
August 30

Portage la Prairie Community Events

Potato Festival
August 11-12



Golf Course Operator Wanted

Southport is searching for a Golf Course Operator for the management and operation of Southport Golf Course. Interested parties should contact Deanna Mitchell at 204.428.6038 or dmitchell@southport.ca

Contact Us!

25 Centenaire Drive, Southport, MB R0H 1N1

Phone: (204) 428-6030 Toll Free: 1-800-558-4680

Email: info@southport.ca Web: www.southport.ca

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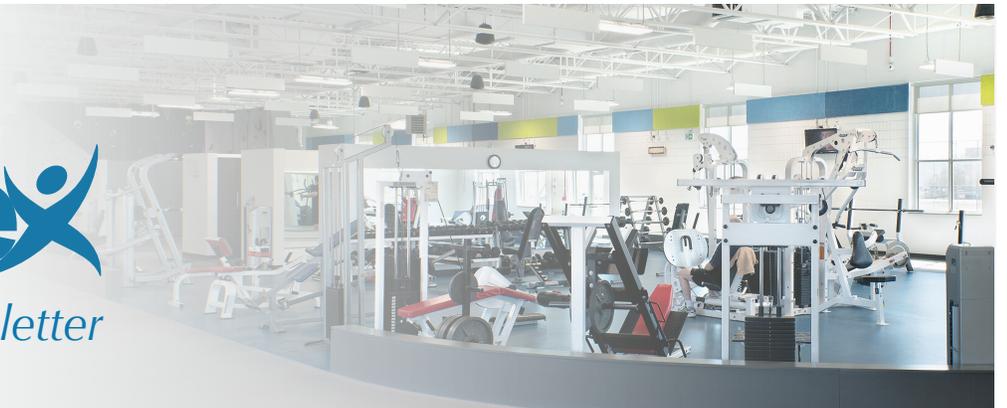
“Gate Guardian” to be Installed

There’s lots of work going on in the interpretive park at Southport. Construction is underway to build the structure required to install Southport’s new “Gate Guardian,” a Tutor aircraft which will be installed on a pedestal as a static display. The plane will symbolically guard the entrance to Southport, and commemorates that the Tutor aircraft was historically used to train pilots at Southport when it was CFB Portage.

The Gate Guardian will be installed in time for the Community Barbeque, so make sure to come and see it on August 30th.

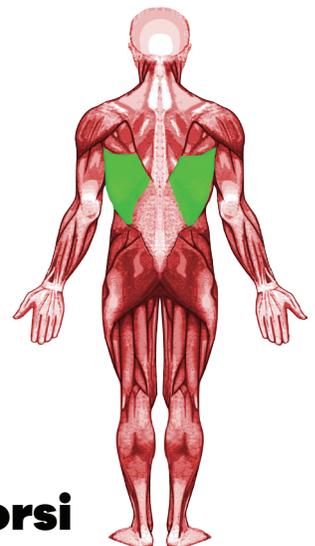


Central Plains
RecPlex
Newsletter



New Feature at Central Plains RecPlex: Monthly Spotlight

We’ve got a new feature at Central Plains RecPlex: Monthly Spotlights! Each month, we’ll feature a new muscle group that you can learn about, and find a targeted exercise and challenge. You’ll have until the end of the month to attempt the challenge that corresponds to the muscle. August’s muscle is Latissimus Dorsi, a large flat muscle on the back that stretches to the sides behind the arm. When flexed, the muscle works at extending, adducting (bringing in) and rotating the arm. You can find more information on this month’s targeted exercise and challenge on our website or in the fitness area at Central Plains RecPlex.



Latissimus Dorsi

Member of the Month

Every month at Central Plains RecPlex, we'll be featuring a member of the month who shows dedication to their fitness goals. August's member of the month is Julie Archibald, due to her hard work in the gym and commitment to her fitness goals. She enjoys weight training and finds that her degree in Kinesiology helps her in this pursuit. Congratulations Julie! Julie will receive one month's membership free of charge.



Climbing Available for All Ages

Climbing is an activity for all ages! At the Central Plains RecPlex, we have had climbers from youth up to 70 years old!

Between the thick crash pads designed for a safe landing off our bouldering wall, to our 4 auto-belays that allow for a comfortable drop down off the top of our 9m climbing wall, climbing is accessible for all people, all body types, and all ages. Technique can often compensate for strength, so don't be discouraged from climbing if you feel you are not fit enough. Drop by the Central Plains RecPlex for an orientation and our staff will help you get climbing!

New Employees at Central Plains RecPlex



Central Plains RecPlex has three new Recreation Attendants. Ryan Laing (L) is originally from Portage but spends most of the year out in Lloydminster, AB attending school for Business and coaching volleyball. He'll be with us just for the summer, until he returns to his studies in the fall.

Janelle Tarr (C) grew up in Portage and has a passion for gymnastics, both as a gymnast and as a coach. In her spare time, Janelle enjoys football, golfing, and Latin dancing.

Lydia Pongoski (R) is a recent grad from the University of Manitoba athletic therapy program and enjoys spending her free time volunteering at sporting events.