

Southport

September 2017 Issue

Gate Guardian Installed at Southport

The drive in to Southport is even nicer - a new gate guardian was installed in September as part of Southport's 25th Anniversary and Canada's 150th Anniversary celebrations! The choice of aircraft has historical significance: the Tutor is one of the aircraft that was once used to train pilots at CFB Portage la Prairie. In addition, the aircraft is painted in the Golden Centennaire colours. The Golden Centennaires were formed as an aerobatic team of eight Tutor aircraft in 1967, established for the purpose of celebrating Canada's Centennial Anniversary. The team only performed for one year. 2017 marks the Golden Centennaires's 50th anniversary. The tradition of the Golden Centennaires is continued on with Canada's current aerobatic team, the Snowbirds.



Southport Celebrates Two Anniversaries



Southport is privileged to have two employees celebrating significant anniversaries this year.

Teresa Reichert, Properties Administrative Assistant at Southport is celebrating her 25th anniversary of working at Southport.

Wade Linden, Director, Operations at Southport is celebrating his 15 anniversary.

Thank you for your service and commitment to Southport. We look forward to continuing to work with you in the future. Congratulations to you both!

Tenant of the Month: Red River College Stevenson Campus



RED RIVER COLLEGE

STEVENSON AVIATION
AND AEROSPACE



Red River College Stevenson Campus operates its Aircraft Maintenance Engineer apprenticeship training program out of Hangar 4 here at Southport. The 2,200 square meter campus is well equipped with a wide selection of training aircraft, including a Cessna Citation II jet, as well as repair shops and classrooms.

Manitoba is home to the third largest aerospace sector in Canada – and Red River College's Stevenson Campus is an active partner, training their workforce to participate in all aspects of the aviation and aerospace sector. Their grads are found throughout industry – overhauling aircraft engines, maintaining aircraft, building components, or in management positions such as Directors of Maintenance and Quality Assurance.

This program is one of a kind in Canada, offering an apprenticeship learning atmosphere. Employers send their employees to Southport from all across Canada to learn the hands on training they need to become licensed Aircraft Maintenance Engineers (AMEs).

RRC Stevenson students take advantage of the Mynarki House for accommodations, food services at the Mess, and the Central Plains RecPlex during their stay at Southport.

Recurrent and specialty training are staples of aviation and aerospace – and RRC Stevenson offers a variety of courses to meet industry requirements, including the only AME license preparatory courses offered in Canada.

For more information about Red River College Stevenson Aviation Campus, visit: rrc.ca/stevenson/



Programs Offered:

- Aircraft Maintenance Engineer “M” Diploma Program
- Aircraft Maintenance Engineer “M” Apprenticeship Program
- Introduction to Aircraft Maintenance
- Aircraft Maintenance Engineer Refresher

Southport Sponsors Community Events

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

- Portage Terrier's Golf Tournament
- COPP/RCMP Golf Tournament
- United Way Kick-Off Luncheon
- Métis Federation
- Canadian Cancer Society Golf Tournament
- Glesby Centre Season Tickets

Portage Terrier's Golf Tournament

On September 8th, Southport sponsored the Portage Terrier's golf tournament. It was a great day for golf and to support our local MJHL team.

Southport and Central Plains RecPlex are proud to be an Official Partner of the Portage Terriers.

Conferences at Southport

On September 14th, the Canadian Associate of Municipal Administrators held its September Board meeting at Southport.

Are you interested in booking a workshop, conference or meeting at Southport? Call 204-428-3038 for more information.



Upcoming Events

MB Precision Ag Workshop
December 12



Chamber Breakfast

On September 19, some of Southport's managers attended the Manitoba Chamber Breakfast. At the event, The Honourable Cameron Friesen, Minister of Finance, made a presentation on Red Tape Reduction. It was an interesting presentation and a great networking opportunity.

Contact Us!

25 Centenaire Drive, Southport, MB R0H 1N1

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

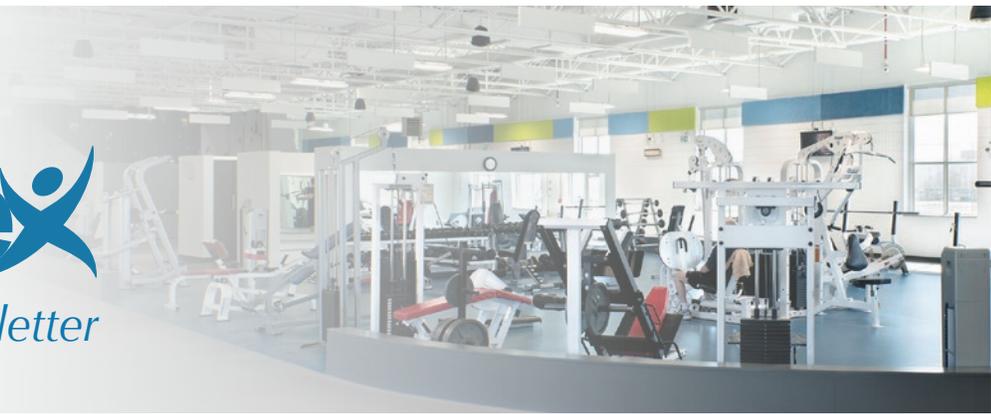
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September Spotlight: Gluteal Muscle Group

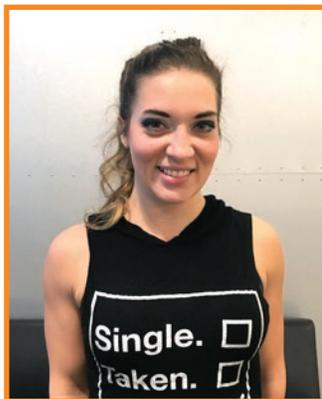
We've got a new feature at Central Plains RecPlex: Monthly Spotlights! Each month, we'll feature a new muscle group that you can learn about, and find a targeted exercise and challenge. October's muscle is the Gluteal Muscle Group which consists of the Gluteus Maximus, Gluteus Medius and Gluteus Minimus. This muscle group performs the extension, abductions and the rotation (external and internal) of the hip joint. 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.



Gluteal Muscle Group

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. Kailee Wagner is our October Member of the Month! Kailee has been a member for 2 years and outside the gym she is currently finishing her certification for hairdressing. She is fully committed to fitness (she's here nearly every day) and a great role model to other women in the gym. Congratulations!



If you would like to nominate a member of the month, please let a staff member at the front desk know.

Bring A Buddy Day - October 11 + 25

**BRING
A BUDDY
DAY**

October 11 + 25

Members with a Core or Clip n' Climb membership can bring a friend to climb for free. All rules and waivers apply.

Corporate Membership Program

Did you know that Central Plains RecPlex offers Corporate Memberships? Companies or groups that sign up receive a discount on memberships for their staff members. We would be happy to visit your workplace to educate your staff on active living and answer any questions you might have about a corporate membership. Call us at 204-428-6050 to inquire or set up a visit.



Rumble in the RecPlex

Throughout the month of September, we ran a contest called "Rumble in the RecPlex" on the local radio station, Mix 96. Five local celebrities went head-to-head with five radio station personalities for five different fitness challenges at Central Plains RecPlex. Radio listeners had the opportunity to guess who would win each challenge, and be entered into a draw for the Grand Prize. Five finalists, who each received a one-day pass, were entered in the draw for a one-year Core membership. The grand prize winner was Pam Stinson from Portage la Prairie. Congratulations Pam!

Fall Fitness Classes

Central Plains RecPlex now offers a variety of fitness classes for all ages, taught by a certified fitness instructor.

Junior Gym

Youth ages 11-15 can learn how to exercise safely and efficiently under supervision.

Monday + Wednesday: 5:00 PM - 7:00 PM

\$5 per session drop in fee

\$30 for 1 month (8 sessions)

\$75 for 3 months (24 sessions)

Small Group Training*

Blast through an intense 30-minute abs or circuit workout – perfect for those with a busy schedule.

Monday – Thursday: 7:00 AM - 7:30 AM

\$5 per session drop in fee

Group Exercise*

Cardio and strengthening exercises are combined for a full-body workout set to music.

Tuesday + Thursday: 7:00 PM – 8:00 PM

\$8 per session drop in fee

*A fitness class membership allows the user to attend both Small Group Training and Group Exercise classes. Membership is \$100 per 1 month, or \$255 for 3 months.

**Follow us
on Instagram!**

@centralplainsrecplex

**Use #cpreplex and
tag us in your
workout photos!**

