

Southport

October 2017 Issue

Girls Igniting Real Leadership Conference Held at Southport

On October 19, the second annual Girls Igniting Real Leadership (GIRL) forum was held at Southport. High-school girls from Portage la Prairie and the surrounding area were invited to participate in a workshop. The workshop consisted of guest speakers, small group discussion, and creating an action plan, all to tie-in to the International Day of the Girl. Southport supported this event by donating the facilities for the conference.



New Operator at Southport Golf Course



Southport Golf Course has a new operator. Smirnov Golf Management was the successful candidate to obtain management of the Southport Golf Course and has officially assumed operation of the facility. The Golf Course is currently closed for the season and will reopen in the spring. Smirnov Golf Management has experience operating golf courses since 1984, including operating both the John Blumberg Golf Course (33 years) and the Canoe Golf Club for the City of Winnipeg, as well as operating the Uplands Golf and Ski Club for the City of Vaughn. Director of Operations, Ben Smirnov, along with his team from Winnipeg, will manage and operate the Southport Golf Course.

The Southport Golf Course is a nine-hole golf club suitable for all skill levels and features a fully-licensed clubhouse and the only driving range in the area.

The general public is invited to attend a grand re-opening event scheduled for next spring. More details on this event will follow early next year. Southport Golf Course looks forward to welcoming back all past members as well as new members and guests for the upcoming season. Dennis Heimpel has been operating the Southport Golf Course since 2006. Southport and the members of the Southport Golf Course would like to thank him for his dedication and hard work and wish him the best of luck in future endeavors.

Site Walking Paths

Southport has a new site walking path map! The routes can be used for walking, running, biking and more! It's a great way to keep active while enjoying the prairie views.

The map shows existing walking paths, sidewalks and roads to map out loops of various distances. You can walk a designated route, combine routes, or create your own using the 200 metre markings. Copies of the map are available at the Southport office and Central Plains RecPlex or can be printed from the Southport website.



Southport Promotional Video

This fall, Southport had a promotional video produced that explains what Southport is and what we do here. You can view the video on our website or on our social media pages. You can share the video with anyone who is interested in learning more about Southport.



Sawmill Tea + Coffee Co. Lease Renewed

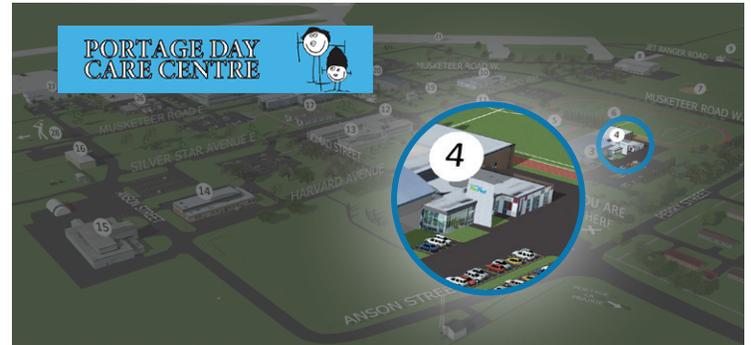
Sawmill Tea + Coffee Co. has renewed their lease for another year. Make sure to visit them in the Welcome Centre of the Central Plains RecPlex and try one of their healthy meals or specialty coffee drinks.



Residential Upgrades Completed for 2017

Since April 2017, Southport has been updating our residential units. The upgrade program involves renovating the residential units to update them with new paint, cabinets, and more. This year seventeen units were upgraded as a part of the program.

PORTAGE DAY CARE CENTRE



Portage Day Care Centre operates a licensed 28-space childcare facility in the Central Plains RecPlex for children aged 18 months to 5 years old. The location is well-suited for families who are living, working, or studying at Southport.

The space is carefully designed with children in mind, which can be seen in details such as the outdoor gated play area or the child-sized miniature bathrooms. The facility operates from 6:45AM to 6:00 PM, providing convenient hours for parents.

Portage Day Care Centre has experience operating other facilities in the Portage la Prairie community and ensures quality childcare is provided to your children. Some spaces are still available. The Southport location of the Portage Day Care Centre can be reached by calling 204-241-0030.



Southport Sponsors Community Events

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

- Portage and District Hospital Gala
- First Presbyterian Soup Kitchen
- Western Canadian Aviation Museum Gala
- Donated gift to Child and Family Services Christmas Party
- Donated prize to Lions Club Auction
- Donated conference space to GIRL Forum
- Hosted Alzheimer Society Coffee Break
- Supported local hockey and ringette teams

General Members Evening

On October 25, Southport held its annual general members evening. Over 70 guests attended the evening to hear an update on Southport.



Alzheimer Society Coffee Break

On October 20, Southport hosted a Coffee Break Fundraiser. The event raised \$200 for the Alzheimer Society of Manitoba. Thank you to all everyone who came out and supported this event.



Upcoming Events

MB Precision Ag Workshop
December 14

MANITOBA
PRECISION
AGRICULTURE
WORKSHOP

December 14, 2017

www.southport.ca/events.asp

Southport Hosts Kids Can Cope Camp

Southport hosted the Central Plains Cancer Care Kids Can Cope Camp in October. The kids participating in the program stayed at the Barker Building, and got to go rock climbing and bowling at the Central Plains RecPlex.

Contact Us!

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November Spotlight: Calf Muscles

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. November's muscle is the calf muscles which consists of the Gastrocnemius and Soleus. These muscles perform the plantar flexion of the foot, pointing your toes. When this muscle is tight, it can contribute to shin splits or sometimes Achilles Tendinopathy. There are two ways to stretch out this muscle group. Place your the ball of your foot against a wedge board or a wall with your heel on the ground. Lean forwards and you will feel the stretch. More information can be found on our website.



Calf Muscles

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. This month is Perron Banfield! Perron has always been an athlete, playing football, baseball, and volleyball in school. He loves to train and his advice to other members is to mix up your workouts to ensure you never get bored. Congratulations!



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

New Equipment Coming Soon!

The Central Plains RecPlex will soon have even more equipment options Watch out for the new training rig, push-pull sled, plyo box, core bag and more!

If you have a new piece of equipment in mind that you'd like to see here, please let us know.

Follow us on Instagram!

@centralplainsrecplex

Use #cpreplex and tag us in your workout photos!

