

Southport

November 2017 Issue

Southport Receives Long Term Achievement Award

On November 17th, Southport attended the Portage la Prairie & District Chamber of Commerce Best Business Awards.

At the event, Southport was presented with the Long Term Achievement award!

Southport would like to thank the Board of Directors, management, and staff at Southport over the past 25 years who have contributed to this achievement.

Congratulations to all of the other award recipients!



Southport Attends Conferences with RRC

Southport partnered with Red River College - Stevenson Aviation (one of the tenants at Southport) to attend two conferences in November. The Air Transportation Association of Canada Conference and Tradeshow was November 6-8 in Montreal and the Helicopters Association of Canada Convention and Trade Show was November 9-11 in Ottawa. It was a great opportunity to promote both businesses to the aviation and aerospace sector.



Southport Attends Unmanned Canada

Southport's Manager of Business Development, Deanna Talbot, attended Unmanned Canada 2017, an event held by Unmanned Systems Canada. The conference and tradeshow featured companies and speakers in the unmanned aerial systems industry.

Unmanned Systems Canada also holds a UAS Student Competition every year. Southport is looking forward to hosting next year's UAS Student Competition at Southport Airport from May 4-6, 2018!

Tenant of the Month: Sawmill Tea + Coffee Co.



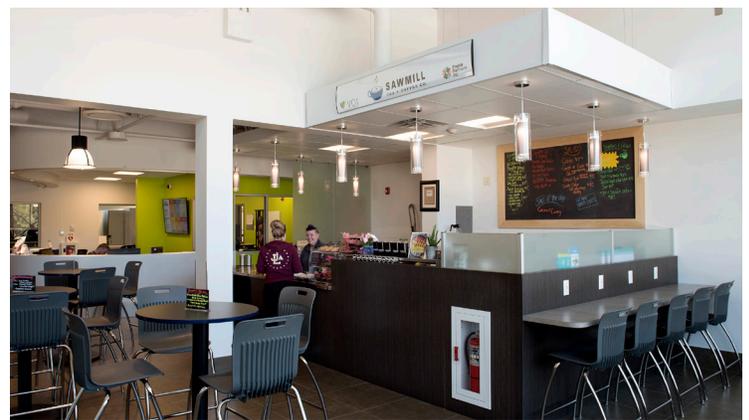
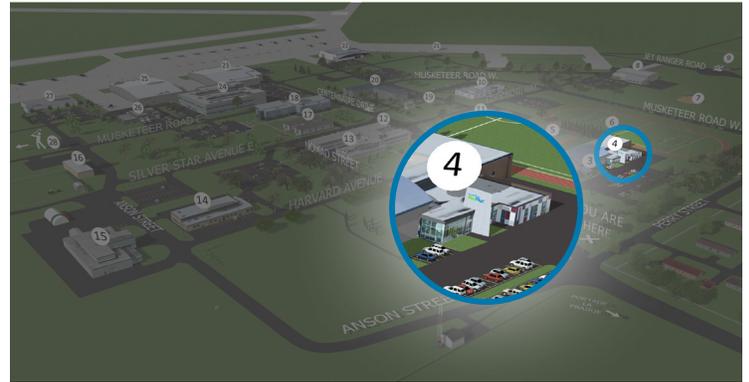
Sawmill Tea + Coffee Co. operates a food kiosk in the Welcome Centre of the Central Plains RecPlex. Their menu offers a wide range of healthy food options and refreshing beverages.

Sawmill Tea + Coffee Co. is operated by Visions of Independence, a non-profit organization that offers an individualized approach to community living for people with intellectual disabilities, which includes equal employment opportunities. The food kiosk provides approximately 15 jobs and offers training opportunities to build food service, cash handling, and customer service skills.

The food kiosk is based on the business model of the existing location of Sawmill Tea + Coffee Co., which Prairie Partners Inc. opened several years ago in Boissevain, MB. Visions of Independence now operates the Southport location in the Welcome Centre of the Central Plains RecPlex. Sawmill Tea + Coffee Co. is open from 11AM to 7PM on Monday to Friday.

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Southport Sponsors Community Events

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

- Portage Chamber Best Business Awards
- Homes for the Holidays
- Manitoba Aerospace All-Stars Dinner
- Festival of Trees
- Boston Bruins Alumni Game

Recreation Supervisor Wanted

The Central Plains RecPlex at Southport is hiring a Full Time Recreation Supervisor. The Recreation Supervisor is part of the management team and is responsible for the overall leadership of any casual staff on shift and management of day to day service.

For more Information, visit

www.southport.ca/18/careers-at-southport

Southport General Member Wins Award

One of Southport's General Members, Ken Webb, received an award at the Manitoba Aerospace All-Star Awards Dinner on November 23.

Ken was awarded the 2017 Award of Excellence for Builder, which recognizes the contributions of an individual or group that has made a significant contribution to the infrastructure of the aerospace sector for the benefit of the entire membership and in the interests of the provincial aerospace industry. Congratulations Ken!



Upcoming Events

MB Precision Ag Workshop December 12

This one day workshop will feature speakers, static displays and exhibitions, as well as an evening networking event. Participants will have the opportunity to see products on the forefront of the market, hear from experts, ask questions, and network with agricultural industry leaders.

The \$100 registration fee includes the workshop as well as breakfast and lunch. The workshop will be held in the Flightline Building at Southport (175 Musketeer Road), with registration running from 7:00 AM – 8:00 AM.



Contact Us!

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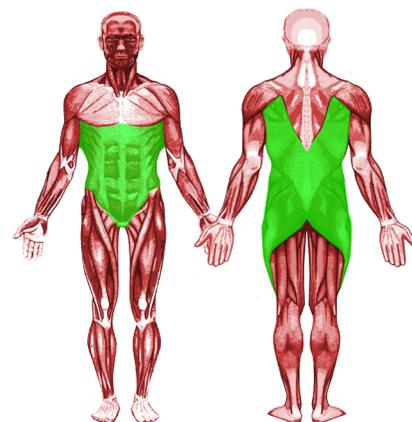
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December Spotlight: Core Muscles

December's muscle is the core muscles! This month's challenge uses the new training rig to focus on core strength. The core muscles consist of the transversus abdominis, multifidus, internal and external obliques, rectus abdominis, erector spinae, longissimus thoracis and the diaphragm. These muscles stabilize the torso (spine) and pelvis during dynamic movement. More information can be found on our website.



Core 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 Greg Shaw! Greg is dedicated to his goals and has lost 70 pounds through strict diet and regular cardio exercise. He trains 2-3 times per day and recommends setting lots of goals. Congratulations!



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

New Training Rig

The Central Plains RecPlex has a new training rig! The training rig has many attachments that can be used for a variety of exercises. Many of the movements focus on core and whole-body strength. If you would like to try the training rig but need some ideas or advice, please feel free to talk to our front desk staff.

