



CH-149 Cormorant Visits Southport Airport

On January 19, a CH-149 Cormorant visited Southport. This distinctive helicopter is typically used for search and rescue missions. The aircraft is suited for Canada's diverse landscapes and challenging weather.

Southport Airport (CYPG) is a Transport Canada certified airport. The public use facility is open 24/7 and has four well-maintained runways large apron with helipad, multiple navigational guidance systems, and runway lighting.

KF Aerospace – Defence Programs is the primary user of the airport, where Royal Canadian Air Force (RCAF) pilots are trained. (CH-149 Cormorant pictured below)



Southport Staff Attends 2018 SHEday in Winnipeg

On January 26, seven of Southport's staff members attended SHEday in Winnipeg. SHEday is a leadership and networking event for women in business and women entrepreneurs. The goal is for women in leadership to inspire and facilitate success for other women.

All of Southport's full-time female staff had the opportunity to attend the event and heard from a variety of inspiring speakers. It was a very informative day filled with great camaraderie and networking with the 1500 other women who attended the event. (Pictured above)

New Year, New Look!

For 2018 our monthly newsletter has a new look! We're still bringing you the same great stories.



Southport CEO Selected for New Role in the Community

Southport's CEO, Peggy May, has taken on a new role in the Community. Peggy is the new non-elected official and voting member on the Portage Regional Economic Development (PRED) board.

Peggy's unique skills and experience at Southport make her a perfect candidate to fill the role. She will provide an outside perspective on the direction that PRED continues in.

17 Residential Units Upgraded

In 2017, Southport upgraded 17 residential units. Upgrades to the unit include: flooring, bath fixtures, cabinets, paint, electrical upgrades and more. Since the upgrade project began, 89 units have been renovated. 17 more units are scheduled for renovation in 2018.



Fast Fact

Southport has 188 residential rental units on site. Approximately 600 residents live at Southport.

3CFFTS Graduation Ceremony

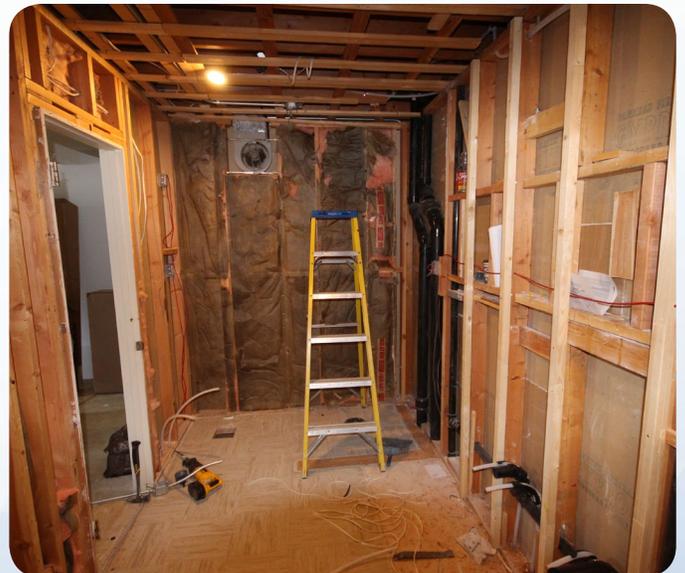
Congratulations to the January class of 3 CFFTS. On January 26, students from classes RW 1705, ME 1707 & ME 1708 graduated. Completing this program takes hard work and dedication. Congratulations!

UAV Ground School

On February 21-22, M3 Aerial Productions is hosting an Unmanned Aerial Vehicles ground school at Southport. The course is ideal for anyone looking to get certified to fly a drone for commercial or research purposes or who needs assistance obtaining a Special Flight Operations Certificate (SFOC). you can register [online](#).

Facilities Update

January has been a busy month in the Facilities department! Currently, 4 units in the Mynarski House are undergoing renovations to create private washrooms and upgrade the entire look of the rooms. (Pictured left.) Along with the renovations in the bathroom, the addition of new paint, flooring and furniture will refresh the rooms. In total, 12 units are scheduled to be completed by the end of March. Check next month's newsletter for pictures of the finished units!



Tenant Feature: Accelerated Christian Education

Accelerated Christian Education (ACE) is a faith-based curriculum, for both private Christian schools and Homeschooling, managed out of Southport. ACE promotes education across the country through individualization, academic excellence, character building, and traditional values. It provides curriculum to thousands of students across Canada.

ACE also provides schooling at Southport for children from Kindergarten to Grade 12. Students compete annually at the International Student Convention, which is a premier event for the approximately 4,000 students worldwide who qualify in regional conventions. They compete in many categories, including music, oratory, art, athletics, academics, and numerous aspects of service. This year students will compete in Muncie, Indiana on May 19–24.

Graduate ceremonies are held at Southport every spring in their recently renovated gymnasium. ACE is the only tenant at Southport that owns their own building. (Pictured top right.) They have made extensive renovations to the building throughout the years and continue to make it a better place for kids to learn. (ACE staff pictured bottom right.)



Night at the Terriers Game

On January 26, Southport and Central Plains RecPlex staff attended the Portage Terriers game against the Winkler Flyers. We set up a booth on the concourse and brought along promotional items and giveaways. During the first intermission, we had a “Fly the Plane” game on the ice. The winner received a 1-hour group climbing wall rental. During the second intermission we drew a winner for the door prize: a family 4-pack of tickets to the Manitoba Airshow on July 7-8. Congratulations to our winner: Howard G! We also witnessed a 4-2 Terriers win against Winkler! Southport and the Central Plains RecPlex are proud to sponsor the Portage Terriers.

Fast Fact

The Central Plains RecPlex in Southport is the home dryland training facility for the Portage Terriers.



Welcome Back, Dorothy!

Dorothy Young, Accountant, has returned to Southport for 2018 after taking a maternity leave last year. Dorothy will also be taking on a new role coordinating Human Resources. Welcome back to Southport Dorothy and congratulations on your new role!



Southport would also like to thank Tieny Kirchner for her time at Southport last year filling in the role of accountant. Best of luck on your future endeavors!

Used Furnishings Donated

As part of the renovations at Mynarski House, furnishings for the rooms were replaced. The old furnishings were donated rather than being disposed of. This reduced the waste created by the project and allowed the furnishings to be reused.



Upcoming Events

UAV Ground School: February 21-22

M3 Aerial productions is hosting a UAV Ground School at Southport! Register online: www.m3aerial.com/uav-ground-school/

Home and Business Expo: March 23-24

Visit the Southport and Central Plains RecPlex table at Stride Place for a chance to win great prizes!

RCAF Gala: April 21

A fundraising gala hosted by the RCAF and Portage Rotary that takes place in the Hangar at Southport.

UAS Student Competition: May 4-6

Students from across Canada will compete in a safety and security themed competition at the Southport Airport.

Manitoba Airshow: July 7-8

Southport Airport and Commercial Properties and KF Aerospace are partnering to host the Manitoba Airshow at Southport Airport on July 7-8, 2018. The event will feature aerial performances, static aircraft displays and ground-level entertainment that is suitable for all ages.

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

 www.fb.me/southportairport

 www.twitter.com/southportmb

 www.southport.ca

 info@southport.ca

February Spotlight: Hamstrings

The upcoming muscle of the month for February is the Hamstrings! This muscle group is made up of the semimembranosus, semitendinosus and biceps femoris. It is a group of three muscles on the back of the thigh between the hip and knee. The muscles work together to bend the knee and straighten the hip.

More information about the muscle of the month and exercises can be found on our website or on the posters in the workout area.



Upcoming Event: Ascend the Pit

On March 3, you'll have the opportunity to compete in the second annual Ascend the Pit Bouldering Competition. Participants in three categories (open, recreational, youth) will complete routes to earn points. The top three scores in each category will win!

The fee is \$25 for adults and \$10 for youth to participate. Early bird registration also gives you a free event t-shirt. Learn more on our website.



Member of the Month: Maureen Owens

Maureen is the Healthy Living Facilitator at Southern Health -Santé Sud. Maureen is an avid runner and trains daily. Her advice is to ensure you keep a good balance between your physical health and nutrition. Congratulations, Maureen!

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

Free Trial Week for PLPSD Staff

If you're a teacher or staff member in the Portage la Prairie School Division, you can use the Central Plains RecPlex for free during the week of February 19-25!

A valid School Division ID is required. All participants must fill out a Par-Q form and waiver before participating.



Beat Cabin Fever!

Bored of being in the house? Our climbing wall is the perfect solution! Drop in fees are \$10 for youth and \$15 for adults. A short orientation is provided and you'll be climbing in no time! We also do group rentals which are perfect for birthday parties or team wind-ups. (Must book in advance.)

New Classes at Central Plains RecPlex

There are two new classes at the Central Plains RecPlex this winter!

On Wednesday mornings, new mothers can work out with their baby at Stroller Fit! It's a great opportunity to exercise and socialize with other new parents. (Please note: a doctor's approval is required to participate.)

In addition, Kildonan Athletics Club is also running two new clubs out of the multipurpose room at Central Plains RecPlex. Boxing and Olympic Weightlifting classes take place weekly in the evening on Monday, Wednesday and Friday.

Check out the full details on our website!

Connect with us!

Our Location:

75 Centenaire Drive,
Southport, MB ROH 1N1

Hours of Operation:

Monday to Friday: 5 AM - 10 PM
Saturday: 7 AM - 7 PM
Sunday: 9 AM - 7 PM



204.428.6050 or 1.800.558.4680



www.fb.me/centralplainsrecplex



www.instagram.com/centralplainsrecplex



www.centralplainsrecplex.com



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