Introducing MIP’s 2014 trainer

What’s your story?

Do you have a story that you would like to see in the MIP newsletter? Let us know, contact:
Alpa Patel
Greening Marketing Inc.
905.667.5783
alpa@greeningmarketing.ca

Stay informed

To receive MIP’s updates and event information, please email gcaterini@mcmasterinnovationpark.ca with "Please include me on your tenant e-list" in the subject line.

Katherine Ardan is in her final year of the Health, Wellness & Fitness program at Mohawk College. She looks forward to sharing her knowledge of nutrition, cardio and strength training, and wellness development with MIP. As an overweight child and teenager, Katherine found meaning and importance through having a healthy, active lifestyle. This ignited her passion for all things health related and drives her desire to help others that are also seeking to improve their overall health. Katherine invites you to see her in 2014 at the Fitness Centre.

Planning your next conference

MIP provides a variety of services designed to make your conference a success. Conference rooms, catering and additional services are available. To book your next conference go to www.mcmasterinnovationpark.ca/meeting-and-conference-facilities and click "Book Now".

For more information contact:
Jarrod Gleadall,
MIP Conference Coordinator
905.667.5508
conference@mcmasterinnovationpark.ca

MIP Conference

DECEMBER 2013

INFANT AND CHILD HEALTH LAB

celebrated its grand opening

The INCH lab officially opened its doors on November 20, 2013. Located in Suite 109A, this newly created INfant and Child Health Lab or INCH is part of McMaster University’s Department of Family Medicine. The Lab is a state-of-the-art 2000 square foot facility that is a warm and welcoming environment for children and their parents. It includes a large, open fitness testing area that is fully equipped with a new treadmill and child cycle ergometer designed specifically for pediatric research to look at children’s aerobic and anaerobic fitness, as well as a sit and reach box to assess their flexibility. Children’s physical development is examined using a stadiometer (height), scale (weight) and bioelectrical impedance (body composition). The INCH Lab also has a separate motor testing room with various stations that are designed to examine children’s fine and gross motor coordination. These tasks include threading beads on to string, drawing tasks, and catching and throwing beanbags.

In addition to the Director, Dr. John Cairney, the INCH Lab has nine staff members, who include Research Coordinators, Research Assistants, Masters and PhD students, a Post Doctoral Fellow and administrative support. Research in the Lab focuses on many aspects of child development, including the mental and physical health of children. There are currently three studies being conducted within the INCH Lab, the CATCH, PANS and NARS studies. Visit www.inchlab.ca for more details.

INFANT AND CHILD HEALTH LAB

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MP Sweet celebrates excellence in energy efficiency

From left to right: Hamilton Mayor Bob Bratina, CarmentMATERIALS Director General Philippe Duhaime, MIP President and CEO Zach Douglas and MP David Sweet.

David Sweet, Member of Parliament for Ancaster–Dundas–Flamborough–Westdale, on behalf of the Honourable Joe Oliver, Canada’s Minister of Natural Resources, announced that Natural Resources Canada’s CarmentMATERIALS laboratory in Hamilton has achieved the Leadership in Energy and Environmental Design (LEED®) Platinum certification.

“Our government is committed to advancing energy efficiency to help lower energy costs for Canadian consumers, save energy and protect the environment,” said MP Sweet.

Platinum certification is the highest level of the LEED rating system, which is recognized as the international mark of excellence in green building. The CarmentMATERIALS facility at MIP demonstrates exceptional energy-efficiency green building technologies, including a 705-square metre solar wall to preheat ventilation air, triple-glazed windows, solar thermal panels for hot water and radiant heating, and an advanced rainwater harvesting system. In Canada, the LEED program is administered by the Canada Green Building Council.

MIP Fitness Holiday Schedule

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<thead>
<tr>
<th>Time</th>
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<th>Tuesday</th>
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<tr>
<td>12:00 PM</td>
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<td>Barron Yoga</td>
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<td>Strength Yoga</td>
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Barron Yoga: An athletic, highly demanding yoga class designed to build strength, balance, endurance and flexibility.

Boot Camp: This Circuit Style class uses a variety of techniques and tools to improve strength, agility and overall fitness.

BOSU: A complete workout (strength, cardio, core) all on the BOSU.

Cycle Zone: A cycling workout that takes you through various intensity zones to challenge and improve your cardio system.

Free Weight Lift: Burn calories, transform your body, and learn the basics of strength training.

Trend Class: A full body workout that involves a different style of trending fitness equipment each week.

Strength Yoga: Traditional yoga poses, incorporating the use of light weights to up the intensity and strength training aspect.

WOD: A random set of exercises designed to work the full body using a variety of fitness tools.

Zen Yoga: A breath of fresh air in your week; practice relaxing postures and build work to help de-stress and relax.

For the new 2014 schedule, class prices and memberships, visit: www.mcmasterinnovationpark.ca/scheduled-classes

MP Connection

Thanks to Our Sponsors

www.inchlab.ca for more details.

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Superposition installs new display system in the Atrium

Superposition, a client of Innovation Factory is setting up a new seamless display system in The Atrium at MIP. The high impact video wall display will feature information and images for the entire MIP community.

Superposition’s display calibration software is used to calibrate video walls, multi-projector systems, and curved display screens to ensure clarity and precision of projected images. The company also writes real-time rendering software that displays images and videos on these systems by applying the calibration data. Marc Bender, founder of Superposition, notes that “one of the best things about working on display systems is that the results speak for themselves: beautiful images and smooth, lag-free video. It’s something that everyone can appreciate. However, it also means that any issues with the results are very apparent, so Superposition’s display outputs need to be almost flawless.”

Visit www.superposition-displays.com for more information.

A successful Entrepreneur Fair

McMaster Innovation Park hosted an Entrepreneur Fair on November 21st. The fair consisted of a panel of successful entrepreneurs and four entrepreneurial tracks. The event was designed to acknowledge and celebrate the spirit of Global Entrepreneurship Week and to engage attendees with a variety of ideas, inspiration, and opportunities to learn about and participate in entrepreneurship.

Community CarShare’s tenth vehicle launch coincides with city carsharing pilot project

Community CarShare, Hamilton’s non-profit carsharing co-operative, has launched its tenth vehicle in Hamilton, on York Street near James St. North. The newest addition to the fleet also coincides with the launch of the City of Hamilton’s carsharing pilot program, which allows employees to use Community CarShare vehicles for work travel.

“This initiative allows employees to sustainably commute to work, rather than relying on their own personal automobiles,” said Peter Topolovic, Project Manager of Transportation Demand Management. “The initiative also acts as a community benefit, as the CarShare vehicles are publicly accessible.”

EnviroSim presented at UK Conference

EnviroSim recently presented at the 18th European Biosolids & Organic Resources Conference in Manchester UK. The paper presented, “The full picture for costs and energy recovery: liquid and solids treatment and what goes on in between”, provided insight into the relationship between the liquid and solids trains and how digester performance relates to whole plant process operations.

While in the UK, EnviroSim also conducted a 3-day combined introductory and advanced course on its BioWin software, as well as an advanced course in Model Calibration.

Specialized NDE opens new US training centre

After expanding in to the US in early 2013, President Eric Krivlin of Specialized NDE is pleased to announce the opening and operation of the new training centre and branch office at the University at Buffalo’s Technology Incubator in Amherst, New York. “The main focus of the US operations will be to perform specialized training at the new training centre or onsite at our clients facilities across the US as well as expanding our inspection division in to the Oil & Gas and Power Generation Industries,” says Krivlin. “The US market offers a large opportunity for growth within these sectors and we are excited to now be a player in the US market”.

For more information on Specialized NDE visit www.specializednde.com with latest news on Twitter @SpecializedNDE.

A celebration for World Toilet Day

Currently, there are 119 international days aimed to bring your attention to important issues around the world. One of these days is World Toilet Day on November 19th and was celebrated at the staff at United Nations University’s Institute for Water, Environment and Health celebrated World Toilet Day on November 19th by wearing these t-shirts.

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VitaSound launches new product

Best Buy Canada is featuring a new personal hearing device from VitaSound, a tech company based here at MIP VitaSound was established in 2008 when McMaster researchers developed a new hearing aid technology called the neuro- compensator. It has since launched a hearing aid device sold in Walmart and Walgreens stores in the U.S. and other retailers.

Gora Ganguli, VitaSound’s president and CEO, said the technology was also used to create a new device which resembles an MP3 player called a personal audio enhancer. The new device is intended for those who are hard of hearing for listening to TV or having a conversation in a crowded room.

“Only two out of 10 people who need a hearing aid actually wear one, either through the stigma or the cost or both,” says Ganguli.

Launched in October, the device is for sale on Amazon, Best Buy online and other catalogues.
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“Community CarShare piloted with local businesses and it’s great to be working with the City of Hamilton to provide city employees with carsharing as a transportation option” said Chelsea Cox, Regional Services Coordinator for Community CarShare.

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World Toilet Day highlights the number of people without toilets and adequate sanitation facilities, and the associated risks to health, environment and economies.

We are lucky to have clean water on tap and a bathroom to two in our homes but many people in the world don’t even have access to a sanitary place to care of their daily washroom needs.

“Most people don’t realize the far reaching consequences of not having a toilet – from sexual assault and rape, to economic costs of $260 billion per year, to 1,600 children under the age of 5 dying each day from diarrhea and most of us don’t even think twice when we sit on one…” says Dr. Cormine Schuster-Wallace, Programme Officer (Water-Health Nexus) at the United Nations University’s Institute for Water, Environment and Health.

Assante Wealth Management held an unique client appreciation event in the outdoor courtyard this past fall. The event successfully raised funds that were donated to the Canadian Cancer Society.

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The 130th Art in the Workplace exhibit was launched on December 5th. Attendees had the opportunity to meet the artists while the local Salvation Army band performed Christmas favourites.
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