Fitness at MIP

Bootcamp
High intensity whole body workout with minimal rest.
Monday, Wednesday and Friday
1:00 -2:00pm

Spin Training
Low and high intensity workout on a stationary bicycle.
Monday and Wednesday
12:00 - 1:00pm

For additional information about fitness options at MIP, please call 905-667-5500

The MIP Fitness Facility welcomes Mohawk College co-op students!

Jessica Scheepers offers nutritional advice and guidance. Jessica has experience in workplace wellness, a passion for nutrition, and a talent for helping people make lifelong changes.

Kate-Lynn Kemper is challenging clients with her own flair for fitness and provide boot camps and fitness instruction. She is looking forward to working with clients and expanding her wellness expertise.

Both students of the Health, Wellness and Fitness program, look forward to meeting everyone at MIP and guarantee to bring lots of energy and enthusiasm for wellness!

Coming up at MIP

- Take the SMART Commute Week challenge September 17th - 23rd. Log your commute for a chance to win a trip to Montreal. Visit smartcommuteweek.ca
- On September 25th at 12pm the Fitness Facility offers a Lift & Learn demo on TRX Suspension Training.
- The Fitness Facility is offering the Weight Wise Club on Wednesdays through September 26th - October 31st from 12pm - 1pm in room 1A with a fee of $20. Contact receptionist@mcmasterinnovationpark.ca
- Join the Canadian Longitudinal Study on Aging’s (CSLA) official Grand Opening and Showcase on September 26th in the Atrium@mIP from 10:30am - 12pm.
- On September 29th from 7pm - 9pm join MIP in the Atrium@mIP for the Art in the Workplace Exhibit 10 Opening.
- MIP Tenants are invited! December 13th the MIP Tenant Holiday Event and Business after Business takes place in the Atrium from 5pm - 7:30pm

Thomson Reuters’ Annual Corporate Reception

The theme for this year’s corporate reception is “Intersecting Business and Impact at Work”. This event will combine business networking, entertainment and in-depth discussions about the value of sustainable business practices. The event will take place on October 12th - 14th, from 7pm - 9pm join the MIP Tenant Holiday Event and Business after Business takes place in the Atrium from 5pm - 7:30pm.

Christen urges Canada to take water crisis seriously

“Don’t waste water!” was the plea from Jean Chrétien at his recent visit to MIP. Chrétien gave the welcome address at a recent event in the Atrium at MIP about water and global security. Chrétien is Co-Chair of an international group, InterAction Council, and said that before he became involved in water issues, he “didn’t give a damn” about wasting it. Now, he says, he thinks twice. The forum was hosted by the University Institute for Water, Security Issue”. The morning session included Dr. Thomas Axworthy, former senior policy advisor to Pierre Trudeau. Most of us never see our medical records. But a new project developed by McMaster University and the Department of Family Medicine, MyOSCAR lets patients use their smartphone, pad or laptop to tap into their health information, book doctor's appointments and access apps for help with managing chronic diseases.

McMaster University and the Department of Family Medicine received a $5.8 million federal grant to create MyOSCAR and despite no Hollywood connection, MyOSCAR deserves star billing. The name's an extension of OSCAR (Open Source Clinical Application Resource), an electronic system already hosting health records of over two million Canadians. The program is on trial at two Hamilton teaching clinics and at Queens Family Health Team in Kingston.

McMaster is known for its multi-disciplinary collaborations and strategic partnerships. MyOSCARs instrumental partners include Trivium, an MIP neighbour, NexJ’s technological skill, York University’s expertise in behavioural health as well as industry partners Prylynx and OSCAR service.
everyone was happy to join the fiesta!

on site, and with free cake for dessert,

earlier this month.

and wafts of delicious Mexican cuisine

and the United Kingdom.

customers across Canada, the US, Mexico

operation and material handling devices.

President and CEO, Demetrius Tsafaridis.

1999 and expanded to make the supply

major port in the United Kingdom.

automated warehouse technology at a

Design), transportation (TransCare),

distribution (SteelCare and CarePort),

supply chain management and logistics

re-brand as they

Carumba! Tea & More

MIP was filled with live Mexican music

Weever Apps makes home-buying easier

Next time you’re looking to buy a

New changes in Canadian copyright law

by Michele Ballagh, Partner

Ballagh + Edward LLP

This Judy the Supreme Court released decisions in five related copyright cases. These rulings give critical direction on two principles of copyright law: fair dealing and technological neutrality.

Fair Dealing

In Canada, limited dealing with work protected by copyright is allowed under certain circumstances without infringing copyright. Under the current Act this includes: (a) research and private study; (b) criticism and review; and (c) news reporting.

No royalties were due in the following cases:

- in Alberta, teachers making copies of short extracts of text for their students constituted "research and private study"; in SOCAN v. Bell, short streamed music previews were viewed as "research".

Technological Neutrality

The principal of technological neutrality requires that the Copyright Act apply equally regardless of the technological diversity of different forms of media.

In ESA/C v. SOCAN, the court held there is no practical difference between buying a copy of a video game in traditional retail channels and downloading a digital copy via the Internet. As a result, it refused to require payment of a royalty just to transmit downloads via the Internet.

In Rogers v. SOCAN, the court held that there is no practical difference between a television broadcast and making content available by streaming temporary files for viewing via the Internet. In its opinion, a "communication" royalty is due only for transmissions that are akin to a live performance or television broadcast. While streaming is akin to a live performance or television broadcast, downloads are not.

SuperComputer lets

Canmet MATERIALS now has a special computer that divides computational jobs and allows all to be working simultaneously.

The computer is a liquid-cooled 2000 Processor Cray XE6m High-Performance Computing Cluster. This SuperComputer will help Canmet MATERIALS work on a wide range of projects. These include:

- Vehicle panels need to absorb energy during a crash, and be as light as possible to improve fuel efficiency. The computer can simulate the metal's microstructure to predict how it will deform under stresses.
- Zirconium alloy tubes in nuclear reactors become brittle and unsafe over time. Molecular dynamics is used to model the material at the atomic level to study the effect of neutron radiation on its properties.
- A fracture of steel pipes is a problem in the oil and natural gas industry; which impacts human health and the environment. Using the finite element technique, Canmet seeks to predict how pipelines will fracture, and cracks will propagate at high speed.


Caruumba! Tea & More celebrates in style

MIP was filled with live Mexican music and wafts of delicious Mexican cuisine earlier this month. The Fine Tea & More cafe chose a Latin theme to celebrate its first anniversary on site, and with free cake for dessert, everyone was happy to join the fiesta!