

For two decades, Canada's Networks of Centres of Excellence program's virtual networks have worked in quiet persistence, bringing together Canada's corporate, academic and public sectors in focused scientific collaboration. The results are impressive.



# RESEARCH EXCELLENCE

Outside of research circles, Canada's Networks of Centres of Excellence (NCE) program might not be a household name. Yet, today, on the NCE's 20th anniversary, all Canadians can share the pride and celebrate a strategic effort that continues to mobilize research and commercialization efforts to build a healthier, more competitive and prosperous Canada.

Among its accomplishments over the past two decades, NCE has leveraged public funding to generate some \$2.3 billion worth of R&D investment. In the process, it has created more than 50 virtual networks that focus corporate, academic and government research in strategic areas ranging from automotive safety to literacy and environmental sustainability.

Beyond producing valuable research, these networks have helped train scores of highly qualified workers, yielded more than 100 spinoff companies and thousands of commercial patents and licences.

Suffice to say, none of this was by accident.

"The long-term success of the Networks of Centres of Excellence has been made possible through consistent, reliable funding from the Government of Canada and through the co-operation between NSERC, the Canadian Institutes of Health Research (CIHR), the Social Sciences and Humanities Research Council and Industry Canada," says SSHRC president Dr. Chad Gaffield.

Among the nearly countless outcomes of NCE-led research, for example, are the develop-

ment of advanced building systems that incorporate non-corroding plastics allowing for safer bridges and structures; the application of sophisticated mathematical models now enabling a new generation of computer networks to cope with an ever-expanding Internet; the invention of an e-coli vaccine for cattle; and ground-breaking understanding of the impacts of climate change in Canada's Arctic North. The list and the benefits go on, often multiplying as a result of ongoing NCE partner collaborations.

The Canadian Stroke Network (CSN), for example, which was created about a decade ago with the support of the Heart and Stroke Foundation, has already directly benefited millions of Canadians.

"It is fair to say that stroke care has changed remarkably

across the country since the inception of the network, and a lot of the credit can be attributed to it," said Heart and Stroke Foundation of Canada CEO Sally Brown.

Following its introduction of the first drug to effectively treat stroke, the Canadian Stroke Network partnered with the Heart and Stroke Foundation to create the Canadian Stroke Strategy, catalyzing the implementation of integrated stroke care across Canada. The initiative is further supported by Heart and Stroke's public awareness campaign on the early warning signs of stroke, best practice guidelines for stroke care and rehabilitation, and continuing CSN-funded research.

"The Canadian Stroke Network fostered a real community among stroke nurses, rehab specialists, stroke neurologists, the whole community of care," said Ms. Brown. "It also brought researchers together to advance knowledge in stroke and then moved to translate that knowledge into practice. The clinical

practice guidelines for stroke funded by the government investment in the CSN didn't exist before and now are accepted internationally."

Based on such successes, the federal government expanded funding in 2007, resulting in three new programs under the NCE Secretariat.

Among them, Ottawa earmarked \$46 million over four years to create Business-Led NCEs. Headed by industrial groups, these networks support the training of researchers and hasten the transformation of ideas into marketable products and services.

Ottawa also committed \$285 million over five years to create the new Centres for Excellence for Commercialization and Research (CECR) program. Its R&D centres help commercialize products and services in four areas: environmental science and technologies, natural resources and energy, health and related life sciences and technologies, and information and communications technologies.

In particular, the networks and CECRs in the health field are speeding up the translation of new research knowledge into products, policies and practices that improve the health and well-being of Canadians," says Dr. Alain Beaudet, CIHR president.

Finally, a new Industrial Research and Development Internships (IRDI) program now creates opportunities for skilled graduate and post-doctoral science and technology students by linking them with suitable businesses. The IRDI program averages 1,000 internships annually.

A Council of Canadian Academies survey also found strong support for the NCE program, with the vast majority of respondents giving NCEs high marks among government programs.

"I think it would be fair to say that the evidence from that survey was that this was seen as a very valuable program right across the board," said Peter Nicholson, president of the Ottawa-based Council of Canadian Academies. ■

Fostering healthy relationships

## Experts address Canada's bullying problem

In Canadian schools, bullying happens every 7.5 minutes in the playground and every 25 minutes in the classroom. The human impact is heartbreaking – children who are victimized can be emotionally scarred for life.

The long-term consequences for children who bully are also troubling. Canadian research shows a strong link between bullying and relationship problems such as dating aggression, and sexual harassment.

Fortunately, a team of Canadian researchers and organizations aims to put an end to bullying.

Led by scientific co-directors Drs. Debra Pepler and Wendy Craig, and launched with the generous support of the NCE and the collaborative

leadership of York and Queen's Universities, PREVNet (Promoting Relationships and Eliminating Violence Network) promotes healthy relationships and prevents bullying through leading-edge research and practice.

Unique in the world, PREVNet involves more than 60 researchers, 70 graduate students, 20 universities and 50 national partners connecting an unparalleled range of resources from Canada and abroad to stimulate change and results in addressing bullying.

This work is vital.

On an international scale, Canada ranks dismally – 18th

of 21 rich countries on the quality of family and peer relationships (UNICEF 2007). The World Health Organization places Canada 36th worst of 40 developed nations on bullying and victimization.

Research now shows that the personal, economic and societal costs of relationship violence and mental health problems, including bullying, are long lasting and far reaching well beyond childhood into the workplace.

To learn more about PREVNet's vision to ensure that one day everyone will live, learn, play and work in safe and healthy relationships, visit [www.prevnet.ca](http://www.prevnet.ca). ■



### INSIDE

NCEs are a made-in-Canada model of collaboration and innovation worth celebrating, writes Suzanne Fortier, Chair NCE Steering Committee and President NSERC.

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*The Centre of Excellence for the Prevention of Organ Failure (PROOF Centre) is a not-for-profit Society established in 2008 with founding support from the Networks of Centres of Excellence (NCE), Centres of Excellence for Commercialization and Research (CECR) Program. To receive our inaugural report contact [proof@hli.ubc.ca](mailto:proof@hli.ubc.ca).*

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Canadian Stem Cell Foundation / La Fondation Canadienne de Cellules Souches

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## RESEARCH EXCELLENCE

Health

# Advancing Canadian stem cell research leadership

Canada's success and international leadership in stem cell research is based on a legacy nearly 50 years old.

The Stem Cell Network (SCN) was established as a Network of Centres of Excellence in early 2001. But it was back in 1961 that Ernest McCulloch and James Till first discovered stem cells at the Ontario Cancer Institute.

"Their work was recognized with the Lasker Prize in 2005, and they have recently been mentioned as potential candidates for the Nobel Prize," says SCN executive director Drew Lyall.

Stem cells and regenerative medicine present an opportunity to transform medicine, offering hope to treat many of today's most devastating diseases. While bone marrow transplants are now routine, cancer, type 1 diabetes, Parkinson's disease, multiple sclerosis and macular degeneration are a few of the diseases being studied by SCN scientists with the goal of developing novel therapies.

SCN has three main objec-

tives: "One is to bring benefits to patients. We want to get this into the clinics in Canada safely and effectively to the benefit of all Canadians," says Mr. Lyall. "The second is to realize the opportunity stem cell research presents to significantly reduce the health-care burden in this country, by improving the outcome of many major diseases that Canadians experience today."

For example, a successful treatment for diabetes would save the health-care system \$3.5 billion annually.

The SCN's third purpose is to bring about economic opportunity in Canada.

"The network's mandate is to accelerate the movement of stem cell research into clinical applications, commercial products or public policy," says Mr. Lyall, "to bridge the gap between basic research and its real-world application."

Examples of corporate successes include Calgary-based Stem Cell Therapeutics' second-phase work using biologics to stimulate endogenous stem cell repair following stroke, and Vancouver-based

STEMCELL Technologies, which is developing tools and reagents to support stem cell research efforts worldwide.

"We have certainly accelerated a number of therapies into clinical trials here and, without the Stem Cell Network, that wouldn't have happened as quickly," says Mr. Lyall.

Internationally, Canada is a leader in collaborative stem cell research, founding the International Consortium of Stem Cell Networks and the Cancer Stem Cell Consortium.

Canada's public policy leadership also led to the release of the Stem Cell Charter by the Canadian Stem Cell Foundation, a new charity recently established with SCN support. The charter articulates the principles of responsible science, protection of citizens, intellectual freedom, transparency and integrity.

"An early example of where these principles will be applied by the community is to separate responsible research from unregulated and unproven treatments sold by rogue clinics," says Mr. Lyall.

Photonics

# Putting the power of light to work for Canada

More than a century ago, the notion of photonic light was a glimmer in Albert Einstein's eye. Today, advanced technologies based on the science of generating and harnessing light are all around us, with more made-in-Canada solutions coming on stream at a brisk pace thanks in part to efforts of the Canadian Institute for Photonic Innovations (CIPI).

The CIPI, a Network of Centres of Excellence based at Laval University in Quebec City, brings together the country's top researchers from university, government and business in an effort to put Canada at the forefront of photonics research and innovation.

Although the CIPI is premised largely on university know-how (it supports the efforts of more than 90 researchers at 20 universities across the country), its Technology Exploitation and Networking (TEN) program transcends the world of academia by focusing the work of graduate students and industry experts on short-term projects with high commercialization potential.

While photonics have a broad array of applications, Canada is particularly strong in photonics for optical communications, solar energy, environmental purposes and imaging technologies such as infrared optics.

Recently, a TEN program collaboration involving the University of Ottawa and photovoltaic firm Cyrium Technologies Inc. led to the development of anti-reflection coat-



Now in its 10th year, the Canadian Institute for Photonic Innovations is Canada's premier hub of collaborative photonic research. PHOTO: SUPPLIED

ings that have improved the efficiency of solar power generation cells by 35 per cent.

The TEN program also recently spawned a new spin-off company in Attodyne Inc., a firm created to capitalize on Canada's leadership in ultra-fast laser pulses for surgical and industrial applications.

Meanwhile, researchers at the University of Toronto and Laval University have filed four patents related to their development of a commercial version of picosecond lasers, a technology used in the fabrication of solar cells, flat-panel displays and remote sensing.

CIPI's TEN program is designed to capitalize on the country's areas of strength in photonics, says CIPI president and CEO Robert Corriveau. "In photonics we are leaders in niches, so we are concentrating on such markets for commercialization."

CIPI's Innovative Photonic Applications (IPA) program,

meanwhile, connects photonics researchers with Canadian companies seeking answers to industrial issues. The partnerships often generate creative, Canadian-made photonic solutions.

"The economic impact on Canada is stronger from the IPA program because it means photonics science will create results in other economic sectors that can exploit the technology," said Mr. Corriveau.

Among the cutting-edge IPA projects now underway is a project involving Simon Fraser University, Honeywell and paper industry giant Domtar to develop a terahertz sensor for application in paper processing. Meanwhile, the University of Ottawa and Sunco researchers are collaborating to measure wear and tear of pipeline liners. And a University of Sherbrooke-led initiative is investigating semiconductor UV light sources for skin treatment applications.

Stem cells and regenerative medicine present an opportunity to transform health care, offering hope to treat many of today's most devastating diseases. Cancer, type 1 diabetes, Parkinson's disease, multiple sclerosis and macular degeneration are a few of the diseases being studied by SCN scientists with the goal of developing novel therapies.

This report was produced by RandallAnthony Communications Inc. (www.randallanthony.com) in conjunction with the advertising department of The Globe and Mail. Richard Deacon, National Business Development Manager, rdeacon@globeandmail.com.

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d'excellence

## RESULTS THAT MADE A DIFFERENCE FOR CANADA'S FOREST SECTOR

The SFM Network Board of Directors wishes to thank and applaud its partners for their commitment, cooperative spirit and financial support in helping the SFM Network realize its vision and mission as part of the Networks of Centres of Excellence Program. Over its 15 year history, over 450 researchers working with approximately 1600 high qualified personnel (post graduates, research associates and post-doctoral fellows) worked collaboratively with Network partners across research disciplines and partner sectors. In so doing, they produced important results providing numerous benefits for both the forest sector and the country.

### GRANTING COUNCILS

- Networks of Centres of Excellence / Government of Canada
- Natural Sciences and Engineering Research Council of Canada (NSERC)
- Social Sciences and Humanities Research Council of Canada (SSHRC)

### PARTNERS

#### Governments

- Government of Canada (Environment Canada) (Natural Resources Canada, Canadian Forest Service) (Parks Canada, Ecological Integrity Branch)
- Government of Alberta (Advanced Education and Technology/ Alberta Forestry Research Institute) (Sustainable Resource Development)
- Government of British Columbia (Ministry of Forests and Range)
- Government of Manitoba (Manitoba Conservation)
- Government of Newfoundland and Labrador (Department of Natural Resources)
- Government of Ontario (Ministry of Natural Resources)
- Gouvernement du Québec (Ministère des Ressources naturelles et Faune)
- Government of Yukon (Department of Energy, Mines and Resources)

#### Industries

- AbitibiBowater Inc.
- Ainsworth Lumber Co. Ltd.
- Alberta-Pacific Forest Industries Inc.
- Canadian Forest Products Ltd.
- Daishowa-Marubeni International Ltd.
- J.D. Irving, Limited
- Louisiana-Pacific Canada Ltd.
- Manning Diversified Forest Products Ltd.
- Millar Western Forest Products Ltd.
- St. Laurent Paperboard Ltd.
- Tembec Inc.
- Tolko Industries Ltd.
- Weyerhaeuser Company Ltd.

#### NGO

- Ducks Unlimited Canada

#### Aboriginal Groups

- Gwich'in Renewable Resource Board
- Heart Lake First Nation
- Kamloops Indian Band
- Kaska Tribal Council
- Little Red River Cree Nation
- Métis National Council
- Mistik Management Ltd.
- Moose Cree First Nation
- Treaty 8 First Nations of Alberta

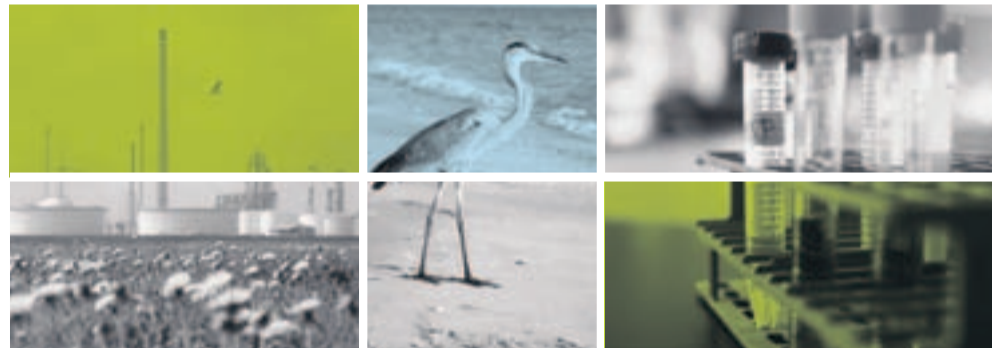
#### Institutions

- University of Alberta (host institution)
- British Columbia Institute of Technology
- Concordia University
- Dalhousie University
- Lakehead University
- McGill University
- Memorial University of Newfoundland
- Mount Royal College
- Royal Roads University
- Ryerson University
- Simon Fraser University
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- Université du Québec à Rimouski
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#### Affiliated Members

- Canadian Institute of Forestry
- Forest Ecosystem Science Cooperative, Inc.
- Forest Engineering Research Institute of Canada (FERIC)
- Fundy Model Forest
- Lake Abitibi Model Forest
- Manitoba Model Forest
- National Aboriginal Forestry Association

(1995 to present)

[www.sfmnetwork.ca](http://www.sfmnetwork.ca)


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Ontario

Canada

NCE 20th anniversary

# A made-in-Canada model of collaboration and innovation worth celebrating

By Suzanne Fortier  
Chair NCE Steering Committee  
and President NSERC



country's research capacity, build partnerships, and translate discoveries and advances into economic prosperity and a better quality of life for all citizens.

From the start, the NCE initiative was unique. Among its firsts, it brought together Industry Canada and the three granting agencies (the Natural Sciences and Engineering Research Council of Canada

(NSERC), the Social Sciences and Humanities Research Council of Canada (SSHRC), and the Medical Research Council – now the Canadian Institutes of Health Research (CIHR) – to manage a collaborative program for all research disciplines.

The resulting NCE research collaborations have exceeded all expectations. Their achievements have not only met the test of scientific quality as measured by international peer-reviewed publications, they have also addressed issues of critical importance to Canadians in key sectors of the economy such as information and communication technologies, environment, health and life sciences, engineering and manufacturing. Along the way, more than 36,000 highly qual-

ified Canadians have been trained through this initiative.

Over the past 20 years, the approximately 50 networks have leveraged an additional \$537 million cash and \$499 million of in-kind contributions from their partners. Combined with the federal government's investment, the NCE program has generated well over \$2.3 billion worth of R&D activities.

This innovation in action helps improve Canadian productivity and economic performance and provides knowledge-based, high-wage jobs for Canadians. In the context of an increasingly integrated global economy, the NCE program's role is only growing in its importance to Canada's competitiveness.

Leaders in both the public and private sectors certainly

understand this. Despite the current economic challenges, Canada's NCEs continue to secure multimillion-dollar partnerships.

At the root of the NCE program's success over the past 20 years are the federal government's consistent funding and the spirit of co-operation among industry, government and Canada's three research-granting agencies.

Today, each agency actively addresses the new realities Canada faces: CIHR has launched its new strategic plan, Health Research Roadmap, creating innovative research for better health and health care; SSHRC is responding with an enhanced focus on developing talent and creating and mobilizing knowledge for the benefit of the economy and Canadians; and NSERC has devel-

oped a new Strategy for Partnerships and Innovation to increase Canada's benefit from its investments in research and development.

Today, on the occasion of the 20th anniversary of the NCE program, I invite all Canadians to celebrate this program's remarkable achievements and recognize the important role Canada's federal government continues to play in supporting and enhancing research and development in this country.

Moving forward, Canada has an opportunity to build on this strong foundation and continue to forge national and international partnerships that will undoubtedly contribute to building a sustainable knowledge-based economy and a healthier, more prosperous Canada.

# Considering the future of Canada's forests

If there is one thing Canadians want, it's forests forever.

Canada's forests represent many things: a source for wood, paper and water, a natural playground, a home for Aboriginal peoples, habitats for wildlife and much more. But how can we sustain the supply of these benefits across Canada's vast boreal forest? How can the forest continue to support the economies and communities that depend on it?

Little was known about such questions when the Sustainable Forest Management (SFM) Network was established as a Network of Centres

of Excellence in 1995.

After 15 years of research and knowledge exchange, meeting the expectations of five international peer review panels, and a suite of industry government and Aboriginal partners, the Sustainable Forest Management Network's knowledge about the inner workings of sustainable forest management is today immense.

On September 23, 2009, Canada's forest professionals and practitioners, as represented by the Canadian Institute of Forestry, selected the SFM Network to receive its highest

recognition: The 2009 Canadian Forest Management Group Achievement Award.

Here are just a few recent examples why the institute selected the SFM Network:

- TRIAD forest zoning concept incorporated into the Québec Government's 2008-2013 forest management plan.
- Québec researchers developed an ecologically feasible way to use intensive silviculture alongside new more ecologically based forestry while leaving far larger areas of the landscape untouched.
- Breakthrough agreement between the Little Red River

Cree Nation (LRRCN) and Tolko Industries Ltd., arising from SFM Network research, that involved substantial modifications to cutting practices to respect Aboriginal values and land use on the LRRCN forest management area.

- Forest land tenure examined on a national scale to determine options for how land and wood allocation systems might be improved at the provincial level to better meet forest sector challenges.
- Creation of innovative policy instruments including Tradeable Disturbance Permits, a type of market-based

approach, to create incentives for conservation on forest lands.

- Understanding the ecological advantages of leaving the mixed wood forests as they are across the country and discovering new silvicultural approaches to manage them as mixtures, rather than attempting to separate them to meet perceived industry needs. Mixed spruce and poplar stands are healthier ecologically and may actually produce larger harvestable timber.

Emerging from SFM Network research as a whole is

the idea that all uses of the forested landscape must be managed in an integrated way if society is to continue to benefit from the many values the forest provides.

While the SFM Network officially concludes its NCE mandate on March 31, 2010, work is continuing to create another national research organization focused on integrated land use management.

For more information, contact scientific director Dr. Jim Fyles, McGill University. jim.fyles@mcgill.ca



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PREVENT's mandate is to catalyze the commercialization of vaccines for diseases of significant public health importance by progressing candidate technologies up to Phase II clinical trials. PREVENT stimulates the growth of Canada's vaccine industry by creating and fostering partnerships among the academic, industry, governmental and not-for-profit sectors.



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# Mad cow

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## RESEARCH EXCELLENCE

Sustainability

## Connecting intellectual horsepower with industry demand for green solutions

Nearly everyone agrees, the world urgently needs green technologies. And in few other areas of the economy is the need to reduce energy consumption and pollution greater than in the manufacturing and chemical sectors.

To help bring new clean technologies to market faster, GreenCentre Canada was launched as a new Centre of Excellence for Commercialization and Research (CECR) in March 2009 with \$9.1 million in funding from the federal government's Network of Centres of Excellence. Six months later, GreenCentre received another \$13.6 million from the Ontario government.

The first entity of its kind in North America, GreenCentre Canada brings together Canada's leading green chemistry researchers, industry partners and commercialization experts with a common goal of developing cleaner, less energy-intensive alternatives to traditional chemical products and manufacturing processes.

"These are the challenges we face," says Rui Resendes, executive director, GreenCentre Canada, "and fortunately we have a lot of technologies coming from Canada's aca-

demics that can be directed at those challenges.

"We bridge the gap on behalf of these researchers to establish partnerships with industry, work together with a focus on commercialization and chip away at the barriers that have stopped these technologies from making their introduction into the marketplace."

Philip Jessop, technical director of GreenCentre Canada and Canada Research Chair in Green Chemistry at Queen's University, says previously great inventions have often been left to gather dust on university shelves because schools lacked the specialized expertise, resources and facilities to support industry-driven commercialization efforts. At the same time, industry can be reluctant to assume the often costly and risky stages of product and process development, application and market validation associated with advancing new discoveries.

"To make a bridge, you have to touch both sides of the valley," says Dr. Jessop.

"We're working with industry to find out what they need, and with academics to learn what new ideas and discoveries they've got."

He says the response from

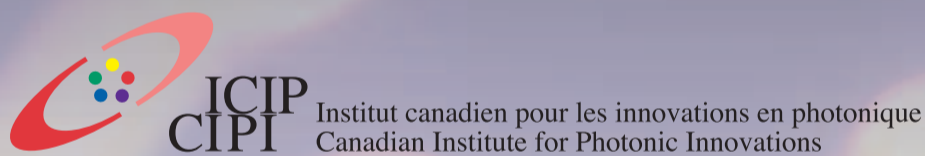
academics across the country has been, "Where have you been all my life?"

GreenCentre Canada, whose permanent location will be at Queen's University's Innovation Park, was founded by PARTEQ Innovations, the technology transfer office at Queen's. This relationship enables the centre to access PARTEQ's business services in the areas of intellectual property management, new business creation, contract services, communications and financial management, says Dr. Resendes.

The GreenCentre model of commercialization depends on universities sharing their research base to ensure that there is a sufficient critical mass of research to justify the investment in infrastructure that is required for the commercialization process.

The response has been overwhelming. "I only wish GreenCentre was bigger and hope that we'll be able to expand," says Dr. Jessop. "We're hoping to help over 50 green chemistry technologies over our five years of funding, but there is much more coming out of Canada's professors' and students' work than we can take on."

GreenCentre Canada helps bridge the gap between researchers and industry, chipping away at the barriers that have stopped technologies from making their introduction into the marketplace.



### Canadian Institute for Photonic Innovations

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The Institute brings university researchers together with public sector and industrial partners in a network with state-of-the-art facilities in order to stimulate innovations in photonics, and to promote their exploitation to generate wealth and enhance the quality of life for Canadians.

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Ces universités et affiliés privilégiés contribuent à positionner le Canada parmi les chefs de file en photonique au 21<sup>e</sup> siècle!

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Digital Media

## Expanding network helping propel Canada's digital economy

The Canadian Digital Media Network (CDMN) is laying the foundation for Canada's digital economy. The federal Centre of Excellence for Commercialization and Research, based in Waterloo Region and Stratford, Ontario, is linking Canadian entrepreneurs, government, private sector companies, educators, students and media for the betterment of Canada's digital industries.

CDMN was launched at the Canada 3.0 digital media forum held in Stratford in June 2009. Initially planned as a small educational conference, the event mushroomed into a full-blown forum that attracted more than 1,500 people.

"The fact that digital media can be a viable industry in Canada and contribute to the economy in a big way has driven both interest and positive action," said Kevin Tuer, CDMN managing director. "The Stratford forum was just the beginning, as we have now launched two hubs in Kitchener and Stratford and are working to connect with other digital media hot spots across the country."

Canada 3.0 2010 returns to Stratford next May, with a number of smaller events planned for other centres across the country over the next six months.

"Given the challenges of our geography, it's important that we do these regional events to jump-start digital media innovation all across the country. That's the true value of a federal Centre of Excellence - to build that kind of



It might look like child's play, but three-dimensional immersive visualization tools, as pictured above at Christie Digital Systems Canada, offer the opportunity to examine and interact with data in new ways. Christie is one of more than 60 industry supporters involved in Canadian Digital Media Network research. PHOTO: SUPPLIED

collaboration," said Mr. Tuer.

A new digital media convergence centre will open in Waterloo Region in spring 2010 - The Communitel Hub: Digital Media & Mobile Accelerator - making office space and leading-edge digital equipment available to early-stage companies and entrepreneurs so that they can jumpstart ideas in digital media. The hub will feature access to technology services, business coaching including an entrepreneurs-in-residence program, and even pave the way to pursuing venture capital. Connections between the technology-focused hub and the Stratford Institute think-tank will yield at least 100 new

companies over the next five years.

"CDMN will be an innovator's dream, where infrastructure to support research and commercialization will unleash creative and technical digital media ideas," said Mr. Tuer.

A major focus is to connect academic partners with industry for joint R&D projects. Part of the ecosystem to support new ventures will come from established companies such as Intel, Open Text, Research In Motion, Christie Digital Systems, Agfa HealthCare and COM DEV, who have all given generously of their time and resources to build a digital network for Canada.

Heart Health

## Researchers aim to flush sodium from Canadian diet

Two of Canada's Networks of Centres of Excellence are working to flush high sodium levels from the food supply. The Advanced Foods & Materials Network (AFMNet) and the Canadian Stroke Network (CSN) have teamed up to fund an innovative research study that aims to enhance flavour in low-sodium products.

Ryerson University professor Dérick Rousseau and his team want to help the processed food industry develop effective ways of making foods like pizza, cheeses, breads and soup taste salty with less sodium. Using the concept of controlled release - similar to that found in over-the-counter acetaminophen timed-release capsules - Dr.

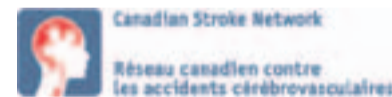
Rousseau is simulating the experience of a "salt hit" so that lower-sodium foods will have the same taste as those with a larger amount. Canadians will still experience the salty taste they love in their favourite foods, but in fact, they will be consuming 25 to 30 per cent less sodium.

"Our researchers are working to identify and help develop healthier ingredients, make them available to food companies and, ultimately, to the consumer," says Dr. Rickey Yada of the Advanced Foods and Materials Network. "But consumers cannot rely solely

on the science. Choices need to be available but, equally important, Canadians need to educate themselves and make smart choices."

Dr. Kevin Willis of the Canadian Stroke Network agrees. People need to read the Nutritional Facts labels on packaging and try to consume products with less than 200 mg of sodium per serving.

In an effort to raise consumer awareness about the saltiest food products, the networks annually award Canada's "Salt Lick" prize to a particularly sodium-filled food or food group.



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