

Reebok  CrossFit
FIREPOWER

A Message to the Town of Milton

This June marks 10 years that Milton opened its doors to FirePower. We chose THIS community because of the community. And we set out to introduce a sport that was almost unheard of. CrossFit.

Thank you to the many Miltonians who confidently believed in our vision of "Reconnecting Families Through Sport". The early adopters who came to our first month free and are still here a decade later. And to the new members who continue to join each month, we are grateful for your trust.

Thank you to the local businesses who supported and encouraged us when things were tough; who became family friends at the same time. From Troy's Diner, to the Ivy Arms, to the Tiger family, to the Town Councillors who joined a team for FireFighter Appreciation Day, to Milton Fire for partnering with us to raise funds for Canadian Fallen FireFighters. We are grateful to all of you and so many more.

Thank you to the Milton Champion, TVCogeco, Snap Milton, and Family Matters for sharing our stories. Thank you to the Chamber of Commerce for awarding us Business of the Year, and most recently Entrepreneur of the Year for FirePower Kids.

In 10 short years we have taken homegrown Miltonians from learning what CrossFit is, up to competing on the world stage. We created an outlet for young athletes to begin a lifelong love of fitness. We've also created jobs here in our hometown for many Miltonians to support their families.

And through it all, we built a Community of Fitness based in encouragement, inclusiveness, fun, love and giving back to our community while also paying it forward.

Thank you Milton for helping this family business become
10 YEARS CROSSFIT STRONG.

Sincerely,

Andrea Savard
George Savard

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EDUCATION

Charity ban not in keeping with church teaching: bioethicist

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It's possible to support charities that conduct research banned by the Catholic Church while still following approved church teachings, a Catholic bioethicist told the Halton Catholic District School Board on May 15.

Dr. Moira McQueen, the director of the Canadian Catholic Bioethics Institute, made a presentation that walked trustees through a concept called "co-operation in evil," the idea that good and evil sometimes come packaged together.

"The church does not withdraw from all organizations where it does not approve of all of their actions, such as the United Nations," said McQueen, a lawyer with a PhD in moral theology. "It supports

some motions and rejects others and has witness value in being a voice for peace and justice."

The board has been embroiled in a controversy surrounding its "Sanctity of Life" motion, which was passed in February and halted school fundraising or donations for charities that support, "either directly or indirectly, abortion, contraception, sterilization, euthanasia or embryonic stem-cell research." Students and community members have rallied against the motion, which they say was passed without input.

The motion led to a lengthy list of banned charities which included the Canadian Cancer Society, which conducts both embryonic stem-cell research and adult stem-cell research, which is allowed by the church. After much

backlash, trustees suspended the ban May 1 so they could gather more community feedback. That feedback, which will include McQueen's presentation, is expected to be back in front of councillors in June.

McQueen said she had heard views from supporters of both sides of the issue that don't accurately reflect Catholic teaching and was hoping to provide some clarity. None of the trustees asked questions when she finished, which she said she found surprising.

"I suspect what I said did not please either side of the motion," she told Metroland Media in an email after the meeting.

"I was not there to do that in any event, but to expand the knowledge of the

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