

PROFILES

with JENNIFER BARR



On a recent Sunday, the congregation of Trinity United Church, Acton, heard a far-reaching hard-hitting talk on racism by visiting minister the Reverend Das Sydney of Acton Baptist Church.

Although Das is much more concerned with his congregation and ministerial duties than racism, he has a special interest in the subject. He is chairman of the Social Concerns Committee, a task force on racism for the Canadian Council of Churches. He is currently writing a series of papers for the Baptist convention to be held in Hamilton soon dealing with the subject. He is also chairman of Acton Clergy for Boat People.

Canada likes to think of herself as an unprejudiced and yet racism is present all over the country, Das explains.

Such discriminatory practices as name calling, bumper stickers, graffiti, hate messages and worse, increasing evidence of violence and harassment, indicate Canada is as behind as most other countries.

"Name calling suggests you're not one of us", comments Das. "It's not harmless, it develops attitudes in the young."

Presenting his argument that racism has been present in this country all along he points to such historical facts as the presence of the Klu Klux Klan in Kingston as late as 1830.

In present days racism still exists, but is often subversive. Tests of 30 Ontario Real Estate companies, says Das, showed they were all willing to discriminate on the part of the vendor i.e.: not show the house to persons of another colour, race, or creed.

Racism is practiced in areas of housing and employment, Das explains.

Cardinal Carter defined racism as "xenophobia—fear of strangers".

Are we afraid of strangers or afraid of losing power?

"For racism to work", Das says, "There has to be a base of power... it's in the white peoples' hands... and forms a basis of racism."

Das talks of institutional racism in day-to-day life and economic racism such as that based on slavery and going back thousands of years.

Even small items in our daily lives reflect racism, Das comments. How many times do we use the words "yellow bellied", "black-listed" and so on?" he asks.

With racism more and more in the news as Canada experiences a large wave of immigrants what can be done to solve the problem?

"It makes good sense economically (to encourage immigration). We need the cheap labour. Refugees have a good record of paying their own way. Whenever there's a large wave of immigration there's (historically) always been an economic boom," says Das.

He feels some of the current problems with Toronto police clashing with ethnic groups is the scanty representation of minority groups on the force.

Das feels the only answer is to have a conflagration, forcing large institutions to respond to the problem. Education is the key, he states.

"We know little about the greatness of other cultures. Teachers in schools need to be re-educated and re-taught in these areas."

"Attitudes are learned in the home (as well as at school)."

Das agrees a good advertising program on television—some Positive propaganda—could be the answer.

"The government should be responsible for this", Das says.

"People have to be led to believe we are all Canadian with no prefixes such as Black-Canadian, French Canadian, or Indian Canadian."

"When we have an opportunity to mix—we all win."

"I see hope for the next generation," Das comments, "we don't like to be disturbed until we have to be (on racism)" but Das agrees the children of tomorrow will help all Canadians feel equal if they are educated to do so.

An adopted Canadian himself, Das feels "Canada is a land of such richness and opportunity" it should be available to all.



The Reverend Das Sydney



The doors of the new senior citizens apartments on Elizabeth Dr. opened for inspection by applicants last week.



Pat Sparrer of Halton's Housing Authority demonstrates some of the kitchen equipment in one of the apartments for handicapped in the new senior citizens apartments.



Mr. and Mrs. James Paton have their first look from their balcony in the new Elizabeth Dr. apartments.

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Cardiopulmonary Resuscitation course offered by Acton Y

Acton's Murray Memorial YMCA will hold its second Cardiopulmonary Resuscitation (CPR) course on June 21.

Last month the Y held its first CPR course for members only but this second course is open to the public.

The course is five hours long and costs \$10. There are openings for only 10 people at the session on June 21.

This will be the only CPR class this spring, more are planned for the public this fall.

People taking the course will learn there are several common signals of a heart attack. The victim will feel an uncomfortable pressure, squeezing, fullness or pain in the centre of the chest, behind the breastbone. Other symptoms of a heart attack according to the Heart Foundation are sweating, nausea, shortness of breath and weakness. Sometimes these signals will subside and then return.

The most common cause of sudden death is heart attack.

"Basic CPR is a simple procedure, a simple as A-B-C, airway, breathing and circulation."

If a person finds a collapsed person they must determine if the victim is conscious. If the victim isn't conscious

their airway must be opened. To open the victim's airway "lift up his neck or chin gently with one hand while pushing down on his forehead with the other to tilt his head back." Once the airway is open the rescuer must check to see if the victim is breathing.

If the victim isn't breathing after the airway is open, rescue breathing must be provided.

The best way to provide rescue breathing is the mouth to mouth technique. "Take your hand that is on the victim's forehead and turn it so that you can pinch the victim's nose shut while keeping the heel of the hand in place to maintain head tilt. Your other hand should remain under the victim's neck, or chin, lifting up. Immediately give four quick, full breaths in rapid succession using

the mouth to mouth method."

Following mouth to mouth check the pulse to see if the heart is beating. The pulse must be taken at the carotid artery, which is located by sliding the tips of your index and middle fingers into the groove beside the voice box.

If a pulse can't be found then artificial circulation must be provided in addition to rescue breathing.

The resuscitator provides artificial circulation by external cardiac compression.

"In effect when you apply rhythmic pressure on the lower half of the victim's breastbone you are forcing his heart to pump blood."

Kneel beside the victim, near his chest and "locate the lowest portion of the sternum, the xiphoid. Place the heel of one hand about one to one-and-half inches away

from that lip. Place your other hand on top of the one that is in position." Rescuers are advised to keep their fingers off the chest wall.

"Bring your shoulders directly over the victim's sternum as you compress downward, keeping your arms straight. Depress the sternum about one-and-a-half to two inches for an adult victim. Relaxation must follow compression immediately and be of equal time. A rhythmical,

rocking motion helps insure the proper length for the relaxation cycle. Remember do not remove your hands from the victim's sternum while allowing the chest to return to its normal position between compressions."

"If you are the only rescuer you must provide both rescue breathing and cardiac compression. The proper ratio is 15 chest compressions to two quick breaths."

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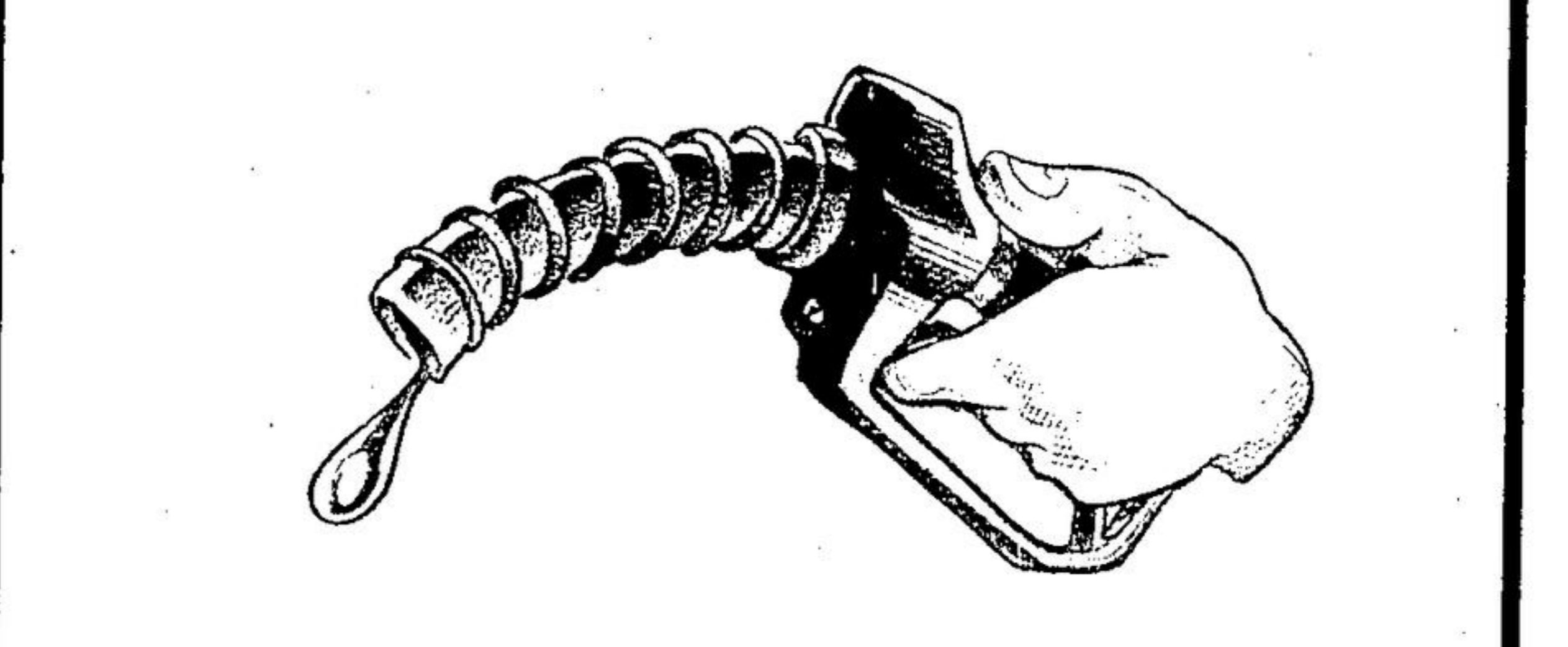
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