

That's My Line



Bill Goman- Boat builder

Goman Boat Ltd. began production at 1 Victoria Street in Midland in May and began production of the Goman 20. To date 22 of the craft have been completed, 17 in Midland.

The Goman 20 is a 20 foot fibreglas sloop with a fixed keel selling for between \$11,500 and \$12,500 depending on options requested. Sails are extra.

You start with two sails, you can go up to five. I've been on boats with as many as 30 sails. Five years ago it was easy to put up \$30,000 worth of sails! The type of motor also makes a difference.

Sailor

The Goman 20 is designed for the experienced sailor, unlike other 20-footers. While I was working at C&C Yachts of Oakville I felt all the boats at the smaller end of the scale are aimed at the first-time buyer who doesn't know what to look for. They do not appeal to anyone with any experience, and as soon as a person gains experience, the boat's appeal vanishes.

It's like someone buying an easy to use camera. They get the bug, become unhappy with what they have, and want the functions

they can get from a more expensive camera.

Sail

The 20 is simple to sail, while designed to give a person who has been sailing a while the feeling that they have a decent boat. Sales are targeted to two groups. Young families who belong to junior sailing clubs or dinghy sailors, who have kids or who are tired of being wet all the time, and people at the other end of the scale, people near retirement, without children anymore, who want the stability of a fixed keel.

The benefits of sailing compared to power boating lie in the difference in what you are trying to do.

The sailboat is the destination. You don't necessarily want to go anywhere but instead you want to learn how to handle the boat. It's more recreation than a power boat where you go somewhere to do something. Only the man at the tiller in a power boat has something to do, whereas in a sailboat everyone is occupied.

Sailors learn a lot about seamanship, and safety on the water. They can't escape bad weather so they learn how to handle it.

The energy crisis

scared me more than encouraged me to go into business for myself. Thirty per cent of the finished weight of a boat comes from oil based products. Both power and sail boats could price themselves out of the market.

I don't know that any single thing made me jump into my own business. I finally had the wherewithal to do it, and an inkling of what I wanted to do.

Typical morning

The first thing I do in a typical morning is go around the shop to see if the employees have any problems or questions. I get our work organized for the day so that we can stay on schedule. There's a master schedule for every boat in the shop, at every stage. I'm usually on the telephone ordering items we need if we're getting low.

In the afternoon I make time to clear away longer term projects and do major reordering, if I'm doing inventory, or do drawings, towards work that isn't immediate but is some time down the road.

We have six boats in different stages of completion. We're also doing a custom project, a windsurfer for a try to break the world speed record.

Some food for thought

by Alleyne Attwood, R.P.Dt.

After manning an exhibit at the Canadian National Exhibition for two days last week, I can well understand why the CNE is only of three weeks duration.

Ordinary human beings simply couldn't stand the stress, the noise, the heat, the unending stream of humanity for much longer.

It was the booth of the Ontario Dietetic Association in the Agriculture Building.

The smell from the Horse Building next door although not unpleasant, was all-pervading.

The Ontario wineries exhibit and periodic free sampling, was right around the corner, a colourful beer garden just down the aisle.

A good spot for the Association to set up shop. The booth was the brain child of the dietetic interns at Sunnybrook Hospital and was manned in three-hour shifts by volunteer dietitians.

After searching for an hour I found the exhibit, not because it advertised its sponsor, but because of a huge poster advertising the "Nuts and Bolts of Nutrition" a small, very readable book recently launched by the Dietetic Association into the sea of popular nutrition literature.

This was for sale, it seems and I alone was the keeper of the cash box. I sat down for a moment to get my bearings and receive about one minute of orientation before my predecessor disappeared into the mass of people.

Quiz

Quailing just a little, I approached two young men who had separated themselves out of the throng to fill in a nutrition quiz, the answers to which were more or less on posters around the exhibit, and the filling out of which, when deposited in a big red drum, just might win them the dishwasher that was standing to one side of the display. The quiz was a great idea, we talked.

I made sure all their answers were correct and they knew why before it went into the drum and presto I was launched as an exhibitor.

For three hours I didn't sit down. The posters gave a very simple message. There was no distracting information on the horrors of fad dieting, or how to control diabetes, or anything about careers in the dietetic profession, just the simple message that if you eat properly, with the Canada Food Guide as a guide the chances are that you and your children and your children's children will be healthy.

It is said that 60 per cent of Canadian women and 50 per cent of Canadian men are overweight. Standing in that booth for my first

three hour stint, I could believe it and I couldn't help but ponder (between customers) the harm that all that fat was doing to bodies that should be healthy.

If someone told them that they had to carry around a twenty-five pound bag of sugar in each hand, there would be rebellion, yet many, many of those people streaming by were fifty pounds and often much more over a more

desirable weight. It is perhaps understandable, or at least more understandable when a man or woman is along in years and has been overweight all their life, but to see individuals in their thirties and forties in this day and age of "enlightenment" who are grossly overweight, is sad.

Those posters surrounding me said it all. A well-balanced diet (without the need for

extra vitamins and minerals which don't really make up the difference between good eating and poor eating habits) can be had by most adults by drinking two cups of milk daily, eating less meat or meat alternates than we are accustomed to having, (about four to five ounces), eating at least three slices of bread or alternate as cereal, preferably whole grain.

The Simcoe County Roman Catholic Separate School Board

wishes to advise

the phone numbers of the following schools

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549-3677

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D. Deschambault
Principal

29 Poyntz St.
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