

Fontinato reveals 'new chapter' in his life

By Mark Holmes
Part Two

Since Lou Fontinato, a former NHL defensive star, left hockey he has devoted himself to his family and farm with as much exuberance as when he played the game.

In a game between Fontinato's former teammates, the New York Rangers, and the Montreal Canadiens, a combination of being off balance and getting hit the wrong way sent Fontinato crashing head first into the boards. His third and fourth vertebrae snapped, paralyzing him for over a week and at the height of his career he had to leave hockey.

The accident hasn't left Fontinato bitter, it left him to open a new chapter in his life. Since he couldn't go back to hockey, Fontinato began the second career in his life, farming. He moved to this area earlier this year.

"I've always felt that if one door in your life closes then another will open. My advise to anyone who has had an experience similar to mine is to get up off their duff and get on with their life," explained Fontinato.

That advice is exactly what he gave to a local boy, Pat Barr of Rockwood.

"The poor kid had a neck injury from hockey and his doctor told him he could never play again. The kid was scared and depressed," said Fontinato.

"When there is someone who needs your help and advice I'd travel miles to go see them. I told the boy that hockey wasn't everything in life and I gave him the best advice I could."

Fontinato is a man who practises what he preaches. When he left hockey he delved into the farm and family life with vigor.

Married in 1957, Fontinato now has three children, Paula, 24, Louis 22 and Roger 17 and says he is a firm believer in the wholesome farm and family life.

"I believe everyone needs a challenge. Farming is my challenge and at times it really gets the adrenalin flowing. Challenge is what helps people to learn, especially about themselves, and you know," remarked Fontinato, "it's the ambitious people who seek out the challenges and make great countries."

Since Fontinato's injury he has dabbled slightly in hockey. In the latter part of '65 he coached an Oakville Junior C club and in the early '70's he helped out with the Guelph Beekings. More recently he was asked to join the coaching staff of the Toronto Marlies.

"I liked working with the boys," commented Fontinato, "but I'm so involved with my farm I just didn't have the time."

As well as working with junior hockey Fontinato also has kept track of happenings in the major leagues.

"If it were up to me," exclaimed Fontinato, "I'd do away with all the contracts running for over a year. When players are secure for a long period of time a club is obligated to pay their salaries whether they play well or not."

"Don't get me wrong," continued Fontinato, "some players try extremely hard. It's just that long term contracts don't demand the best a player has to

give."

According to Fontinato, hockey clubs are still turning out good hockey players, but some of them just don't seem to have the drive and ambition they should have.

International hockey is prime example of that lack of ambition, said Fontinato. "The Russians have the game all wrapped up. They take their man out, they check hard and at the same time they control the puck."

"It's going to be a tough job beating them now," said Fontinato. "North American teams tend to be made up of men who probably don't see any reason to take the extra time and effort to take an international series seriously. They're already making a good living from professional hockey."

Another problem is the teams don't have enough time to play together and learn from each other, said Fontinato.

"We have the hockey talent to beat the Russians, but we don't have the drive and the ambition," remarked Fontinato.

"If the NHL players in general had more ambition and one year contracts, every game would look like the play-offs," concluded Fontinato.

Another example of Fontinato's fortitude stems from his first farm near Guelph. Since the mid '60's he had been raising and selling cattle on the 80 acre farm on the outskirts of the city and ten years ago city planners wanted to expropriate his land for a 'buffer zone' around Guelph Lake.

"It wouldn't have been too bad if they'd (the city) offered me a reasonable price

for my land," said Fontinato, "but they tried to get away with giving me a third of what it was worth."

According to Fontinato the city offered him \$98,000 when in fact the land was worth close to half a million dollars.

"My farm is part of a much larger original parcel of land, some of which was sold earlier at \$7,000 an acre. The original land was of a poorer quality than mine and they offered me only \$2,300 an acre."

elaborated Fontinato.

Fontinato approached the Land Compensation Board to help him with the situation. "That was ten years ago," said Fontinato, "and it's just now going to court."

"Not only were they trying to rip me off, I was insulted. If I let them get away with it they would probably do the same thing to

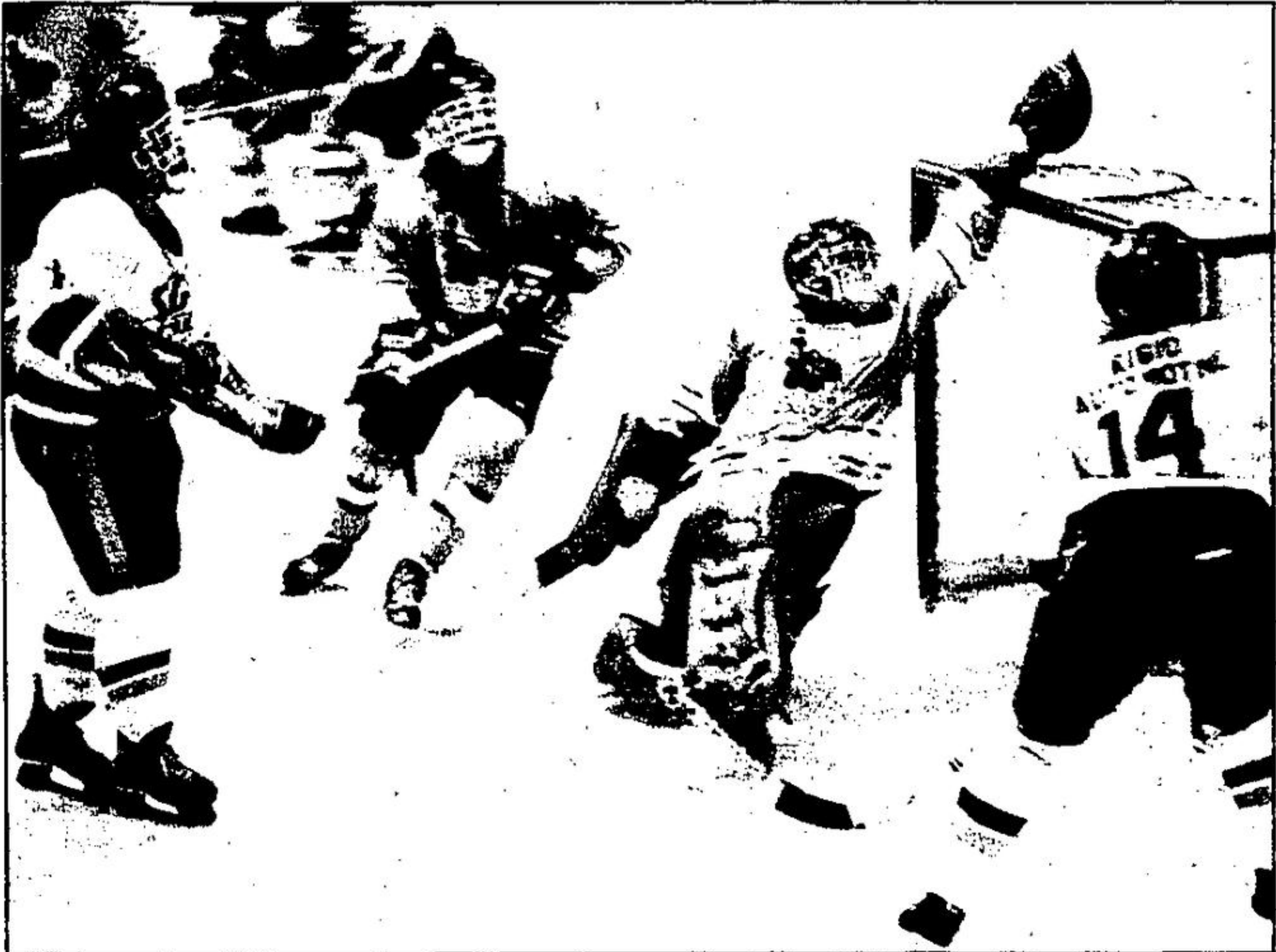
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Lou Fontinato has a great challenge in life as he operates Nordic Farm just east of Eden Mills.

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The Burlington goaltender stretches to reach the puck in Saturday's game that saw the Acton Sabres rally for their first home game win of the season. The Sabres were in Oakville Friday night losing their weekend opener 13-1.

Sabres take first home win 6-3

by Mark Holmes

The Acton Sabres, at home on Saturday night, managed their first home win this year as the local boys downed the powerful Burlington Cougars 6-3.

Gary Hudson, the Sabres' coach, remarked, "We really needed this win. The boys' morale has been given a much needed boost."

From the opening minutes of the game until the final buzzer the Sabres proved that hard work, sticking to the game plan and skating hard will get them their share of points this year.

Ken Kavanaugh led off the Sabres' assault with a goal at 4:19 in the first period. Unassisted, Kavanaugh broke for the Burlington goal and carrying the puck most of the length of the ice he outmaneuvered Burlington's goaltender John Petrachuck to give the Sabres a 1-0 lead.

With 7:43 left in the first period Burlington, who had been all over the ice for most of the period, rallied with a man advantage, to tie the game 1-1.

With both teams vying for a win, the Cougars managed to take the lead with 33 seconds left in the first period.

Undaunted, the Sabres came out in the second period, taking full advantage of a Burlington one man deficit, to tie the game. Kavanaugh, assisted by Rick Dodds and Mike Yalowica, scored two minutes into the period with a sizzling slap-shot from the slot.

Moments later Mark Symes, assisted by Dodds, gave the Sabres the lead for the second time in the evening.

"The Kavanaugh, Symes and Dodds line were really hot tonight," said coach Hudson. "Not only were they taking their man out, they were controlling the puck."

With 17 minutes left in the second period and a one goal lead the Sabres reversed their previous trend of fading during the later half of the game. They kept control of the puck leaving the Burlington squad with very few chances to score.

At 11:17 Denis Kirton increased the Sabres' lead by another goal. Assisted by Brian Demone and Scott Kennedy, Kirton pushed past the Burlington defense and blasted the puck into the net.

Two minutes later the fans were up and cheering again as Paul Cargill, unassisted, managed to poke the puck into the Burling-

ton goal for the fifth time, giving the local team a healthy three goal lead.

In the third period things were looking a little tense for Acton as a determined Burlington team assaulted the Sabres' goalie, Fred Fess, with several blistering shots.

Unaffected by the Burlington offensive play, Scott Kennedy, assisted by Demone and Kirton, broke past the opposing defense and, facing the Cougar's goalie one to one, slipped the puck into the top right hand corner of the net.

For the remainder of the game Acton kept the pressure on resulting in a much needed 6-3 victory.

"We skated hard and got in their (Burlington's) way," said Hudson. "It's one of the best games our boys have played and they deserved to win," concluded Hudson.

"Unfortunately, last night's (Friday's) game against Oakville was a disaster for us," remarked Hudson. "It was just one of those nights when the boys just couldn't get their plays together."

"We didn't play well and we didn't realize just what good skaters Oakville had and when you underestimate your opponent you're in for trouble," explained Hudson. Acton, for these reasons, lost miserably to Oakville 13-1.

Controlling the game from start to finish, Oakville managed to capitalize on several powerplays racking up an awesome 13 goal lead.

The only relief for the Sabres came midway into the third period as Vince Paradiso, assisted by Paul Fraser, broke Oakville's shutout.

"We took a bad loss Friday night, but came back strongly against Burlington," said Hudson. "The loss didn't make the boys give up hope and I think that's a good sign."

The Sabres' next home game will be Friday night as they host the Mimico Monarchs at 8 p.m. Thursday they travel to Barrie.

Leathertown soccer club prove tough competition

The Leathertown Men's Soccer Club, sponsored by The olde Hide House, Jack Tanner's and Heady's, played a tough double header last Saturday and Sunday as their league schedule draws to a close.

Saturday's game saw the local team meet Oakville in Clarkson under perfect weather conditions.

The Acton defense was dominant throughout the game as Mark Dues played an excellent game and Peter Wright, the centre forward, made his debut with the local team scoring the opening goal.

John Semenac coolly converted a penalty kick forcton's second goal and in the end it was Oakville two, Acton two.

On Sunday the local squad, plagued by injuries, travelled to South Peel to meet the league leaders, Kibris of Mississauga.

Because of missing several of their key players, Acton was definitely the underdog

in the match against the powerful Mississauga team.

However, in front of over 150 fans the Acton Club managed to open the scoring race with a tremendous goal by Dave Entwistle early in the second half.

The young squad played their best soccer of the season as non-stop running, skillful passing and great defense kept the opposition at bay.

With a lone goal deficit Kibris equalized in a goal-mouth scramble to tie the game.

Knowing full well if Kibris was allowed one point they would take the league championship the local team played heroically to salvage a win.

Unfortunately, even after a penalty kick, the Leathertown men had to settle for a tie.

As a result Kibris took the league championship home with them.

Heller's ties Lakeview 5-5

The Acton Industrial league continued their regular season play on Sunday as Heller's and Lakeview Centre played to a 5-5 tie.

Glen McKenzie, Dave Morris and Bill Severinski chalked up a goal apiece for Heller's and Chris Tennant managed two markers in the cause. Heller's assists were credited to Steve McIntyre, Dave Morris, Tennant and Jamie Vickery.

Bruce Cooksley and Gary Lumbers racked up two goals apiece for Lakeview and Mike Miller rallied for one. Lakeview assists came from Mike Coffey, Clair Snow and Russ Van Fleet.

Continuing the Industrial League action A.T.W. doubled Nielsen's Clothing 4-2.

Ken Kentner scored twice and John McCutcheon and Jeff Townsley shared a goal apiece for A.T.W. Assists went out to

Kentner, Randy McIntyre and Rob Evans.

Bart Jacobs and Henry Toebes had the only two Nielsen's goals and assists were credited to John Sykes and George Artem.

Acton Travel sent Family Cleaners packing with a decisive 8-4 win.

Todd McIntyre was the star of the game as he tallied up four goals for Acton Travel. Scott Withers, Dave Paul, Ken Owen and Lorne Gordon scored a goal each.

Acton Travel assists came from Paul, McIntyre, Lloyd Smallwood, Bruce McPherson, Ken Owen, Gordon and Terry Winters.

Next week's schedule for the Industrial Hockey League is: Lakeview Centre vs. A.T.W. at 7 p.m., Acton Travel hosts Nielsen's at 8:20 and Heller's will take on Family Cleaners at 9:40.



At the annual Industrial Fastball League awards dinner this year's league champions, Fred Construction, were awarded the championship trophy. The Fred Construction players are back row, from left to right; Bob McKay, George Wallis, Grant Clatworthy, Tim Baker, Moe Leaking and Al Hall. Front row are Rick McArthur, Dan Arble, Gus Holmes, Dick Spear, Roy Spear, Lloyd Smallwood and Mike McGregor.



The Acton Industrial Fastball League held their annual awards dinner on October 23 and the most valuable league players for 1983 were, from left to right, back row Earl Mahby, Roy Spear, Ken Fiddis and Dave Black. Front row are Bruce Casary, Nate Field and Bob Merrikin.

Elora dumps Nellis 6-3

The Nellis Construction Major Atoms journeyed to Elora on October 24 only to lose the match 6-3.

Clayton Leys, Wayne Bousfield and Jason Piper tallied up the Acton goals while assists came from Jason Piper, Bousfield, and Leys.

However, it was a different story on October 25 as the Nellis Construction team managed to overpower Kitchener 3-2.

Jason Piper, Michael McMahon and Mike Thompson racked up the Acton goals and

assists were credited to Wayne Bousfield, Clayton Leys, Jamie Galloway, John McLean and Eric Heagle.

On October 30 Acton travelled to Fergus defeating their opposition 3-1.

Michael Kinnon and Wayne Bousfield chalked up the two goals for the win and assists came from Michael Thompson, Jason Piper and Clayton Leys.

John Katsilieris and Todd Demone played very well in net for Acton.

The Nellis Construction Major Atoms' next game is November 8 against Guelph.