Weather

**TODAY:
SNOW**

**HIGH OF 0
LOW OF -1**

**TUESDAY:
SNOW OR RAIN**

**HIGH OF 2
LOW OF -21**

**WEDNESDAY:
SUNNY**

**HIGH OF -13
LOW OF -17**

**THURSDAY:
SNOW**

**HIGH OF -13
LOW OF -17**

**FRIDAY:
60% CHANCE OF FLURRIES**

**HIGH OF -3
LOW OF -4**

"Jog your hearts" keep those simple random acts of kindness going in 2019

THE SCOOP
MABLE HASTINGS

It was a simple act of kindness but the message was clear. Yesterday a friend and I decided to hit the stores for after Christmas bargains hoping to score some deals for next year. The stores were packed with other folk who had obviously come out for the same reason as wrapping paper, bags, bows and decorations lined the counters as we all proceeded to pay. I did take note that before Christmas, gestures were made a little more frequently and many took the time to exchange smiles and greetings but, on this day, everyone was on a mission to save money, get the bargains and marvel at the markdowns!

On the way home we decided to stop at the local donut shop for a donut and a drink, but due to another line up, we chose the drive thru. We did our usual arguing over whose turn it was to pay and we scrounged for change to be exact and quick. Pulling up to the window we handed the server our money. With a smile, he pushed the money back and stated, "The man before you paid your order and said to wish you Happy Holidays." What? We were surprised, taken aback and giddy.

As we drove, we exchanged our thoughts on who the mystery man was and this random gesture of kindness. We talked about it most of the way home and as we enjoyed our treat we exclaimed, "thank you mystery man who treated us." For just a moment, we were a little younger, felt a little more special and talked about how we ourselves could extend a random gesture of kindness.

Recently, a co-worker at the Volunteer Centre(CABMN) offered a ten week program called, "Jog Your Mind." The sessions were for seniors to help them find ways to keep their brain active and functioning with awareness and clarity. I found myself imagining a course entitled, "Jog Your Heart;" a program that would remind us all of ways to keep the small random acts of kindness going in 2019. Can you imagine if each of us, for no rhyme or reason, throughout the year were able to just focus on being a little kinder and showing thoughtfulness to others in a more conscious way?

Potton will soon begin its annual Festival of Hearts month in February where activities are organized to encourage people to keep their heart healthy through activities, motion and awareness. This is always a great time to initiate heart health. This year, perhaps it can also focus on the health, joy and positive results that come from showing heartfelt kindness to others. The Holidays are always a time of reflection and we tend to bring kindness to the surface as we feel gratitude for who we have, what we have and this makes us want to share. 2019 could be a year of giving, a year of going the extra mile to be kind, a year of compassion and awareness.

The little things often disappear, like socks in the dryer and go unnoticed or undone. Let's make 2019 the year of self awareness in random acts of kindness. I promise you that you will leave the recipient of your acts feeling a little younger, special and maybe even giddy and in giving, these feelings may surface inside of you as well. Happy New Year and remember, you have 365 days to make 2019 special as we all "Jog our Hearts" in giving in small ways to others.

Jean Dumontier, architect and artist of Montreal subway stations, dies

The Canadian Press

Jean Dumontier, an architect who helped design Montreal's subway and adorned its walls with his art, has died in his early 80s.

A spokesperson for the city's transit agency confirmed the death, which Montreal's La Presse reported was due to cancer.

"The (agency) learns with much sadness of the departure of a great builder of Montreal's metro, and underlines the important heritage he leaves to Montrealers and especially the hundreds of thousands of clients who use the network daily," the Societe de Transport de Montreal said in a statement.

The native of Labelle, Que., in the Laurentians area north of Montreal, designed the plans for the now-renamed Ile-Sainte-Helene and Longueuil subways stations, which were among the flagship stations opened just before the 1967 World Fair.

He was also the first architect to create the art for the stations he designed, including four painted concrete murals in the Ile-Sainte-Helene station, since renamed after former mayor Jean Drapeau

The distinctive yellow murals represent the character of Atlas, who in Greek mythology was condemned to hold up the heavens. They were created to tie in with the Expo 67 theme of "man and his world," according to the agency's website.

Dumontier later served as the metropolitan transit agency's architecture director in the 1970s and 80s, where he oversaw the subway system's expansion.

He pushed for lofty spaces featuring natural light and the inclusion of the large scale sculptures, murals and paintings which have since become the network's hallmark, the agency said.

"He favoured the integration of works of art in each station, a characteristic that still distinguishes Montreal's metro from other networks in the world," it said

Ben by Daniel Shelton