

FEBRUARY 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

# FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED



**Glamorgan Animal Clinic**

Come visit us at the London Place West Mall near London Drugs.  
440, 5255 Richmond Road SW

**403.246.1774**

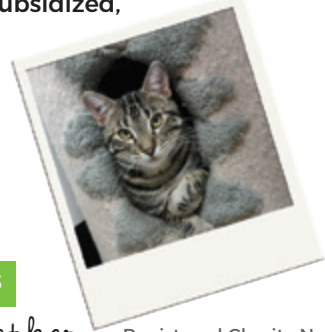
**[www.glamorgananimalclinic.com](http://www.glamorgananimalclinic.com)**



# TASK FORCE ANIMAL HOSPITAL

Calgary's first not-for-profit veterinary hospital, supported by donations

There is a critical need for accessible, subsidized, quality veterinary care



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### BRAIN GAMES

## SUDOKU

|   |   |   |   |   |   |   |   |   |
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SCAN THE QR CODE FOR THE SOLUTION



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info@officialplumbingheating.ca

official-plumbing-heating.ca

## GAMES & PUZZLES

### Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70<sup>th</sup> anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



SCAN THE QR CODE FOR THE ANSWERS!

Paintur♥ArtOut

## KIDS ART CAMPS FOR SPRING AND SUMMER

- Engaging Art Lessons
- Daily Outdoor Activities
- Expert Instructors

HOURS: 8:30 AM - 5:00 PM

AGES: 5 to 13



Art Camps Held At:  
Glendale Community Hall  
4500 25 Ave SW, Calgary

(587) 210-1377

www.painturartoutyyc@gmail.com  
www.painturartout.com

## Cat-and-Mouse Game

On February 10, 1940, the iconic cat-and-mouse duo, *Tom and Jerry*, made their big screen debut! Created by William Hanna and Joseph Barbera, this cat-and-mouse game would go on to capture the hearts of generations.



## GLAMORGAN BAKERY



🕒 Sunday - Monday: CLOSED  
Tuesday - Friday: 7am - 6pm  
Saturday: 7am - 5pm

📞 403-242-2800

📍 3919 Richmond Rd SW

🌐 glamorganbakery.com

Our Specialties: Cheese Buns, Donuts, Special Occasion Cakes

# Vibrant Caring Connected

## MEMBERSHIP

Downloadable version at [www.myglamorgan.ca](http://www.myglamorgan.ca)

Enclose this form along with your membership fee & drop-off or mail to:

**GLAMORGAN COMMUNITY CENTRE**  
4207 – 41 Ave SW Calgary AB T3E 1G2

Note: Do not send cash through the mail. Make cheque payable to  
"Glamorgan Community Association"

Memberships can also be purchased online at [www.myglamorgan.ca](http://www.myglamorgan.ca)

Membership  
expires  
August 31

Please choose your desired type and length of membership:

| Membership Type                          | 1 Year                        | 3 Year                        | 5 Year                        |
|--|-------------------------------|-------------------------------|-------------------------------|
| <input type="checkbox"/> Resident Family | <input type="checkbox"/> \$20 | <input type="checkbox"/> \$50 | <input type="checkbox"/> \$75 |
| <input type="checkbox"/> Resident Adult  | <input type="checkbox"/> \$10 | <input type="checkbox"/> \$25 | <input type="checkbox"/> \$40 |
| <input type="checkbox"/> Resident Senior | <input type="checkbox"/> \$7  | <input type="checkbox"/> \$15 | <input type="checkbox"/> \$25 |
| <input type="checkbox"/> Associate *     | <input type="checkbox"/> \$20 | <input type="checkbox"/> \$50 | <input type="checkbox"/> \$75 |

\* Choose if you do not reside within the Glamorgan Community Boundaries

Please list the member(s) of your household to be included on this membership: **A/Y** = Adult or Youth

| First Name | Last Name | A/Y |
|------------|-----------|-----|
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|                        |           |
|------------------------|-----------|
| Address:               |           |
| Postal Code:           |           |
| Primary Phone #:       |           |
| Alternate Phone #:     |           |
| Primary E-mail:        |           |
| Total Amount Enclosed: | Receipt # |

Yes, I would like to receive information by email from the Glamorgan Community Association  
 Visa/Mastercard \_\_\_\_\_ Exp. Date \_\_\_\_\_

## Glamorgan Community Memberships

### Expired August 31

There are 3 easy ways to purchase your membership

1. Online at [www.myglamorgan.ca](http://www.myglamorgan.ca)
2. Come into the office at 4207-41 Avenue SW
3. Fill out the form in our newsletter and mail to the hall with payment

**Purchasing a Glamorgan Community Association (GCA) membership is an excellent way to support your community**

**Membership fees collected help to support:**

- Community facilities such as the Rink, GlamShack and Hall
- Children's Outdoor Soccer
- Special events to bring residents together and build community

**Please purchase or renew your membership today!**

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# CONTENTS

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- 7 COMMUNITY UPDATE AND NEWS
- 9 WINTERFEST
- 11 FEBRUARY CROSSWORD
- 12 RECIPE: WINTER SALAD WITH GREEN DRESSING
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL GLAMORGAN CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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# Board and Contact List



**GLAMORGAN**  
COMMUNITY ASSOCIATION

Vibrant Caring Connected

4207 - 41 Avenue SW Calgary, Alberta T3E 1G2

Phone: 403-246-8218 • Fax: 403-240-1394

Office is currently closed. Please email for any inquiries.

Website: [www.myglamorgan.ca](http://www.myglamorgan.ca) • Email: [info@myglamorgan.ca](mailto:info@myglamorgan.ca)

## Board Members

|                   |                 |
|-------------------|-----------------|
| President         | Nicole Liesemer |
| Vice President    | Vacant          |
| Secretary         | Alana Redding   |
| Treasurer         | Beth Barretto   |
| Director At Large | Teri Day        |

## Liaisons

|                                    |                           |
|------------------------------------|---------------------------|
| Calgary Police Service             |                           |
| Community Resource Office          | 403-428-6200              |
| Community Partnerships Coordinator | Keith Magill 403-476-7185 |

## Community Activities

|  |              |
|--|--------------|
| Girl Guide Centre, Brownie,<br>Guides, Sparks, and Pathfinders | 403-283-8349 |
| Calgary Minor Softball Assn                                    |              |
| Gaming Manager   | 403-246-8218 |
| Kidzinc  | 403-240-2059 |

Board meetings are held on the third Thursday of each month.  
Community members are welcome to attend. Email [info@myglamorgan.ca](mailto:info@myglamorgan.ca) for more information.

## Cats, Canines, & Critters of Calgary



Basha and Molly, *Elbow Scene*



Daisy Nulo and Nulo Pickles,  
*McKenzie Towne*



Howie and Pepper, *Crestmont*



Tucker and Bentley, *McKenzie Towne*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## **Stay Safe, Stay Off Storm Ponds**

*by The City of Calgary*

This winter season, be safe while enjoying the outdoors and stay off storm ponds. Any recreational activity including skating, sledding, or even walking across a storm pond is not allowed under the Stormwater Bylaw because it's simply not safe.

With more than 300 storm ponds across the city, they might look like natural ponds, but they don't function the same and the ice is less predictable.

Unlike a normal pond, storm ponds are designed to collect runoff to protect communities from overland flooding and clean water before returning it to the river. The water in storm ponds contain road salt and other contaminants that eat away at the ice. Beneath the ice surface, water is constantly flowing, and levels are changing as water moves between inlet and outlet pipes. This weakens the ice and creates unstable air gaps and vary the ice thickness.

Looking to safely skate? Skaters of all levels can use one of the over 65 volunteer maintained Adopt-a-rinks in communities across Calgary or a City of Calgary natural ice rink. Rinks maintained by The City are among the safest places to skate because they are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating. To find safe outdoor skating rinks near you visit [calgary.ca/rinks](http://calgary.ca/rinks).



## **Glamorgan – Community Update and News**

### **Winterfest**

We miss you! We are excited to announce we will be hosting Winterfest on February 8 from 5:00 to 9:00 pm at the outdoor rink and Glamshack for skating, hot dogs, hot chocolate, and snacks. Please come out to join us.

### **Community Ice Rink**

The Glamorgan Outdoor Rink urgently needs volunteers to help with clearing and flooding the rink over the winter months. Please contact Cam at 403-801-8624 to volunteer. Thank you to our amazing volunteers for their time and effort, the ice has been amazing and so many people are out enjoying it!

### **Building Update**

The Seminar room and Conference room are open for rentals, please email the office regarding booking availability. The City of Calgary is currently reviewing the design and recommendations for the building repairs and then we will apply for appropriate Permits. Next steps include construction quotes so we can apply for Grant Funding. The East Hall, West Hall, Kitchen, and Bar will be closed until the work is complete - we will continue to update the community as we get more information.

### **Seniors' Corner**

Seniors' Corner is looking for volunteers that could help set up tables and chairs before and after their monthly get together. If you are willing and able to help with any of their monthly events, they would be very appreciative. Please email the office if you have any questions or can help.

### **Ideas for the Community?**

Let us know if you have ideas or have seen fun events happen in other communities that we could incorporate here. The City often posts grant opportunities that may be available if we have an idea that energizes our neighbourhood or brings the community together. We would love to hear your ideas, and if you can volunteer or help organize an event, we would love that even more. We appreciate your feedback on community engagement, getting involved, volunteering, and how we can offer more to the community.



## SENIORS' CORNER

The first Tuesday of every month  
1:00 to 3:00 pm at the community centre  
4207 - 41 Avenue SW  
Phone: 403-246-8218  
Email: [info@myglamorgan.ca](mailto:info@myglamorgan.ca)  
Website: [www.myglamorgan.ca](http://www.myglamorgan.ca)

**Come out and enjoy an afternoon  
with your neighbours!**

**Different activities each month  
\$10 includes light lunch and refreshments**

Planned Dates: February 4, March 4, April 1,  
May 6, June 23, 2025

For more information, contact the  
Glamorgan Community Association



## BOOK YOUR EVENT

The Glamshack is available for bookings.

Please email the office for pricing  
and availability.

## COMMUNITY PROGRAMS

**SENIORS FITNESS** – Tuesday mornings. Call Louise at  
403-701-5494.

**BROWNIES / GUIDES / SPARKS** – Programs are offered  
Tuesdays at the community hall. Please call 403-283-8349.

**PATHFINDERS** – Program is offered Sundays. Please  
call 403-283-8349.

**ALL LEVELS YOGA** – Tuesday nights at 8:00 pm.  
For information or to register, email  
[bonbridges@gmail.com](mailto:bonbridges@gmail.com).

**TAURUS TAEKWON-DO** – Monday and Wednesday  
evenings  
Ages 4+  
403-708-7199  
[www.taurustkd.com](http://www.taurustkd.com)  
[fit.tkd@gmail.com](mailto:fit.tkd@gmail.com)

*Do you have a program to offer or want to see a program  
come to our community? Contact [info@myglamorgan.ca](mailto:info@myglamorgan.ca).*

## Development Committee

The Glamorgan Community Association is looking  
for residents that are interested in forming and  
participating in a new Development Committee which  
will be headed up by one of our board members.

With all the DPs and land use changes in process  
and likely continuing to increase, this is a great  
opportunity to get involved.

If interested, please email [info@myglamorgan.ca](mailto:info@myglamorgan.ca).

## INCOME TAX PREPARATION



**Kathryn McRae**  
403-249-4797 in Glenbrook  
PERSONAL TAX SPECIALIST  
Small Business, Rental, Cap Gains  
Commissioner for Oaths  
[kattax2000@shaw.ca](mailto:kattax2000@shaw.ca)

**EXPERIENCED AND ACCURATE. NEW CLIENTS WELCOME.**  
2024 TAX RETURNS — FILING DEADLINE APRIL 30, 2025



# WINTERFEST



5pm – 9pm February 8, 2025



**WE MISS YOU!**

**Come join us for skating, socializing, roasting hot dogs & smores at the Glamorgan Rink/ Glamshak**

**This event is free to all, sponsored by the GCA. If you have any firewood to donate or would like to volunteer please email us.**

## YOUR CITY OF CALGARY

### Together Let's Send Winter Down the Drain

*by The City of Calgary*

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

#### How You Can Help

We maintain more than 60,000 storm drains across Calgary, but a sudden melt can make it difficult to attend to all of them within a short period of time. This is why we ask Calgarians for their help.

- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit [calgary.ca/stormdrains](http://calgary.ca/stormdrains) and use our map to find the location.

#### We're Here to Help If Your Storm Drain Is Frozen

If water is pooling on your street and you suspect the storm drain is frozen, contact 3-1-1. We have specialized boiler equipment that pushes out steam to get the storm drain thawed and running again.

- Submit a "Storm Drain/Catch Basin Concern" through the 3-1-1 web or mobile app.
- Take a photo and attach it to your request. This goes a long way in helping us respond on a priority basis.

Our crews respond to requests attending first to areas impacting public safety and where excess water may cause property damage.



# Landlord and Tenant Law – Sublets and Options in DV Situations

by Charmaine Coutinho

As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access (paid) legal services to empower them to take the next steps in their legal matters independently. I commonly deal with landlord and tenant disputes.

This article discusses only leases covered by Alberta's Residential Tenancies Act (RTA). The RTA excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when landlords and tenants are under stress and possibly looking for options.

### Subletting

As the cost of living dramatically increases, the proportion of income we allocate to rent may shrink. Many now find themselves unable to afford what may once have been a comfortable rent. The solution, particularly for those in a fixed term lease, may be to sublet.

However, many leases purport to ban sublets. According to the RTA, a tenant can ignore any term in a lease that purports to erase a protection offered to tenants by the RTA. So, a tenant can ignore a lease term that bans subletting.

Under the RTA, a tenant needs a landlord's written consent to sublet, and a landlord cannot refuse to provide consent without reasonable grounds. If a landlord has not given the tenant their written reasons for denial within 14 days of receiving the request, a tenant can assume that the landlord agrees to the sublet. A landlord also cannot charge the tenant a fee for giving consent for the sublease.

Before subletting, a tenant should understand how a sublet works: the primary lease between the tenant and the landlord still exists. As such, all of the tenant's responsibilities and obligations under that primary



lease continue despite the sublet. If the subletter fails to meet their tenancy obligations, the primary tenant would be responsible for meeting these obligations. For example, if a subletter fails to pay rent, the primary tenant is responsible for paying rent to the landlord. If a subletter damages the rental unit during or at the end of the tenancy, the primary tenant would be responsible for repairing the unit before surrender to the landlord or could be sued by the landlord for repairing the cost of damages done by the subletter. Any tenant planning to sublet should seriously consider the risks involved before entering into a sublease.

It is possible for a landlord to voluntarily agree to end the primary lease early, with pre-defined or no penalty fees, and set up a new lease with the interested subletter; this would be exclusively at the discretion of the landlord and cannot be forced by the tenant.

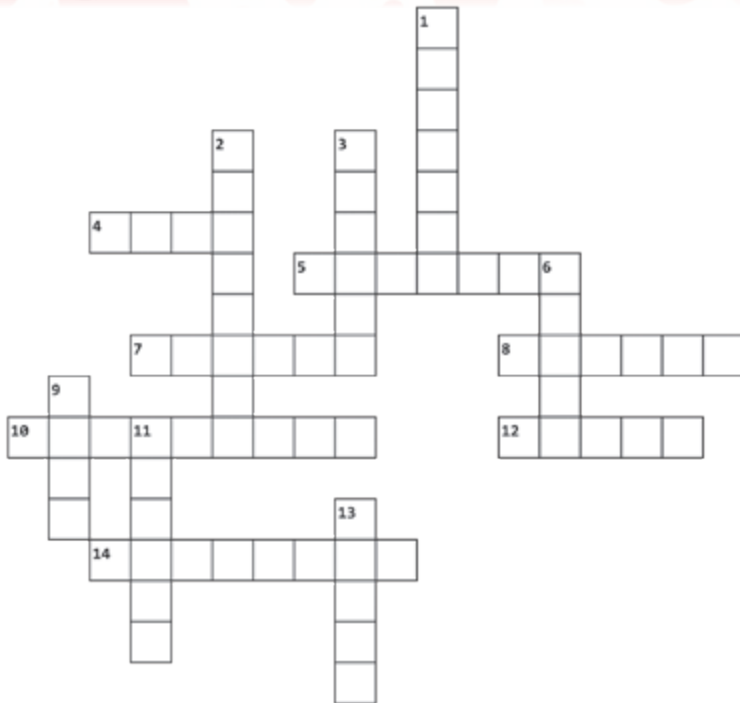
### Domestic Violence and Tenancies

Victims of domestic violence can end a tenancy early and without financial penalty, without a landlord's consent. This right arises in circumstances where the tenant's or a dependant individual's safety is at risk. There is a process to request an authorization certificate from the Alberta government; once the required documents are submitted, the applicant can receive a certificate within seven days. This certificate must be served on the landlord at least 28 days before the applicant terminates the tenancy.

If the applicant fears for their continued safety, they may leave the rental unit before receiving a certificate or before the end of the 28-day period.

Please reach out - there are supports from the city, province, and legal organizations serving vulnerable individuals, ready to offer confidential advice and assistance to those escaping domestic violence.

# February Crossword



## Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film \_\_\_\_\_: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, \_\_\_\_\_, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry \_\_\_\_\_ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as \_\_\_\_\_, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National \_\_\_\_\_ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni \_\_\_\_\_, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

## Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the \_\_\_\_\_ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No \_\_\_\_\_" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The \_\_\_\_\_ U Give* was originally published on February 28, 2017.
11. Canadian actor, \_\_\_\_\_ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. \_\_\_\_\_ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



## Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

**Prep Time:** 25 minutes

**Cook Time:** 35 minutes

**Servings:** 4

### Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

### Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

### Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!



## February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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**403-605-6626**



## Glamorgan Real Estate Update

Last 12 Months Glamorgan

MLS Real Estate Sale Price Update

|                | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| December 2024  | \$619,000            | \$598,000          |
| November 2024  | \$520,000            | \$509,900          |
| October 2024   | \$590,000            | \$615,200          |
| September 2024 | \$484,900            | \$474,675          |
| August 2024    | \$499,900            | \$505,000          |
| July 2024      | \$449,900            | \$472,400          |
| June 2024      | \$594,944            | \$613,500          |
| May 2024       | \$399,900            | \$450,000          |
| April 2024     | \$382,400            | \$402,500          |
| March 2024     | \$330,000            | \$356,000          |
| February 2024  | \$447,450            | \$481,000          |
| January 2024   | \$409,900            | \$390,000          |

# The Little Month

We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February “y mis bach,” which means “the little month”.

Last 12 Months Glamorgan

MLS Real Estate Number of Listings Update

|                | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| December 2024  | 3                  | 5                   |
| November 2024  | 4                  | 5                   |
| October 2024   | 10                 | 19                  |
| September 2024 | 23                 | 14                  |
| August 2024    | 16                 | 15                  |
| July 2024      | 12                 | 11                  |
| June 2024      | 17                 | 14                  |
| May 2024       | 13                 | 9                   |
| April 2024     | 9                  | 10                  |
| March 2024     | 14                 | 13                  |
| February 2024  | 10                 | 12                  |
| January 2024   | 12                 | 11                  |

To view more detailed information that comprise the above MLS averages please visit [glam.mycalgary.com](http://glam.mycalgary.com)

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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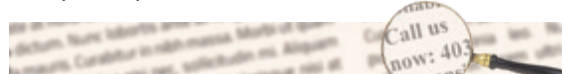
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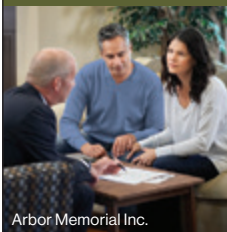


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# Leap Year



There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!



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