



I CAN DO HARD THINGS.
I AM HELPFUL.
I AM BRAVE. I AM LOVED.
I AM KIND.
I AM A LEADER. I AM STRONG.
I AM RESILIENT.
I CAN REACH MY GOALS.

SCHOOL PROGRAM
2024-2025



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Message to Educators

Thank you for your interest in the NoahStrong School Program. The NoahStrong Organization emerged from the enormous impact of Noah Dugas who humbly united and inspired communities through exemplary values of kindness, compassion, determination and bravery.

On August 30th, 2020, North Bay and communities from all over rallied together in support of the Dugas family. Noah Dugas, 13 years of age, had suffered a stroke and was fighting to recover. Noah was a popular and talented boy who was loved by anyone who had the pleasure of knowing him. He was humble, never seeking attention but always looking to help and support others. Noah faced his health challenges with his usual determination and strength and offered messages of inspiration, positivity and love to his family, friends and the community that supported him through his fight. On November 13th, 2020, Noah suffered a brain bleed that sadly led to his sudden passing. Noah's family made the difficult decision to donate his organs to others in need. This brave and selfless 13-year-old went on to help seven other lives through his generous gift of organ donation. It was not by chance, that Noah wore the number 71, while playing sports, as this *one* amazing young man was able to save the lives of *seven* other individuals.

Following his initial stroke, Noah attended school at the Holland Bloorview Rehabilitation Centre. He was asked to complete a self-evaluation and his response included the following nine affirmations. In Noah's words:

"I am Kind, I am Strong, I am Helpful, I can do Hard Things, I can Reach my Goals, I am a Leader, I am Resilient, I am Brave, I am Loved."

Today, the Dugas family continues to champion the spirit of giving through the NoahStrong Organization. These powerful affirmations inspire and guide all of our actions. We hope that your school members will consider taking the NoahStrong Ambassador Pledge (www.NoahStrong.ca) and join us in honouring Noah and the 7N1D Movement that he inspired. By taking the pledge, students are agreeing to be NoahStrong Ambassadors and to do their best each day to live their lives NoahStrong! These ambassadors are champions in their schools and communities.

This Teacher Toolkit details the many ways that your school can participate in the NoahStrong School Program. These include the Ambassador Program, Jersey & World Kindness Day, Green Shirt Day, NoahStrong Awards & Bursaries and several in-class student activities. These activities are simply a guide for educators and are in no way mandatory or part of any Ontario Curriculum. Please use the package as it best suits your school and/or classroom community. We look forward to your partnership and welcome any feedback and ideas.

Thank you for your support!

The NoahStrong Team

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Noah Dugas' Story

February 2020 - Noah Starts To Feel Unwell

Noah Dugas was a young, healthy and vibrant 13-year-old. He enjoyed the outdoors and being active. His main passion was hockey, but he also loved waterskiing, dirt biking, fishing and so many other sports and activities. Not only did Noah excel in athletics, but he was also an honour student with a love and gift for music. He took pride in his health, eating well and working out daily.

It was therefore completely unexpected when Noah started to feel unwell while playing hockey in February 2020. He developed sudden headaches and diminished vision on his right side. Medical attention was immediately sought but nothing concerning was originally identified. As a result, Noah's initial treatment followed general concussion protocols. It wasn't until March 13th that an optometrist appointment urgently led Noah to the ER for a CT scan. That was the day that we learned that Noah had suffered a stroke! We were understandably shocked by this news.



Mid-March 2020 - Noah Admitted To Hospital

We immediately drove to the Children Hospital of Eastern Ontario (CHEO) in Ottawa where Noah spent the next week undergoing multiple tests. He was such a trooper through it all! He was always thanking the nurses and doctors even when uncomfortable procedures needed to be repeated. He remained positive and never once expressed his discontentment with missing out on his March Break.

At the end of the week, doctors were still unable to determine the cause of the stroke, so Noah was prescribed two needles of blood thinners daily for 6 months to help dissolve the blood clot and prevent any new clots from forming. This treatment also meant no contact sports or activities that would risk any serious bleeding.



Summer 2020 - Best Summer Ever!

Despite these restrictions, Noah cautiously worked out every day and was more determined than ever to return stronger and better to the sports he loved. He spent the best summer of his life enjoying the lake, fishing and spending time with family and friends. Once he completed his treatment, he finally was able to waterski, ride his dirt bike and play hockey once again.



End of August 2020 - Symptoms Unfortunately Return

On August 29th, Noah's symptoms unfortunately returned, and he was rushed to Sick Kids Hospital in Toronto where an MRI revealed another stroke from blood clots. This is when the NoahStrong movement emerged. We received tremendous support from our family, friends, local community and even from hockey stars such as Auston Matthews, Jonathan Toews and John Tavares (to name but a few.) Noah's story was also featured by Ron MacLean on Hockey Night in Canada during the Stanley Cup playoffs. For a young hockey player and his family, this support was incredibly powerful and emotional.



September - October 2020 - Continued Challenges

Noah fought very hard to come back to us as he faced mounting challenges. He was unable to speak or move his arms and legs. He slowly regained movement in his left arm and leg and began communicating through an alphabet board. Noah was transferred to Holland Bloorview Hospital where he continued his rehabilitation. We soon realized that our brave boy was finding his strength, his humour and his positive outlook despite this enormous battle. All the love, prayers, and support seemed to be helping as he showed significant improvements every day. As part of his schoolwork at Bloorview, Noah developed a series of affirmations that became our daily reminder of his strength, love and determination in overcoming the many challenges that he faced. Noah's words included:

*"I am kind. I am strong. I am helpful. I can do hard things. I can reach my goals. I am a leader. I am resilient. I am brave. I am loved."
(Noah Dugas)*



November 2020 - Noah's Passing and Legacy


On November 13th, 2020 an unexpected brain bleed took Noah Dugas' life. A family and a community were left to mourn this beautiful young soul. Noah's journey here on earth was completed. His legacy will live on through all those that loved him.


His final gift was enriching seven lives through organ donation. Noah left such an incredible mark on the world by showing great strength, compassion, and resiliency. He united a community that rallied and supported him and his family. For this, the Dugas family is eternally grateful. Noah's affirmations continue to guide us and have inspired the creation of the NoahStrong organization. This organization honours Noah's legacy by supporting youth, families, and communities through the promotion, facilitation, and celebration of acts of kindness, selflessness, and resiliency.

NoahStrong forever!



The NoahStrong Organization

 The NoahStrong Organization emerged from the enormous impact of Noah Dugas who humbly united and inspired communities through exemplary values of kindness, compassion, determination and bravery.

 NoahStrong's mission is to honour Noah's legacy by supporting families and communities. We promote, facilitate and celebrate acts of kindness, selflessness and resiliency.

 The NoahStrong Organization Believes in:

1. Empowering and supporting youth to become strong, resilient leaders.

- Educational outreach programs rooted in positive affirmations.
- The NoahStrong Ambassador Program invites individuals to take the NoahStrong Pledge to do their best every day to be kind, to be strong, to be helpful, to do hard things, to reach their goals, to be a leader, to be resilient, to be brave, and to be loved.
- Celebratory school awards and bursary initiatives

2. Raising organ donation awareness for people of all ages.

- Organ donation can turn tragedy into triumph. Organ donation turns sorrow and loss into a gift of life and opportunity for others. We recognize the need to provide access to organ donor information.
- “Noah’s organ donation gave hope and health to seven individuals and their families. Because of his caring and compassionate nature, Noah lives on.”
- Visit the [7N1D NoahStrong: Gift Of 8 Campaign \(beadonor.ca\)](https://beadonor.ca) to check your status or register as a donor.

3. Supporting families in crisis as they face medical emergencies.

- Unexpected medical emergencies are scary and confusing for families. The support and encouragement Noah and his family received sustained them on their challenging journey.
- NoahStrong *Comfort Packs* provide families with comfort items and essentials to assist them as they navigate their crisis and to remind them that they are not alone.
- The NoahStrong *Accommodations Program* assists with the short-term accommodation needs of direct caregivers whose loved ones are unexpectedly hospitalized.

4. Advancing information and understanding about youth stroke.

- NoahStrong supports pediatric rehabilitation research and partners with healthcare professionals to provide information so parents, families, coaches, teachers and others recognize the early signs of stroke so medical attention can be sought.

NoahStrong Ambassador Program

“I am kind. I am strong. I am helpful. I can do hard things. I can reach my goals. I am a leader. I am resilient. I am brave. I am loved.” (Noah Dugas)

During Noah’s rehabilitation, he developed a series of affirmations that described his character and reminded everyone of his incredible strength, love and determination. These words continue to provide inspiration and have become the foundation of the NoahStrong organization.

NoahStrong Ambassadors commit to doing their best everyday to live by these values and to contribute to their communities in positive ways. You and your students can become NoahStrong Ambassador by completing the **online interactive pledge** and then putting these statements into action.

The following page includes Noah’s Rays of Sun poster which can be displayed in your school as a reminder of these important affirmations. Additional copies or poster sizes can be provided by contacting **noahdugasstrong@gmail.com**.

Further NoahStrong Ambassador Program activities are detailed in the following pages. You can also visit the NoahStrong website (**www.NoahStrong.ca**) for more information, videos, activities and upcoming events. We welcome your feedback and any additional ideas that you have to engage students with Noah’s affirmations.

Ready to take the 7N1D NoahStrong pledge?



Noah Dugas was a healthy and talented young hockey player who proudly wore #71 on his jersey. His unexpected passing at the age of only 13 was incomprehensible. Noah’s organ donation however gave hope and health to seven individuals and their families. Because of his caring and compassionate nature, Noah lives on. **Seven (7)** lives saved by **one (1)** incredible young man. The number **71** continues to remind us of how special Noah was and how his story of selflessness and courage can inspire needed conversations and action around donation awareness and registry.



RAY'S OF SUN ☀️ WORDS FROM NOAH

YOU ARE AS BRIGHT AS THE SUN! AFFIRMATIONS
REMINDE US OF WHO WE ARE AND HELP US FEEL
HAPPY AND CONFIDENT.



noahstrong.ca

Noah's Rays of Sun poster can be displayed in your school as a reminder of these important affirmations. Additional copies or poster sizes can be provided by contacting noahdugasstrong@gmail.com.

Bravery Beads Program

The Bravery Heart Bead Program at SickKids Hospital and Holland Bloorview Rehabilitation Hospital helps children, youth and families who are experiencing a serious illness by collecting beads that represent their unique journeys. Each bead symbolizes a procedure or aspect of their health care. The collection of beads tells the story of challenges and strength of each child.



In this photo, Noah's Bravery Beads are displayed. Noah earned these while at SickKids Hospital and Holland Bloorview Kids Rehabilitation Hospital.

The Bravery Bead Program run by the Women's Auxiliary Volunteers (WAV) invites patients at SickKids the opportunity to collect a different bead for each procedure or event while undergoing treatment. The colourful beads are not given as a reward, but rather are earned, and they represent the unique and special treatment journey of each child. The collection of beads tells a story of challenges and strength. The beads are collected making a meaningful necklace showing the child's bravery. To learn more about the bravery beads program, visit [Women's Auxiliary Volunteers - Bravery Bead Program \(sickkidswav.org\)](http://sickkidswav.org).



NoahStrong Bravery Beads Classroom Activity




Classes can include Bravery Beads as another way to actively engage with the NoahStrong affirmations. Students can make their own bracelets by reflecting on each of Noah affirmations and considering how these can apply to their daily lives and actions.

Each month, classes can focus on one of the nine NoahStrong affirmations. Students can earn beads based on chosen classroom activities. At the end of the program, each coloured bead (representing one of the nine affirmations) can be assembled to produce a NoahStrong bracelet. This special bracelet can serve as a reminder of the NoahStrong Ambassador pledge and its importance in students' lives. NoahStrong certificates (included on pages 24-26) can also be used to acknowledge student efforts.

The table below details the colour significance for each of Noah's nine affirmations.

AFFIRMATION	COLOUR	SIGNIFICANCE
I Am Kind.	White	Hope, Goodness, Purity
I Am Strong.	Red	Strength, Power, Energy
I Am Helpful.	Blue	Loyalty, Trust, Calmness
I Can Do Hard Things.	Metal	Natural, Strength, Perseverance
I Can Reach My Goals.	Orange	Independent, Enthusiastic, Sportsmanship
I Am A Leader.	Yellow	Sunshine, Warmth, Energy, Positivity
I Am Resilient	Purple	Refreshing, Resilient, Youth, Renewal
I Am Brave.	Green	Courage, Fearless, Heroic
I Am Loved.	Pink	Unconditional love, nurturing, caring, understanding



 If you would like your students to participate in the NoahStrong Bravery Beads program, please contact noahdugasstrong@gmail.com. You may also request a NoahStrong representative to join your classroom activity.

NoahStrong Jersey Day

November 14th, 2024

On November 12th, 2021, many elementary and secondary schools as well as local businesses took it upon themselves to celebrate Noah Dugas and the legacy that he left behind one year earlier. As a way to express their love and support for Noah, his family and the 7N1D movement, students and individuals wore their favourite jerseys or 7N1D apparel on this special day. This thoughtful act was a way, that many people that knew Noah personally, or were touched by his story, could celebrate and honour him.

Noah wore many jerseys playing a variety of sports such as hockey, basketball, volleyball, track and field and soccer. The number that Noah wore was #71. The number **71** is very significant in Noah's story as he was able to save seven (**7**) lives through organ donation. Seven lives saved by one (**1**) incredible young man.

Noah was selfless, forever giving, strong, determined, resilient, and kind. His love for everyone around him was contagious and palpable.


What began as a community driven gesture to celebrate Noah's life, has now become the annual NoahStrong Jersey Day. Your school can participate by encouraging students and staff to wear their favourite jerseys or 7N1D apparel. This is another special way to show support for NoahStrong and to be a hero in your own life by remembering the nine affirmations that Noah shared with the world.




Any collected donations can be coordinated by contacting noahdugasstrong@gmail.com.


School Announcement Ideas for NoahStrong Jersey Day

Elementary School Announcement Suggestions


 November 14th is NoahStrong Jersey Day. We would like to ask everyone to come to school wearing your favourite jersey or your 7N1D NoahStrong apparel to show your love and support for Noah Dugas and the NoahStrong Organization. This show of support is your way to keep Noah Dugas' legacy alive. As you wear your jersey or 7N1D apparel, please remember Noah and all that he stood for and how you can be a positive Ambassador in your own life.


 We encourage everyone to visit the NoahStrong website to take the NoahStrong Ambassador pledge. By taking this pledge, you agree to do your best everyday to live by Noah's affirmations. These include:

“I am kind, I am strong, I am helpful, I can do hard things, I can reach my goals, I am a leader, I am resilient, I am brave, I am loved.”

 Just a reminder that November 14th is NoahStrong Jersey Day. Please remember to wear your favourite jersey or 7N1D apparel to show your support for NoahStrong. Help us keep Noah Dugas' legacy alive by taking the Ambassador pledge and being NoahStrong in your own life. We are excited to see everyone in their favourite jerseys or 7N1D NoahStrong shirts.

Secondary School Announcement Suggestions:

 November 14th is NoahStrong 7N1D Jersey Day in support of Noah Dugas who lost his life to a stroke at the young age of 13. It's been four years since Noah's passing which affected so many people. Noah chose to fight each day with determination and perseverance regardless of the struggles he faced. Noah in his own words left behind nine affirmations that he wrote while in therapy. Let these affirmations help you to feel all these things in your life, whatever your struggles may be. Help us honour Noah by taking the NoahStrong Pledge and honour Noah's selfless giving and positive affirmations. He showed the world there is always hope even in times of great tragedy. Please come to school wearing your jersey or 7N1D apparel to show your support! Visit www.NoahStrong.ca for more information.

 Share Online! Join the NoahStrong Movement online! Inspire others to take the NoahStrong Pledge. Be an Ambassador in your own life by taking the pledge. Wear your favourite jersey or 7N1D apparel on November 14th. Visit www.NoahStrong.ca and Take the Pledge to honour Noah Dugas and his legacy. Together we are NoahStrong!



World Kindness Day

November 13th

World Kindness Day was introduced on November 13th, 1998 by the [World Kindness Movement](#) to highlight good deeds in the community and to focus on the power of positivity. It was their hope and goal to create a day that would help to raise awareness of the importance of kindness as a unifying power between people everywhere. The mission of the World Kindness Movement is “to inspire individuals towards greater kindness and to connect nations to create a kinder world”. (www.theworldkindnessmovement.org)

It is only fitting that NoahStrong celebrate World Kindness Day, as it was one of Noah’s 9 affirmations and a virtue that he lived by daily. November 13th also marks the anniversary of Noah’s passing. We celebrate Noah not only on this day, but every day. We encourage everyone to share their kindness with the world as Noah did his entire life.

Below are additional details about World Kindness Day. Consider how these thoughts and ideas can be discussed with your students. NoahStrong loves to share kindness stories so please consider emailing us details at noahdugasstrong@gmail.com to share with our followers. Kindness is contagious; when people see someone else being kind, they are more likely to act kindly towards others and themselves.

ND **World Kindness Day** is a global day that promotes the importance of being kind to each other, to yourself, and to the world. The purpose of this day, celebrated on November 13th, of each year, is to help everyone understand that compassion for others is what binds us all together. This understanding has the power to bridge the gap between nations.

ND Anyone can inspire kindness each day through small acts at home, school or in their community.



*“In a world where you can
be anything, be kind”.*
(Anonymous)



Class Discussion – Wings of Kindness



- ***What does kindness mean to you?***
- ***Why do you think it is important to be kind?***
- ***How does being kind to someone else make you feel?***
- ***Talk about a time when you performed an act of kindness.***
- ***How can you show kindness to others?***
- ***What acts of kindness do you witness in your school, community, home and world?***

Green Shirt Day

April 7th

On April 6, 2018, Canadians rallied in support of the victims, survivors and families of the tragic Humboldt Broncos Bus Crash. A year later, 2019, the family of Logan Boulet, a Humboldt Bronco hockey player, held their first national Green Shirt Day in honour of Logan who passed away on April 7th, 2018. Before his passing, Logan helped save the lives of 6 individuals through his generous gift of organ donation.

In the weeks after Logan's passing, his story inspired more than 150,000 Canadians to become registered organ donors. This became known as the "Logan Boulet Effect". Today, his family continue to champion the spirit of giving through Green Shirt Day.

For the NoahStrong Family, this story is close to our hearts. Noah was a healthy and talented young hockey player who proudly wore the #71 on his jersey. His unexpected passing at the age of 13 of a stroke was incomprehensible. Noah's organ donation, however, gave hope and health to 7 individuals and their families. Because of his caring and compassionate nature, Noah lives on today. Seven lives (7) were saved by One (1) incredible young man. The number 71 continues to remind us of how special Noah was and how his story of selflessness and courage can inspire needed conversations and action around organ awareness and registry.

The NoahStrong organization's goal is to enhance more lives of Ontarians waiting for life saving procedures by advocating for organ and tissue donation consent. The Gift of 8 campaign recognizes that **one** organ donor can possibly save up to **eight lives** and enhance the lives of **75 others** through tissue donation. You can check your status and register consent to be an organ donor by clicking on [Noah's personal campaign page](#). It just takes two minutes, and you could one day help to save lives, just as Noah did.

We hope to inspire more families to have the conversation with their loved ones about their wishes of Organ Donation. Please wear your green shirt on April 7th, to help raise awareness about organ and tissue donation.



Green Shirt Day Facts

- Each province in Canada has a different way to register one's intent to become an organ and tissue donor. Please visit [Organ and tissue donation at Canadian Blood Services](#) to learn more about organ and tissue donation.
- 90% of Canadians are in support of organ donation, however only 1 in three Ontarians have registered their consent to donate. Talk to your loved ones about your donation decision.
- Consent for organ donation is legal at the age of 16.
- Currently in Ontario, there are over 1,500 people on the waiting list for organ transplant.
- Raising awareness about the importance of organ and tissue donation, as well as having these discussions before a tragedy happens is a gift to you and your family in a time of grief and sadness.
- Starting the conversation about organ donation is hard. Green Shirt day is a good day to start this talk and make your wishes known to your loved ones.

To learn more about organ & tissue donation, please visit:

- www.greenshirtday.ca
- www.beadonor.ca
- <https://beadonor.ca/campaign/7n1d-noahstrong>
- <https://noahstrong.ca/>

Become an Organ and Tissue Donor



Jody, Jorja & Dave Dugas

In this video, Noah's family share his inspiring story of organ donation. (<https://noahstrong.ca/>)

Noahstrong Awards & Bursary Program

As noted throughout this document, the NoahStrong School Program is intended to empower youth to be strong, resilient and community-oriented leaders. Sharing Noah Dugas' story is a powerful way to encourage youth to do their very best every day to be kind, strong, helpful, a leader, able to do hard things, reach their goals, be resilient, be brave, and be loved. As part of this program, participating schools can formally recognize students who exemplify these positive traits. Below are details of the NoahStrong Awards & Bursary Program. For more information, please contact noahdugasstrong@gmail.com.

NOAHSTRONG AWARD CRITERIA

Students should exemplify Noah's affirmations. They should be respected by their peers for their demonstration of acts of kindness, strength, helpfulness, leadership, facing challenges, being goal-oriented, resiliency, bravery, and love.

NOMINATION AND SELECTION PROCESS

Teachers and staff can nominate students by submitting the attached form to the school selection committee. The selection committee should consist of a representative group of faculty, staff and students from the participating school. One graduating elementary student and one graduating secondary student can be selected as annual NoahStrong award recipients. Nominations and selections should be completed by **May 15th** and recipients' names forwarded to noahdugasstrong@gmail.com.

NOAHSTRONG AWARDS

Elementary School Award: Award and NoahStrong Gift

Secondary School Bursary: Award, NoahStrong Gift, \$1000

NOAHSTRONG NOMINATION FORM

School:	
Student Being Nominated:	
Grade:	
Please explain why you have chosen to nominate this student for the NoahStrong Award.	
Please provide an example of how this student has demonstrated Noah's affirmations.	
Nominated By:	
Date:	

NOAHSTRONG AWARD RECIPIENTS

Please submit the following form to noahdugasstrong@gmail.com by **May 15th** to confirm your school's NoahStrong award recipients.

Elementary Recipient:	
Secondary Recipient:	
School Name:	
School Contact:	
School Phone / Email	

Would you like a NoahStrong representative to present these awards at your school?

No

Yes

If you would like a NoahStrong representative to attend your awards presentation, please provide a preferred date below and we will do our best to accommodate your request.

Preferred Date:

**Note: NoahStrong would like to publicly congratulate all award winners by sharing names and photographs. Schools are asked to please coordinate and provide confirmation of photo consent for all award recipients.*

NoahStrong Activity Calendar 2024-2025

The table below displays the various NoahStrong School Program elements for the 2024-25 academic year. Schools can choose to implement the activities that best fit their academic plans.

September 2024	Oct.	Nov.	Dec.	Jan. 2025	Feb.	March	April	May	June
NoahStrong School Program Launch		Nov. 13 th World Kindness Day					April 7 th Green Shirt Day	NoahStrong Awards & Bursaries (May 15 th deadline)	
		Nov. 14 th Jersey Day							NoahStrong Day Ball Hockey Tournament
NoahStrong Bravery Beads Program									

Where can I get 7N1D apparel?



NoahStrong 7N1D apparel can be purchased from the [NoahStrong website](#).


New 7N1D collections are added every season and proceeds contribute to NoahStrong’s mission of supporting communities through the promotion, facilitation and celebration of acts of kindness, selflessness and resiliency.



Teacher Notes & Ideas

NoahStrong Certificate #1

I AM KIND, I AM STRONG, I AM HELPFUL, I AM A LEADER, I CAN DO HARD THINGS, I CAN REACH MY GOALS, I AM RESILIENT, I AM BRAVE, I AM LOVED, I AM KIND, I AM STRONG, I AM HELPFUL, I AM A LEADER, I CAN DO HARD THINGS, I CAN REACH MY GOALS, I AM RESILIENT, I AM BRAVE, I AM LOVED.



CERTIFICATE OF APPRECIATION

PROUDLY PRESENTED TO

DATE **SIGNATURE**

I AM KIND, I AM STRONG, I AM HELPFUL, I AM A LEADER, I CAN DO HARD THINGS, I CAN REACH MY GOALS, I AM RESILIENT, I AM BRAVE, I AM LOVED, I AM KIND, I AM STRONG, I AM HELPFUL, I AM A LEADER, I CAN DO HARD THINGS, I CAN REACH MY GOALS, I AM RESILIENT, I AM BRAVE, I AM LOVED.



Please Stay Connected

*Thank you for your support of NoahStrong.
We welcome your feedback and inquiries.*

Contact NoahStrong:

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705-493-1348

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