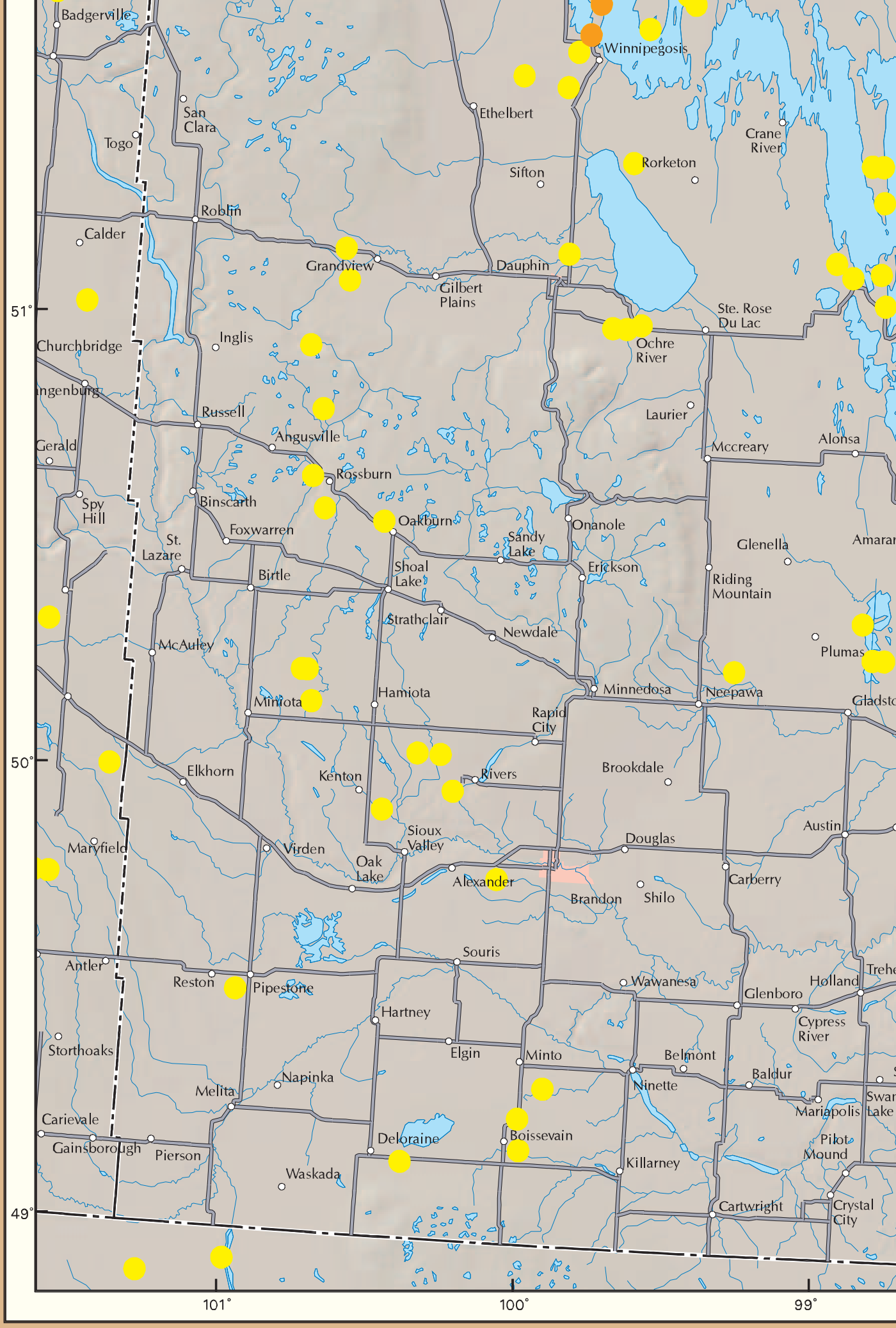Manitoba & Western O