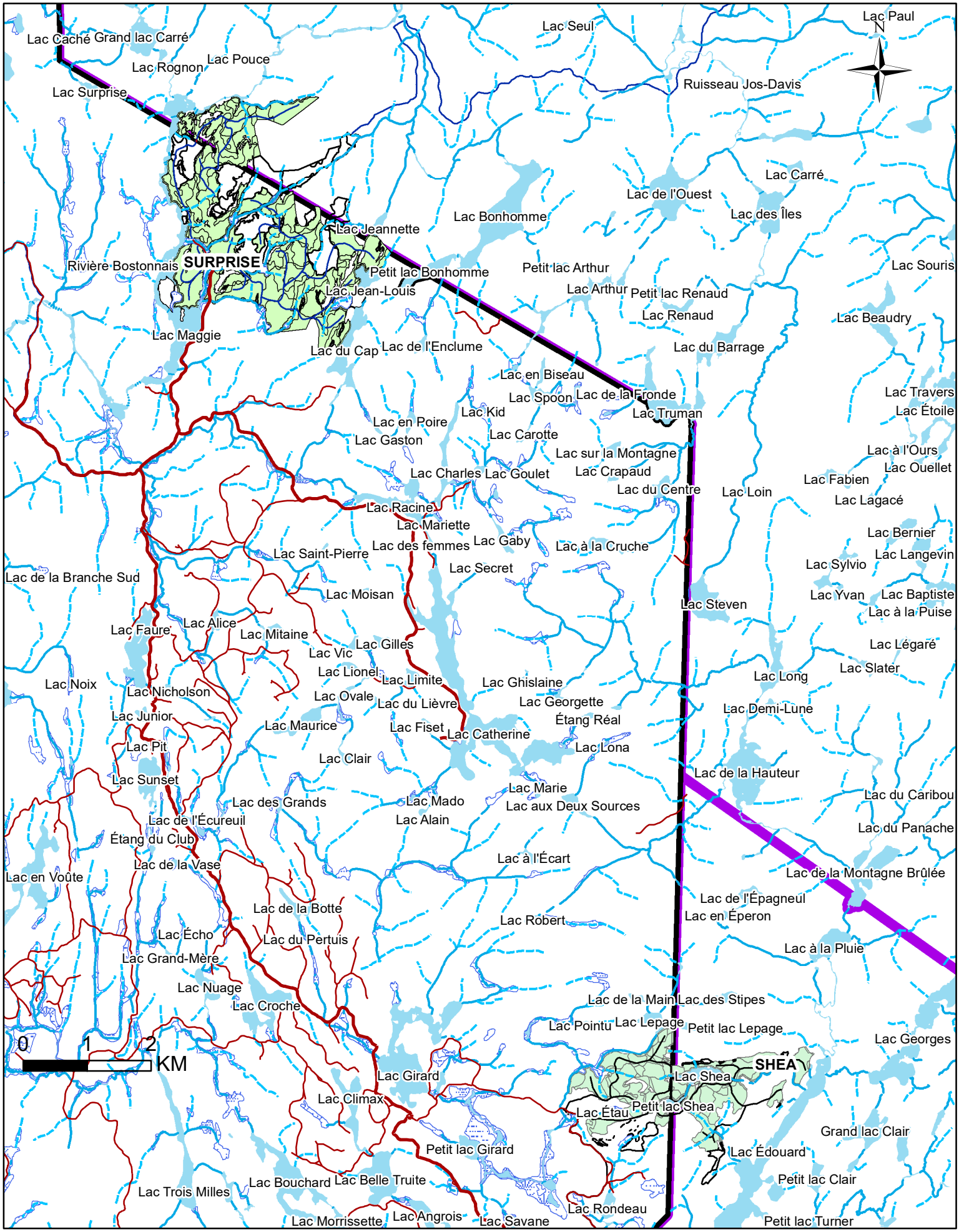Zec Ménokéosawin