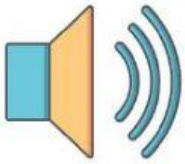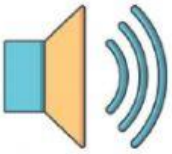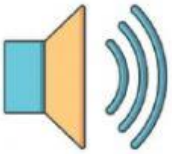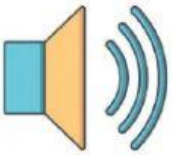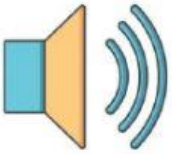Regions of Canada