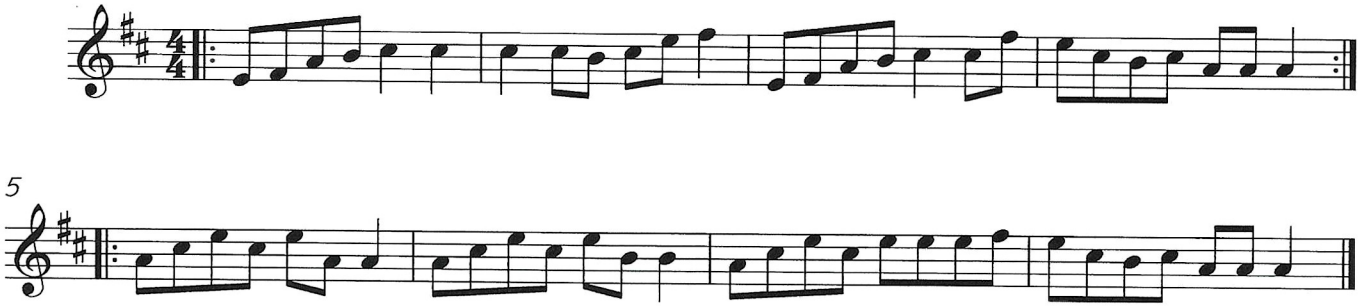Cuir 's a Chiste Mhòr Mi