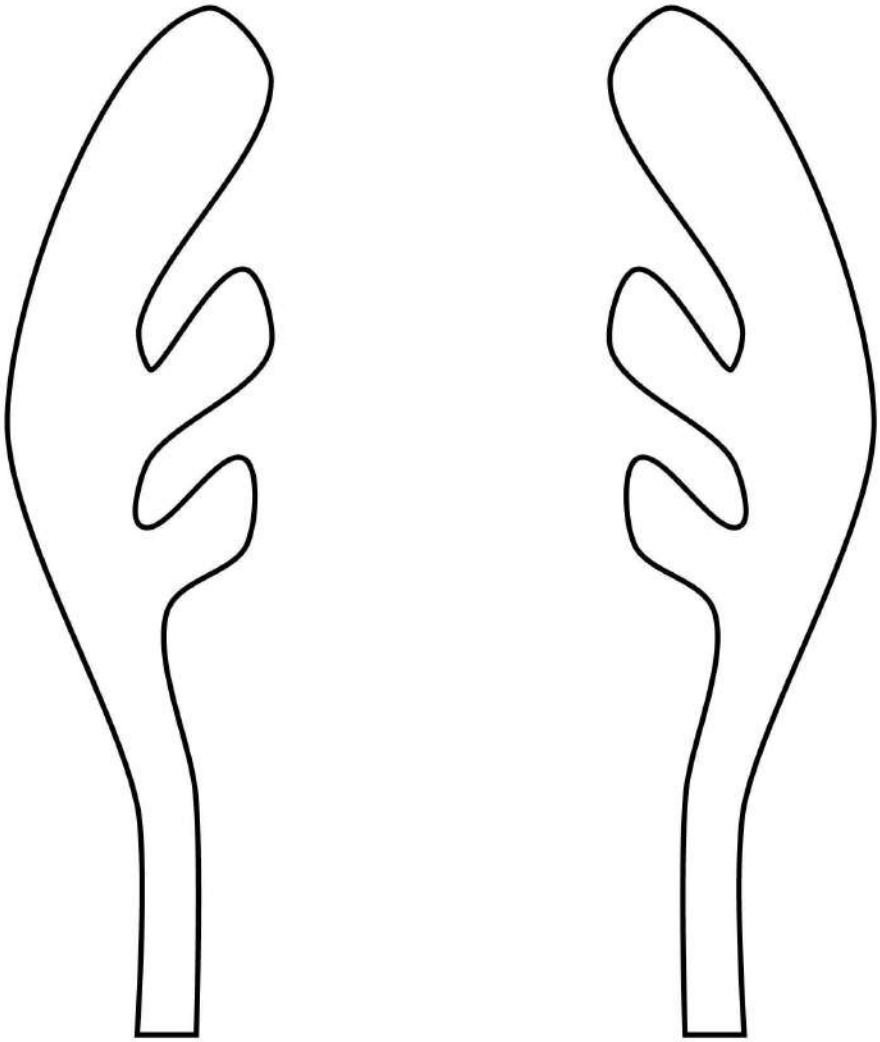SJABLOON ELAND LAMPJE