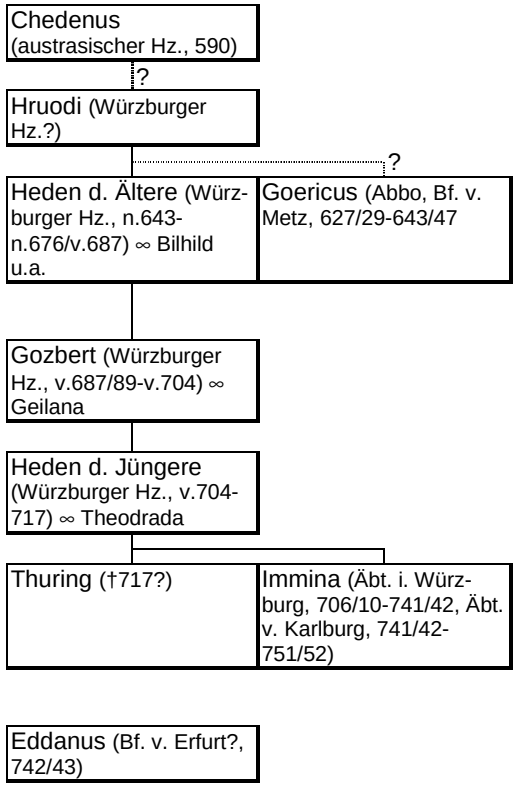Stammtafel: Hedenen