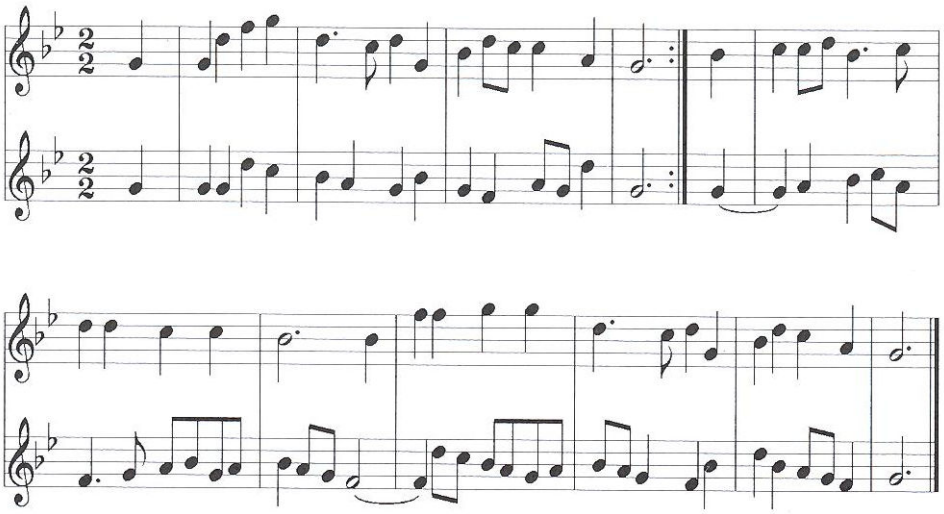Ick gingh op eenen morgen