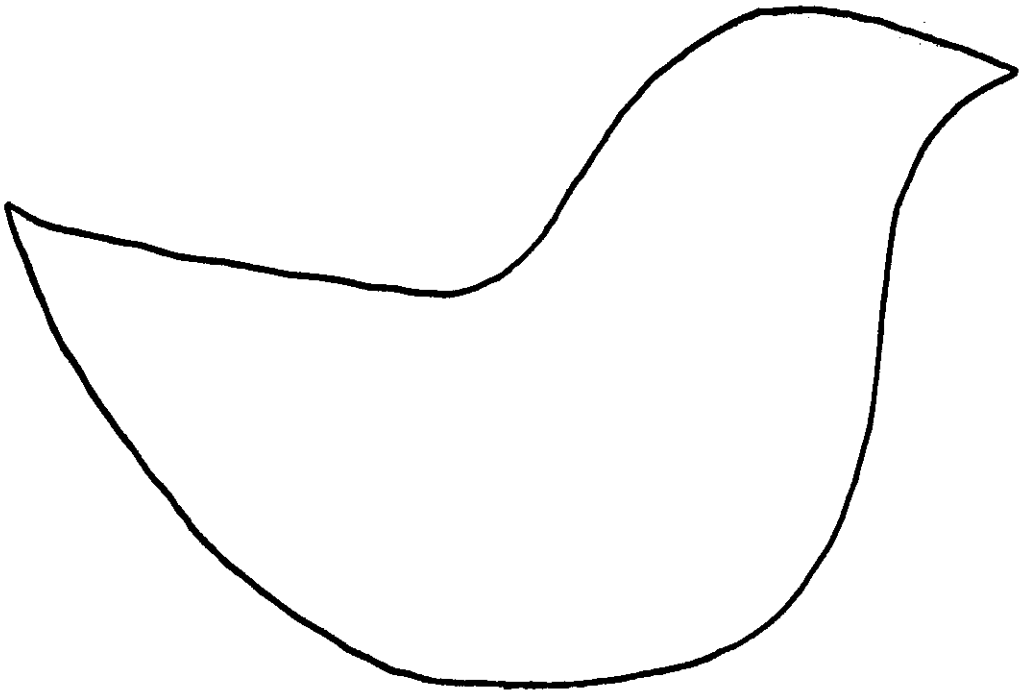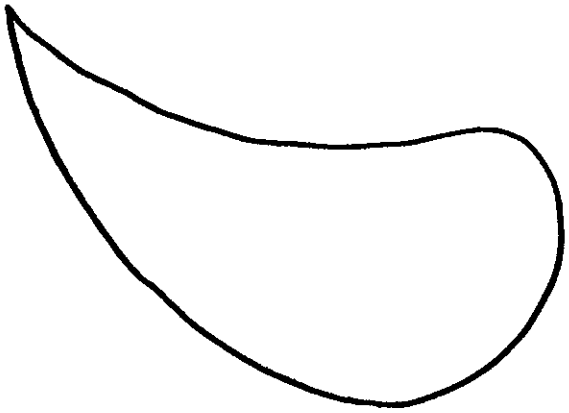Gabarit oiseaux