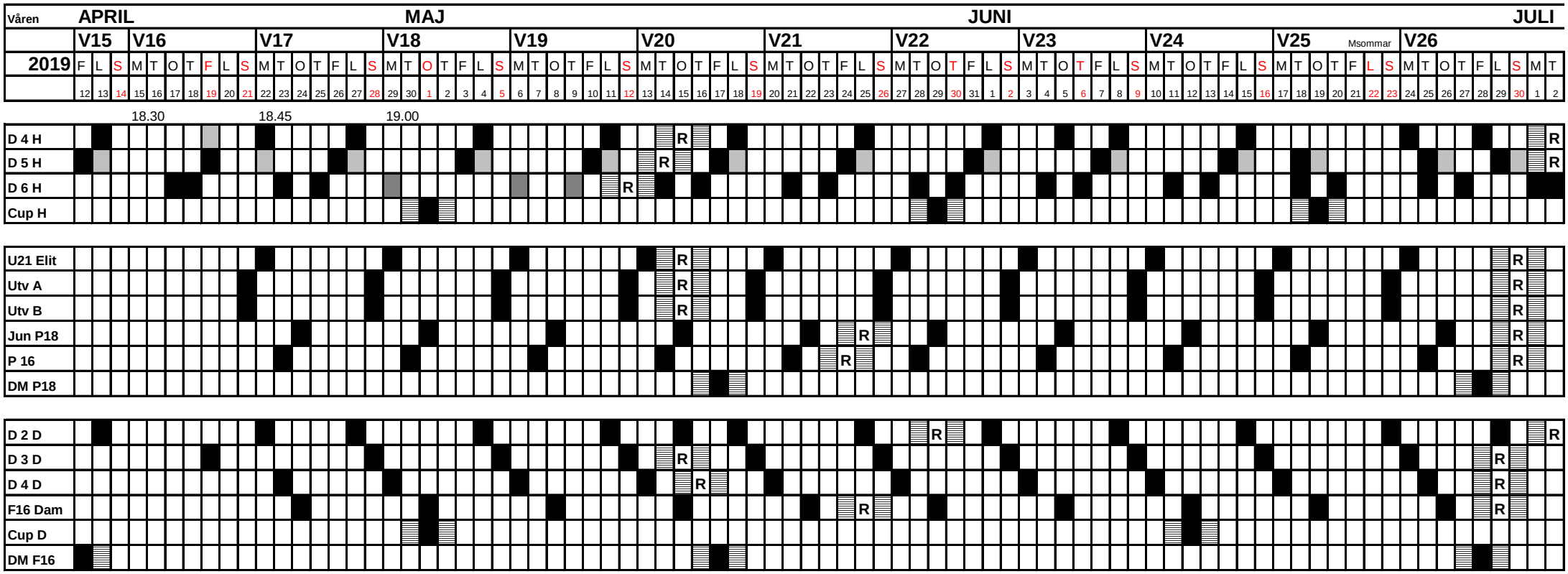Speldagar Våren 2019