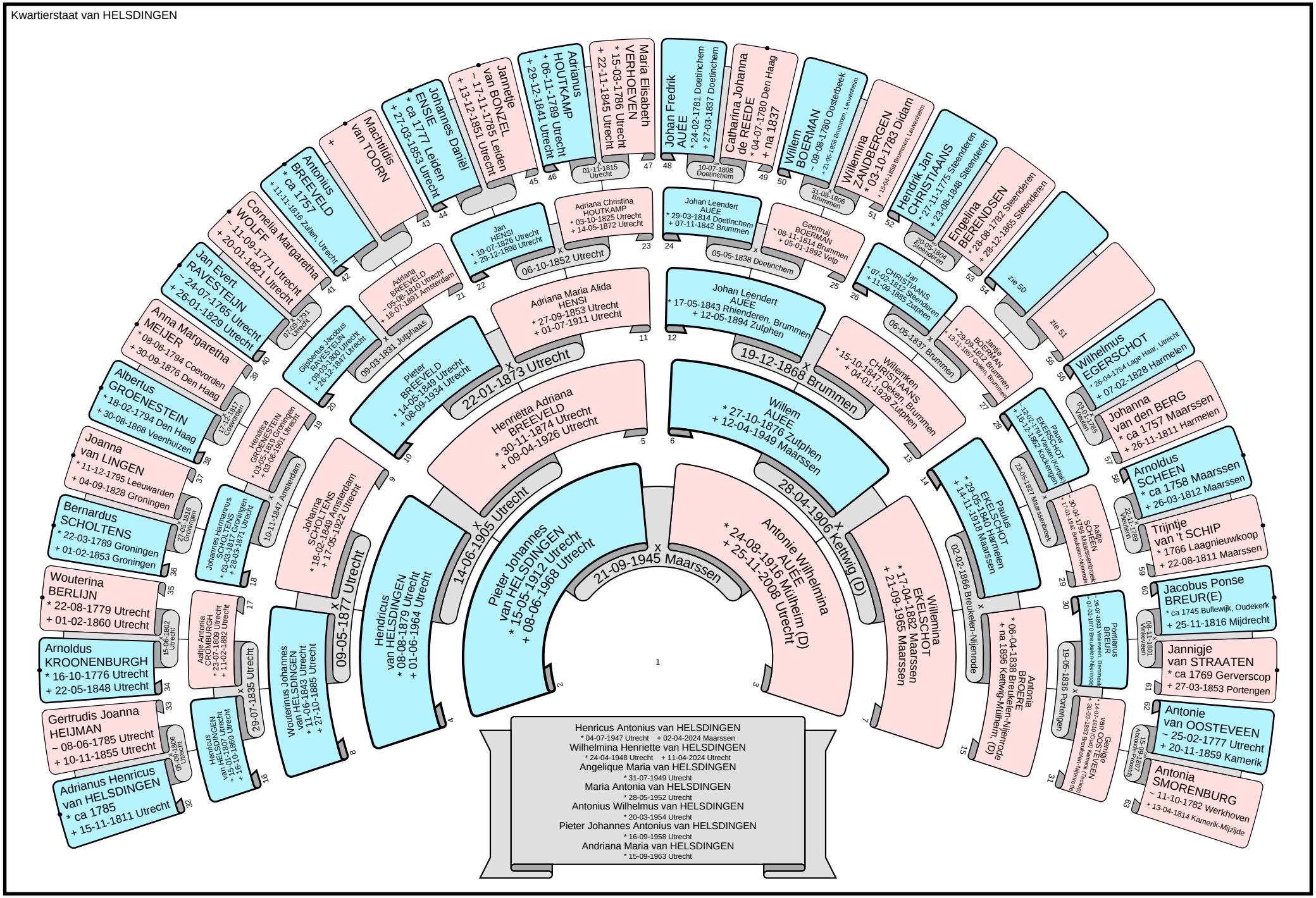Kwartierstaat van HELSDINGEN