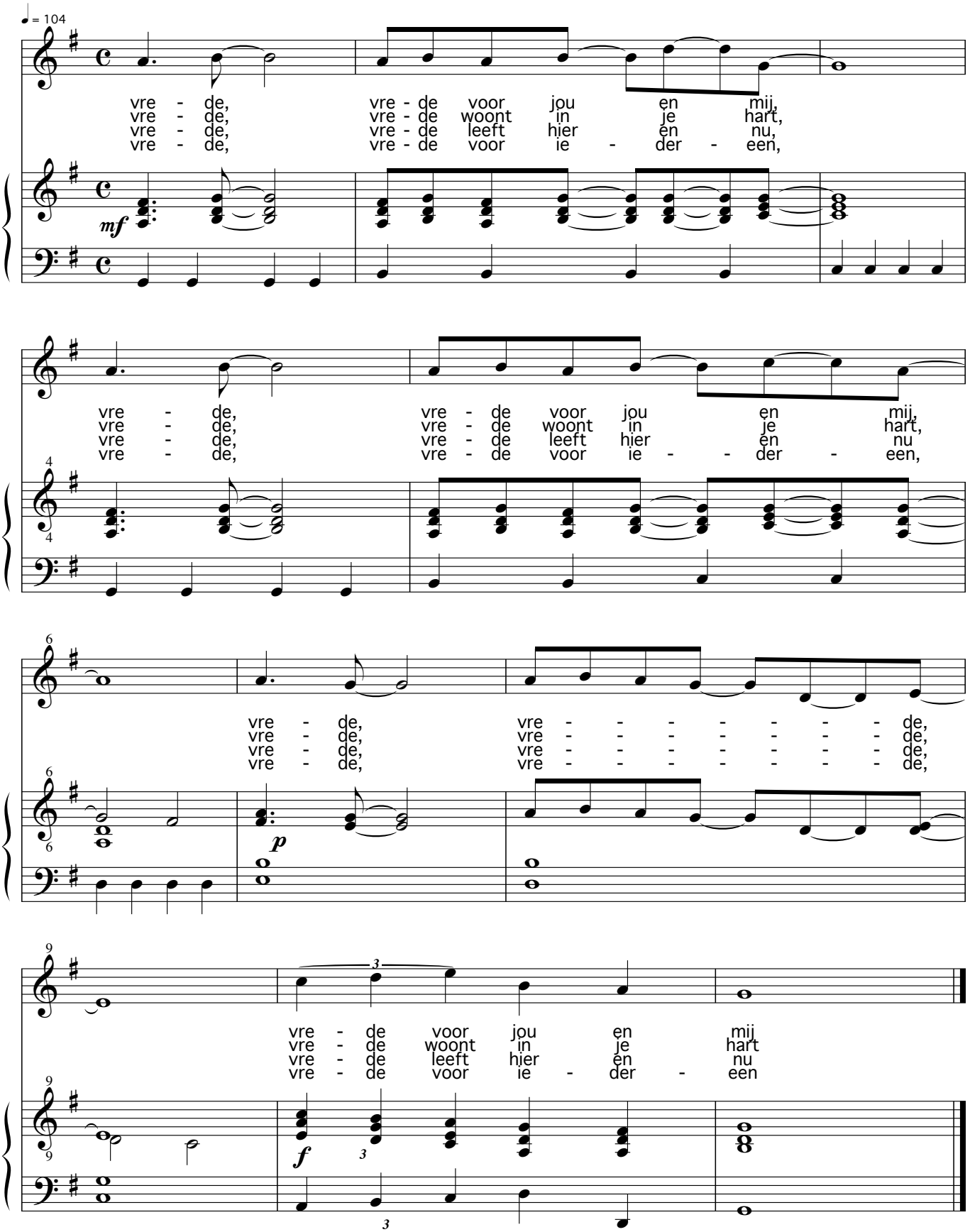tekst en muziek: Henk Harmsen