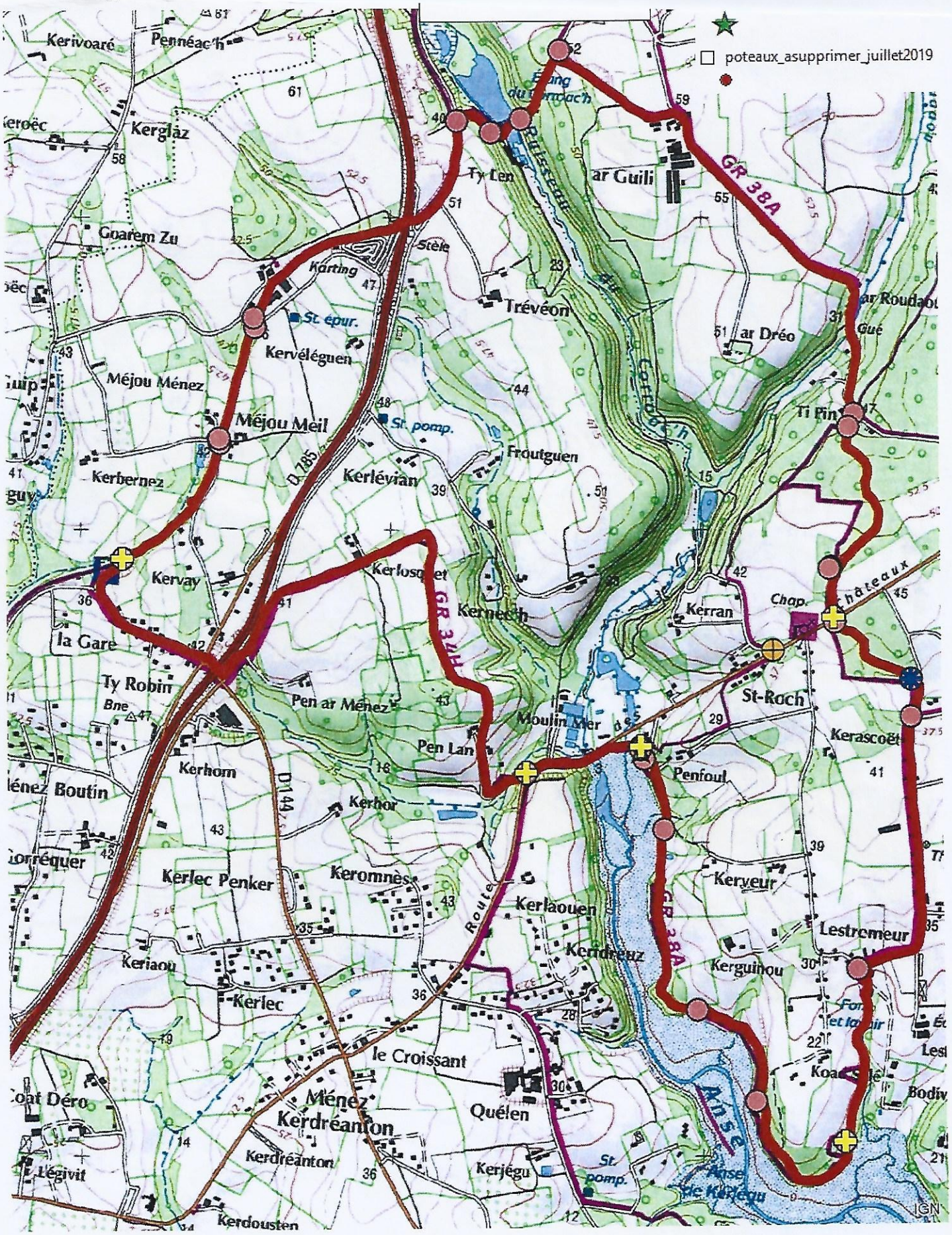Au gré des marées