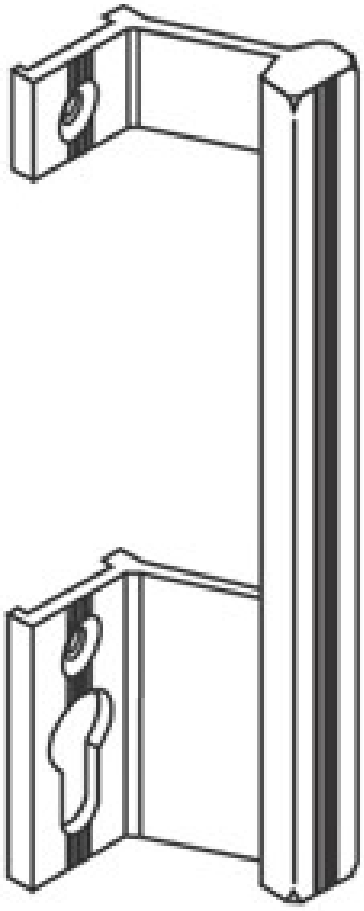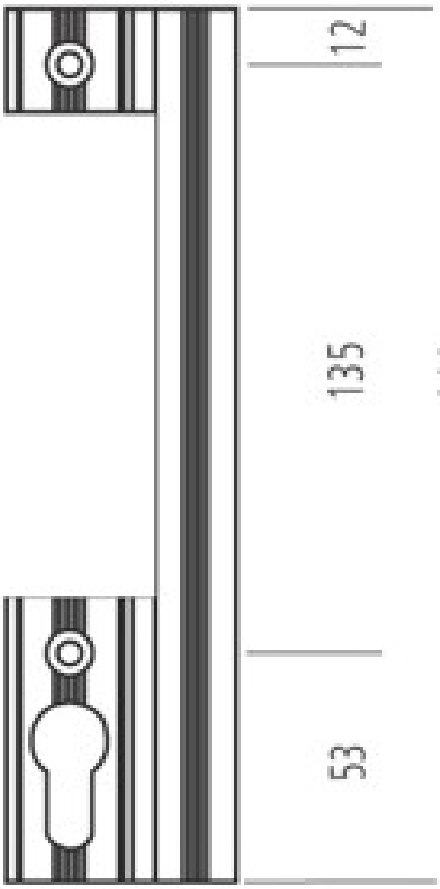POIGNÉE EXTÉRIEURE