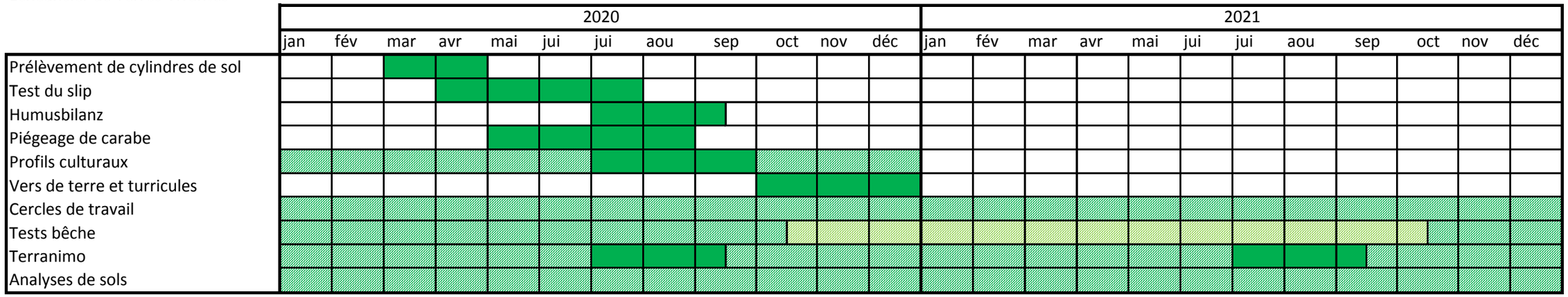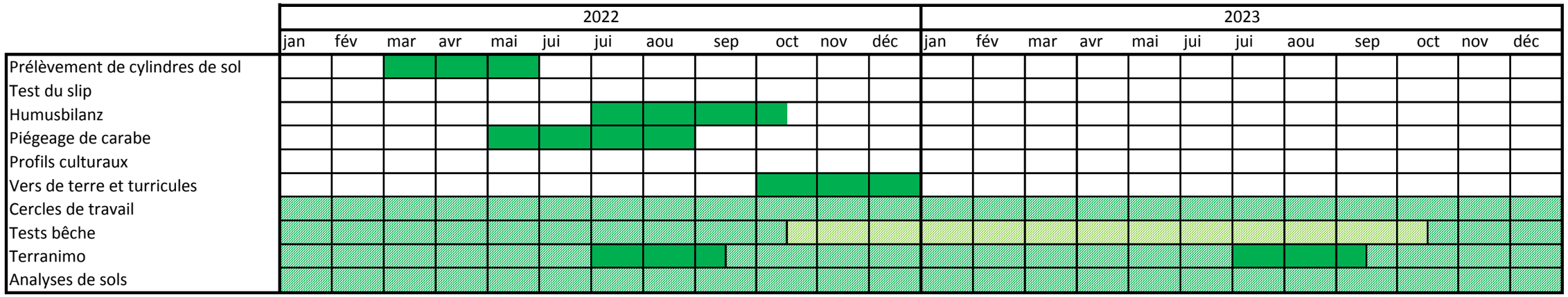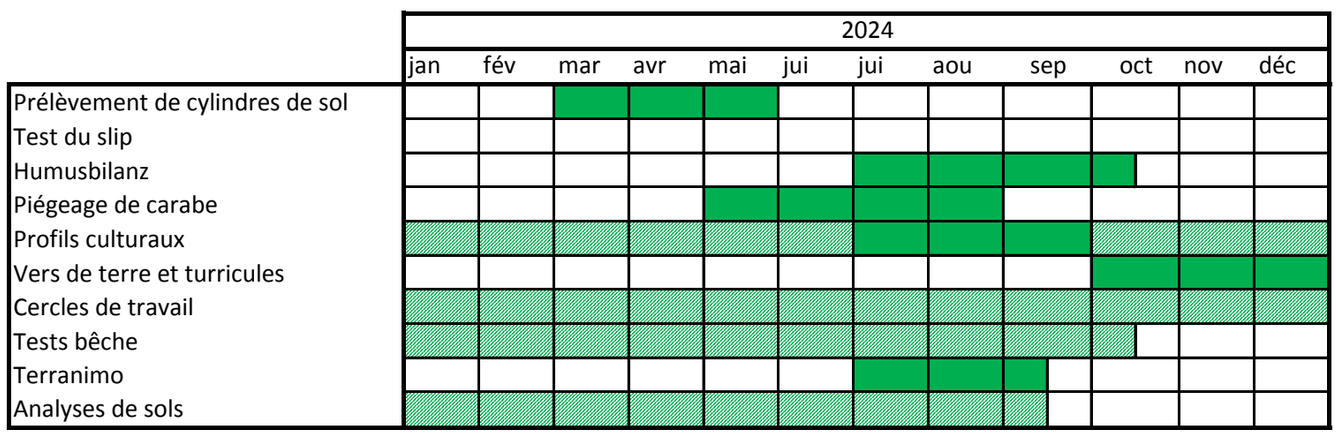Echéancier de Terres Vivantes