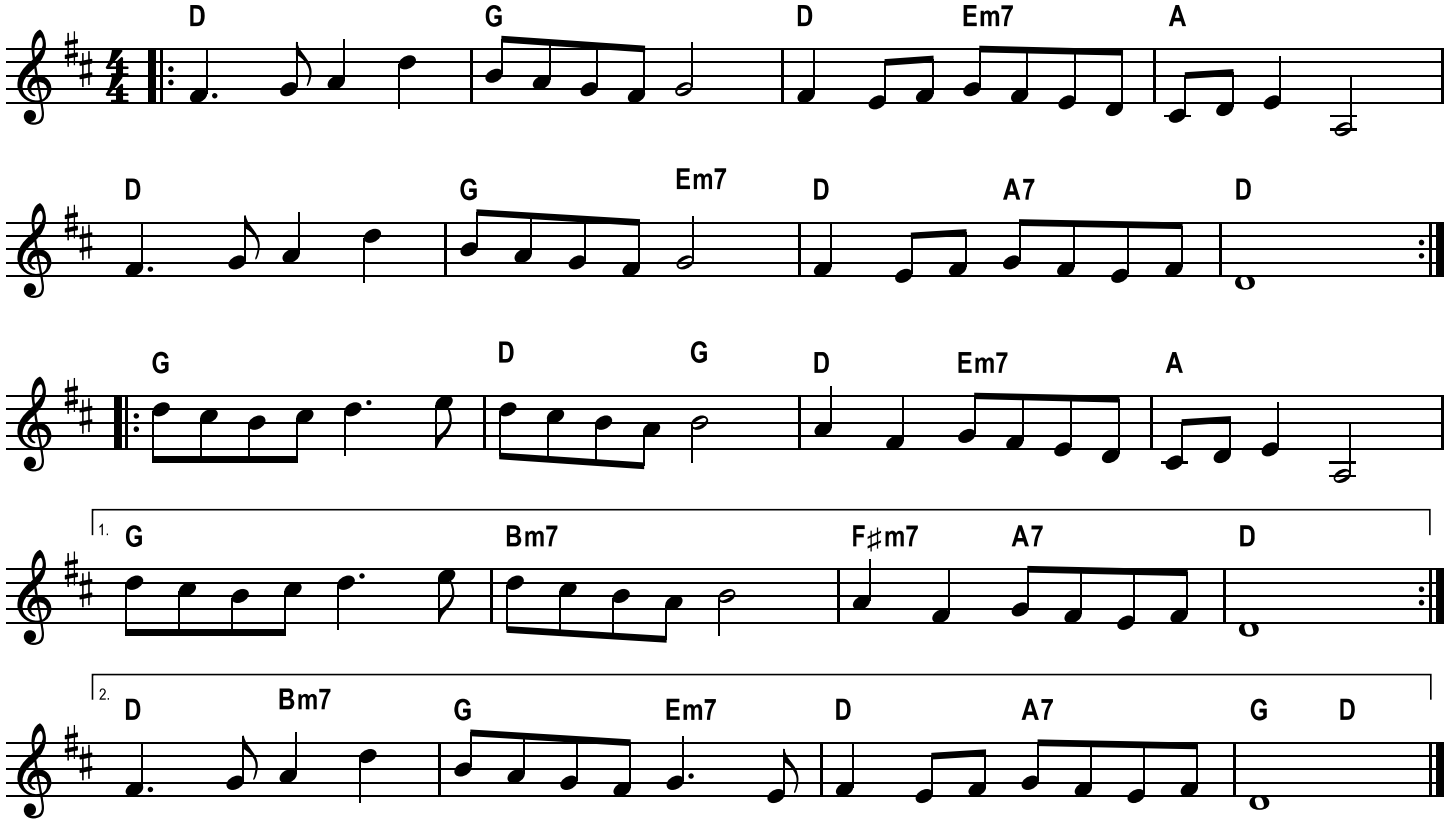
A better hornpipe?

Adapted from 'A good hornpipe' Played by Valmai Goodyear 27/10/2023