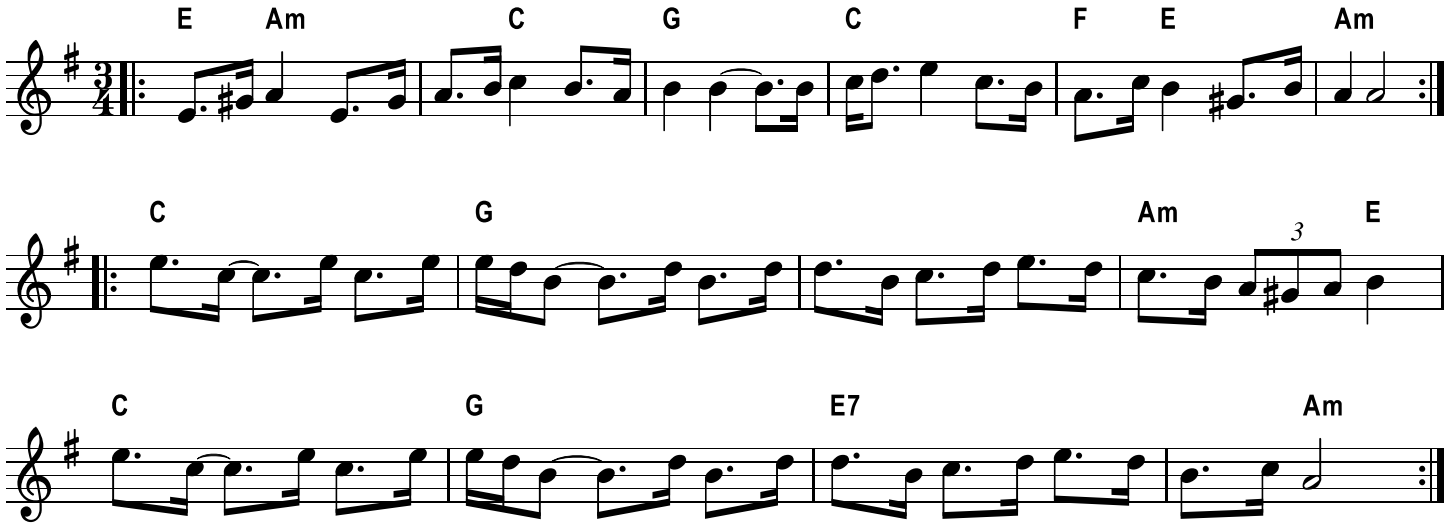Gärdsbygubbarnas polska