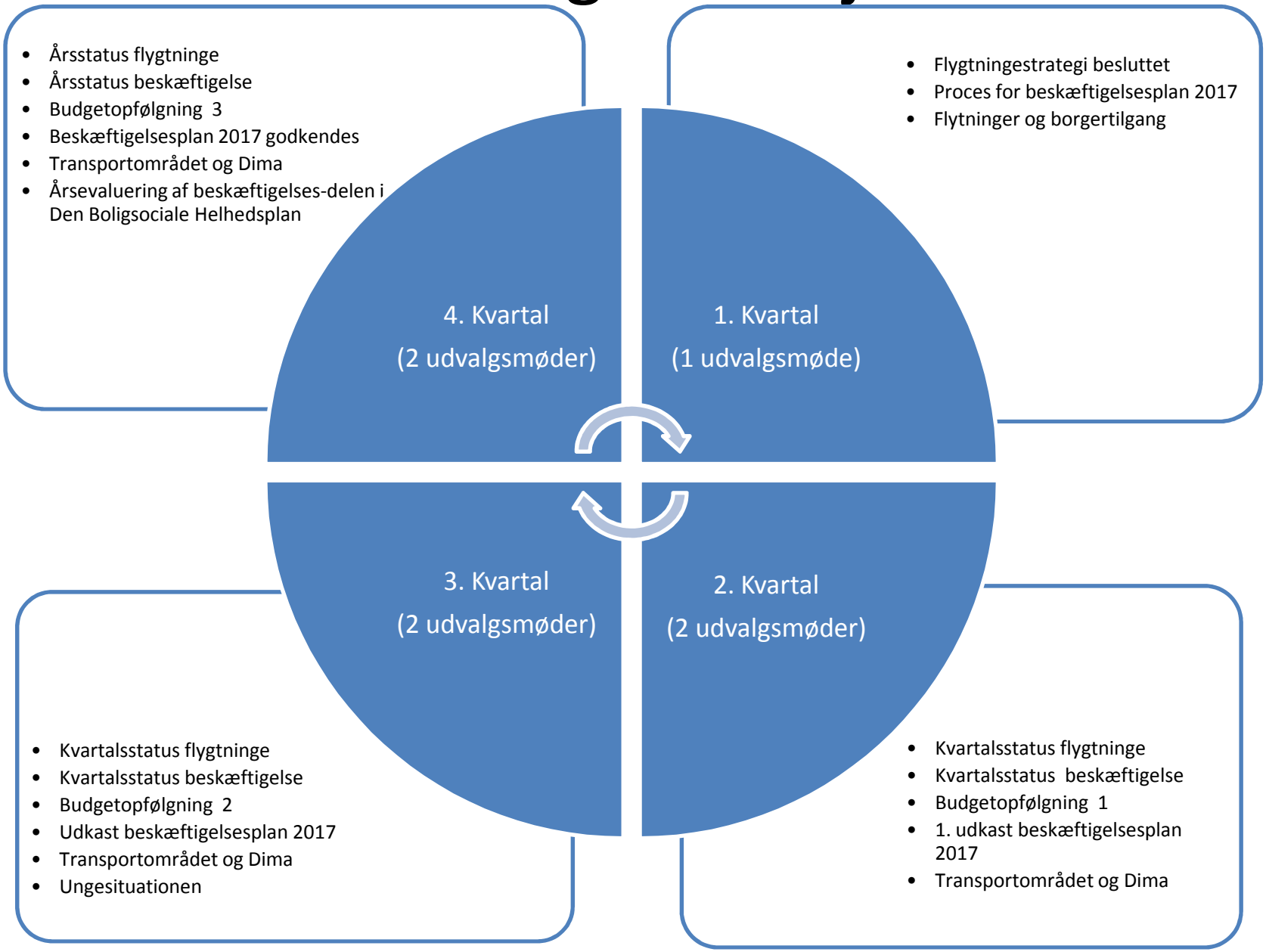Forslag til årshjul