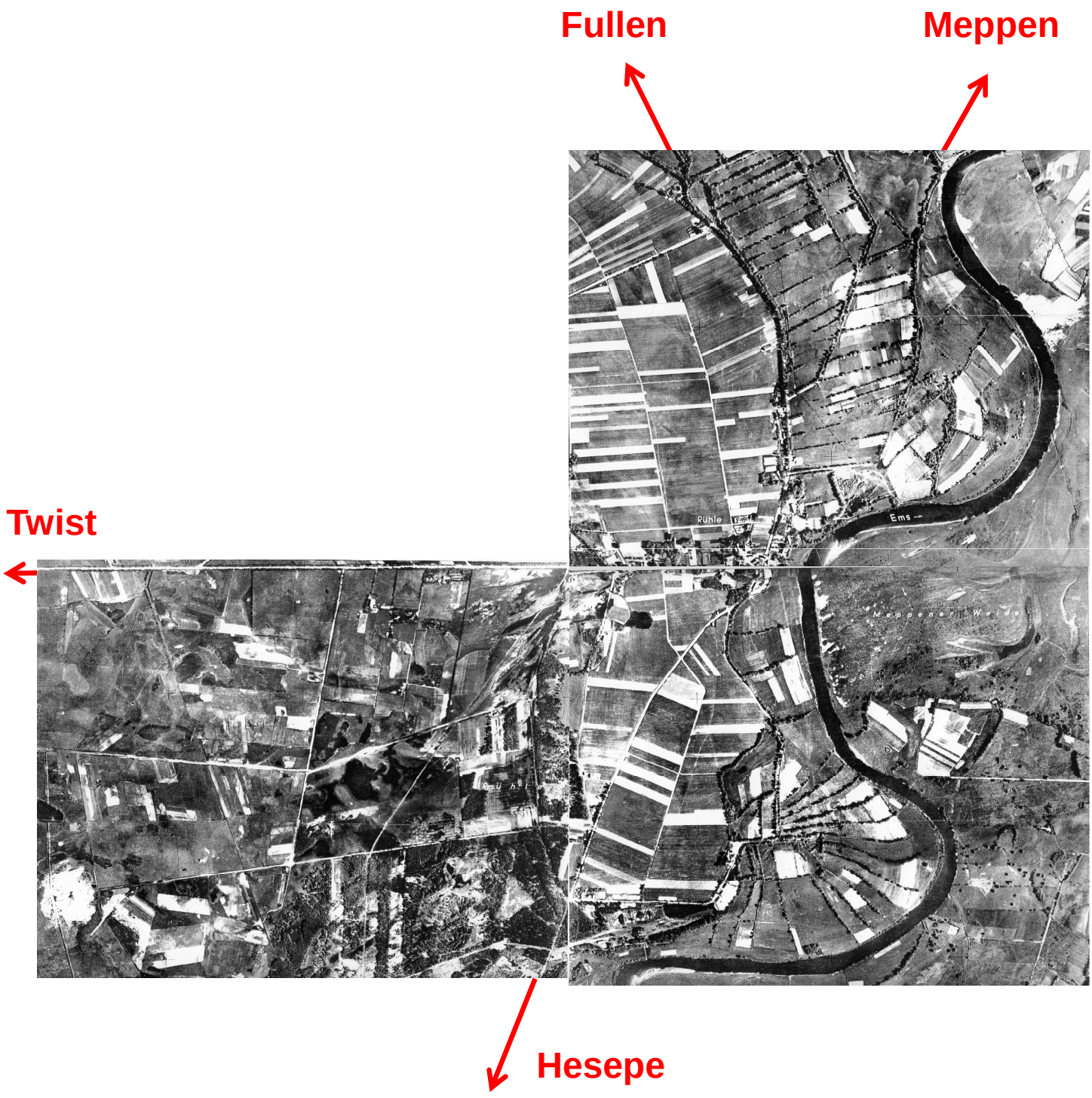

Fullen
Meppen
Twist
Hesepe
Rühle
Ems
Meppener Wald