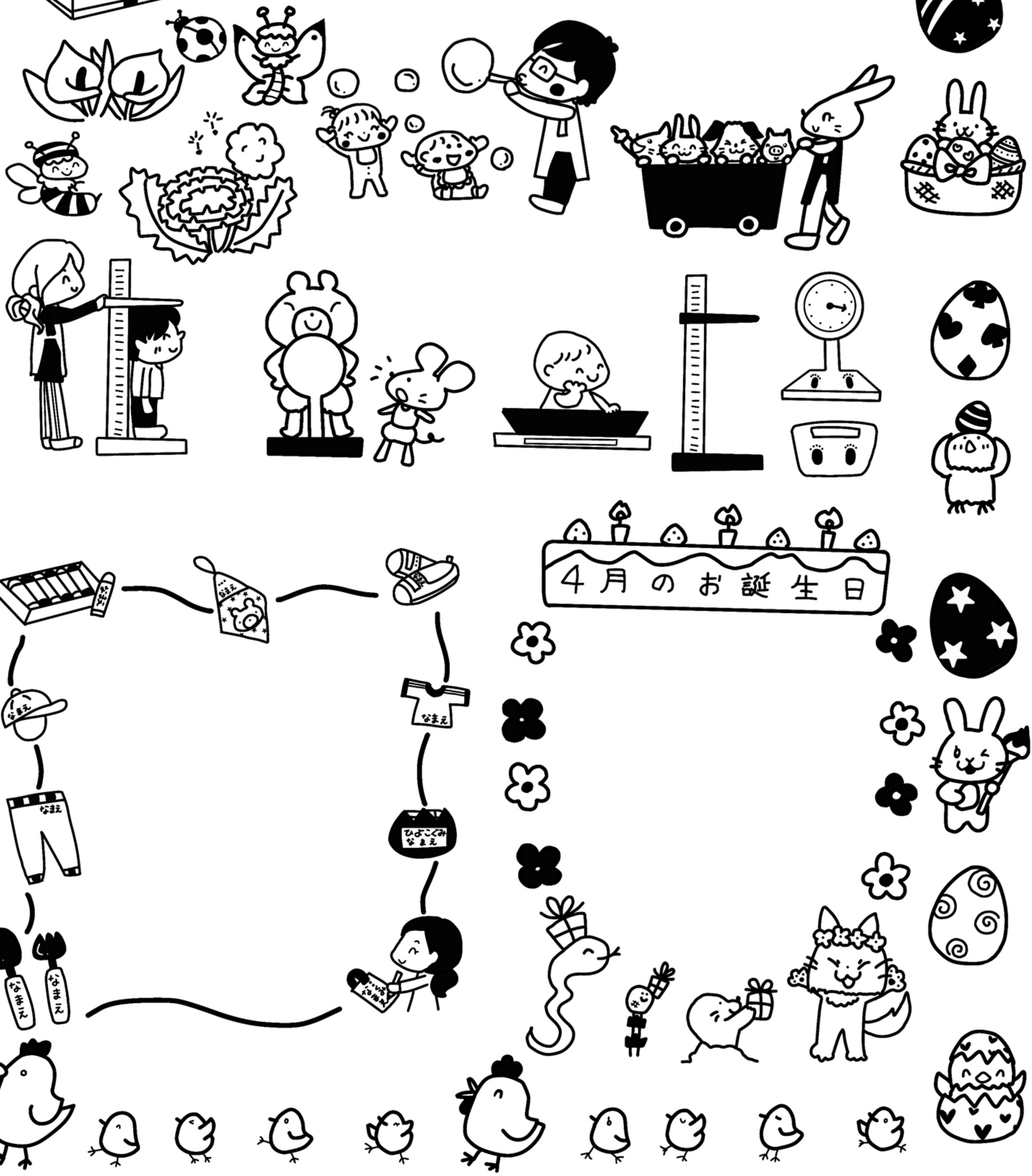4月 だより