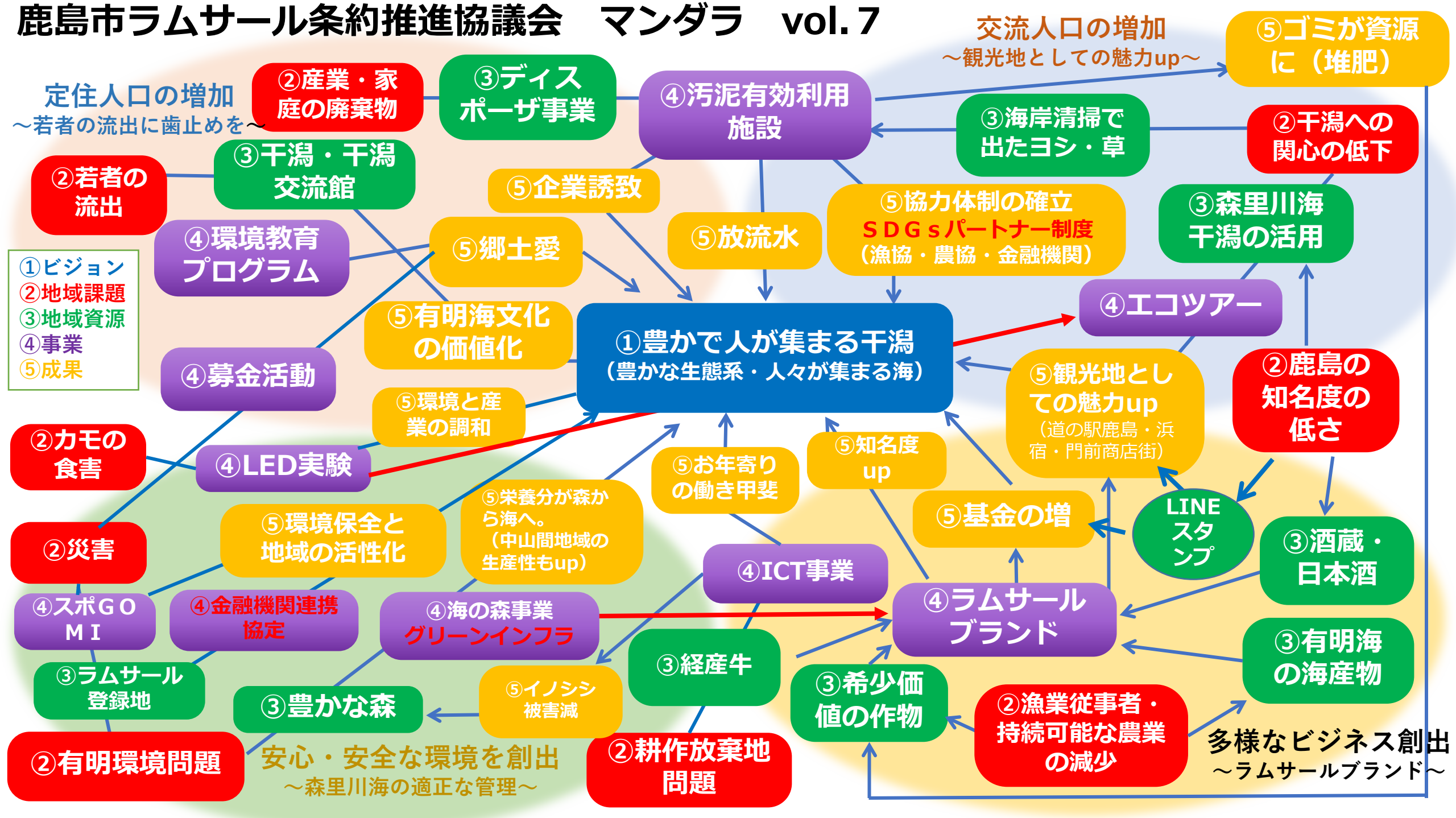鹿島市ラムサール条約推進協議会　マンダラ　vol.7