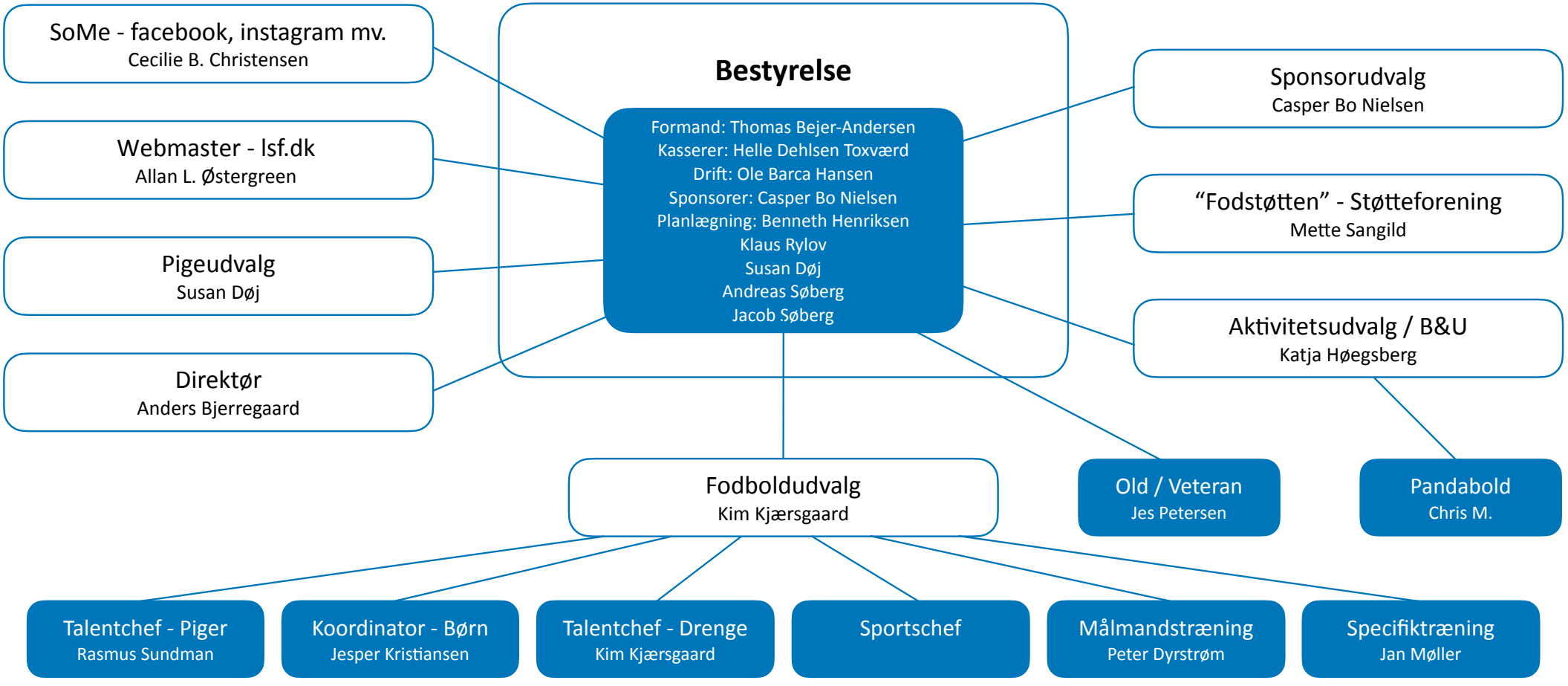LSFs bestyrelse, udvalg og kontakter