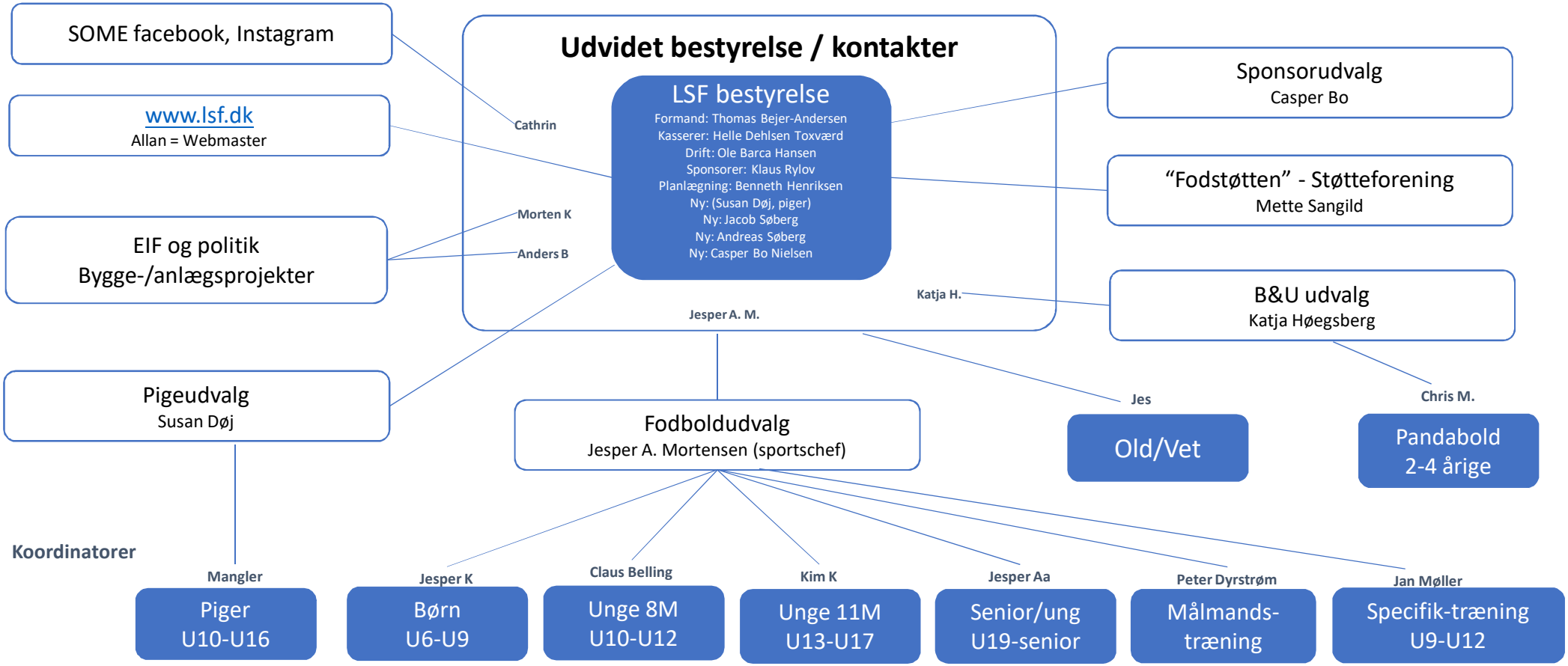LSF bestyrelse, udvalg og kontakter