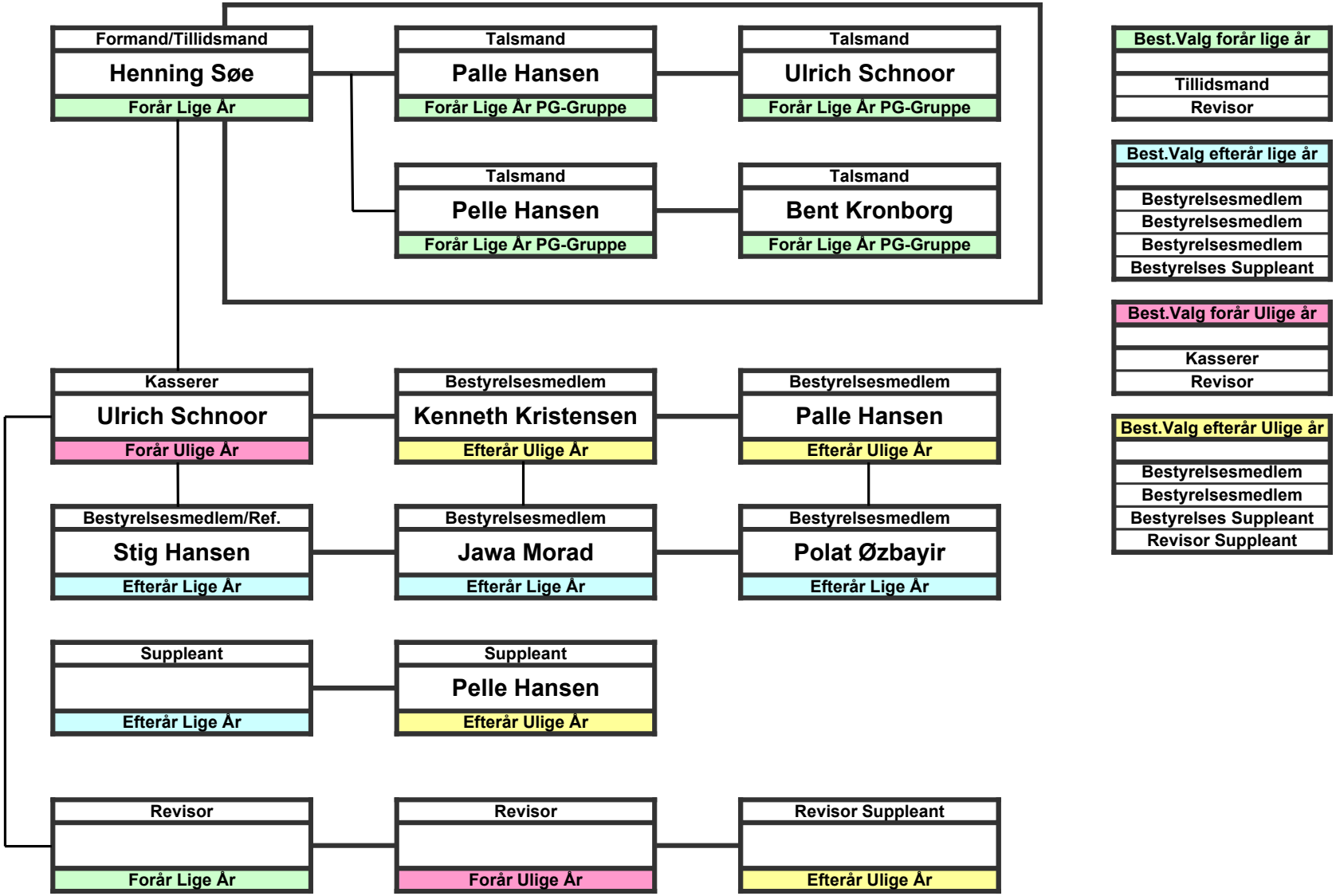Talsmands- og Bestyrelsesvalg