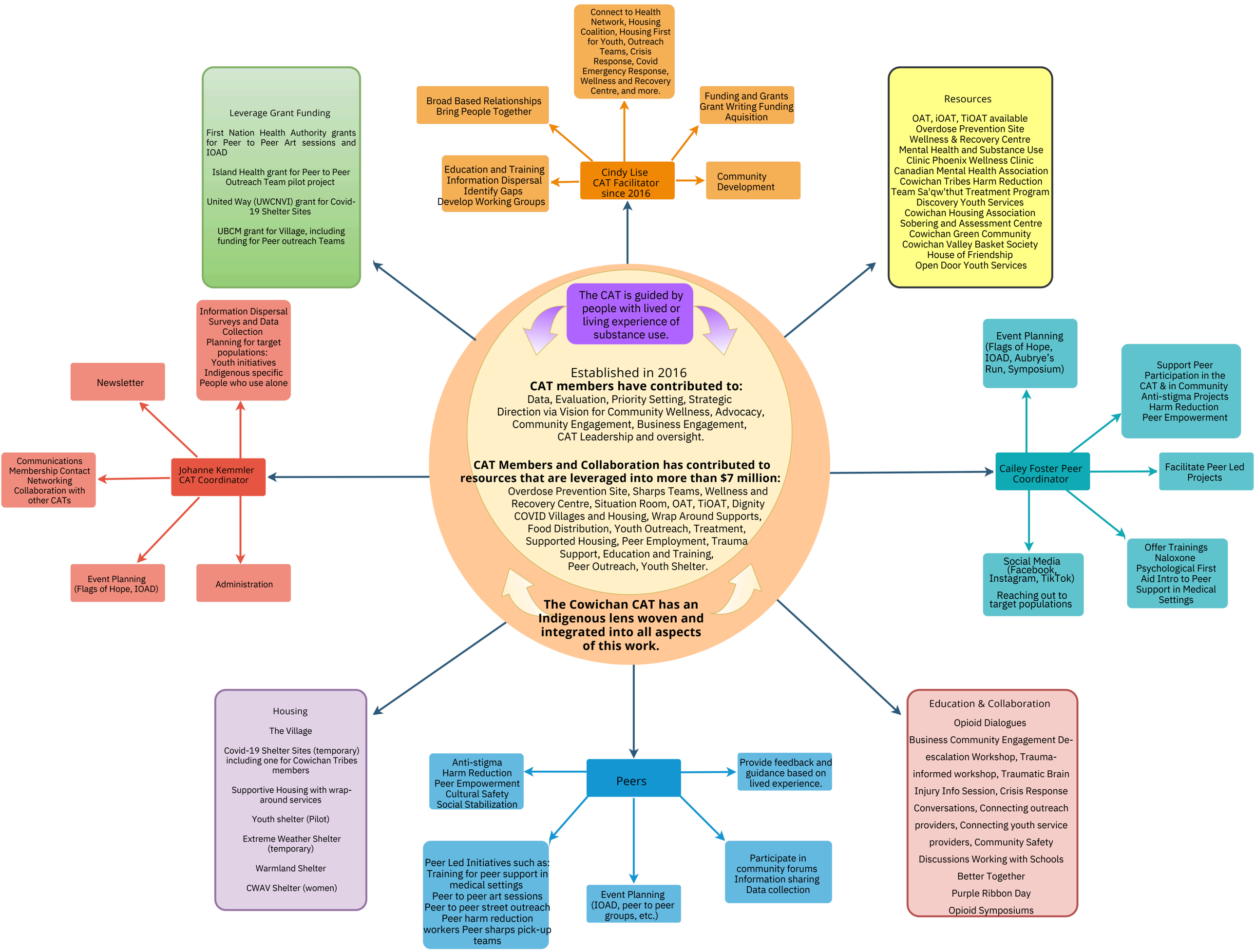Cowichan Community Action Team