

Cover photo: Vancouver Archives: "Pro-Rec" members putting on a display, Vancouver, BC ca 1940

CELEBRATING

60 years of championing the
power of Recreation and Parks

ANNUAL REPORT 2017/18



CELEBRATING

60 years of championing the power of Recreation and Parks



MESSAGE FROM THE PRESIDENT & CEO



2018 is the 60th Anniversary of the BCRPA – 60 years of championing the significant impact recreation and parks have in supporting healthy individuals and fostering a sense of community.

Through partnerships with senior governments, allied sectors and other service providers and with local government investment, our members provide quality community-based and inclusive services, indoor facilities and outdoor environments.

They change lives every day, are passionate to serve their communities, and contribute to a high quality of life in communities throughout all of BC.

In our first 60 years, the BCRPA has been the provincial voice of recreation and parks, and the recognized leader in professional development, government relations, and sector development.

With a focus on the future while honouring our past, our 60th year builds on our influence to lead the enrichment of lives and communities through the power of recreation and parks.

We present the highlights of 2017/2018 to you within this report through three main areas of BCRPA's influence: members and sector leadership; community development province-wide; organizational development.

Jennifer Wilson, President

Rebecca B Tunnacliffe, Chief Executive Officer



CHAMPIONING THE POWER OF RECREATION AND PARKS

Members,
registered Fitness
Leaders and the
sector

This is our 'Power to the People' section whereby we highlight how we empower our members and registered fitness leaders to keep current, relevant, and at the forefront of their ever changing and evolving work places. We do this by providing them with professional development and accreditation through a variety of ongoing training events, programs and initiatives.

PROFESSIONAL DEVELOPMENT

Our annual conferences and workshops are designed by and for our recreation, parks, aquatic, and fitness leader professionals. Each provides a wide array of education sessions and presentations that deal with current trends, challenges, and innovations to keep our members and registered fitness leaders at the top of their professions.

The following four conferences were held in 2017/18.



- twenty-five EDUCATION SESSIONS
- two hundred & seventy-five DELEGATES
- three DAYS
 - two KEYNOTES
- four THEMED PANELS
 - two PRE-CONFERENCE WORKSHOPS
 - six SNAPSHOT SESSIONS
 - four DIALOGUE SESSIONS

CHAMPIONING THE POWER
OF RECREATION AND PARKS

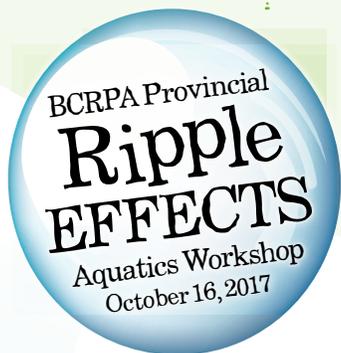
Members, registered Fitness
Leaders and the sector
CONTINUED...



BCFit'17

September 16, 2017
NORTH VANCOUVER

- five WORKSHOPS
- twenty-four EDUCATION SESSIONS
- one NEW FITNESS CAFÉ
DELEGATE LED DISCUSSION
 - one DAY
- two hundred & seventy-five
DELEGATES
- two KEYNOTES
 - two PRE-CONFERENCE WORKSHOPS
 - four POST-CONFERENCE WORKSHOPS



*Ran in conjunction
with the World
Conference
Drowning
Prevention*

- three PRE-CONFERENCE WORKSHOPS
 - twelve EDUCATION SESSIONS
 - two POST KEYNOTES PRESENTERS
- one DAY
- one hundred & seventy-five
DELEGATES



- three hundred & twenty-two
DELEGATES
- two DAYS
 - eighteen EDUCATION SESSIONS
 - four KEYNOTES PRESENTERS
 - one PRE-CONFERENCE WORKSHOP
 - one POST WORKSHOP



CHAMPIONING THE POWER OF RECREATION AND PARKS

Members, registered Fitness Leaders and the sector
CONTINUED...

In addition to in-person education, a number of webinars were offered last year to expand our online professional development options. They included:

- What's up with Bullying
- Invasive Japanese Beetle Detection
- Working with People with Dementia

Numerous other courses and workshops leading to certifications continued to be offered throughout the year, and included **HIGH FIVE®**, **Playground Safety**, **Pool Operator**, **PoolSafeBC**, **Risk Management**, **Strategies for Challenging Behaviours**.

Our registered Fitness Leaders continue to be the highest trained professional in the country, and demand continues for the respected status. 2017 saw a total of 1096 **Fitness Theory exams** written – the first step to becoming a BCRPA registered Fitness Leader.

We hosted **6 Instructor Competency Evaluations (ICE) workshops** in 2017 for our registered fitness leaders – 4 in the Lower Mainland and 2 in the Okanagan. These intensive sessions enable fitness leaders to become qualified Supervisors of Fitness Leaders (SFL) or Trainers of Fitness Leaders (TFL).

Over 800 Fitness Leaders took specialty courses last year in the areas of: Weight Training (277); Aquatics (60); Group Fitness (112); Personal Training (226); Pilates (4); Yoga (19); Older Adult (87); Osteofit (14)

Our online **e-learn courses** are always available 24/7. Over the last year 588 courses were taken from people throughout BC.



INITIATIVES

In addition to powering our people, we also focus our efforts on championing the power of recreation and parks within and for our sector.

SPACES AND FACES SURVEY

Community-based recreation is the most effective way to reach the population of BC. To provide evidence of this, we initiated a research project "**Spaces and Faces**" to document the number of recreation spaces and visits by British Columbians each year and to inventory the types and locations of all municipal recreation facilities (indoor and outdoor) and municipal/regional parks.

CHAMPIONING THE POWER OF RECREATION AND PARKS

Members, registered Fitness Leaders and the sector
CONTINUED...

Top level statistics gleaned thus far:

90% of local governments are members of BCRPA
They own and operate over 400 indoor recreation facilities which receive over 40 million visits a year from people throughout BC.

This information is being used in our advocacy work to showcase the reach, impact, and power of recreation and parks to enrich lives and communities.

PROVINCIAL FUNDING

Our senior leaders held several meetings this year with the Ministries of Health, Tourism, Arts and Culture, and Environment. All were presented all with findings of our Spaces and Faces research to showcase the depth and breadth of our reach and the impact of our members. All three ministries agreed to attend and address our 2018 conferences, drawing the link between their work and ours.

Ministry of Tourism, Arts, and Culture funded a second phase of our **Before and After School Recreation Spaces Grant** program, and surprised us with a last-minute funding of **Family Day Community Grants**. Both programs bring over \$1m into local government recreation services.

Ministry of Health funded another 3 years of our **Choose to Move** older adult physical activity program and another year of **Stay Active Eat Healthy**.

In March of 2018 we also received the good news that our Community Gaming Grant had been approved for our Healthy Living Awareness proposal.

FRAMEWORK FOR RECREATION IN CANADA

The Framework for Recreation in Canada 2015, Pathways to Wellbeing has been our sector's guiding document for the past three years and we continue our work in supporting its goals and vision to members and beyond. Last year the Framework informed the further development of our strategic operations (the operationalizing of the strategic plan). And, it continues to be the foundation for each Symposium programming, and as a perspective to consider for our other annual conferences. Members have been very engaged with the Framework, accounting for over one-third of the entire response CPRA received

CHOOSE
to **MOVE**



CHAMPIONING THE POWER OF RECREATION AND PARKS

Members, registered Fitness Leaders and the sector
CONTINUED...

in their 2017 national survey on how the five Framework goals are being aligned across Canada. BCRPA senior leaders and many members will attend CPRA's Framework for Recreation in Canada's conference in Regina in May.

PARTNERSHIPS

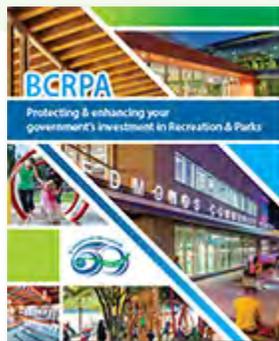
Provincial relations

BCRPA proposed two new projects to the Ministry of Health about a healthy foods options program at recreation centre, and a provincial walking program to activate inactive adults.

Proposed projects to TAC on Family Day, continuation of Recreation Spaces, and ENV on engaging families in parks

BCRPA was an exhibitor at UBCM conference

Partnering with BC Alliance of Healthy Living we attended UBCM's conference as both a delegate and exhibitor. This gave us the ability to advocate to local government officials on the importance and impact of community based, municipally funded, recreation. Using preliminary data from our Spaces and Faces research project we reminded them of their membership with the BCRPA and reinforced their investment and commitment to government funded recreation and parks.



Recreation Foundation of BC

This year the two organizations collaborated on a number of projects. We struck a working group of both organizations to create a plan for increasing the Foundation's BCRPA Endowment fund which has been inactive for the past decade after it reached \$0.5M. The group met several times over 2017 to plan a doubling of the Endowment, and agreed upon three initiatives: donation option for Symposium registrants, a special event at Symposium (Whistler) 2019, and a lecture/webinar by community



CHAMPIONING THE POWER OF RECREATION AND PARKS

Members, registered Fitness Leaders and the sector
CONTINUED...

development international speaker Jim Diers in summer 2018. We thank the Foundation for its annual contribution (half the interest from the Endowment Fund).

With funding from the Recreation Foundation, the two organizations struck a History Committee to create an oral history of BCRPA. Six interviews were conducted among the pioneers of the sector by an oral historian, and the committee also commissioned a written history of our first 60 years. The History will be launched at our 2018 Symposium. Both the oral and written history will be hosted on the new BCRPA website.

BCRPA President and the CEO were invited to address the delegates of the Foundation's annual Harrison Workshop this January, and we invited the Foundation to provide BCRPA members with an update at our AGM.



National Youth Green Jobs Initiative

Working in partnership with CPRA, and funding from the Government of Canada, we launched a two year youth summer employment program for members to take part in. The program provides direct financial support to municipalities allowing them to offer new summer job positions that focus on green career-related activities. BCRPA was chosen to be the western regional coordinator for the project.



MOU with Recreation Facilities Association of BC

After many years of discussing an MOU, in 2017 the two Presidents and Chief Staff Officers met to discuss our mutual interests, and to clarify our roles in order to achieve a collaborative dynamic. Representatives of each organization are attending each other's annual conference in April.



CHAMPIONING THE POWER OF RECREATION AND PARKS

Community Development

BEFORE and AFTER SCHOOL RECREATION SPACES GRANT PROGRAM

In spring 2017, BCRPA partnered with the Ministry for Tourism, Arts and Culture to expand the number of before and after school recreation program spaces in BC. This initiative aimed to create up to 4,000 new spaces in the province and was funded by the Provincial Government. Members responded by creating double the targeted number of spaces.

In just a few short months of the first grant cycle, we enabled 2,642 children to participate in new before and after school program spaces that focused on extending recreation opportunities and outdoor play. Cycle 2 added the creation of an additional 2,703 spaces, surpassing the target for the entire school year. By the end of the 2017/2018 school year, over 8,000 new recreation spaces will have been created for before and after school programming in all corners of the province.

Our recreation program leaders have received exceptional education through the training portion of our program to create exemplary and positive experiences and to build rapport with participants.



Ticking off activities on the Canada 150 Playlist: BCRPA played a fun-petative game of basketball against HCMA

CANADA 150 PLAYLIST

As part of the CPRA partnership with ParticipAction, BCRPA promoted the 150 playlist to members and shared their activities through Social Media. Even the BCRPA staff got into the sesquicentennial spirit by creating posts of the team playing over a dozen of Canada's favourite activities such as hopscotch, basketball, skipping, and more.



GIVE IT A TRY GRANTS with BC SENIORS GAMES

To decrease inactivity in older adults, and increase the exposure of the 2018 55+ BC Games, as well as the programs and services local community centres offer, we collaborated with the BC Seniors Games Society (BCSGS), with the support of the Province of British Columbia and the Government of Canada, to deliver the "Give It a Try" event grant program throughout the province. Grants were awarded to 16 local communities to host Give it a Try events and to 11 of the BC Seniors Games zones to help build capacity and community partner relations.

CHAMPIONING
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AND PARKS

Community
Development
CONTINUED...

ActivAge™

**CHOOSE
to MOVE**

CHOOSE TO MOVE/ACTIVAGE™

In 2017 the pilot Choose to Move and ActivAge™ (CTM/AA) program was expanded to a three-year program. Delivered in partnership with the Active Aging Research Team from the Centre for Hip Health and Mobility, the program seeks to increase physical activity and social connectedness in older adults across BC. Since January 2016, BCRPA has partnered with 23 recreation departments across BC to deliver CTM/AA. To date program partners have delivered 72 Choose to Move programs in 28 communities across BC, reaching over 650 older adults. Over the next three years, BCRPA will partner with more recreation departments and aim to deliver CTM/AA in 120 sites, reaching over 3500 older adults.

2018 BC FAMILY DAY EVENT GRANT PROGRAM

We were very pleasantly surprised in January of this year when the Ministry of Tourism, Arts and Culture announced that the Family Day Event grant program would run again. Even with the short turnaround time, communities were able to successfully apply, and be funded for, 186 family-based, admission-free community events which ran in 103 communities during the Family Day long weekend, February 9-12. 171 grants were given to Local Governments, and 15 to First Nation Bands. This was the fifth consecutive annual partnership between BCRPA and the Ministry of Tourism, Arts and Culture.



CHAMPIONING THE POWER OF RECREATION AND PARKS

BCRPA Organizational Development

GOVERNANCE

The Board of Directors surveyed members in preparation for the development of its strategic plan. They heard three things they acted on in 2017-2018: creation of a retired member category, review of Board of Director terms, and a review of the nomination process for new Directors. Committees were struck for each task. The bylaws will go to the membership for approval at the AGM that include a retired membership category and a change to the terms of Board positions. The 2018 nomination for Directors was an open process with no Board slate; seven members ran for four positions, which is the highest number of candidates on record.

In compliance with the Government of BC's new Societies Act, the Board of Directors has rewritten its Constitution and Bylaws, to be brought to the membership for approval at the AGM.

The Board of Directors also struck a policy task force to renew and create governance policies on Board, financial, staff, and organizational affairs.

BCRPA'S NEW WEBSITE

Throughout 2017 we worked to elevate our online image, and to respond to improvements member had been asking for. In November we launched our brand new website. Our new site has been built on a platform made exclusively for member associations and is a completely different approach from the previous site.

Our new website features include:

- **Search function** – to expedite the process of finding information
- **Mobile-friendly design** – the site adapts to whichever device it's being accessed on
- **Streamlined navigation** – the layers of information have been stripped and a simpler and more intuitive organization and presentation of information created
- **Conference registrations** – users now have the ability to register multiple people for conferences
- **Increased visual appeal** – bigger and bolder images make the user experience more dynamic, engaging, and reflective of who we are and what we represent



2017 BCRPA Provincial Awards

Each year, BCRPA's Provincial Awards recognize excellence in our members' initiatives. The following were awarded at the 2017 Symposium.

CITY OF SURREY Granview Heights Aquatic Centre



2017 FACILITY EXCELLENCE AWARD *FOR PROJECTS OVER \$1 MILLION*

The City of Surrey has developed an iconic destination facility attracting athletes, international sporting events, and families alike. Grandview Heights Aquatic Centre's distinctive architectural elements such as an undulating roof and its multiple accessible features make it a favourite for everyone. This multi-use facility is able to meet the needs of all users. The 10 lane, LEED silver standard, and international competition level 50 metre pool has many moveable features, creating variations in competitive and programmable space. From birthday parties riding the water slide to elite athletes on the 10 metre diving platform, Grandview Heights Aquatic Centre has provided both a community space and competition hub in this fast-growing community of South Surrey.

CITY of WEST KELOWNA Memorial Park Amphitheatre & Skateboard Park



2017 FACILITY EXCELLENCE AWARD *FOR PROJECTS UNDER \$1 MILLION*

This state of the art amphitheater, with its well-designed sound system, lighting and layout to make every sound engineer, parent with a stroller, and senior with walker feel perfectly accommodated has been a huge success hosting over 7000 music lovers last year. Recently dedicated to Annette Beaudreau, the project's beloved and respected recreation leader, the space is a cultural hot spot.

The skateboard park is a big success as well. By engaging the users from the start in the design process, utilizing them during the fund-raising stages, and keeping them on board through ongoing partnership and dialogue – the city has a win-win. They also have found a way to generate revenue from the space by hosting events such as the BC Interior Cyclocross series.

WEST SHORE PARKS & RECREATION Wild About Wellness



2017 PROGRAM EXCELLENCE AWARD

The Wild About Wellness program was developed when West Shore Parks and Recreation staff identified a dramatic increase in anxiety and mental health issues among youth in the community. Given the documented benefits physical activity has in reducing anxiety and depression, the program aimed to combine these benefits with a therapeutic group process. The free program was created using a youth-centred approach which allowed clients to identify the activities and topics most relevant to them. The program was noted for its many positive attributes: partnership model, creativity, responsiveness, low overhead cost and especially impact on the program participants.

CITY OF RICHMOND Terra Nova Nature Adventure Play Environment



2017 PARKS EXCELLENCE AWARD FOR PROJECTS OVER \$1 MILLION

Terra Nova Nature Adventure Play Environment connects families to nature and offers adventuresome play that enjoys broad appeal for children of all ages across Greater Vancouver who are keen to experience it firsthand for themselves.

Emerging from the results of an in-depth community engagement process, the site's history, as well as its significant natural features, the design for the Terra Nova Nature Adventure Play Environment features a unique landscape that embodies the principles of adventure nature play. Incorporating a super-fast slide, two zip lines, a 10 metre tall treehouse and so much more, the elements are contained within 25 hectares of remnant agricultural fields and hedgerows, habitat for resident and migratory wildlife, heritage buildings, walking trails, a nature preschool, an urban farm and community gardens.

BCRPA's DB Perks & Associates Graduating Student Scholarship Awards

Each year the BCRPA awards scholarships to students at post-secondary institutions across the province who demonstrate leadership potential in the parks and recreation sector. Here are our 2017 scholarship recipients.

AMY CORNISH

Langara College, Diploma Program

LAUREN KING

University of Victoria

BRITTA PETERSON

Vancouver Island University

RACHEL VENNER

Langara College, Bachelor Degree Program



2017 Fitness Leadership Awards

Each year BCRPA presents our Fitness Leadership awards in recognition to BCRPA Registered Fitness Leaders who have demonstrated outstanding contributions to fitness leadership in the Community by motivating and influencing the active and under-active to commit to a physically active lifestyle. The following Fitness Leaders were presented these awards in 2017.

LYNN WALTERS of Richmond

FITNESS LEADER of the YEAR



As a long-time Richmond resident and recently retired nurse, Lynn Walters has been a change maker in her community. An avid volunteer, Lynn started a weekly running and walking group, the Richmond Spirit Runners, which is now celebrating its 20th year. She enjoys leading the warm-up for numerous annual fun and

charity runs, organizing marshals for various running events, and with her exceptional choral skills, she has been known to sing the national anthem at many opening ceremonies and special events. This wife and mother of three has completed 26 Marathons, including the Boston and New York marquee events, and has presented wellness workshops at national conferences. The continued waiting lists for her immensely popular fitness classes is a testament to the enthusiasm and commitment she brings to all that she is involved with.



DEBBIE CHEONG of Delta
EDUCATOR of the YEAR

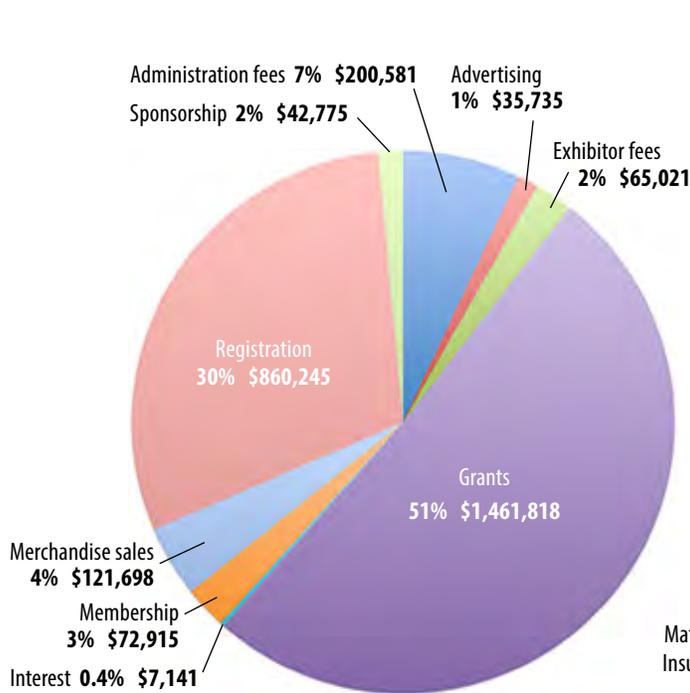
Debbie Cheong is a champion of older adult physical activity which manifests itself through her passion and delivery of Osteo-fit, a BC Women's Hospital + Health Centre certified exercise, education and falls prevention program for individuals recently diagnosed with osteoporosis, low bone density or who are at risk of falls and fractures. Under her stewardship, BC has become an international leader in senior's fitness. She is a sought after workshop presenter and facilitator throughout the province, Canada and internationally – engaging her students and conference attendees with innovative strategies that inspire and enhance retention of complex materials. Currently, Debbie organizes both the Osteofit and Get Up & Go! Programs, she co-authored three editions of the BCRPA Osteofit training manual, trains and evaluates instructors, attends Health Fairs, and organizes Osteofit programs in other languages.



MELANIE OSMACK of Vancouver
PROGRAM MANAGER / DIRECTOR of the YEAR

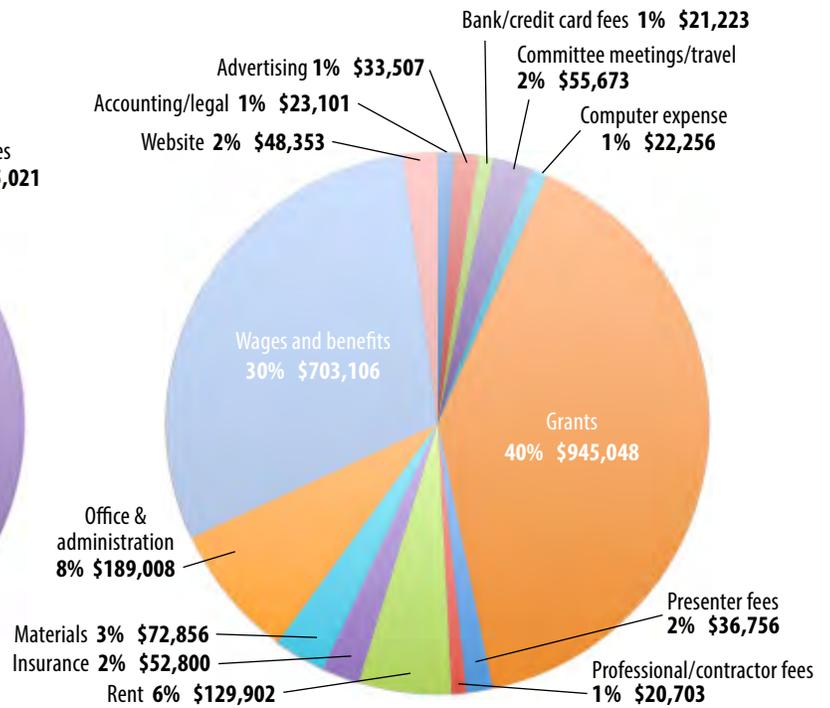
Melanie Osmack is the owner of Fit 4 Two® and an exceptional Pre and Postnatal Fitness Specialist (PPFS) who currently leads a motivated and engaged team of 9 franchisees and 36 instructors. Her leadership abilities and accomplishments include encouraging and motivating her team through Wellness Challenges; initiating a perinatal fitness professionals' social networking group; and creating Pregnancy and Exercise Awareness Month to connect and interact with other PPFS Instructors and Health Care Providers. Melanie has made significant contributions to the professional credibility of the perinatal fitness specialization through her facilitation of educational courses and workshops. She also promotes ongoing professional development within her specialization through the Fit 4 Two® PPFS Conference that she produces every other year. Osteofit programs in other languages.

BCRPA's Statement of Financial Position 2017



REVENUES

Pie chart totals may not sum due to rounding



EXPENSES

As at December 31, 2017

ASSETS

CURRENT ASSETS	\$
Cash and cash equivalents	846,096
Investment	201,393
Accounts receivable	41,239
Prepaid expenses	40,237
TANGIBLE CAPITAL ASSETS	28,800
TOTAL ASSETS	1,157,765

LIABILITIES

CURRENT LIABILITIES	
Accounts payable and accrued liabilities	89,767
GST/HST payable	1,921
Wages and benefits payable	15,524
Deposits	1,800
Deferred revenue	402,500
DEFERRED LEASE INDUCEMENT	5,742
TOTAL LIABILITIES	517,254

FUND BALANCES

Net Assets	640,511
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As at December 31, 2017

Cash Flows from Operating Activities

Excess (deficiency) of revenue over expenses	495,916
Amortization	17,721
Amortization of lease inducements	(9,851)
503,786	

Change in non-cash working capital items

Accounts receivable	193,895
Inventory	6,444
Prepaid expenses and deposits	(9,847)
Accounts payable and accrued liabilities	(9,051)
GST/HST payable	750
Wages and benefits payable	(4,421)
Membership and other fees paid in advance	(60,000)
Deferred revenue	5,459
123,229	

Cash Flows from Investing Activities

Purchase of tangible capital assets	(10,602)
Purchase of investment	(201,393)

Increase (Decrease) in Cash **415,020**

Cash, Beginning of Year **431,076**

CASH, END OF YEAR **846,096**





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ANNUAL REPORT 2017/18

Members provide invaluable insight and direction for the Association and participated on numerous committees and advisory boards throughout the year. The following is a sample of 2017/18 member working groups.

2017 SYMPOSIUM PROGRAM AND EVENTS ADVISORY COMMITTEE • Blain Ford • Brian Bergvinson • Bob Kusch • Christina Finnie • Dean Banman • Eric Bientjes • Glenda Cooper • Heather MacLeod • Ian Wilson • Janet Barclay • Leah Knutson • Meghan MacIsaac • Melissa Wight • Michelle Watson • Natalie Alexander • Nicole Kittmer • Nikki Lajeunesse • Peter Odynsky • Reagan Lovig • Russ Brummer • Sheila Gunn • Terri Askham • Yue-Ching Cheng

BCRPA REGIONAL LIAISONS • Clayton Postings (Vancouver Island/Coast) • Heidi Enns (Vancouver/Lower Mainland) • Karin Carlson (Peace/Northern Rockies) • Ryan Coltura (North Coast/Nechako) • Cheryl Wiebe (Thompson/Okanagan) • Joe Chirico (Kootenays) • Stacey Miranda (Cariboo)

RECREATION & PARKS BC MAGAZINE COMMITTEE • Karin Carlson • Joe Chirico • Ryan Coltura • Heidi Enns • Abby Fortune • Eric Kristiansen • David Leavers • Stacey Miranda • Clayton Postings • Cheryl Wiebe

2017 PROVINCIAL AWARDS COMMITTEE • Jennifer Wilson (Chair) • Clayton Postings • Heidi Enns • Joe Chirico • Shaun O'Neill • Karin Carlson • Stacey Miranda • Cheryl Wiebe • Gord Pederson • Ron Higo

RIPPLE EFFECTS CONFERENCE COMMITTEE • Cheryl Sibany • Lauralee March • Leeann Virtue • Jeannene Crosby • Michelle Wilcox • Perry Fulop • Brook Cherfils • Debbie Vant Kruis • Sean Healy • Dale Miller

PARKS AND GROUNDS SPRING TRAINING COMMITTEE • Nancy McLean • Ralph Nevill • Todd Gross • Greg McNaughton • James Arden • Kevin Scollon • Dave Turner • Len Walters

NFLA COMMITTEES • Jeff Doyle • Kim Bond

FITNESS ADVISORY COMMITTEE (FAC) • Deb Wilson • Barbara Andersen • Carol Lepine • Dr. Bill Luke • Ingrid Knight-Cohee • Kim Bond • Lela Dawson

OLDER ADULT FITNESS COMMITTEE • Melanie Galloway • Dr. Bill Luke • Monica Thompson • Heather Stanton • Kerry Carlson • Kim Bond • Aaron Tews • Sharon Meredith • Christina Truscott • Brenda Adams

BCFIT'17 & '18 PROGRAM COMMITTEES • Brenda Adams • Daniela Tempesta • Kim Bond • Leah Esplen • Lori Nicholls • Nolan Eadie • Melanie Galloway • Rhonda Jackson • Jamee Stokes • Pam Keefe • Rachel Seay • Ryan Cook • Irina Almasan • Kristy Keus

REGIONAL FITNESS LIAISONS • Brenda Adams • Jeff Doyle • Danielle Klassen • Jodi Vousden

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