



Connect. Move. Live.

ANNUAL REPORT 2021-22



www.dragonsabreast.com.au



PO Box 380, CANNON HILL, QLD 4170

FROM THE CHAIR OF DRAGONS ABREAST AUSTRALIA

Pearl Lee

We faced some extraordinary circumstances in 2021 with COVID having an impact on participation in our sport and the ability to raise funds for our operation. Our Groups experienced fires, floods and washouts. Cognisant that times are changing, this placed Dragons Abreast Australia (DAA) in uncertain times and discussions ensued with Member Groups as to whether to continue the organisation. However, enough of the membership stepped forward with a wave of support who were determined to keep history alive. It reinforced our function - Dragons Abreast Member Groups provide the connection at the local level, whilst DAA provide the backbone to a national movement.

It is a great honour to be serving as the new Board of Dragons Abreast Australia. I would like to acknowledge the challenges the organisation came through and extend our gratitude to the outgoing Board as well as the many members who were part of this change. It was a necessary process, as we headed towards some decisions on purpose, value, and sustainability.

We would like to thank Slaven and Torline, who took on the administration of the organisation, whilst due process was completed to elect a new Board at the Annual General Meeting in December 2021. Their expertise in restructuring companies helped to guide us through governance requirements, reviewing and approving the new operational plan and to release staff and office commitments. The new operating model transitioned to a virtual model, which for a national organisation is a common theme in a post-Covid environment.

Immediately after the AGM, Stronger Together forums were conducted online with our members to prioritise the future activities to supporting our Member Groups. We want to unite breast cancer survivors and their loved ones with our dragon boat community showing them that there is a quality of life after breast cancer, through connecting with peers, moving to improve physical function, and living the ups and the downs which life inevitably brings. With 24+ years of history, we as the new Board are privileged to work with 25 returning groups and two new Member Groups setting up during this time.

Our Vision

More breast cancer survivors moving, more often, enabling them to thrive.

Our Mission

We have a thriving network of paddling breast cancer survivor groups across Australia, helping and empowering groups to grow their membership and participation for all. Dragons Abreast Australia will be run efficiently with a sustainable funding model that delivers value for member groups.

New Approaches

As we approach our 25th year, Dragons Abreast Australia is rejuvenating and revising itself as an organisation that will create a move-ment of breast cancer survivors. This is a move-ment that shines the path to mental and physical recovery after a breast cancer diagnosis. We also want more help from breast cancer organisations to join us, to unite, collaborate and help each other, so that all breast cancer survivors and their loved ones feel supported. Sometimes this is about moving from surviving to thriving... and for metastatic breast cancer – to have a strong crew behind them. As we strengthen our Board and Advisory, this revised approach will evolve – we are the lived experience of breast cancer survivors that will find the solutions.

We can achieve this through following these well practised *five steps to mental wellbeing*:

1. Keeping active
2. Social connection
3. Learning something new
4. Practise mindfulness
5. Giving your time, treasure or talent.

Source <https://www.nhs.uk/>

BOARD OF DIRECTORS

DECEMBER 2021 - JUNE 2022



Pearl Lee (Board Chair)

'Why I love our DAA is being part of a strong women's network, building my skills as a leader and having fun. I would love to share the joy of dragon boating with many thousands that face those words 'you have breast cancer'... and say - there is still a full life to live – join us on the water.'

Pearl has many years of experience in marketing for global multi-national media companies and works for global charities in the trauma and community development area. With a BA Joint Honours in Film, Media and Marketing, she has recently completed the AICD Not-for-Profit Governance Course and the AIM Women Leaders Course.



Leonie Silk (Company Secretary)

"I love being outside in nature and I love being on the water. Who could have imagined that I would learn the technique to paddle a dragon boat while embracing the breast cancer experience with so many colourful characters!"

Leonie joined DA Hobart in 2014 and brings an extensive background in governance and administration across a range of both For-Profit and Not-For Profit agencies. Leonie's qualifications include a Diploma in Business and she is an ordained Priest with the Anglican Diocese of Tasmania.



Sue Von Richter (Treasurer and Public Officer)

'Breast Cancer has changed my direction in life in so many ways. Discovering dragon boating after my diagnosis has just continued my lifelong love of water. As an avid sailor in my younger years and loving nothing more than a week on K'Gari for my holidays, dragon boating is my happy place.'

Sue Von Richter is DAA's Finance Director and Public Officer. She brings a wealth of accounting and auditing experience to the position. Sue is a breast cancer survivor and an active coach and member of Dragons Abreast Brisbane.



Sharon Cooper (Membership)

"Being diagnosed with breast cancer at the age of 39 was totally unexpected. When I think about how much I have achieved since then, and how much joy I get from dragon boating... I want to share this sport with those that are finding their way forward, to lead a fun, active and exciting life after their breast cancer diagnosis."

Sharon is a business owner, coach, sweep and official. Currently living in Orange, Sharon enjoys travelling, exploring new places and has recently competed in the DBNSW Region V Region series.



Angie O'Reilly (Marketing & Communications)

"20 years as a survivor, now a thriver, 18 years being involved with DAA on many levels and now proud to be a Board Director and help keep this powerful organisation 'alive and afloat'. Long live DAA and long live us!"

A member of DAA since 2005, Angie has performed many roles including Project Manager for the DAA Festival held on Darling Harbour for 6 consecutive years. Angie has a strong background in law, real estate, marketing, sales, project/event/people management, social media and administration. Angie celebrated 20 years as a survivor in October this year.

DAA's Advisory Panel

Victoria Black - Victoria's career began in marketing management, culminating in the founding of Wildfire Publishing which she has led for over 30 years as Publisher and Editor-In-Chief. She has won many business awards including Australian Businesswoman of the Year (2016 Optus/My business).

Victoria and her business partner, Genevieve Davidson founded SuperFastDiet and have successfully raised \$4 Million capital to fund the development and production of the online program SuperFast Diet.

Genevieve Davidson, Co-Founder SuperFastDiet

- Gen has enjoyed a successful career as the designer, founder and operator of several business models in health fitness and weight loss and education including a chain of fitness centres, a weight loss franchise and a national consulting business. She has won many small business awards for outstanding achievement and is a renowned speaker in the fitness and business coaching arenas.

Roger Norton – Roger has a strong focus on strategy and was a previous DBNSW Board Director. Being an expert in the government space, Roger has a unique ability to focus on the big picture, translating the greater purpose into tangible direction for both organisations and individual leaders. He couples this with unstoppable optimism and an uncanny ability to find a way through any business challenge.

His qualifications include BA Politics History, Grad Dip Management and AICD.

Wynette Monserrat is a Board Member of Dragon Boat NSW, Manager Pittwater Pinks Dragon Boat Club and an Australian Dragon Boat Federation Level 2 Coach. Wynette is also the business owner of Monserrat Movement, Personal Training for Cancer Survivors and a Cancer Exercise Specialist.

Wynette has a Bachelor of Science (Hons), Masters Business (MBA), Cert IV in Fitness and is a volunteer with Community Care Northern Beaches.

Tamsyn Glen – Tamsyn has previously held the positions of DBNSW Chair and Board Director. She has also undertaken volunteer roles such as Assistant Coach, Head Coach and Vice President at a Sydney Metro club. She is a L4 Sweep and Drummer and is Manager Program Analysis at Transport for New South Wales.

Her qualifications include a Bachelor of Business and she holds the role of NSW Justice of the Peace, providing JP services to her organisation and local community.



DAA's National Ambassadors

Robyn Moore is a Voice-Over Artist and a Speaker. She has a unique relationship with words and weaves together humour, powerful stories and insightful distinctions in her "tailored" presentations, to create an experience you'll never forget.

Robyn is a National Patron of Make-A-Wish Australia, an Australia Day Ambassador for the Australia Day Council and the Australian Childhood Foundation and is delighted, as a breast cancer survivor, to have been invited to be an Ambassador for Dragons Abreast Australia.

Dr. Kellie Toohey - Over the last two decades Kellie Toohey has dedicated much of her professional life to improving the lives of others through exercise. Kellie's experience with exercise oncology began in early 2000's at a time women with breast cancer were being told by the medical profession not to exercise and to be very careful.

Kellie is an Accredited Exercise Physiologist and Clinical Assistant Professor (Exercise Physiology) at the University of Canberra.

Australian Dragon Boat Federation

The Board is thrilled to advocate for its members, and we look forward to a fruitful alliance with the Australian Dragon Boat Federation (AusDBF).

Dragons Abreast Australia became a member of AusDBF in 2005. During the AusDBF AGM last November it was proposed to have DAA's voting rights removed. DAA members felt it was vital to AusDBF's forward planning as our breast cancer members' needs in dragon boating are unique and are different to other dragon boat sporting groups. It was noted that DAA is the only national peer group in Australia that uses the sport of dragon boating for both physical and mental recovery following breast cancer diagnosis and treatment. The motion was rejected and DAA was affirmed to continue to be a voting member.

This photo below was taken of Dragons Abreast Bendigo, who won both gold in the BCS Open 10s 200m and silver medal BCS open 20s 200m event at the Australian Masters Games Perth in May 2022.



'The whole premise of what we do is about working together ... '

Margaret Keech OAM

Connecting Groups

DAA's forward thinking is to provide virtual forums for Member Group committees to collaborate and learn from each other. Sister Group sessions with guest speakers on mental health, social media are important for skills development.

It was also fantastic to see some regional regattas go ahead, such as the Pink Up Paynesville in Victoria. As an inaugural event, on the June long-weekend, the turnout is just magnificent to see, supporting Victorian groups and a community.

From Surviving to Thriving

We would also like to congratulate the 20th Anniversaries for Dragons Abreast Bendigo, Illawarra, Central Coast and Hobart and see their alumni out to celebrate.

Finally, we would love to welcome two new Member Groups, Dragons Abreast Melbourne Pink Phoenix and Dragons Abreast Pumicestone (Queensland) formed by experienced paddlers, sweeps and coaches who want to keep the ethos alive.



With 27 groups around Australia and 834 members Dragons Abreast Australia represents life after breast cancer.

Year Formed	Group Location	Year Formed	Group Location
2000	Canberra	2005	Ballarat
	Brisbane		Bunbury
2001	Gold Coast		Mackay
2002	Bendigo		Byron Bay
	Illawarra		Sunshine Coast
	Central Coast		Newcastle
2003	Sydney		Dubbo
	Geelong	2007	Mt. Warning
2003	Adelaide		Coffs Coast
2002	Hobart	2009	Orange
2004	Townsville		Gippsland
	Devonport	2017	Patterson Lakes
	Penrith	2022	Melbourne Pink Phoenix
			Pumicestone

Financial Summary

SNAPSHOT OF FINANCIAL POSITION

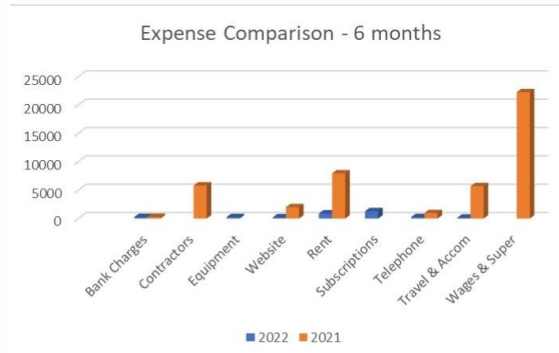
AUDITOR'S REPORT

Balanced Business Accounting was once again engaged to audit the finances of the Company. It should be noted that the current Board were only appointed in December, 2021 and that the Company was under Administration for 4 months during this period.

LONG TERM ENDOWMENT FUND

Funds of \$176,864 were returned to the Company from the Administrator - the Board and Advisory Panel met with several Endowment Fund Trustees and have invested \$160,000 with the Australian Communities Foundation for the long term viability of the Company.

Cash Reserve @ 30/6/22	
Working Account	\$35,062.44
Gift Account	\$742.26
Cash Reserve	\$990.92
Endowment Fund	\$160,000.00



COST SAVINGS OVER THE PREVIOUS 6 MONTHS

We moved from a physical office to a virtual office in January, 2022. This created a reduction in average monthly commitments from \$5,825 to \$600. This represents a significant saving to operational costs and sustainability of the Company. Annual Member fees now cover over 100% of operational cost allowing for a greater opportunity for improved services to Members.

\$5K

Monthly savings per month compared to a physical office structure

#834

Number of Members of Dragons Abreast Australia @ 30/6/22

#27

Number of Member Groups of Dragons Abreast Australia with the formation of 2 new Member Groups

We have focused on supporting Member Groups in their fundraising and with getting out on the water. It was wonderful to see return of activity such as Dragons Abreast Ballarat partnering with Wesley College to provide an opportunity for students to learn about the health benefits of dragon boating and the practise of teamwork.

Thanks and Appreciation

We thank you our members, supporters, donors and volunteers. Despite pandemics, floods and washouts, we are in the same boat(s) and we want to help all those who have recently been or yet to be, diagnosed with breast cancer. To help breast cancer survivors become thrivers like us, we provide hope that there is a full life after surgery and treatment, with others who are just like you.

Thank you for supporting the outgoing and incoming Board for 2021-22. Many hours of work and consultation helped to transition to a streamlined way of working. We say thank you and farewell to Directors, Mabel Samson, Prue Menzies, Gemma Bawden and the office support staff, Deanne Steele and Collette McCaffery.

We are blessed to welcome new Directors, Sharon Cooper (DA Orange), Pearl Lee (DA Sydney) Angie O'Reilly, Leonie Silk (DA Hobart) and Sue von Richter (DA Brisbane).

Volunteer Special Mentions

Can we place a special dragon roar, for our grants writer extraordinaire, Janelle Pritchard, who seeks out and writes grant applications. We are truly grateful for the extra skills in this important area to support our Member Groups.

Thanks to Network Integration Support Services for providing pro-bono IT management.

Pearl Lee, Board Chair

On behalf of the Dragons Abreast Australia Board

Sharon Cooper

Angie O'Reilly

Leonie Silk

Sue Von Richter



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#DragonsAbreast