

2022-23 ANNUAL REPORT



Presented by
Board of Dragons Abreast Australia

Connect.Move.Live.



Mavericks, Sunshine Coast



Damoarsome, Mackay



Waratahs East Gippsland



Boobiella, Hobart



Twin Titties, Townsville



Bendigo



Coffs Coast



Adelaide



Rainbow Dragons



Nipples on Ripples, Devonport



Ballarat



Coast Busters, Central Coast



Goanna, Canberra



Illawarra



Missabittatitti, Brisbane



Crewsaders, Bunbury



Newcastle, Hunter



Outback, Dubbo



Pinnacle, Orange



From the Chair of Dragons Abreast Australia

Pearl Lee

What a wonderful year it has been – bursting of activity, exercise and travel. As the Board, we are so grateful for all the Members who tirelessly keep all the groups running and in addition, prepare for many breast cancer paddling events interstate and over to New Zealand.

Whilst recalling 2022, we acknowledge that Member Groups were impacted by floods which became a challenge of cleaning up, repairing and rebuilding their facilities. It is great to see DA Wollumbin are now back on the water with new boats.

In December 2022, the newly formed DA Melbourne Pink Phoenix in partnership with Dragon Boat Victoria held the inaugural Pink Paddle Power Regatta and Gala at the beautiful spot of Melbourne Docklands. With the support of BCNA, Think Pink Foundation, So Brave, Amoena, and Look Good Feel Better, the Regatta focused on pulling the pink movement together. Well done DA Melbourne Pink Phoenix for inspiring us – click on this link - <https://bit.ly/DAAPPP2022>

There was no rest for our DA Member Groups, with several regional regattas taking a lot of dedication. Can I say congratulations to you as organisers, these Pink Dragon Boat events (DA Canberra, DA Gippsland, and Devonport Nipples on Ripples, Western Region NSW to call out a few) are opportunities for breast cancer survivors and supporters to raise awareness for the cause and demonstrate that we are thrivers.

April was the much-anticipated time for travel to the 2023 IBCPC Festival Lake Karapiro New Zealand. It was wonderful that three DA Composite Boats gathered members from across Australia, so a huge thank you to the team captains - Spirit (Selma Barry), Inspiration (Sandy Jansen) and Hope (Annie Boulton). The entire IBCPC Festival was attended by 2500 paddlers worldwide – and was jam-packed with meet and greet, a parade down the streets of Cambridge and a lot of merchandise swapping. Although the weather was not our friend, what came to mind was the opportunity to connect. At an impromptu moment, DA Member Groups gathered for a photo that was over 500 ppl, which then turned into a traditional sing-along of Waltzing Matilda, which then inspired the American crews to do the same.

It was wonderful to also have a composite team represent at Nationals at Albury Wodonga. Unfortunately, Covid was lurking and impacted several participants. However, the DAA Composite team was able to win a silver medal! What a treat.

As we write this annual review, we have just celebrated the 25th Anniversary of Dragons Abreast Australia through a Regatta and Dinner at Tench Reserve, Penrith. It is truly a privilege to represent the hard work of all the Members who founded, set up and built our network. They took the image of a dragon boat at the first Australian Breast Cancer Consumers Conference, and breathed life into a move-ment that is as relevant today as many thousands are yet to be diagnosed, we are here to shine a light. We are stronger together and getting out on the water rejuvenates and feeds our minds and bodies.

Paddles Up!

Vision

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

Mission

We have a thriving network of paddling breast cancer survivor groups across Australia, helping and empowering clubs to grow their membership and participation for all.

Our Value

Dragons Abreast is a recognised, highly-respected and supported national charity.

Our Approach

As we celebrate 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

JULY 2022 - JUNE 2023



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 the 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 also completed the AICD Not-for-Profit Governance Course and AIM Women Leaders Course. A breast cancer and leukemia survivor, paddling since 2016, she is a coach for DA Sydney.



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 administration across a range of both For-Profit and Not-For Profit agencies. Leonie has a Diploma in Business and 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 with Redlands.



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.



Ann Boulton

Annie's experience with dragon boating began in October 2013 with DA Illawarra and Illawarra Dragon Boat Club. She is a Committee Member for IDBC, L3 Sweep, L1 Coach and DAA Team Hope Manager (for IBCPC NZ 2023) and has held the position of YWCA Encore Facilitator – South Coast since 2017.

She has held many roles at senior management level, and her past work experience covers marketing, sales, commercial operations and data management. Annie is looking forward to working with the other Board members to grow the sport within the breast cancer community, enabling others to enjoy the fitness, fun and friendship of being a DAA member.



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 careful.

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

National Ambassador



Robyn Moore

Robyn is a Voice-Over Artist and a Speaker. She has a unique relationship with words and weaves together humour, powerful and insightful distinctions in her “tailored” presentations, to create an experience not to 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.

Advisory Panel

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.

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.

Rose Glassock - works as a Psychology and Wellbeing Coordinator with Education in NSW. She has a state-wide view of wellbeing policies and processes and leads innovative projects to meet the identified needs of school communities.

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

As a registered psychologist Rose has utilised a trauma informed, positive psychology framework to map the experience of dragon boating to provide a theoretical explanation of why it makes us feel good. Rose also runs a small private practice, Cocoon Counselling, focussing on the supervision of practitioners supporting people with a disability.

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

Angie O'Reilly - Angie joined DAA in 2005 after hearing about it from her Breast Care Nurse. Angie was the founding Coordinator of Dragons Abreast Coffs Coast and is now a proud member of Dragons Abreast Brisbane.

Angie was a National Representative on the International Breast Cancer Paddlers Commission ('IBCPC') for a period of 4 years. Since 2005 Angie has performed many roles for the benefit of DAA and comes with a wealth of experience in law, practice management, project management, marketing, sales, coaching, administration and social media. She is also a L2 Sweep, drummer, MPIO and is a Justice of the Peace.

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 holds the role of NSW Justice of the Peace, providing JP services to her organisation and local community.

Genevieve Davidson - 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.

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. DAA continues to advocate with AusDBF for a level playing field when it comes to BCS paddling, ensuring there is space held for us to compete on a national level.

2023 saw a new beginning for AusDBF National Championships with DAA Connect, a composite team comprising paddlers from seven different clubs coming together to paddle as one. This is a tradition that we would like to be able to continue going forward.



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

Connecting Groups

Dragons Abreast Australia once again sent our Composite Teams to the IBCPC Festival in New Zealand. Composite Crews, like DAA Hope, DAA Inspiration, DAA Spirit are a wonderful way for individual members and those from smaller clubs to join together to form crews.

For many of Members this was their third and fourth time being in the same composite crew, and they would not have it any other way.

Whilst the weather was not cooperating, we took the opportunity to have all the DAA participants joined together for a fantastic photo opportunity and a little bit of entertainment with some renditions of classic Aussie songs with lots of dancing afterwards.

The board would like to thank Selma Barry and Sandy Jansen for their work as Team Managers for DAA Spirit and DAA Inspiration over the past festivals. They have decided to step down and just enjoy the 2026 France Adventure.



'Alone we can do so little; together we can do so much ... '
Helen Keller

From Surviving to Thriving

Inaugural Pink Paddle Power Regatta – Melbourne, December 2022

Dragons Abreast Melbourne Pink Phoenix in its first year of operation organised and hosted the huge Pink Paddle Power weekend from Dec. 2-4, 2022. The aim of this event was to raise awareness of the benefits of dragon boating for breast cancer survivors and it was open to participation from all BCS paddlers, not just DAA paddlers.

The weekend's first event was the PPP Welcome Drinks on Dec. 2 at The Melbourne Cellar Door which was attended by about 120 paddlers and their partners.

The PPP Regatta on Dec. 3 was planned by our DA Melbourne Pink Phoenix, DBVic, and DAA, and run on the day by DBV in Docklands. It was the first international dragon boating regatta ever held in Victoria Harbour, Melbourne, due to the participation of two teams from New Zealand (Boobops and the Taranaki Pinks). Representatives from 25 clubs from all over Aust and NZ attended, totalling 332 paddlers.

The Regatta was opened jointly by a representative from Melbourne City Council, DAA Board Chair Pearl Lee, President of DBV John Cuzuppi and CEO of BCNA Kirsten Pilatti. 200m races were held throughout the day in beautiful weather in Victoria Harbour.

Stunning event medals, designed by Linda Papworth, were given to all who participated. The PPP Ball in the Victory Room in Marvel Stadium followed the Regatta. We acknowledge the generosity of Marvel Stadium in waiving their usual \$10K venue hire fee,

which enabled us to run this event at an affordable per head price. We also acknowledge and thank Susan Pitt for her generous donation towards the cost of the audio visuals at this event.

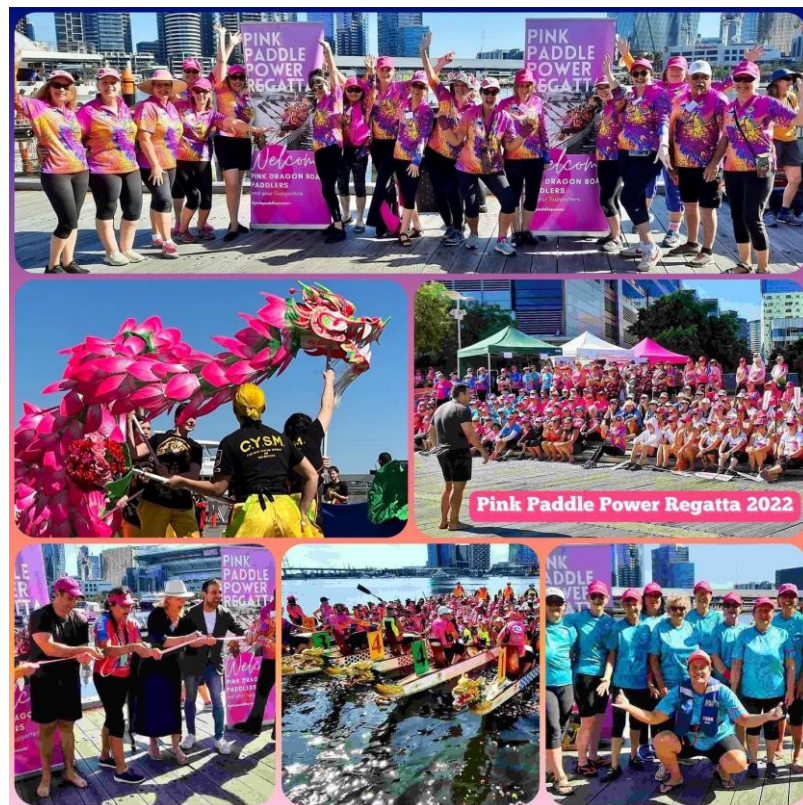
The Ball was an incredible success with over 225 attending, including the CEO of BCNA Kirsten Pilatti and founder of the BCNA Lynn Swinburne. Craig Ryan (CEO of DBV) attended and arranged with Transurban for the Bolte Bridge to be lit up in pink that night in honour of our events that weekend. This was a spectacular sight from the balcony of the Victory Room at Marvel Stadium.

Aldo Buscema spent a lot of time and hard work, along with several club members, making a 'play dragon boat' called Phoebe for Ball attendees to sit behind to pretend they were dragon boating.

At the PPP Yarra River Paddle the next morning, 9 boats and about 200 weary headed but happy paddlers (from the Ball the night before) for a hot paddle down the Yarra River. All went home exhausted but happy!

What a fantastic event and we would like to thank everyone involved, especially the DA Melbourne Pink Phoenix members and their partners for their many, many hours of hard work.

This event was such a tremendous success, that we plan to make this the first of many PPP Regatta's.



With 27 groups around Australia and 943 Members our membership continues to grow proving Dragons Abreast Australia represents life after breast cancer.

Year Formed	Group Location	Year Formed	Group Location
1999	Canberra	2005	Ballarat
1999	Brisbane		Bunbury
2001	Gold Coast	2005	Mackay
2002	Bendigo		Byron Bay
	Illawarra		Sunshine Coast
	Central Coast		Newcastle
	Hobart		Dubbo
2003	Sydney	2007	Mt. Warning
	Geelong		Coffs Coast
	Adelaide	2009	Orange
2004	Townsville		Gippsland
	Devonport	2017	Patterson Lakes
	Penrith	2022	Melbourne Pink Phoenix
			Pumicestone

DIGITAL MARKETING

To help Member Groups present a National united face - the board put together a marketing package for the use of all Member Groups. The editable collateral was launched in March, 2023 and includes an updated flyer, business cards, Bunnings BBQ poster and Come & Try Flyer

Port Dragons Breast Australia

Donations to Dragons Abreast Australia are sincerely appreciated, and help us spread our message of the benefits of an active lifestyle after a diagnosis of breast cancer

Donate online dragonsabreast.com.au

Disabilities over 22 are tax deductible

PUT YOUR CLUB NAME HERE

e: insert club email address
w: insert club website
f: facebook.com/ insert facebook
Membership: insert phone no.

Get fitter, make new friends & have fun!

Encouraging wellness, fitness and fun for breast cancer survivors through the sport of dragon boating.

DRAGONS ABREAST

Financial Summary

SNAPSHOT OF FINANCIAL POSITION

AUDITOR'S REPORT

Balanced Business Accounting was once again engaged to audit the finances of the Company. A complete copy of the audited financial statements are available.

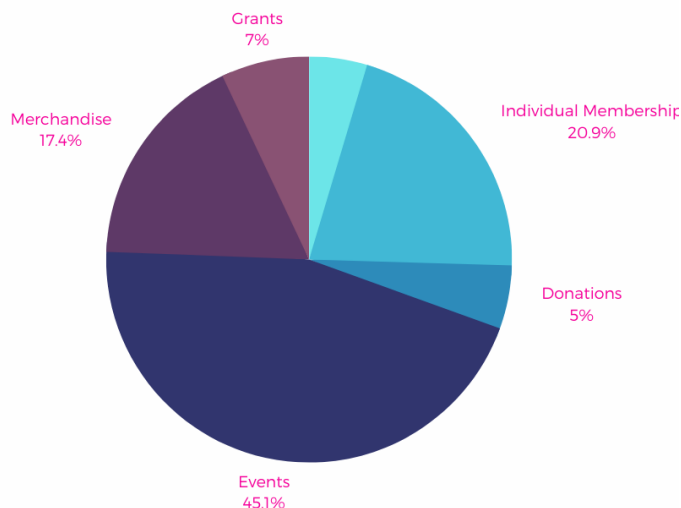
LONG TERM ENDOWMENT FUND

As amount of \$160,000 was invested with the Australian Communities Foundation in an endowment fund. These funds are to ensure the long term financial viability of the Company.

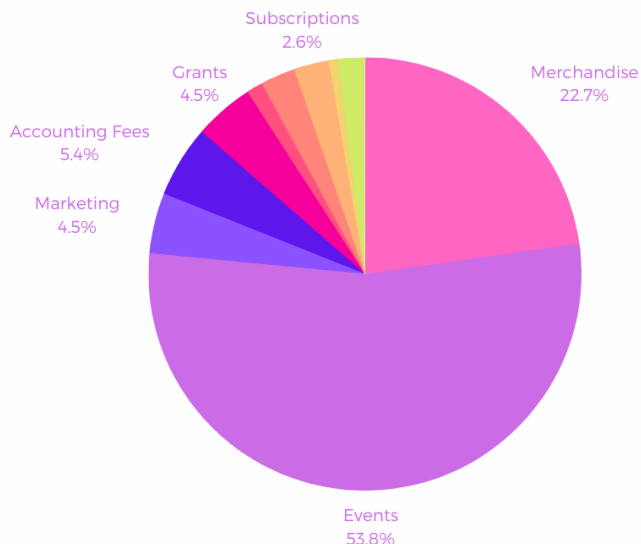
The 2022/23 financial markets were very volatile - currently there is a balance of \$164,073.

Cash Reserve @ 30/6/23	
Working Account	\$22,865.83
Gift Account	\$5311.80
Cash Reserve	\$20,559.84
Endowment Fund	\$164,073.00

Sources of Revenue



Use of Funds



\$5K

Monthly savings per month compared to a physical office structure

#943

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

#28

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

Thanks and Appreciation

Firstly, we thank you our members, supporters, donors and volunteers. We are in the same boat(s) and that we want to help all those who had just 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 have are just like you.

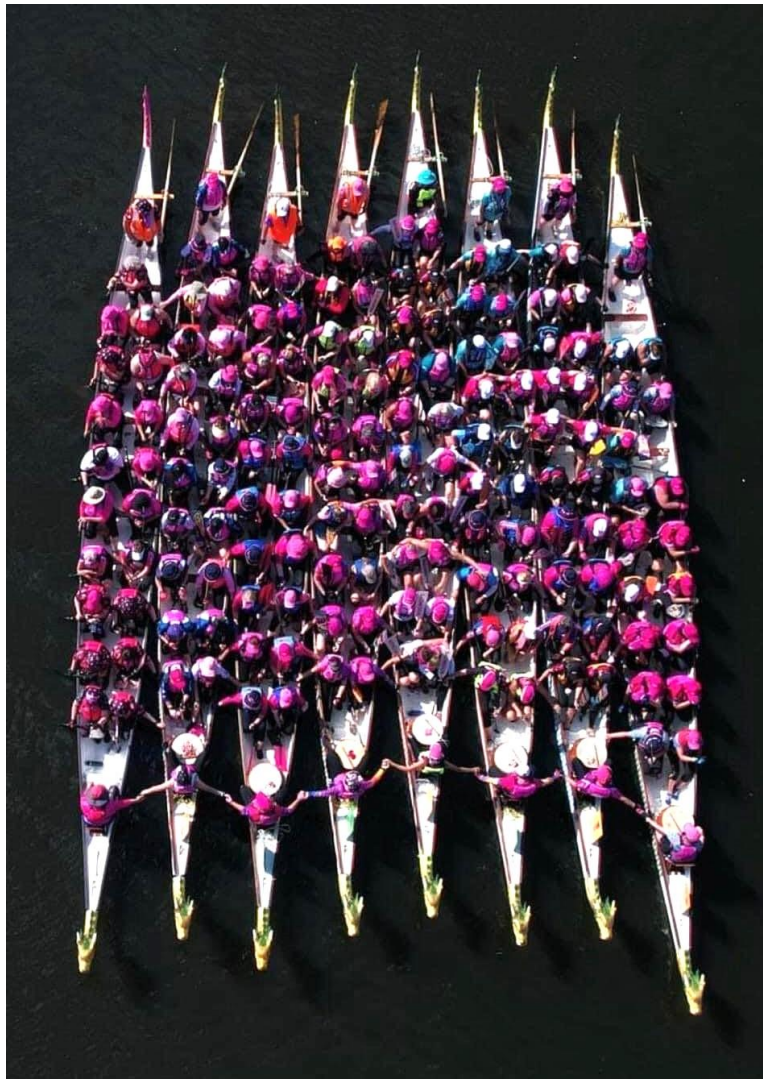
Thank you for supporting the Board for 2022-23. Many hours of work and consultation helped to transition to a streamlined way of working.



Volunteer Special Mentions



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



On behalf of the Dragons Abreast Australia Board

Pearl Lee

Sue Von Richter

Leonie Silk

Sharon Cooper

Ann Boulton

Kellie Toohey



Connect. Move. Live.

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#DragonsAbreast