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Jo was introduced to Dragons Abreast Australia (DAA) by a couple of friends she met following her diagnosis. She has been an active member of DAA since 2003. A highlight for her was the Australian Master Games in Canberra - also the 5th anniversary of DAA which was celebrated in Canberra. It was there that Jo met the founder of DAA, Michelle Hanton and had the opportunity to listen to Dr. Don McKenzie.

Jo has taken on a number of voluntary roles within DAA. She has been responsible for developing the DAA National Bulletin, has taken on the role of DAA Coordinator for her local group in Brisbane and has been the DAA Regional Representative for Queensland for the past five years.

Jo also helped organise a number of "pink" regattas. Most notably, she was on the organising committee for Abreast in Australia in 2007, where approximately two thousand breast cancer survivor paddlers from around the world joined DAA at Lake Kawana in Queensland. She also took a lead role in organising the inaugural DAA Queensland regatta in 2009 and the Pan Pac games (DAA coordination) which are held on the Gold Coast every two years.

Jo has represented DAA by presenting at various community groups, including Rotary and Zonta and has presented at a number of conferences including the International Reach to Recovery Conference in 2009.

Outside of DAA she has contributed her time to other breast cancer organisations in Australia. She was diagnosed with breast cancer in 1999 at the age of 37. Her treatment involved mastectomy, chemotherapy and radiation. This was followed by reconstruction some years later.

Even though it is some years since her diagnosis Jo loves what DAA represents. It is important to her that we continue to provide a means for women to transition into full and active lives following breast cancer diagnosis. She has been witness to some amazing changes in women she has met - both physically and emotionally.

From a professional perspective, Jo works full time in a global organisation with the Health Information Technology as a Solution Specialist. She is supported by her amazing partner, Adrianna.