



Patron: Her Excellency the Honorable Frances Adamson AC

'SISA Insights' Volume 1 May 2026



Meet your 2026 Region Team

Dr. Indira Chatterjee: President, **Deb Tregilgas:** Immediate Past President SI Port Pirie

Denise Roscrow: Secretary SI Adelaide **Lyn Palmer:** Treasurer SI Southern Districts

Melanie Humphrys / Sharyn Hughes: Membership Ext SI Torrens

Philippa Robert: Membership Develop SI Southern Districts **Fiona Wirth:** President Elect SI Torrens

President's Message

Welcome to our first 2026 SISA Region newsletter! We hope you enjoy it! As you will read, SISA clubs have been very active in advocacy, community outreach, fundraising, and giving practical support for women and girls. Clubs participated in International Women's Day events and prioritized issues such as domestic violence, homelessness, and housing insecurity, collaborating with organizations like Seeds of Affinity and Southern Domestic Violence Services.

We were delighted to receive recognition for our 2025 *Single Mothers Support Advocacy* project from Sorooptimist International, and to learn that SI Adelaide earned two Best Practice Awards for food security and violence elimination initiatives.

Clubs continue to work together, attend each other's events, and support regional projects, demonstrating ongoing commitment to service and advocacy. Members are encouraged to stay informed via the regional newsletter and celebrate achievements, which fosters collaboration and connection across South Australia.

Thank you to all members for their dedication to improving lives throughout the region.

Dr Indira Chatterjee, PhD (she/her/hers) President Sorooptimist International South Australia



Region and Club Collaborative Action

Seeds of Affinity - Pathways for Women

The region team acknowledges many clubs already have projects supporting women in prison, including Seeds of Affinity, which is currently seeking donations for its Admit Packs. All clubs are encouraged to contribute items or donate to this cause so women entering prison have immediate access to hygiene products. Melanie Tate will discuss Puddle Jumpers' related work at the May 30 Region meeting. At our upcoming May region meeting we will discuss how region can support clubs in this important work.

Tribe FM SI Interview

On Sunday May 24 at approximately 11.30 Indira will be talking about the work of Soroptomists locally and internationally on community Radio Tribe FM.

Thankyou Southern for organising this opportunity.



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Badge Making

SI Southern hosts a badge making tool and a starter pack of blanks for use by all clubs in SA at events.

Friendship Catch up.

On Friday April 24 Sue N (SI Torrens) and Indira, Denise and Lesley (SI Adelaide,) shared afternoon tea with Indira Naidu from SI Bangsar in Malaysia. Indira shared stories about her club's environmental work and teenage survival kits.



SISA Spotlight Deb Arnold SI Southern

Awareness, Advocacy and Action - The Housing Crisis

At our AGM, Deb Arnold highlighted that about 7,000 people are homeless and nearly 14,000 are on South Australia's public housing waiting list. Current definitions often don't count those living in cars or couch surfing as truly homeless, which affects access to support. Early this year Shelter SA hosted a forum for stakeholders to discuss Adelaide's homelessness priorities, but closed in February 2026, leaving SA without an overarching housing body. The Anti-Poverty Network now leads these efforts, sharing ways individuals can intervene. Deb noted the Anti-Poverty Network SA's ongoing work and urged clubs to find out more about their advocacy work and ways in which they may like to help. The current Labor government has initiated several projects, including new rental apartments for women and crisis accommodation, but decades of insufficient government construction have left housing supply far behind demand. Rental reforms have been introduced, but don't address large rent increases or help private renters lacking support like Commonwealth Rent Assistance. SA's housing situation remains critical, especially for private renters, first-time buyers, and at-risk groups. Continuing advocacy for substantial reform is vital. Many people are just one financial shock away from homelessness, and the effects of housing stress are widespread—particularly among single women over 55, women and children fleeing domestic violence, women leaving prison, and young women entering the market. To find out more: [Anti-Poverty Network SA – Power To The Poor, Silent No More](#)



Our Work Matters!

SISA recently received recognition of our 'Single Mother's Support Advocacy' project. Here is an extract from SI email we received.

'On behalf of Soroptimist International, I am pleased to share the attached certificate in recognition of your Club's project, "Single Mothers Support Advocacy".'

This certificate acknowledges your contribution to our global advocacy work during the seventieth session of the Commission on the Status of Women and the important work undertaken by your Club in support of women and girls. Thank you once again for your continued commitment to Soroptimist International.' Joseph Mason | Communications Manager | SI (Soroptimist International) Limited

Congratulations to the following clubs who also received awards

- SI Gold Coast for " Flood Resilience"
- SI Griffith for "Aspire – Enable Empower"
- SI Moreton North for "Seeds of Friendship. (raised gardens)"
- SI Townsville Breakwater for "Birthing in the Pacific"

In addition there was a Certificate as an exemplary initiative featured as part of International Education Day : SI Joondalup for "Scholarships with long-term community impact'



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Conference of Clubs Malaysia May 1 2026 Reporting Summary

Hanaa Wong Abdullah (pictured)

While the world debates, women are already building solutions. What emerged from the conference was clear. This is not an organisation of ideas alone. It is an organisation of action. Our efforts are not isolated but part of a wider pattern. Women working within their communities, responding to real needs, designing practical solutions and doing so consistently, often without recognition. We do not always see this work because it does not shout. It builds. It adapts. It continues. Perhaps the question is not whether women are ready to lead, but whether we are paying enough attention to the ways they already are. This is the work of Soroptimist International — women at their best, helping other women to be their best.



The following SISA awards were presented at the Conference

Food security - SI Adelaide - Mary Magdalene Annual Dinner

Elimination of violence - SI Adelaide - Home Essentials for Ninko, Aboriginal Branch of Women's Safety Services

Membership— SI Port Pirie +5 Biggest increase in membership during the M2M campaign first quarter 2026



Region Roundup.

SI Northern Highlands

We have had a rather unsettled start to our year with illness and injury to a couple of members here in Jamestown who are thankfully all on the mend.

We hosted our International Women's Day Breakfast in March with approx. 65 women attending. This is our major fundraiser for the year and an ideal opportunity to spread the word about Soroptimists. In April 5 students from Jamestown Community spoke to us about their recent trip to Fiji and thanked us for sponsoring them. The students worked at a school and kindergarten and assisted the local community with painting and other odd jobs. We held a Mother's Day raffle which was drawn at the Jamestown Market on Sunday May 3rd. where we also held our Book swap and sold excess books.



SI Adelaide

Over the past 3 months we received two Best Practice awards for recognition and impact with our community. The awards were presented for Mary Magdalene Dinner and the Home Essentials collection for Ninko. Fantastic recognition for our club. We raised \$700 for the charity Women in Poverty selling raffle tickets for our Mother Day Baskets. Fantastic work by all friends and members who donated prizes. Medicare Mental Health Packs, Mt Barker -we collected and delivered items for rural clients who are admitted to Health facilities there and who are in need of basic and essential item on arrival. Great work Lesley and Denise.

Friendship Coffee: Indira, Denise and Lesley meet with Soroptimist Indira Naidu from SI Bangsar Malaysia, visiting family in Adelaide. We are liaising with Sue Newton from SI Torrens collecting coffee mugs, spoon and bowls for Baptist West Care and plan to extend this liaison further with a joint movie fundraiser in August or September when we find a suitable movie.

Our guest speakers were: March – Aradia Sayner Women in Poverty [Facebook](#)



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Aradia shared about her DV work and 2026 projects which include advocating for change in carer support for single mothers caring for children with disability and lobbying SA ombudsman for changes in legislation for policies and practices around emergency housing for women and children escaping DV. Her talk was insightful and moving and provoked much conversation.

.April – Anna Kemp Seed of Affinity – Pathway for Women [Seeds of Affinity – Pathways for women.](#)



Anna shared Seeds impact on assisting women transitioning from prison back to the community. From exploring future housing options to delivering over 260 “Admit Packs” each month - providing essential items and heartfelt messages reminding them they are not alone. Seeds of Affinity have products for beauty products for sale and welcome donations please see their website.

SI Southern

In March we joined the Zonta Women’s Expo Mar 28th - Lovely day and great weather and net working. We held a Bunnings barbecue raising \$559 for Southern DV Services and hosted Ashleigh Moloney from Lions Assistance Dogs who gave a fascinating presentation about the work of the Lions Assistance Dogs organisation. We learned that the two-year training costs almost \$40,000 – yet recipients of the trained dogs are not charged. Ashleigh brought with her one of the hearing dogs – a delightful Border Terrier – to show us how they work. In April our advocacy included sending seven letters to Federal and local members in support of the EVERYBODY’S HOME campaign and we joined SI Adelaide’s Zoom meeting to hear from Anna Kemp about the work of Seeds of Affinity. Members donated essential hygiene items for Admit Packs at our May business meeting. Two of our members attended Embolden’s Domestic and Family Violence Candlelight Vigil May 7th and met up with members from SI Eastern. It was a moving / emotional evening to honour the lives lost and to highlight the impact domestic and family violence has on children and young people.



FLO Young Mum’s program - Joyce Richardson Bequest – To mark Mother’s Day, members delivered 9 \$50 vouchers, handmade cards and a collection of baby and toddler items donated by members to these young mums. FLO “Flexible Learning Options” based in Noarlunga TAFESA Centre provides an educational option for students who are keen to achieve their SACE or other vocational qualifications while managing the demands of pregnancy or parenting.



We also supported Coolock House - Young Family Support Program resident young mothers with the provision of 16 \$50 vouchers and handmade cards. On May 25 members will attend the awards ceremony at Flinders University for the SI Southern Districts of Adelaide prize for High Achieving Women in Science - MacKenzie Van Der Jeugd is the 2025 awardee.

Looking Forward we have 29 May - Days for Girls working bee, 14 Aug - BBQ Fundraiser 27 Sept – Music afternoon and on 17 Oct – Quiz Night.

SI Port Pirie

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Our members have continued to promote community wellbeing and connection through regular meetings, friendship gatherings and planning for future projects and events. The club remains committed to supporting initiatives focused on domestic violence awareness, education opportunities for young women, and practical assistance for vulnerable women in our region.

A particular highlight over recent weeks was our successful Mother's Day flower stall at the Pirie Markets. The stall was extremely well supported by the community, with all flowers selling out and generating an excellent profit for the club. Sincere thanks go to Kendall and Peggy Jackson for the organisation and coordination of this very successful fundraiser. We also extend our gratitude to Eden from Poppy and Posy for generously supplying the beautiful chrysanthemums which were greatly admired by customers throughout the day.



We are proud of the continued visibility of our club within the Port Pirie community and the enthusiastic support shown by members at local activities and service opportunities.

One of the highlights of recent weeks has been the strengthening of our membership. We are delighted to officially welcome four new members to Soroptimist International Port Pirie. In addition, we have had two further prospective members attend this week, which is extremely encouraging for the future growth and sustainability of our club. It is wonderful to see increasing interest from women in our community who are passionate about service, advocacy and friendship.

This growth reflects the welcoming and supportive culture of our club and demonstrates the positive reputation Soroptimist International Port Pirie continues to build within the community.

As always, I extend sincere thanks to all members for their ongoing dedication, enthusiasm and willingness to contribute their time and talents. Together we continue to make a meaningful difference in the lives of women and girls in our local community and beyond.

SI Eastern

We had our Cleanup Australia volunteering in Hazelwood Park. There were 5 members, partners and students including our local member Jack Batty. Three large bags of rubbish were collected.

Our International Women's Day lunch was held at the cafe at "On Statenborough Retirement Village" which was organised by Marjorie and well attended.

Two members participated in the Zahra Foundation Next Steps to highlight the issue of Domestic Violence.

SIEDA received 30 toiletry bags made by women at the Migrant Resource Centre. Our club filled 15 bags with items such as toothpaste etc to return to the Centre for new arrivals and the other 15 will be given to the Women's Safety Service.

Our speakers at our March meeting were Linda Fisk and Anna Kemp from Seeds of Affinity. Both spoke about their work and priorities with this organisation which the club will donate to.

One member hosted a Cancer Council fundraising lunch at her home and almost \$800 was raised.

Two members attended the Embolden Domestic Violence Candlelight Vigil at Government House. Donations including cleaning, electrical and food packs were delivered to Eastern Women's Safety Services.

A new member Julie Rushton was inducted at our April meeting.

The club donated to the Plant a Mangrove fundraiser.



SI Torrens



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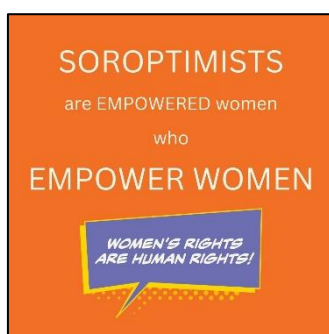
SI Torrens held our annual fundraising dinner at Ming's Palace in May. This event has been running for over twenty years and is very successful, with raffle proceeds alone raising over \$1000. Thank you for your attendance and we hope to see you again next year. RoZSI's Voice, our working partnership with Rotary and Zonta, has completed its two year review and we have been busy with activities ranging from community events to the translation of our "What is Coercive Control?" brochure.



Here's a short summary of our work over the 2 year partnership.

We believe that RoZSI's Voice has contributed to a range of useful community activities within the constraints of our combined human capacity. It is recognised by other organisations as an innovative partnership in its approach to Domestic and Family Violence and a good model of collaborative work.

We plan to continue and expand this partnership to include a Friends of RoZSI's Voice over next 2 years.



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Chance To Honour Women

Excerpt from recent article in local Port Pirie newspaper The Recorder March 2026

By Theo Dimou.

Congratulations To The Pirie Team!

PORT PIRIE - The achievements of women past and present will be celebrated when Soroptimist International Port Pirie hosts an annual luncheon for International Women's Day. The event will take place at the Port Football and Community Club tomorrow on 13 March.

International Women's Day is held globally each year on 8 March to recognise the social, economic, cultural and political accomplishments of women, while raising awareness for gender equality. Each year also has a global theme, with 2026's being 'Balance the Scales.'

Soroptimist International Port Pirie president Deb Tregilgas said International Women's Day is a chance to acknowledge the contributions women make to the community and take a stand.

"Women have always put in so much work and often more in keeping families together, caring for others and recognising when something needs to be done in the community," Ms Tregilgas said.

"It's a celebration of the rights of women and an opportunity to recognise that women are also valid members of the workforce, and should be treated as such. Over the years, it has become a time to raise awareness of the needs of women in various communities everywhere, not just our own.

That's where our power comes in.

Soroptimists might not always be seen doing something big, but the little things we do here can lead to big things happening somewhere else."

This year's luncheon will also tie in with the 150th year of Port Pirie, with a specific focus on the women who have played a crucial part in the city's development and a hope of bringing the community together.

"As it's the 150th anniversary of the city, we've decided to celebrate the women of Port Pirie and what they've done over the years," Ms Tregilgas said.

"Most people don't realise how many women have actually been part of the impetus of how the town was created. here's the old saying that history is written by the winners. I think it is very important to acknowledge the women in the past of Port Pirie. The four houses in sports teams at John Pirie Secondary School are all named after women. They all have a history and a past that we don't know about. It's a chance for us to connect with the wider community and reinforce our message. You'll see women there who volunteer in all sorts of ways across the town, from Meals on Wheels to Lions, Rotary and other service groups.

It's also a chance to bring students in and strengthen those community connections."

The luncheon will feature an appearance from Louise Carmody from the Historical Society of Port Pirie as a guest speaker, and a bursary award for students who demonstrate excellence in leadership and education.

"Louise has been involved with the historical society for a very long time and has been a driving force behind it," Ms Tregilgas said. "I suspect she'll have a wealth of knowledge about Pirie, its place in history and the people who have been part of it."



"Soroptimist" is derived from two Latin words, "soror" meaning sister and "optima" meaning best for.

WE INTERPRET IT AS "WOMEN HELPING WOMEN TO BE THEIR BEST".