



From the Principal

2013 brought with it some unforgettable and landmark events. You would have noticed the 'new look' of our website; I encourage you to explore and discover the range of activities for residents and friends of Creston all year round! As part of our leadership programme, the Home Management Apprentice Scheme (H.M.A.S) was inaugurated this year to give students a head start to a healthy work-life balance that will later benefit their professional life. The scheme, which covers philosophical and practical seminars, and 'on-the-job' training and work experience on all aspects of home management, was well received by the students.

A delegation of 18 university students, including 8 from Creston represented Australia in the UNIV Congress in Rome: 'Reality Check: Discovering human identity in a digital world'. Alyce Arca, a Fine Arts student and resident at the college presented her work *Breath of breaths* depicting the fleetingness of the digital world. The group were among the first Australians to meet the newly elected Pope Francis.

On July 19, we heard the sad news of the sudden death of Fr. Amin Abboud, Creston Chaplain from 2009-2011. He will be greatly missed. May he rest in peace.

We look forward to another eventful year, starting off with the Dubbo and Philippines Service Projects in January and February, respectively. The Philippine team will be working with victims of the recent typhoon south of the country.

I wish you all a restful summer break, and hope to bring you more superb news in the new year! ■



UNIV delegates including Isabelle Flores, Olivia and Hillary Grant-Preece await arrival of the Pope at St Peter's Square in Rome on Easter Sunday.

Meet your Mentors @ Creston

This year saw the introduction of Meet your Mentors at Creston College. A number of academics and other notable personalities were invited to the College throughout the year, giving residents and friends of Creston the opportunity to hear from role models and 'leaders' in various fields and disciplines. Our distinguished guests were invited a few times each semester and gave residents much-needed encouragement to push on

UNSW Inter-college Sports



Team Creston moved full steam ahead this year with the inter-college sports competition, beginning with various training sessions in netball, volleyball and ultimate frisbee. New sports shirts accompanied our team's awesome performance in the first semester sports: netball, tennis, touch football, cricket,

cross-country and tennis. For cross-country we achieved three runners in the top ten, as well as the best turnout. We achieved second place within our pool for tennis, and it was a close game with a couple of cheeky aces delivered by our singles players.

The Inter-College Sports Association (ICSA) Frisbee and Volleyball Gala day sent second semester off to a flying start, accompanied by a barbeque organised by the colleges. Second semester saw us starting basketball in the first few weeks and hockey at the end of semester. Hockey proved to be a lesson in the art of organisation (can you guess how many pieces are in a goalie set?) and water polo managed to yet again claim a few sore calf muscles.

Soccer, known fondly and happily reinforced by the students and sports directors as Creston's 'baby', began in Week 3 and continued until Week 12 during which we saw a fabulous turnout, fervent cheering (not always in English) and a massive development of team skills. Our passion and determination saw us to the grand final, the pinnacle of the sporting year. This was a whole new level of competition and the teams played two halves unmatched until Golden Goal play was announced. Despite the zealous effort of our players, a fantastic curve goal was kicked by the opposing team, our arch soccer rival, New College, and the final score set at 1-0.

As Sports Directors for 2013, Jacey Sng and I are truly proud of our team's fantastic 24/7 effort throughout the year and we know it will continue into 2014! ■

Catherine Mannerling
Sports Director 2013

through the busier weeks whilst having an eye on the bigger picture.

The Mentors who have come to speak to us this year have been from a diverse range of backgrounds and professions, appealing differently to each resident but each bringing the same fundamental message: dream big, work hard and not to be afraid to think outside the square! Speakers who appealed to me the most were

Professor Simone Degeling, Co-Director of the Private Law Research & Policy Group at UNSW, and Professor Maria A. Fiatarone Singh who holds the John Sutton Chair of Exercise and Sport Science, Exercise Health and Performance Research Group at The University of Sydney, because they each talked about the work they have put into their professional careers with the aim of bringing radical ideas into fruition. Professor Degeling told us to 'trust our talents', even when we face adversity and criticism from our peers. Professor Singh encouraged us to have the dedication to make gradual change, and to trust that the impact of our work will be great.

The Mentors are an inspiration for Creston residents and friends, who are each waiting to discover what they can uniquely contribute to the world. The achievements of these inspiring women have brought our dreams closer to reality; not only is it possible to succeed in our future professions, it is possible to do so with a deeper significance.

Gia-Yen Luong
House Committee President 2013



Creston residents 2013, after Formal Dinner

Reflections

I have been a resident in Creston for the past three years while undertaking my Bachelor of Medicine/Surgery degree at UNSW. Through this time I have learned and developed so much from what Creston has to offer for its residents. It has taught me to be a confident woman in society and has also built my spiritual relationship with God.

It has also broadened my knowledge of life outside of medicine through the many academic workshops throughout the years. This gave us a chance to meet and talk to academic tutors and mentors from different disciplines. The Creston formal dinners also gave us the opportunity to meet successful women in their discipline. This was a great inspiration and motivation for us as women entering into our careers into the near future. It helped us see the many different pathways to becoming a respectable person in society and to making a difference in this society.

What I liked the most in living in Creston is the homely environment it provides. Living with just twenty-four other girls meant that we all bonded together like a family and made friends who would stay by our side wherever our career took us. Living in Creston gave me strength in times of struggle and a shoulder to lean on when things got too hard. It gave us the opportunity to get involved in many different activities including sports, visits to the elderly home and cultural nights. ■

Christina Jeyaruban
*Creston Resident and House
Committee Treasurer 2011-2013*

A fine balance: Professional at Work, Professional at Home



Lights & Shadows
The Tapestry Of Human Life

of the impact of home economics on her students and argued for its continuance in New South Wales schools as an independent discipline. Ms Pavia spoke of the pioneering course Kenvale College is currently offering in Home Management, offering women training in practical skills needed to enhance life in their home as well as providing a thorough anthropological foundation as to the home's value on the individual, family and society.

After a beautiful musical interlude by Marie-Chantal Bertinazzo on the harp, we concluded with our final speaker for the afternoon, Mrs Giulia Jones, MLA, the Shadow Minister for Women, & Multicultural Affairs, Australian Capital Territory. Mrs Jones delivered a paper entitled 'Politician at Work and CEO of the Home' where she spoke of the need to balance professional and family life. She spoke of her drive and passion for her work in politics and the impact women can have on this field, as well as the practical ways in which she combines a heavy workload with the joys of being with her husband and four children. Mrs Jones was an inspiration to us all! ■

Elizabeth Sofatzis
Resident Tutor

On 12 October 2013, Creston College held its annual Lights & Shadows Conference for women at Kenvale College of Hospitality and Events Management focussing on the professional nature of work, both in and outside the home. The Conference was entitled, 'A Fine Balance: Professional at Work, Professional at Home' and began with a paper, 'Home and Identity: the Private-Public Nexus' by Dr Anne Zahra, Senior Lecturer of Tourism & Hospitality Management at Waikato Business School at the University of Waikato, Hamilton, New Zealand. Dr Zahra argued for the work of the home's transformative value on the identity of the one carrying out this work as well as its beneficiaries. She claimed that this work is valuable because it caters for the person's fundamental needs. She argued for the work of the home to be further recognised in society as a legitimate and ennobling facet of life.

Dr Zahra's paper was followed by Ms Kiri Valsamis, a Senior Technological and Applied Studies Teacher, and Ms Carmen Pavia, Academic Director of Kenvale College of Hospitality and Events Management who spoke of 'Home Economics and Human Ecology: a Contemporary Perspective'. Ms Valsamis spoke of her work in secondary education in the field of home economics. She spoke