

model & mode

MODEL & MODE

AUG 2021

THE MINDSET TO STARDOM

FIVE SUREFIRE WAYS TO CHANGE YOUR THOUGHTS AND TRANSFORM YOUR LIFE

HOW TO LOOK TOTALLY DIFFERENT

IF YOU'RE FEELING LIKE YOU NEED TO REFRESH YOUR LOOK, WE'VE GOT FIVE EASY WAYS TO CHANGE UP YOUR APPEARANCE



FIND OUT MORE ABOUT STEPHEN OYOUNG

A TALENTED ACTOR TO WATCH OUT FOR THIS YEAR

MEET Robbie CANNER

COVER PHOTOGRAPHY BY TONY PALLISER



SALUBRE ENTERTAINMENT

• NETWORK •

Salubre Entertainment Network is an entertainment company that empowers young people to bring awareness to the less fortunate. Salubre Entertainment Network not only celebrates the beauty of each of its beauty queens, but it also empowers them to help others in need. Established by Maryrose Salubre of Salubre Models International, our projects and publications aim to raise funds for a variety of worthy causes, chief of which is to help Bunga National High School (BNH) in Leyte, the Philippines rebuild.



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OPENING REMARKS

I had a strange start to my 2021. Several things happened in quick succession that had me just scratching my head but at the same time, it filled with the conviction that it meant something. So call me nuts, crazy or just plain idiotic, but I'm going with my gut and I've vowed that my 2021 will be unlike any year I've had so far despite this pandemic. Have you felt that way too? Have you been in that moment where logic is screaming at you: "NO!" but intuition, in a persistent whisper, is telling you: "Go for it!" I believe we all have. But it's our reaction to it that sets apart the DOERS from the DREAMERS. So, maybe following your gut might not work out, but at least you'll KNOW. There is no worse torture than regret, than asking "What If?" over and over again. So, I'll leave you with one of my favourite quotes, written by a young writer named Erin Hanson - "What if I fall? Oh my darling, what if you fly?"

Maryrose Salubre
Editor-In-Chief

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MS ENTREPRENEUR

BE YOUR OWN KIND OF POWERFUL

COMING SOON



MS ENTREPRENEUR



CELEBRITY INTERVIEW: ONE ON ONE WITH DITA VON TEESE

Born out of a time capsule from Hollywood's golden era, glamour girl and burlesque goddess, Dita Von Teese has been captivating imaginations around the world since she burst onto the scene in the early 2000s, first on the cover of Playboy Magazine, and then draped on the arm of controversial rocker, Marilyn Manson. Since then, Dita has carved out an iconic reputation for herself as the most famous and sought after burlesque performer in the world. Vanity Fair has dubbed her a "Burlesque Superheroine," and Elle has declared her an "all around icon."

The raven-haired, fair skinned, hourglass-shaped glamour girl who never leaves home without the perfect red lip and vintage sunglasses, Von Teese travels the globe performing burlesque shows that pay homage to the vintage art form, but with a modern interpretation. She performs to sell-out crowds and mesmerizes with costumes perfectly adorned with breathtaking crystals, and over-the-top stage props and accessories placed just so, including her signature martini glass bubble bath routine. Incidentally, the crowds are packed with Von Teese's millions of female fans who draw inspiration from her old world, finely crafted sensuality.

Having been fascinated with her image for some time, I sat down with Dita Von Teese to discuss everything from her captivating appearance and stage performances to her thoughts about femininity, motherhood, feminism and her current tour, Dita Von Teese and the Copper Coupe.

Allison Kugel: How do you define femininity?

Dita Von Teese: I grew up admiring movie stars of the 1940s and 1950s. To me, that was always the epitome of feminine, and it made a mark on me from a very young age. I guess I have always associated that exaggerated femininity with the definition of feminine: the way a woman enhances herself with the tools in the beauty box, so to speak. I've always thought of glamour as feminine. That's what I love for the outwardly feminine. On the other hand, I have a differently closed door feminine as well, where I can remove those layers and get to the essence of what we are trying to exaggerate with the hair and makeup and the high heels and all the things we do to be hyper-feminine in public.

Allison Kugel: Why not keep your natural blonde hair? And your birth name, Heather Sweet, was a sexy name. Why the change to brunette, and why the name change to Dita Von Teese?

Dita Von Teese: I started becoming Dita when I was about nineteen years old, so I wasn't really thinking it through. I didn't think about long-term, and I certainly never expected to become famous for being a burlesque dancer and pinup model. It started as a hobby that I was doing, and in my little mind, I thought by the time I was thirty I would be finished. And at the time, I was looking to Gypsy Rose Lee and Lili St. Cyr, and these [burlesque] stars from the past. These were choices I made when I was younger, and yes, I always liked the idea of that big Hollywood makeover. Rita Hayworth's name was not Rita Hayworth, and Rita Hayworth had black hair and a widow's peak that got removed with electrolysis. There was that big Hollywood machine, and I was always fascinated with the idea of these raw beauties becoming transformed into Birds of Paradise.



Editorial credit: Andrea Raffin / Shutterstock.com

Allison Kugel: In watching you perform, you truly look like you've stepped out of a time machine from the 1940s and 1950s. Are you comfortable living in this time period?

Dita Von Teese: I'm not living in another time. A lot of my clothes are modern, and I think about a lot of the modern things I do, such as updating my apps (laughs). I love so many things about modern technology. Although, I do have a huge collection of vintage clothing. There was a time in my life when I only wore vintage lingerie, I only drove my vintage car, I only wore clothes from the 1940s, but I've kind of evolved from that. The burlesque shows we produce are much different than a show you would have seen in the 1940s. We're trying to capture the essence of those times, but the whole point is to evolve into something much different than it ever was; to evolve the history of burlesque. I never want anyone to think that I'm living in the past. You can look at the past and get inspiration from it, but it can end up being dusty and irrelevant if you don't find ways to make it something that no one's ever seen before. I do love to sit down with some of my favourite glamour girls of the past. I'm quite good friends with Mamie Van Doren who was a big 1950s bombshell and is still around to tell her stories. And I'm friends with Julie Newmar who, of course, was a great dancer and actress. I love to ask them about the past, and I love getting advice from them about the times we are living in and how to navigate being a glamour girl in modern times.

Allison Kugel: You've been quoted as saying that burlesque is a new kind of feminism. How so?

Dita Von Teese: It's become that for a lot of women. The feminist movement must be respectful of other women's ideals of what it is, and what it means. More than ever, we as women have to respect each other's choices. Like I always say, and this is the truth, my audience is mainly female. My social media following is about 85% female. When I started in the 1990s I had a lot of male fans, and when I was a Playboy model I had a lot of male fans. It shifted in the early 2000s when I came out with a book and told my story about why I loved pinup, why I loved burlesque, and what it meant to me to have that to look to for my beauty icons. That resonated with a lot of people and I could feel that was when it all started to shift when I exhibited my vulnerability about why I love this. I like to say that it's an alternative feminist movement.

Allison Kugel: What do you say to the women who cry out that burlesque is objectification?

Dita Von Teese: Something that could have, in the past, been considered degrading to women, I think that idea has been turned upside down when my audience is mainly female. They're getting inspiration from this and feeling like they can harness their own sensual power in a different way and be in control of it. I would never say that striptease and burlesque should be for everyone. I have always loved things that walk that fine line, where one person looking at it thinks it's inspiring and magical, and another person thinks it's dirty and bad. It's interesting to me the way people see things. I find things that are polarizing to be interesting.

Allison Kugel: Do you think femininity and feminism can peacefully co-exist in the #MeToo era? And have you found yourself in the crosshairs of a certain segment within this current feminist movement that doesn't agree with your idea of feminism?

Dita Von Teese: Yes. But for me, I have always understood feminism to be about having choices. I don't see how you can put rules on that, especially now. Whatever you do, there's always going to be someone who criticizes it. I think more than ever it's about sticking close to people who share your beliefs. You try to understand other people's point of view, but you don't have to take it for your own or feel like someone is pointing a finger at you. We have to stop pointing fingers at other people.

Allison Kugel: You perform your show all over the world. What are the differences in how burlesque is received in the U.S. versus in other countries?

Dita Von Teese: What's interesting is that the striptease-style burlesque was invented in America, and it was thriving here in the 1930s and 1940s. That's the funniest part about all of this. I had to go to France, England, Germany and Australia to get that big mainstream acceptance at first. I performed a lot in the UK during the early part of my career and I would do mainstream television shows over there. I could talk about what I was doing there, and I could go to France and do my show on television. They could show the pasties and the G-string, and it was fine with everyone.

Editorial credit: s_bukley / Shutterstock.com



Allison Kugel: In the U.S. there's this strange sensibility where it's okay to promote a film with a lot of violence, but it's not okay to put overt sensuality into the mainstream.

Dita Von Teese: It's not just sensuality, but decisive sensuality. That's one of the things people have a problem with. If I had made a sex tape and I said, "Oh, I'm sorry I did that," it would be more acceptable. As compared to me deciding to present striptease and eroticism and do it in this way because it's decisive. It's not "accidental." I often think of that. Am I inspiring other women to embrace their sensuality in a way that they're not apologizing for, and is that what upsets people?

Allison Kugel: You brought burlesque to the forefront during a time when it wasn't part of the mainstream pop culture vortex. What advice do you have for other creative pioneers?

Dita Von Teese: I think I had it better in some ways back then. I feel lucky that I didn't have the Internet to influence me when I started. I had to use my imagination. I didn't have anyone to watch, except ladies from the past. There wasn't YouTube. I had to really forge my own path and I'm grateful for that. I think one of the things getting in people's way now is the feeling that everything has already been done because they're scrolling through Instagram. Or they'll look through social media and just copy what other people are doing. They don't have to rely on their imagination. I didn't have others to measure myself up against. I'm not saying you shouldn't be inspired by other people, and even if it appears that everything has been done before, there are ways of making it better or making it different.

Allison Kugel: The moral of the story is, there's going to be some ridicule either way, so why not forge your own path?

Dita Von Teese: For #oldheadshotday, I posted my early headshot on Instagram and someone commented, "But your [eye]brows don't look good." I was like, "Listen, I was nineteen years old and I didn't have a four-hundred-page book about retro glamour called *Your Beauty Mark* [Von Teese's beauty how-to book/Dey Street Books] to look at yet! I had to make all the mistakes so that I could tell you all the shortcuts." There are always people who must come first and experiment and make those mistakes in order for other people to pick up that knowledge. I certainly did that with burlesque queens of the past, looking at their pictures and thinking about how I could do it in my own way.

*Allison Kugel is a syndicated entertainment and pop culture journalist, and author of the book, *Journaling Fame: A memoir of a life unhinged and on the record*. Follow her on Instagram @theallisonkugel.*

Editorial credit: Andrea Raffin / Shutterstock.com

STATEMENT MAKER: FIND OUT MORE ABOUT STEPHEN OYOUNG

Chinese American martial artist, actor, stuntman, and fight choreographer Stephen Oyoung stars as 'Ken Sung' in the romantic dramedy Freeform's "Good Trouble" (3B returns Wednesday, July 14th) as he finally steals the spotlight in Hollywood after cutting his teeth in the industry for over 15 years training celebrities like Keanu Reeves, Denzel Washington, and Adam Driver. An advocate for the 'Stop Asian Hate' initiative and industry professional, Oyoung's credits include "Jupiter's Legacy," Spider-Man (Video game), THE EQUALIZER, THE LAST AIRBENDER, THOR, SICARIO, and "NCIS" to name a few, and can be seen next voicing the role of Jason Todd / Red Hood in WB Montreal's 2022 video game Gotham Knights.

"Good Trouble," now in its 3rd season, is a spin-off of "The Fosters," centered on Callie (Maia Mitchell) and Mariana Foster (Cierra Ramirez), as they venture to Los Angeles to start their adult lives and embark on their separate but intertwined journeys to change the world, and they're going to have all the 'good trouble' they can handle. Ken Sung (Stephen Oyoung) – who appears in 6 episodes – is the frustrated father of star football player Tommy Sung, who is being charged with murder. But was it or was it not Tommy's fault?

Oyoung's parents, his dad an engineer and mom a social worker, came to America from Taiwan in the 1970s. He was born in Illinois and raised in SoCal. Oyoung became interested in acting at the age of seven and began appearing in school plays. His father taught him Wushu, becoming adept in it. As he grew up, he began to feel that acting was his calling. Oyoung tried to be a computer programmer and tried entering politics, the latter of which he enjoyed but had this to say about it: "I'd much rather play a politician on TV." His parents were fully supportive of his acting career. He initially began working at places such as Pirates Dinner Adventure and Disneyland to make a living. Oyoung soon landed work in films such as LEGION, THE LAST AIRBENDER, THOR, SAFE, OLYMPUS HAS FALLEN, PEPPERMINT and SICARIO. He trained actors Keanu Reeves, Denzel Washington, and Adam Driver for the films 47 RONIN, THE EQUALIZER, and STAR WARS: THE FORCE AWAKENS, respectively. He appeared on television in major shows such as "CSI: Crime Scene Investigation," "NCIS," "Castle" and "Scandal." In video games, he portrayed a Jedi Master in Star Wars: The Old Republic and gained more recognition as Martin Li / Mister Negative in the 2018 video game Spider-Man.

Model & Mode Magazine recently caught up with Stephen to discuss his journey in the entertainment industry and here's what went down:

Could you please tell our readers a brief background about yourself and how you started in the industry?

I am a TV, film, and video game actor. I always dreamed of being a movie star but I didn't know how to get into the business. I studied Wushu in China during college which opened doors for me as a stunt performer and fight choreographer. From there I transitioned to acting full-time. But I still get to throw a kick every now and again.



Photo Credit: Freeform/Tiffany Roohani



What do you like most about acting?

I love that state of flow you get into when you are acting as the character. It's unreal, especially when you're on set and you've got the props and the costumes and the whole thing. It's like hearing an awesome piece of music - you are transported, it's euphoric. You're in a different state of being.

What are your weak points when it comes to acting?

My biggest weakness is craft! I try and eat healthy when I'm filming, but I love me some potato chips!

What are your strong points as an actor?

I think I bring a level of intensity to my characters that people aren't used to seeing from someone who looks like me. Asian men are often portrayed a certain way and I guess I'm just the opposite of all that. I try to portray characters that are strong and emotionally available.

What have you learned from the directors that you have worked with throughout your career?

I've had the good fortune of working with some of the top directors in the world from M. Night Shyamalan to Antoine Fuqua to Denis Villeneuve. They showed me that filmmaking is a marriage between the artist's creativity and the technician's science.

What are some of the difficulties of the acting business?

So much of what happens in this industry is beyond our control. Being at peace with that is crucial to success. All you can do is show up with your best self,

be present, be available, and throw it out there for the world to see.

What's challenging about bringing a script to life?

Doing service to the words. A writer writes a character and a scene with very specific intentions, and it's our job as actors to amplify that.

What do you do when you're not filming?

Honestly, after this pandemic, I realized the best way to spend my free time is with family. As the saying goes, you only have one. And not for that long.

What has been the most memorable experience of your career so far?

Oh man, there are so many. But being a character in the Marvel universe is still pretty surreal. I have my own action figure!

Who have been the most interesting people you've met so far?

I sat in a car with George Clooney for 8 hours shooting a commercial. And let me tell you he is as charming as you would imagine. He is effortlessly cool.

If someone is going to make your life into a movie, who would play you? Meryl Streep - I want the best!

What are your future plans? Inside your career or out of it.

Well, I've already played an astronaut on TV but now that space travel is seeming like more of a reality, I'd love to be the first actor in space! Kidding. Sort of.

A woman with long brown hair, wearing a white wide-brimmed hat, a white short-sleeved dress with ruffles, and brown boots, is sitting on a sand dune. She is holding a brown crossbody bag and sunglasses. The background shows a beach with waves and a blue sky with light clouds. Two wooden posts are visible in the sand.

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TV1 is an entertainment and lifestyle global streaming platform offering Australian content. TV1 promotes the most exhilarating events, the most glamorous and successful people, the most in-demand celebrities, the hottest rising stars, and the most exciting trends down under. TV1 may be new but it's most certainly in demand and 100% Australian. We are committed to making Aussie local talents, events, and entrepreneurs easily accessible to both our local and international audiences via the highest quality streaming technology.

Co-founded by the StarCentral Media Group and the Australian Millionaire Business Network, the TV1 channel is the home for independent Australian Screen content. We very much welcome our local screen practitioners from emerging through to the established to make TV1 their home. By streaming your content on TV1, you join a family of rising stars, entrepreneurs, celebrities, and various artists.

MISSION: Our mission is to present the most unique and compelling original Australian content by tapping into the hottest local talents and events.





Photo Credit: Tony Palliser

INTRODUCING *Robbie* CANNER

Robbie Canner is a 63-year-old international model, an international and national judge, and the director and owner of Ms. Australia, New Zealand, and Oceania World Universal as well as Ms. Regal World Universal and Ms. Majestic World Universal. She was crowned Ms. World back in 2018/19, and she's the reigning Ms. World Universal Elite 2020/21. She's also a public speaker on the topic "Age Is No Barrier."

Since winning the Ms. World title, her public profile has considerably grown, allowing her to promote her platform and raise awareness and funds for cancer research. Winning major international titles in her 60's has given her a platform, showing men and women from all walks of life, that age is no barrier to what anyone can achieve.

Since losing her son to cancer, her emotional and mental stress led her to visit thoughts such as, "I don't to be here anymore," or "I want to be with my son," but eventually her inner strength led her to still want to continue living, have a say and give direction to help others in any area of situational, emotional and mental stress - assuring them that things can get better in time.

She loves chatting to future queens and friends that she meets along her journey and she wants to help them achieve their hopes and goals. Model & Mode magazine recently caught up with Robbie to discuss her journey in the industry and here's what went down:

Could you please tell our readers a brief background about yourself?

My name is Robbie Canner and some of the titles I've won include Ms. World 2018/19, reigning Ms. World Universal Elite 2020/21 and I have also won Ms. Classic Australia MAQ 2016, Ms. Classic Global United International 2017 Minneapolis USA, and Ms. Global United Lifetime Queen. I'm also a national and international judge, national and international director of my pageant Ms. World Universal, Ms. Regal World Universal, and Ms. Majestic World Universal. Furthermore, I'm a pageant coach and mentor, guest speaker, international model and I have appeared on a number of TV shows.

How did you become an international model? What's it like to model internationally?

To become an international model on world stages is something I've always dreamt about - I was never expecting it to happen. But winning the title of Ms. World at 60 years old certainly made that dream come true. My first runway show was New York Fashion Week and then came National and International magazine covers and stories, radio interviews, and magazine features. To model on the same runway with world supermodels is totally humbling and some I still call my friends. Waiting at the back of the stage before walking on a runway - my nerves were all over the place, I was thinking "what if I stumble or fall off my heels?" but once on in front of world media and stars in the audience, I just wanted more and more. I have had invites to Paris, Milan, South Africa, and Orlando Fashion Week and have been booked again for New York Fashion Week in 2022.

What has been your greatest triumph, to date?

My greatest achievement to date is growing myself to where I am today. There are stepping stones to my journey; like my guest appearance on "Interview" with Andrew Denton on Channel 7 - speaking about my story to a live 200 guest audience brings reality to my dreams and I realized then that I just wanted to open up avenues for others to have opportunities to get to where I am.

What has been your greatest lesson, and how have you used that lesson in your life?

I have learned many lessons in my journey; I learned that age is no barrier to achievements, I learned that I needed to love myself, and I also need to grow out of my personal barriers. When I lost my 22-year-old son to cancer to face a life of total sadness that I have built around myself, I learned to still give dreams a go and that I need to go out and spread this self-growth to help others and support their self-growth.

If you could travel back in time and alter one historical event, where would you go and what would you attempt to change?

I would change my outlook on bullying which I had to deal with at school, I'll remind myself that bullies are just jealous of who you are and that criticism of self is the best form of flattery. I would want to grow through this adversity and realise that my dreams can be taken away from me so I need to learn to advance my growth through this experience.

What do you think you came into this life to learn, and what do you think you came here to teach?

I came into my life to learn about what I could achieve by just putting my mind to anything in my sight. We have the option of grabbing hold of these opportunities or choosing to let them go. I decided to follow my dreams and now I can teach, mentor, and develop women of all ages through grooming, deportment, public speaking as well as face any adversity head-on.

What projects are you working on right now?

I am presently working on my Ms. World Universal Pageant system, a book, modelling, podcasts, magazine interviews, and one of the most exciting opportunities - I have been approached to film a documentary. The outline for this documentary is underway now and I'm also looking at an international airing so I am so excited.

What would you still like to attempt in your career?

My career is pretty awesome at the moment but some of the things I would still like to achieve are to go on The View, be interviewed by Oprah, or go to lunch with Christie Brinkley. But most of all, I want to stay strong, fit, healthy, and stay on the path of growth.

What advice would you give to those hoping to follow in your footsteps?

Be true to yourself, learn, listen, train, follow your mentors and ask for help from those who can help to place you on the path you wish to follow. At 63 years old, I am still asking for directions from those who are at the top of their game in coaching and development.



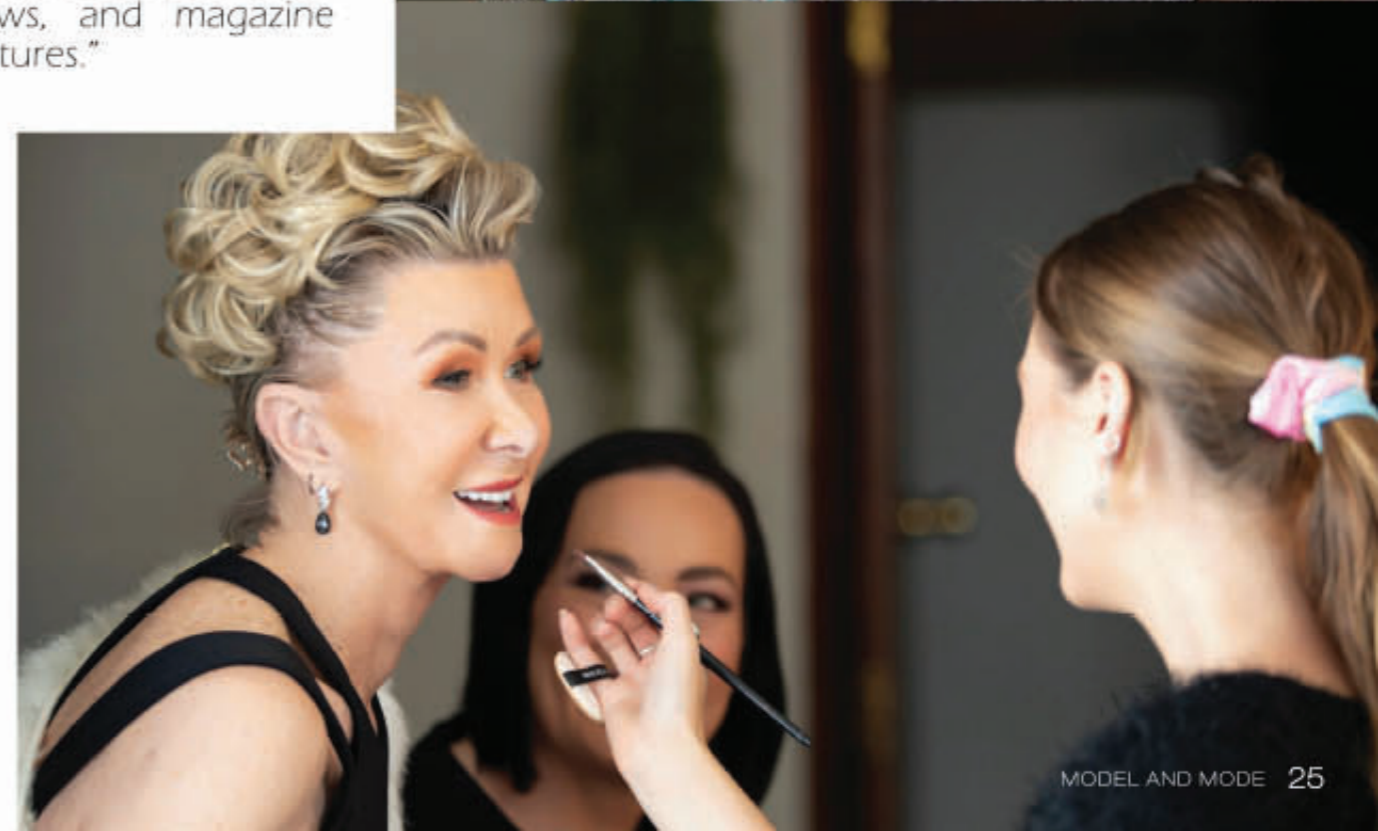
Photo Credit: Tony Palliser



Photo Credit: Tony Palliser



"My first runway show was New York Fashion Week and then came National and International magazine covers and stories, radio interviews, and magazine features."





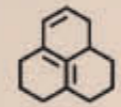
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Maryrose Salubre joins forces with Australia's oldest business secretarial college

Mrs Universe Australia 2020, Mary Rose Salubre has joined forces with Patrick's College Australia (PCA) to support Australia's up and coming pageant queens in their tertiary education and employment.

Salubre has set-up a Scholarship Scheme and Flexible Study Program with PCA to make study affordable for beauty queens whilst juggling their busy and expensive pageantry commitments. Young women who have chosen to leave school in either Year 10, 11 or 12 will be able to take advantage of this offer.

PCA was founded in 1923 as St Patrick's Business College and is Australia's last traditional business secretarial college. It is centrally located at Level 7, 451 Pitt St, Sydney in the Manning Building. For 97 years, the College has been training young women and men to become Sydney's most sought-after Personal Assistants (PAs), Executive Assistants (EAs), and Legal Secretaries.

Their intensive 40 Week Diploma program has a high graduate success rate with students securing paid work in Sydney's top law firms, accounting practices, consultancies, government offices, and other companies.

"We do everything we can, in every way we can to make sure our students secure paid employment. This is, and always will be, our top priority. We're blessed with a 97-year history which has meant we've been able to build up an enviable list of career partners in Sydney's corporate world". Said Dominic Buchta, College Principal.

Patrick's students also graduate with an edge over their competition in the job market as they are prepared in the timeless necessities

of department, etiquette, communication, dress sense and professional prestige. These skills are held in high esteem by prospective employers and complement pageantry well.

Maryrose Salubre knows how hard it can be to balance a day job with pageant life and just how important it is to get qualified and into paid employment.

"I studied business secretarial when I first left school and I am so glad that I did as it has been the backbone of my success in life. Without these skills I would have found it hard to secure a job and enjoy the lifestyle I do today with modelling and pageantry". Said Salubre.

"....This is why I decided to set-up this Scholarship Program with Patrick's College, to make sure our pageant queens are well looked after in their education and employment outcomes....I believe pageant queens would make excellent PAs and Legal Secretaries." Salubre went on to say.

The College has committed to drawing up a special study program for each scholarship recipient which allows flexibility during the course for pageant queens to fit in study with their busy schedules.

For more information about the Mary-Rose Salubre Scholarship Scheme and Flexible Study Program, please contact the Director of Recruitment, Mr Jacob Munday: jacobm@pca.edu.au or 02 8252 9963.

--- Places are Limited ---



FIVE TIPS TO GET MORE FOLLOWERS ON FACEBOOK

Since its inception, Facebook has become one of the most successful social media sites to advertise on. With just under 17% of the population of the planet signed up to Facebook, you can get a much larger audience than any other site to view your posts and engage with your brand. But to make any waves on Facebook, you need likes and followers. A popular way in recent years to gain likes is to buy them, but not only is this not authentic, but it also doesn't get your brand noticed by actual potential customers. So how can you get the Facebook Likes that you need, without paying for them?

Here are some killer tips for creating a successful Facebook page for your brand without spending a penny.

Fill out your page

Filling out your page may seem obvious, but a mistake that a lot of people make is not to fill out their pages entirely. You can add plenty of information to your Facebook page including links to other sites that you have, and all the information that a customer needs, and this is what they are looking for. A sparse Facebook page makes it look like you aren't taking this seriously and may even make them question if you are a legitimate business in the first place.

Use Insights

Facebook Insights is free to use and an invaluable tool to use when advertising on the site. You can access this through your business page on Facebook, and what it does is it lets you see what is working for your page. Which posts are seen the most, liked the most, what other pages your followers are interacting with, and when. This is useful as you can schedule your posts for when the most people will see it, and also get an idea of the other kinds of things you could do in the future to gain popularity.

Use a great picture and heading

Appearance is everything these days, and even more so on social media. If you don't already have a recognizable logo, you need to get one. Make your Facebook page look good, and people won't mind liking and sharing. You can look at similar businesses to yours to see how they did theirs and how you can do better.

Invite likes

Make sure to invite those who like your posts, to like your page. This can be done by using other sites to drive traffic, or in your Facebook settings.

Share relevant content

Users like pages that share other things they want to see. If you can find videos or posts that are related to your area of expertise or your industry, users will find your page more engaging and entertaining, and thus, will interact more with it. Unless you are already an extremely popular brand, users will quickly get bored if you only ever share your own content. This can also help to build relationships with other users and businesses.





RESTAURANT REVIEW: DOPA DON AND MILK BAR

By: Jill Antonio

DOPA is hands-down, Sydney's dopest Japanese donburi eatery.

Set in Sydney's newest 'street-eats' precinct, Darling Square — its 70-seater venue with banquet, bar and outdoor options provides the best in casual dining.

If you don't know of donburi, it's Japan's most loved one-bowl-meal, that's both satisfying and convenient for a hearty lunch, or quick dinner.

Head chef, Khairi Amir's menu is inspired by the streets of Tokyo, offering more than twenty variations of the Japanese rice bowls. You can choose from classics like teriyaki chicken and katsu pork or go for something different with the cheeseburger wagyu; wagyu beef tongue; glacier 51 tooth fish; or even ling cod.

My guest and I decided on the Sanford King Salmon, which comes lightly grilled, and their standout dish — the Wagyu Beef Bolar Blade bowl with a high marble grade of 7-9, fresh rice, and a soft egg. The meat sourced is exceptional, it literally melts in your mouth.

For a compact eatery in a casual setting, DOPA's food definitely doesn't compromise on quality. The experience reminded me of how it's like to be in Tokyo, where you can walk in to an understated restaurant, and somehow score one of the tastiest meals of your life.

All the donburi bowls can be ordered as an optional set, with miso soup, plus salad to round things out. We didn't leave without an entrée serving of Agadashi tofu, and tempura'd eggplant to complete our authentic Japanese feed.

If there's one thing Japan's known for, it's their decadent desserts. On our visit, we opted to share the Tiramisu parfait, which was large enough for two and just the right amount of sweet. Although, they also dish out kakigori shaved ice desserts, loaded milkshakes, puddings, and giant matcha cookies. As far as drinks go, DOPA serve refreshing "ades", such as Yuzuade, Peachade and Raspberry-ade that'll wash down your meal like a charm.

Even if you go for the novelty of it, you'll love the retro-japanese manga art on their menu, including their super-cute mascot Dopa Boy. DOPA's décor is completely on point, featuring clean lines, timber and pastel finishes, with pops of red. Go here with a group of friends for lunch, or even for a good food/no pressure dinner date. It's dope.

MOVIE REVIEW: THE VERDICT ON BLACK WIDOW

20th Century Studios' "The Last Duel," a gripping tale of betrayal and vengeance set against the brutality of 14th century France directed by visionary filmmaker and four-time Academy Award® nominee Ridley Scott ("The Martian," "Black Hawk Down," "Gladiator," "Thelma & Louise"), opens in cinemas October 14, 2021.

The historical epic is a cinematic and thought-provoking drama set in the midst of the Hundred Years War that explores the ubiquitous power of men, the frailty of justice, and the strength and courage of one woman willing to stand alone in the service of truth. Based on actual events, the film unravels long-held assumptions about France's last sanctioned duel between Jean de Carrouges and Jacques Le Gris, two friends turned bitter rivals. Carrouges is a respected knight known for his bravery and skill on the battlefield. Le Gris is a Norman squire whose intelligence and eloquence make him one of the most admired nobles in court. When Carrouges' wife, Marguerite, is viciously assaulted by Le Gris, a charge he denies, she refuses to stay silent, stepping forward to accuse her attacker, an act of bravery and defiance that puts her life in jeopardy. The ensuing trial by combat, a grueling duel to the death, places the fate of all three in God's hands.

Oscar® winner Matt Damon ("Good Will Hunting," "Ford v Ferrari") is Jean de Carrouges, two-time Academy Award® nominee Adam Driver ("Marriage Story," "BlackKkklansman") is Jacques Le Gris, Emmy® winner Jodie Comer ("Killing Eve," "Free Guy") is Marguerite de Carrouges and two-time Oscar winner Ben Affleck ("Argo," "Good Will Hunting") is Count Pierre d'Alençon. The screenplay is by Oscar nominee Nicole Holofcener ("Can You Ever Forgive Me?") & Ben Affleck & Matt Damon based on the book by Eric Jager. The film is produced by Ridley Scott, Kevin J. Walsh ("Manchester by the Sea"), Jennifer Fox ("Nightcrawler"), Nicole Holofcener, Matt Damon, Ben Affleck with Kevin Halloran ("Ford v Ferrari"), Drew Vinton ("Promised Land"), Madison Ainley ("Justice League") serving as executive producers.

"The Last Duel" is based on Eric Jager's book *The Last Duel: A True Story of Crime, Scandal, and Trial by Combat in Medieval France*, which brings the turbulent Middle Ages to life in striking detail. When etiquette, social aspirations and justice were driven by the codes of chivalry, the consequences for defying the institutions of the time – the Church, the nobility at court, a teenage king – could be severe. For a woman navigating these violent times, one who had no legal standing without the support of her husband, the stakes were even higher.

"I love working with Matt, so it was an added bonus to be able to work with him and Ben as both actors and as screenwriters, along with Nicole Holofcener, and I knew it would be a great result," says director/producer Ridley Scott. "I had admired the show 'Killing Eve' and had been looking for the opportunity to present Jodie Comer with a challenging role. Her performance as Marguerite will make her one of the great actresses of her generation."

"This film is an effort to retell the story of a heroic woman from history whom most people haven't heard of. We admired her bravery and resolute determination and felt this was both a story that needed to be told and one whose drama would captivate audiences the way it moved us as writers. As we further explored the story, we found so many aspects of the formal, codified patriarchy of 14th century Western Europe to still be present in vestigial ways (and in some cases almost unchanged) in today's society," says Nicole Holofcener, Ben Affleck and Matt Damon. "We chose to use the device of telling the story from several character's perspectives in order to examine the immutable fact that although often multiple people who experience the same event come away with differing accounts, there can only be one truth."



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HOW TO LOOK DIFFERENT: FIVE WAYS TO CHANGE YOUR LOOK

As we all prepare to embark on the second half of the year, it seems important to mention that this is often a time of rebirth and reinvention. And rather than making promises about changing things about yourself that might end up less slightly successful like signing up for that gym membership – if you're looking for a shift in yourself, consider changing up your personal sense of style.

Indeed, switching up aspects of your personal look can make for the bold, fresh start that this year calls for. Read on for some useful tips on ways to make the new version of you the best one yet.

Change Your Hairstyle

Highlights, lowlights, up-do's, bobs, dye jobs...the ways in which you can style your hair that is somehow different than the way you've been wearing it recently are as unique and varied as you are. No matter what style you're thinking of going with, though, it's advisable to book an appointment with a stylist. After all, this is 2021 – starting this year, DIY quarantine haircuts will surely be a thing of the past.

Experiment with Skin Care

Clear skin is a must in order to make yourself ready for all of the selfies you'll undoubtedly take as the world inches its way closer to normal. There are myriad creams and lotions, each for different purposes, each one claiming to have its own benefits. If you consider yourself to be environmentally conscious, it may behoove you to do some research about which brands of lotions, exfoliators or other products are truly all natural.

Try Makeup

Along the same lines as skincare, finding a good makeup color scheme can help to enhance your look. I'd even venture to say that nail polish falls in line with this. Adding a splash of color to your natural skin tone can help to add a trace of elegance to your look, especially if paired with the right outfit.

Change Your Outfit

A very good way of changing your look is changing your outfit. If you update your wardrobe with clothes that make you feel good, you will almost undoubtedly look good. Updating your outfit can even be done on a budget, particularly if you invest in the offerings of consignment shops and the skills of a tailor or seamstress.

Accessorize

Capping off your new look with the perfect accessory is crucial. Accessories to choose from can include bags, jewelry, even a stylish pair of shoes. I would suggest that all of these things are necessary to finalize your new look.

A Final Word

Changing your look may seem like a daunting task, but if you take into account all of the parts that comprise it – hair, clothes, makeup, skincare, and accessories – recreating yourself will be fairly easy. And since the new month will surely bring with it opportunities to make a fresh start in other areas of life, you may as well go into it with a brand new look of your own.

THE MINDSET TO STARDOM: DO YOU HAVE IT?

Achieving stardom requires more than just sheer talent. Whether you are in the entertainment, sports, or fashion industry, experts will tell you that there's more to fame than just mind-boggling looks or talent. To a certain extent, resilience depends on the dictates of two things – innovation and mindset.

Mindset is the mental framework that celebrities and stars live by. To some, the right mindset is like the creed that they almost always need to recite in their heads to keep them going. If you are aiming to reach the pinnacle of your career, then it's about time that you exercise the right kind of mindset that will help you get there.

The Natural

"Naturals" are those who think that they were born to excel in something. They seem to have figured out what they're good at, on an early stage. They are the born-for-this superstars. In terms of sports, they are those who play and move like pros at tender formative ages. In the music industry, they are the ones who seem to effortlessly belt high notes even before they can even spell full sentences. Thinking that you're a natural will help you have a solid foundation of self-esteem and confidence because you know that what you have is something innate, something inherent. This kind of mindset, should, however, be balanced with modesty and hard work. That sense of musicality or that model figure may have been embedded in your DNA, but all the technical aspects of it are not. Put in some time and effort in improving what you've already got, and learn to accept reproaches while learning from them. Have that 'natural mindset but be open to criticisms that will help you improve in your craft.

The Growth Mindset

This, perhaps, is one of the most ideal mindsets that beginners should have. This kind of mindset puts a premium on learning the ropes and regards hard work as an absolute imperative. If Naturals seem to have sheer talent embedded in their genes, people with the growth mindset are those who acknowledge that they need a lot of learning to do and that they need to start from the basics. Their focus on growth is not undermined by setbacks, and they readily accept that they have talent or trait deficits that need a lot of work. With this mindset, you will become less vulnerable to crashing your self-esteem because you perceive rejection as a channel for growth, not as a losing end. With this mindset, you will develop a strong sense of resilience that can bring you steps closer to your ultimate claim to fame.

The Mirror Mindset

Remember the time when you would look at yourself in the mirror and notice just about all the flaws that you have? Well, the mirror mindset is just the opposite. Others do this early in the morning, right after they wake up. Face the mirror, with that messy hair, un-brushed teeth, and look at your raw look. No makeup, nothing. Then tell yourself "I am beautiful" and mean it. Therapists say that having constant and positive affirmation that you are good or beautiful will help you attract positive energy towards you. Think of it as the basic law of attraction. Optimists attract positive energy around them, and so do pessimists. Being too hard on yourself will divert your attention from the good things that can make you a star. Muhammad Ali did not have the built of a boxer, the same way that Tyra Banks did not have the popular color for runway-worthy models. They weren't naturals, but they had the positive mindset that helped them excel in their chosen fields. You need to believe in yourself first before others can see the potential in you.

Final Note

Talent and looks may help you get noticed, but mindset will dictate whether or not you'll last under the limelight. If you want to be a star, you'd have to quit having the I-wish syndrome. Stop wishing for those high notes or the hourglass figure. Work hard for it and remind yourself of the things that motivated you in the first place. Whether it's a lifelong dream that you want to fulfill, or it's a goal that will change the life of your family, your reasons for working hard should remain anchored in having the right mindset.





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