

10Q

Ten things you didn't know about Mental Health Week co-organiser and project coordinator Community Connections Nancy Thomas

1 Who inspires you?

Plato. His philosophies are timeless and wise.

2 What are you reading and how do you like to relax and wind down at the weekend?

Understand and connect with the medicine and healing of crystals. Long baths and music.

3 What thing couldn't you live without and what are your three favourite things?

Love. Family, friends, sunshine.

4 If you could invite anyone to dinner, who would it be and what would you eat?

Buddha. Something vegan.

5 What do you know now that you wish you had known before?

Apple is better than Microsoft.

6 If you had a magic wand, what would**you wish for?**

Ascension of the consciousness of humanity.

7 Do you have a favourite place?

Home — it's safe, warm and filled with those I love.

8 Most embarrassing moment?

LOL, too many to list.

9 What has been a defining moment in your life?

Becoming a mother to son Jett — it has given me much more purpose and love in life.

10 What do you daydream about?

Romantic getaways with hubby — and food.

What we're reading . . .

THE VARNISHED UNTRUTH: MY STORY

Pamela Stephenson

Simon & Schuster, rrp \$29.99

AT 62, Pamela Stephenson has decided it's time for an autobiography — even if she sounds somewhat reluctant about it. New Zealand-born Australian-raised Stephenson is perhaps best known for being the lone female cast member on *Not the Nine O'Clock News*, a classic British comedy sketch series from three decades ago. Others may know her better as Billy Connolly's wife. Stephenson reveals why she left home at a young age and the guilt she felt following a fatal car crash that, she says, her parents blamed her for. The book is written, somewhat unusually, in question and answer form, but the answers often extend for several pages. Stephenson acknowledges that nobody reveals everything of themselves to anyone, but she reveals about as much as can be expected.



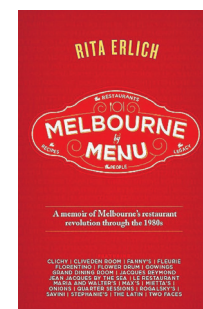
ANDREW BOTH

MELBOURNE BY MENU

Rita Erlich

Slattery Media Group rrp \$34.95

RITA Erlich began writing for *The Age Good Food Guide* in 1980 and traipsed all over Melbourne and regional Victoria to write about food, wine, restaurants and the service they provided. In *Melbourne by Menu*, she recounts the evolution of the city as a food capital through the menus she collected, reprinted reviews, recipes and stories about the characters and family dynasties of the restaurant industry. Erlich explains how visits to Florentino's on Thursdays (lasagne day) with her mother in the '60s were the likely source of her interest in restaurants. Erlich regards Florentino's (now in the hands of Guy Grossi) as having always been the face of Italian-Melbourne cooking. Florentino's chocolate soufflé is among a dozen recipes included by Erlich; others include Flower Drum's minced quail in lettuce leaf and Fleurie's Chicken. On a nostalgic note, Erlich recalls when King Island crayfish was affordable and when dishes didn't come with the frippery of foams, soils and dusts. If you are a fan of Melbourne's food scene, past or present, this book is an interesting history of how it all came to be.



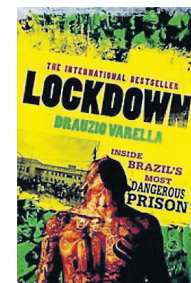
JUDY HERBERT

LOCKDOWN: INSIDE BRAZIL'S MOST DANGEROUS PRISON

Dr Drauzio Varella

Simon & Schuster, rrp \$29.99

BRAZILLIAN prisons are not the most appealing places at the best of times, but Carandiru Prison was a particularly grim place. Completely closed to the outside world, it was a squalid prison run almost entirely by the prisoners themselves, who created their own system of justice and law and order. In 1989, only a handful of doctors were employed to treat the more than 7000 prisoners, many of whom had HIV. But a guardian angel arrived in the form of Dr Drauzio Varella, who spent 13 years volunteering at the prison. Gradually, he gained the trust of the inmates and became overwhelmed by their humanity, which he has documented in his book. A bestseller in Brazil, the book has finally been translated into English. It's not a read for the faint-hearted but for anyone interested in learning what it's like to live on the inside, it's a compelling piece of work.



ANDREW BOTH

Violence and villains

LAWLESS

Director: John Hillcoat

Stars: Guy Pearce, Mia Wasikowska, Noah Taylor, Jason Clarke.

Rating: MA

IN *LAWLESS*, a gritty American story about Prohibition-era bootleggers is brought to life by a couple of Aussies.

Screenwriter Nick Cave (who also worked on the excellent score) and director John Hillcoat — long-time collaborators who made another outlaw film, *The Proposition*, back in 2005 — have created a bloody, pulsing film, gorgeously shot, peppered frequently with brutal violence and upheld by some of the greatest current actors in cinema.

Probably thanks to the film-makers' pedigree, the cast features a lot of Australian talent, including *The Proposition* actor Guy Pearce as vain villain Charlie Rakes, as well as Mia Wasikowska, Noah Taylor and Jason Clarke.

Clarke, while not well-known here or overseas, notably holds his own alongside British powerhouse Tom Hardy (hot off the back of *The Dark Knight*



Rises) and Shia LaBeouf, as the three Bondurant Brothers. In 1930s Virginia, these seemingly invincible bootleggers were the stuff of legend, with their potent moonshine and contempt for the law. Based on a book by the outlaws' descendant Matt Bondurant (*The Wettest County in the World*), *Lawless* focuses on the arrival of Special Deputy Charlie Rakes (Pearce) from Chicago who, along with other authorities, wants a cut of the profits the Bondurants are pulling in. Pearce is chilling. He comes close to playing Rakes as a caricature, but the severely slicked hair, high chuckle and pompous attitude have the desired effect of coming across

as damn creepy. It feels like the Bondurants are fighting a losing battle, or that they should be, except there appears to never be any repercussions from the law. The story mainly focuses on the youngest Bondurant, Jack (LaBeouf) — the runt of the litter, so to speak. He's got brains, but no brawn, and is all swagger and talk until confronted with actual danger. Jack is a vastly annoying and frustrating character, but necessary because it's his overconfidence that pushes the story onward. Hardy, meanwhile, is a force to be reckoned with. As Forrest Bondurant, he certainly doesn't suffer from middle child syndrome. The leader of the group, he's a

brute of a man who communicates mainly through intense stares, grunts, fist fights, and the occasional mumbled word, but boy, does he command a presence.

His quiet intensity is at times foreboding, but also quite funny, particularly around Jessica Chastain's city gal Maggie. The two actors are the movie's standouts.

Hillcoat and Cave don't shy away from violence. A man is threatened at knifepoint and another is bashed with brass knuckles, blood bubbling from his mouth as he lies on the ground. And that's just in the first 10 minutes.

The gruesome gore isn't unnecessary though. It fits in with the gritty, dangerous feel of the time.

Also in play in the story are the two women who appear to shake up the Bondurants' life — Chastain's aforementioned Maggie and naive, religious girl Bertha (Mia Wasikowska).

Lawless is compelling stuff. Hillcoat and Cave have weaved together a movie that while not always believable, captures the dangerous cut-throat world of the time.

CARIS BIZZACA