

MOVIE REVIEW

'The Revenant'

By Derek Zemrak



Kimberley French Copyright © 2015 Twentieth Century Fox Film Corporation. All rights reserved. THE REVENANT Motion Picture Copyright © 2015 Regency Entertainment (USA), Inc. and Monarchy Enterprises S.a.r.l. All rights reserved. Not for sale or duplication.

The Revenant" is a highly intense, gripping, graphic film, which follows Hugh Glass (Leonardo DiCaprio), a frontiersman on a fur trading expedition in the 1820s who is on a quest after being brutally mauled by a bear. The opening scene sets the tone of the movie, as a group of Native Americans attack the fur hunters in a violent, graphic killing spree. Think "Saving Private Ryan." The intensity continues throughout the entire movie.

DiCaprio delivers a stellar performance as Glass. His dialogue is limited after he is attacked by the bear and must rely on his facial and body expressions to pull off this very different role. DiCaprio makes it all work and the audience will feel his pain and anguish. Tom Hardy ("Inception," "The Dark Knight Rises") gives an equally amazing performance as the nemesis, John Fitzgerald. I am surprised Hardy was overlooked for a Golden Globe nomination. His character will be remembered in cinematic history for years to come as one of the most hated characters, alongside Nurse Ratched and Hannibal Lecter. Director Alejandro Gonzalez Iñárritu, who won the Best Director Oscar last year for "Birdman," truly knows how to pull an audience in and not let go. Iñárritu will receive another Oscar nomination for "The Revenant" when they are announced.

The real standout for me in this film is the

amazing cinematography by Emmanuel Lubezki. It is truly breathtaking in many ways because it is very difficult to take such a dark subject matter and turn every shot into a masterpiece. I feel the remarkable photography helps one through the extremely explicit scenes. Emmanuel could very well win his third Oscar in a row for cinematography. He won in 2014 for "Gravity" and in 2015 for "Birdman."

"The Revenant" is not a movie for everyone due to the violent, realistic nature of the story, but it is one of the best films in 2015. It is rated R for brutal, realistic combat, violence with graphic gory images, sexual assault, strong language and brief nudity. The TRT (Total Running Time) is two hours and 36 minutes. I do have to say that due to the high intense pacing that Iñárritu delivers, the movie did not seem that long. Just remember to breathe deeply.

Best wishes to all in 2016. May it be a sweet 16! My top seven favorite movies of 2015 are:

- 1) "Trumbo"
- 2) "Spotlight"
- 3) "The Big Short"
- 4) "Brooklyn"
- 5) "The Revenant"
- 6) "Carol"
- 7) "Inside Out"

◆ Not to be missed ◆ Not to be missed ◆

SENIORS

"Mindful Aging at the Moraga Library – Introducton to Tai Chi for Better Balance" at 1:30 p.m. Thursday, Jan. 14. Cynthia Black, trained in Tai Chi for a better balance and certified in Chair Chi, a form of Tai Chi practiced from a chair will show participants how to improve their balance through Tai Chi. This program will meet in the La Sala Building at the Hacienda de Las Flores, 2100 Donald Drive.

As this new year begins you may be thinking of activities you would like to pursue. SIRs Las Trampas Branch 116 welcomes guest to socialize at 11 a.m. Monday, Jan. 18 at our monthly luncheon at the Walnut Creek Elks Lodge, 1475 Creekside Drive, and learn of membership activities which include book discussions, bridge, computers, dine-outs, dominoes, fishing, golf, hiking/walking, investments, poker, travel, wine tastings and more fun things. For more info about SIRs activities for retired men, visit www.Branch116.org. Please call (925) 322-1160 for lunch reservations. Cost for lunch: \$15.

Cooking Basics: Soups and Chowders with Mike Weller, Byron Park executive chef and former Le Cordon Bleu director of education from 2 to 3:30 p.m. Tuesday, Jan. 26 at Byron Park, 1700 Tice Valley Blvd, Walnut Creek. Who doesn't love the smell of a hearty batch of soup simmering on the stovetop? These one-dish meals are the ultimate comfort food on a cold winter's night. Come taste Chef Mike's scrumptious recipes and watch as he demonstrates these easy-to-prepare soups and chowders. Space is limited; reservations required by Wednesday, Jan. 20. Call Lafayette Senior Services: (925) 284-5050. Cost: free for members; \$10 non-members.

GARDEN

From the Ground Up - Enjoy your garden's bounty around home and hearth. Reap the benefits of cultivating a garden with a series of inspired classes designed to make green thumbs blossom. The Gardens at Heather Farm's Adult Education series, "From the Ground Up" continues in 2016 featuring practical lessons on developing gardens, then using the garden's bounty to create table arrangements and specialties for the home and body. The first class begins Wednesday, Jan. 13. Visit www.gardenshf.org or call (925) 947-1678 for more information. Classes typically range from \$15 to \$30.

The Lafayette Community Garden and Outdoor Learning Center is accepting applications for individual or family memberships for the 2016 season. The season opening is March 12. If you are interested in getting more information, visit www.lafayettecommunitygarden.org. To apply for membership, download and fill out a membership form and send it to the address on the form. If membership is full, you will be put on a waiting list. For info, call (925) 946-0563.

The Lafayette Garden Club monthly meeting will feature speaker Shari Bashin-Sullivan, who will give a container planting demo/presentation and answer container gardening questions from 9:30 a.m. to noon Thursday, Jan. 14 in the Lafayette Veterans Memorial Hall, 3780 Mt. Diablo Blvd. To see some of Bashin-Sullivan's projects, visit www.enchantingplanting.com. For info, email cpoetzsch@gmail.com.

Montelindo Garden Club's next meeting featuring speaker Sarah Malone, who will discuss Form and Foliage at 9 a.m. Friday, Jan. 15 at St.

Stephen's Episcopal Church, 66 St. Stephens Drive, Orinda. Visitors welcome. For info, visit www.montelindogarden.com.

Mt Diablo Nursery Winter Pruning Class will provide an informative, interactive pruning demonstration of fruit trees, roses and perennials by an experienced nurseryman who will answer pruning questions from 11 a.m. to 1 p.m. Saturday, Jan. 16 at 3295 Mt Diablo Blvd Lafayette. Free. For info, visit mtidiablonursery.com or call (925) 283-3830.

The Moraga Garden Club will hold its general meeting at 9:30 a.m., Thursday, Jan. 21 at the Holy Trinity Church, 1700 School Street, Moraga. Guest speaker will be Nicholas Staddon, director of new plants for Monrovia, who will give a presentation entitled, "The New American Garden." Interested parties are welcome for the 9:30 a.m. social time, marketplace table and meeting at 10 a.m.

Winter Rose Pruning workshop at 10 a.m. Saturday, Jan. 30 at McDonnell Nursery, 196 Moraga Way in Orinda. To reserve a seat, call (925) 254-3713 or email info@mcdonnell-nursery.com.

UC Master Gardeners of Contra Costa at the Moraga Library – "Growing Apples and Pears – The Basics" at 1 p.m., Saturday, Jan. 30. Master Gardener Darlene DeRosa will cover the basics of growing apples and pears and share tips on growing fruit trees in small spaces.

Please submit events to:
calendar@lamorindaweekly.com

BDK America presents Discovering the Japanese Way of Tea



First Class: Jan. 20, 2016 @ 10:30 AM -12:00 Noon


As one of our first Japanese Arts and Culture programs, we are offering a six-week course on the background, culture and tradition of the classic Japanese tea ceremony and how this centuries' old tradition and experience can be enjoyed even in today's contemporary world, with friends and at home. No previous experience or study of the tea ceremony is necessary to participate. Seasonal Japanese sweets and green tea from Japan will be prepared and enjoyed at each class session. For further information, cost details and to register for the class, please contact Tea Ceremony instructor Yufuko Kurioka at: thenogatetea@gmail.com. Class to be held at the BDK America office location noted below.


BDK America Moraga Office
1675 School Street, Moraga CA 94556
Ph: (925) 388-0067

Service Clubs Announcements



Explore Lamorinda Rotary clubs The heart of Rotary is our clubs- dedicated people who share a passion for both community service and friendship. Learn about Lamorinda's Rotary clubs.

		We meet Friday mornings at 7:00 am at The Lafayette Park Hotel & Spa , 3666 Mt. Diablo Blvd, Lafayette. For more info, please email us at lamorindasunrise@gmail.com
January 15: Club Assembly. The Board will reveal plans and program for the upcoming year.	January 22: Member Terri Khonsari will present the Sierra Leone International Project.	
After building two gorgeous canoes, what next will this Rotary club do? Is a luxurious tear-drop trailer of interest to you?		

	
Step in on a Thursday and join us for our lunch meeting. Thursday at noon Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette.	
January 21: Phil La Scola will be speaking about the Frank Sinatra you did not know.	January 28: Michael Barrington from the Concord Rotary Club will be speaking about Rotary projects in Burkina Faso, West Africa.
www.rotarylafayette.org	

Lamorinda Weekly

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