

From top: the musical Carousel, Churchill's memoirs, the Marx Brothers' comedy A Night At The Opera, Morecambe And Wise, a BlackBerry, the Svalbard Islands and Vanessa Redgrave

The treasured item you lost and wish you could have again... An album of photos taken mostly by Sting during my first trip to Venice in 1984. It was in December with the fog rolling off the Grand Canal, and we were so happy to be on our own in the most romantic city in the world. The album was lost in a house move.

The unending quest that drives you on... Speaking up for people who would not otherwise be heard.

The way you would spend your fantasy 24 hours, with no travel restrictions...

I'd kidnap Sting from wherever he was on tour to watch the sunrise at Varanasi in India, followed by a walk in the Himalayas to the source of the river Ganges. Lunch at our Lake House in Wiltshire with all the kids [the couple have six children between them], dogs and cats. Paris for shopping, then Rome for bellinis at sunset, overlooking the Piazza di Spagna. We'd end up watching the Northern Lights, in the Svalbard Islands near the North Pole, and sleep by the fire at Sweden's Ice hotel.

The temptation you wish you could resist... Checking my email every time I hear a BlackBerry ping, then feeling disappointed if it's not mine.

The book that holds an everlasting resonance... Churchill By Himself: The Life, Times And Opinions Of Winston Churchill In His Own Words. He's the ultimate orator and a hero of mine.

The priority activity if you were the Invisible Woman for a day... I'd listen to the secret conversations of the world leaders to discover their real agendas.

The way fame and fortune has changed you, for better and worse... I spend too much time leaving places and people. But the travel is exciting.

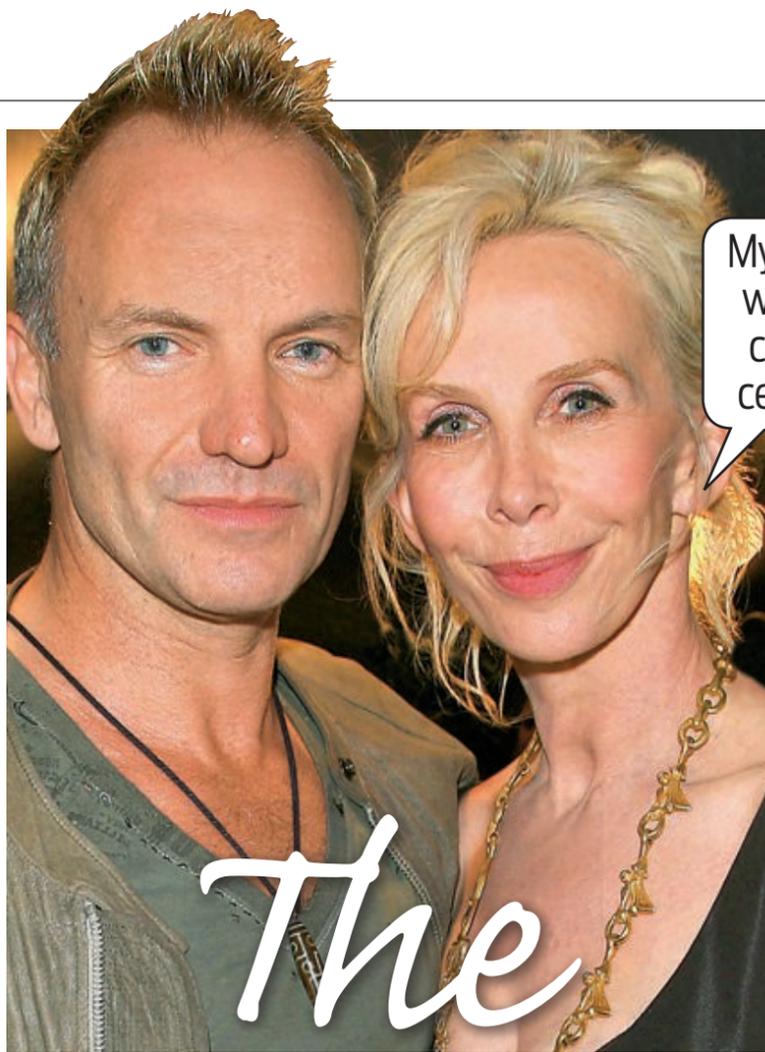
The film you can watch time and time again... A Night At The Opera with The Marx Brothers. It always makes me hoot with laughter.

The person who has influenced you most... Vanessa Redgrave. I first met her when I was 17. Her courage, dignity and talent are a constant inspiration.

The figure from history for whom you'd most like to buy a pie and a pint... William Shakespeare. I'd love to know if he really wrote all those plays.

The piece of wisdom you would pass on to a child... 'It doesn't matter what you do, it does matter that you are kind.'

The unlikely interest that engages your curiosity... All things medical. I



My emerald wedding ring was found in a treasure chest in a sunken 15th-century Spanish galleon

The poem that touches your soul... For The Fallen by Laurence Binyon. I recited it at school when I was six on the day Winston Churchill died in 1965. It's meant more as I've got older.

The misapprehension about yourself you wish you could erase... That people think I'm something I'm not, and that I'm motivated by things that truly aren't important to me.

The event that altered the course of your life and character... Nearly drowning in the Xingu river in Brazil in 1989. I made it to shore, and the experience made me realise I had the power to take control in my life.

The crime you would commit knowing you could get away with it... I'd dump crude oil all over the backyards of the Chevron bosses, just like they've done to the indigenous people of Ecuador.

The song that means most to you... If I Loved You from the musical Carousel. My mum sang it to me, Sting has sung it to me, and Hugh Jackman sang it to me at one of my birthday parties.

The happiest moment you will cherish forever... When, in 1981 at the age of 26, I played the lead for the Royal Shakespeare Company in Johnny Gems' play Naked Robots.

The saddest time that shook your world... When my mum, who had Alzheimer's, didn't recognise me any more. She died when she was 60 and never met her grandchildren.

The unfulfilled ambition that continues to haunt you... To sing in tune, and thereby astound my entire family.

The philosophy underpinning your life... Live more, give more, forgive more.

The order of service at your funeral... The eulogy by Bob Geldof, complete with profanities no doubt, then Bring Me Sunshine as sung by Morecambe and Wise, with everybody doing their silly dance as they leave the church.

The way you want to be remembered... With love by my family and friends.

The Plug... Trudie Styler's Lake House Table ready-to-cook suppers are available in Waitrose and via Ocado. ■

As told to Rob McGibbon

The DEFINITE ARTICLE

We ask a celebrity a set of devilishly probing questions – and only accept THE definitive answer. This week it's Sting's wife, Trudie Styler

love reading The Lancet and I'm signed up to a medical website for student doctors that sends out daily emails to test your diagnostic skills.

The prized possession you value above all others... My wedding ring. It's an emerald ring found in a treasure chest in a sunken 15th-century Spanish galleon. It was stolen from me in the south of France, and years later the thief asked us to buy it back. The thief was known to Sting and me and we

got it returned. Then last year I got home from a Bruce Springsteen concert in New York and realised the stone was missing. I went back to the venue and found it on the floor. It's my lucky ring in every way!

The unqualified regret you wish you could amend... The time I went to the bank to complain when they refused me an overdraft. As I made a scene, yesterday's knickers fell down my trouser leg and ended up on the floor.



NEXT WEEK

● Prince Charles on the extraordinary life of his favourite composer ● Behind-the-scenes secrets of TV's latest epic ● Sizzling Spanish tapas recipes to tickle the tastebuds ● PLUS Don't miss Britain's biggest and most detailed TV guide

PS...

Penelope Cruz and Johnny Depp sail into cinemas on Wednesday in *Pirates Of The Caribbean 4*. James Corden stars in *One Man, Two Guvnors* at the National Theatre in London. And Kate Bush's new album, *Director's Cut*, is out Monday