



The to-do list Activities, events and simple relaxation

## watch



**TASMANIAN OPEN DANCE  
 SPORT CHAMPIONSHIP**  
**Saturday, August 13, from  
 11am**  
**Silverdome, Prospect**  
**Cost: adult \$30 to \$45,  
 concession \$22.50**

DANCERS aged six years to 70 years will take to the floor in two sessions of competitive dancing, covering Latin American, ballroom and new vogue styles.

More than 200 competitors will dance all three styles under a spectacular lighting show for a share in a \$20,000 prize pool. Heats start at 11am and finals will be held in the evening before social dancers have their turn in the spotlight for a public dancing session.

## listen

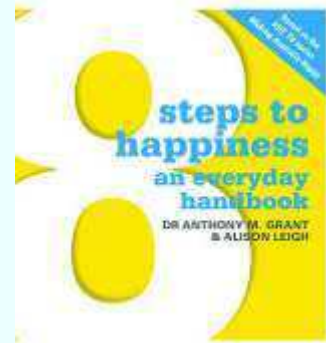
**BUSBY MAROU**  
**Busby Marou**  
**(CD, Footstomp Music)**

MOST of the Australian music community were first introduced to Busby Marou with their inclusion on the incredibly successful Finn Tribute album, He Will Have His Way and their version of Better Be Home Soon.

Jeremy Marou, a proud Torres Strait Islander has a unique and rare musical talent. He excels on just about every instrument he touches including ukulele, bass, drums and piano, however it is his natural ability on the guitar that makes you stop and listen. This combined with Thomas Busby's distinctly Australian way of sharing stories has developed into a unique Australian song writing flavour with cracking harmonies, breathtaking musicianship and a natural feel for each other's guitars.



## read



**8 STEPS TO HAPPINESS**  
**An everyday handbook**  
**By Dr Anthony M. Grant and  
 Alison Leigh**  
**(\$15, pb, Victory Books)**

BASED on the hit ABC TV series Making Australia Happy this practical, everyday handbook shows you how to become a happier person in just eight weeks. The simple exercises and activities in 8 Steps to Happiness are profoundly effective and scientifically proven, and can lead to measurable physiological changes, from improved immune function to better sleep and increased physical strength. The 8 steps program gives you no-nonsense tools to make real change in your life.



visit

**OPIUO featuring ACUMEN**  
Fresh on Charles,  
Launceston  
Friday, August 12, from  
10pm  
Cost: \$12 pre-sale, \$17 on  
the door

CHARLES Street cafe Fresh has organised a pan-Tasman treat for Launceston and brought bringing together New Zealand glitch-trip hop act, Opiuo, and Tassie's own mash-up DJ and VJ combination, Acumen.

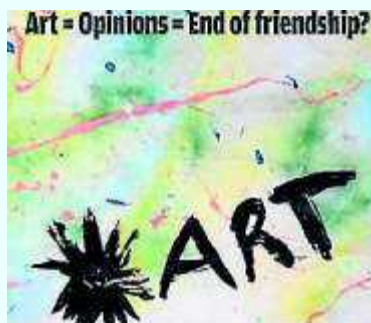
Opiuo's music has been described as a combination of tight grooves and chunky beats, broken up by brooding soundscapes.

Acumen has been at the forefront of the state's hip hop scene since 2008 for DJ Dameza's turntable skills and VJ Sloth's digital art mastery.

Pre-sale tickets can be bought online at [www.greentix.com.au](http://www.greentix.com.au)



enjoy



**ART, by CENTRSTAGE**  
August 10 to 13, from 7pm  
Annexe Theatre, Academy of  
the Arts, Inveresk  
Cost: adults \$25, concession  
\$18, students \$10

ART is a comedy about three men engaged in an ongoing debate over the value of a painting, to the point where their long-standing friendship is almost destroyed.

Written by Yasmina Reza and directed by Laura Bishop, the play will cause the audience to question: are you who you think you are, or are you who your friends think you are?

Tickets are available from the Princess Theatre's box office, and by calling 6323 3666.