

COME SEPTEMBER

By Juliet Matkar

After the summer break, the TEGSA Committee and members alike were all excited to resume our enjoyable TEGSA events. The Fall session commenced with “Come September” which took place on September 10, 2010. The “goan” in us was anxious to sample the “xacuti” and the curiosity in us wanted to be introduced to “Zumba”. The event was very well attended. There was chatter and laughter among the huge crowd and everyone seemed to be in a fantastic mood.

At the start of the evening we were introduced to the Zumba instructress, Matty Dias by the Cultural Secretary Sheilah D’Souza, after which Matty introduced herself and gave us a briefing about what to expect, advising that what she was about to demonstrate and what she was trained in, was “Zumba Gold”.

Matty further went on to state that Zumba was a form of “dancercising”, which is a combination of dance and exercise – performing various routines to music. She mentioned that one does not have to memorize routines, but just follow her as she takes us through the various moves.

Matty started the first session with a “sit-down routine”, which had everyone sitting on their chairs and moving limbs and torso vigorously to the beat of the music. The routines that followed were done standing up, and were on the same lines but with more movement of arms, body and legs. The exercise had everyone working up a sweat and reaching for their water bottles in between routines. All in all members seemed to have enjoyed the session, which was thoroughly invigorating.

Once the Zumba instruction was completed, members were more than ready for the Xacuti dinner. We had Cleo and Leo D’Souza lead us in grace before the meal, which was served along with a fruit salad dessert.

After a satisfying meal the strains of Vinod Monteriro’s fabulous music was too good to resist and members made their way to the dance floor to boogie the night away. We had a good mix of jive, chacha, waltz and fox trot music as “Vinod the Man” gives TEGSA what TEGSA wants. After dancing for a while, bingo was announced and two rounds were played with the usual prizes for every line as well as two full houses for each round.

After the bingo, dancing resumed. This time Natty Viegas led the dancers to the floor to do line-dancing. On that note ended a wonderful, fun-filled, thoroughly enjoyable evening. A good start to the Fall session and a hope for many more such fun-filled evenings to follow.