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Corredoyra*



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COVER #4

DARSENA CORUÑA

Alfonso Abelenda Escudero

One of a Kind, Oil on Canvas (Spain).

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Introduction

WELCOME TO THE FOURTH ISSUE OF THE MAGAZINE
OF ASOCIACION INTEGRA CULTURAL!

In this edition we will talk about how the world of sports and specifically synchronized swimming lived the Covid-19 pandemic with the testimony of the swimmers of the artistic swimming club Aguamarina Sincro de Culleredo, we will prepare the birth of the music genre "Crazy Blues "and we will continue talking about training thanks to the BELIKEYOU project. Don't miss our President's final literary review of a book a food for thought for real life thinking.

We hope you'll like it, let's get started!

Redacción



text of
RAQUEL R. RODRÍGUEZ-CORREDOYRA
 Trainee at Integra

Swimming during Covid-19

The artistic swimming club Aguamarina Sincro de Culleredo, to which I have belonged for almost a lifetime, has been resisting and still resisting (and always) adversity. A small club, since it does not have its own pool, unlike many of the Spanish teams in this sport, so we have to settle for renting a few streets a week. In our case, we can say that the illusion is not measured in liters of chlorinated water.

When during the 2019 season we saw that we had to close the chiringuito, we had a very bad taste in everyone's mouth: chosen music, designed swimsuits, made routines ... all to ruin in a matter of days. We had to wait, and it took a long time, but we never stopped working. The physical training followed by video call, as happened with the activity of so many other companies and schools. The coaches marked the exercises live and each one of us did them at home as best she could.

But we went back to the pools, some more fit than ever, and we wanted to give it our all. However, not everything was allowed. We could not exceed a maximum number of swimmers per lane, we had capacity problems in the changing rooms, changing perimeter closures, endless new rules every month and a vital detail in this sport: it is forbidden to establish contact between swimmers.

Until April of this year we had not practiced any elevation or jump, nor any element that involved touching. The routines were still unfinished, since we did not know if at some point the acrobatics would have to be included, which as indicated by the regulations are mandatory according to which category. But the Federation ruled (finally) on the matter. If the artistic swimming teams performed antigen tests on their swimmers every fortnight, the competitions at the Galician level would resume and contact between team members would be allowed.

A few days before the only two competitions to be held this year for the Base category, the routines were finished, trained and ready to be performed. In just two months, during which time we have performed the antigen tests, the teams have had to modify the routines to include elevations and jumps.

Taking into account that we do not have all the hours of water that we would need, it has been a great effort for the girls, since time was running against us, and acrobatics decrease the energy level of the swimmers during the routine.

Despite everything, we feel fortunate to be able to carry out the work of a whole season, marked by radical last minute changes and sudden stoppages. At the start of the 2020-2021 season, as the previous one had ended, we did not know how events would unfold.

Finally, the Ourense Trophy was held a few days ago, in which Aguamarina achieved gold with the "Dragons" routine and silver with the "Heaven and Hell" routine, giving us a shot of energy after the turbulent season that we had.

The Summer Promotion Cup, the most important event in the Base category, will be held on May 30.

We can only get to our full potential on this last date, proudly enjoy a job well done and hope that the 2021-2022 season will bring us special moments. Specials? Do not! Normal, normal! With a little bit of normality we settle 😊.

Visit the website

<http://www.aguamarinasincro.com>



El primer disco de Blues

text of

DUMIA PERNAS OTERO
Project Manager

Classical blues - often performed by women - is the link between folk music and show business. A product of black theaters and "minstrel" (minstrel) shows, urban blues gave voice to the harshest aspects and attitudes of ghetto existence.

The first blues album appeared in 1920. It was called Crazy Blues and it was the second recording by its interpreter, Mamie Smith (1883-1946). After the success of this recording, the record companies realized the demand for what was called "race music". With this first success, it can be said that the era of classic female blues had begun.

These singers were usually accompanied by bands made up of piano, wind instruments and drums. These women were pioneers in the recording industry, being the first recorded black voices and for being the ones in charge of spreading the 12 bar blues format throughout the country.

Mamie Smith, "first lady of the blues", was a singer, dancer and actress of vaudeville. As a vaudeville singer, he cultivated different styles, including jazz and blues. Born Mamie Robinson in Cincinnati, she toured with African-American vaudeville and minstrel shows until settling in New York in 1913, where she began working as a cabaret singer.



On August 10, 1920 Mamie Smith recorded Perry Bradford's composition Crazy Blues, accompanied by her Jazz Hounds. This is a first vocal piece with 'choruses', whose base is the 12-bar structure. Just a few months earlier, Smith had become the first black artist to record an album, and her success brought her back into the studio to inaugurate the recording history of the blues.

Mamie Smith's recording career spanned from 1920 to 1931, but no major American label has reissued LPs or CDs of her songs. It would be overshadowed by other singers, like Gertrude 'Ma' Rainey or Bessie Smith.

Curiosities:

- Mammie Smith's voice appears on the compilations Women of Blues and The Sounds of Harlem.
- The version of Crazy Blues from 1920, recorded by Mammie Smith appears in episode 10 of the first season of Broadwalk Empire.
- Crazy Blues was released the same 1920 for gramophone number 4169 by Okeh Records.
- Within a month of its release it had already sold 75,000 copies.
- In 2012, jazz singer China Moses recorded her version of the song.





text of

JESÚS SANCHO REVILLA
Project Technician

BELIKEYOU: the education continues

The BELIKEYOU - Storytelling on Entrepreneur Role Models for Young Europeans project, of which the Integra Cultural Association is partner, is making good progress, and the first phase of research on reference models in entrepreneurship for young people is about to be completed.

During these months, the project partners agreed on the questions to be asked in the questionnaire for administration to pre-university students, and we set common criteria to carry out group discussions and interviews. In this way, the same questions, in the form of questionnaires, Group discussions or interviews were conducted with students from the six partner countries of the project (Spain, Italy, Greece, Romania, Poland and Latvia), in order to compare their responses and guide the second phase of the project, which will begin in the second 2021 semester and will consist of a methodology for the narration of stories on social networks by students from the six countries about local entrepreneurs. In order to analyze the responses obtained and agree on this methodology, the organizations

Project partners plan to physically meet in Poland in July, if the situation generated by the pandemic allows it. Precisely because of COVID, the questionnaires, debates and interviews were carried out online or in person, depending on the situation in each country. All partners achieved the goal of reaching at least 100 students with the questionnaires, and of conducting a group discussion with at least 10 students, as well as personal interviews with at least 10 students.

BELIKEYOU Storytelling on Entrepreneur Role Models for Young Europeans is an Erasmus + project and involves more than 180 high school students in 6 European countries in its research and training activities over 2 years.

In addition to Integra, the ARTES project (Italy) includes Raibais kakis (Latvia), 4 EPAL KAVALAS (Greece), Fundacja Na Rzecz Integracji Srodowiska Akademickiego Miasta Poznania "Jeden Uniwersytet" (Poland), and Colegiul Economic Ion Ghica (Romania)

More information on: www.belikeyou.eu

Follow the official Facebook page

<https://www.facebook.com/belikeyouproject/>

And Instagram:

<https://www.instagram.com/belikeyouproject>

Project number: 2020-1-IT02-KA201-079565

Project Title: BELIKEYOU Storytelling on Entrepreneur Role Models for Young Europeans

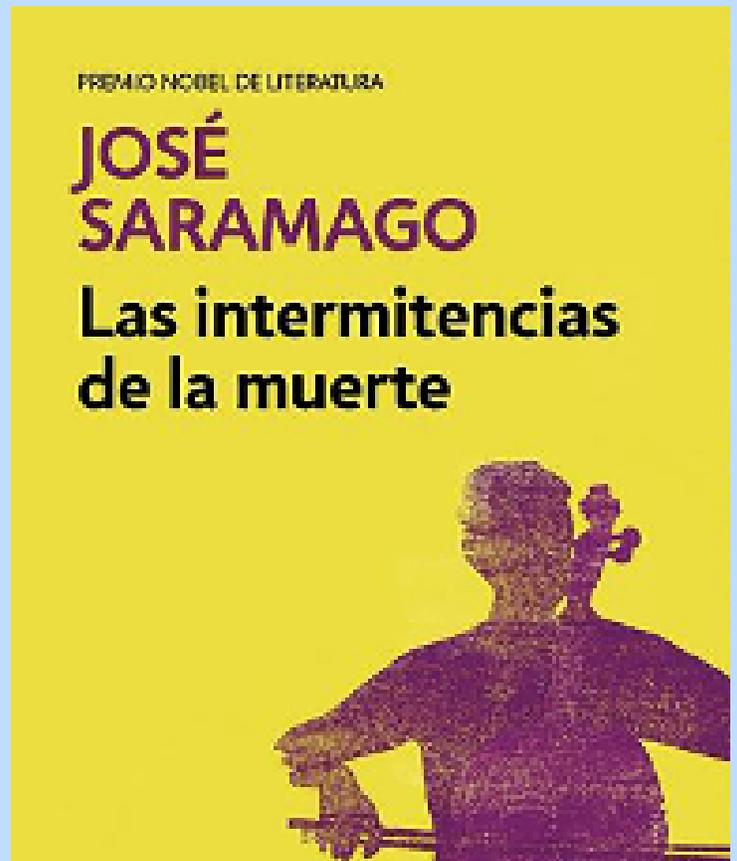
Death with Interruptions

text of

CARLOS SILVA GARCÍA
President

¿Have you ever wondered what would happen if for a reason unknown to humanity, death made the decision to stop killing and people became immortal overnight? How do you think people would react to an event of such caliber? What impact would it have on society as a whole? What religious, ethical, economic and scientific dilemmas would we be forced to face? Would you perceive immortality as a gift or as a curse? What if death ceased to be a right to become a privilege? And perhaps the most important of all questions, what would happen to humanity if death became a human being and how could it also die? Who would then take care of your chores?

The fear of dying is natural to human beings and for this reason it is also natural to want to give the dreaded grim reaper by any means. But we would be stupid if we believed squarely that in immortality the whole mountain is oregano. Eternity is nothing more than a delusion, the result of fear of death. We begin to die just the moment we are born. We are aware of how limited and fragile our existence is and that is why we try, whenever we can, to make the most of every second of our existence. It is not surprising then that immortality seems really desirable. "The next day no one died" This is how Saramago's parable about life and the end of existence begins. While in the rest of the world people continue to die, in a country with an unknown name, the grim reaper, for an unknown reason in principle, decides to cease its activity.



The initial joy and merriment eventually give way to full awareness of the nightmare into which eternal life has turned their lives. Death is no longer a natural event. It has become a privilege, a commodity to trade with.

Suffering and agony never cease to haunt those who, due to illness, age or other circumstances, should have crossed the Stygian lagoon and faced their destiny in the other world. The economy sinks in those sectors related to death. And the health system is unable to bear the cost of guaranteeing a decent life to those who will never be able to have it. People have to take their loved ones to the other side of the border so that they can die, something that will be about to provoke a conflict of warlike overtones ...

I encourage you to calmly read this great work by Saramago and draw your own conclusions. Perhaps when you have finished reading it, immortality will not seem so good to you.

Or if.

Contacts

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- The Asociación Integra Cultural was founded in 2004 in A Coruña as an initiative of young people with experience in the field of social inclusion and European cooperation. This magazine is not a newspaper as it is updated without any periodicity. Therefore, it cannot be considered an editorial product in accordance with the Law.