



Toronto Forum on Cuba Newsletter

July 13, 2015

~~~~~

Volume #62

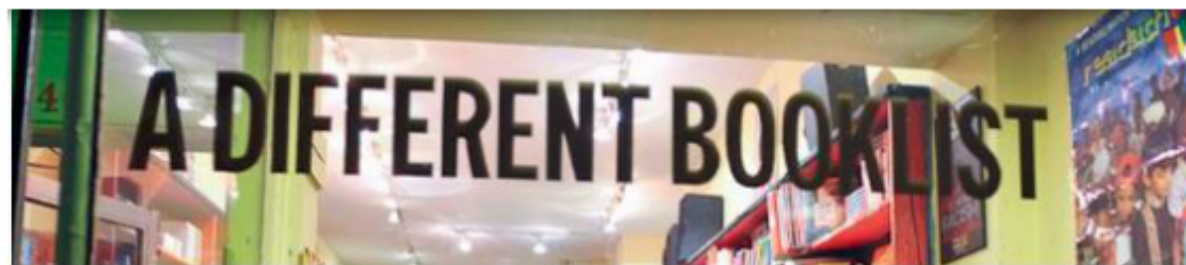
~~~~~

Issue #1

Social Forum, Cuba's Healthcare,... Al-Quds Day

[Check out our latest photo galleries](#)

- [Toronto Al-Quds Day on Facebook](#) to check photos/videos
- [Toronto Peoples' Social Forum](#)
- [Al-Quds Annual Conference on Palestine](#)



"I think the purpose of the writer is to help us see.

The writer is someone who can perhaps have the joy of helping others see."

A Tribute to Eduardo Galeano With Open Mic

Thursday July 16, 2015

7:00-9:00 p.m

746 Bathurst St., Toronto

Eduardo Galeano (1940-2015), was a journalist, writer, historian and activist. He was a literary giant of Latin America.

In honour of his revolutionary spirit we ask you to join us for an evening of **resistance** poetry introduced by
Professor Keith Ellis

& featuring:

5 Fingers 1 Fist
Whitney French
Faduma Mohamed
Osaze Dolabaille

Followed by an Open Mic.

We encourage poets to offer poems surrounding the theme
of *resistance*.

Endorsed by Toronto Forum on Cuba

SPORTS IN CUBA
a brief history

EL DEPORTE EN CUBA
una breve historia

Alfonso Lloréns Betancourt

*First Vice President of the UNEAC in Matanzas, CUBA
for providing Toronto Forum on Cuba with the informational material.*

Prepared and Distributed by

TORONTO FORUM ON CUBA

www.torontoforumoncuba.com

torontoforumoncuba@rogers.com

Alfonso Lloréns Betancourt

*Vicepresidente Primero de la UNEAC en Matanzas, CUBA
por proporcionar Toronto Forum on Cuba con el material informativo.*

Preparado y Distribuido

TORONTO FORUM ON CUBA

www.torontoforumoncuba.com

torontoforumoncuba@rogers.com

Sport before the triumph of the Revolution

- About 15 thousand people regularly practiced sports.
- There were 951 sports facilities.
- Only 2 percent of students receiving physical education services by 609 professionals in the field, 1 per 100 000 inhabitants.
- Cuba participated in seven Olympic Games with 114 athletes and winning 14 medals, five of these gold.
- During this period of more than 50 years, the island registered only one woman.
- Professional boxing, baseball and athletics were the most popular sports and therefore the most important ones, both nationally and internationally.
- Other modalities such as basketball, volleyball, boating, soccer and swimming were practiced at club level and therefore most of the population had no access to them.
- There was no official support for sporting activities.

The beginning of sport as a legitimate right of the people

From the triumph of the Revolution in 1959, Cuban sports experienced a complete turnaround. The new government sees physical activity, recreation and the wide practice of sports, as a legitimate right of the people. The government began to establish a complete infrastructure for the Cuban sports movement, in order to first achieve that its practice be made available throughout the country and, consequently, to reach satisfactory results internationally.

El deporte antes del triunfo de la Revolución

- Cerca de 15 mil personas practicaban con regularidad deportes.
- Existían 951 instalaciones deportivas
- Solo el 2% del alumnado recibía servicios de educación física por 609 profesionales de la materia, 1 por cada 100 000 habitantes.
- Cuba participó en siete Juegos Olímpicos por medio de 114 deportistas y la conquista de 14 medallas, de estas cinco de oro.
- En ese período de más de 50 años la Isla solo inscribió a una mujer.
- El boxeo profesional, el Béisbol y el Atletismo, constituían los deportes más practicados y por tanto de los más destacados, tanto nacional como internacionalmente.
- Otras modalidades como el Baloncesto, Voleibol, Canotaje, Fútbol y la Natación se practicaban a nivel de clubes y por tanto, la mayoría de la población no tenía acceso a la práctica de las mismas.
- No existía el apoyo oficial a la práctica de deportes.

El comienzo del deporte como derecho legítimo del pueblo

A partir del triunfo revolucionario de 1959, el deporte cubano experimentó un giro total, el nuevo gobierno ve en la actividad física, la recreación y la práctica masiva de deportes un legítimo derecho del pueblo. Comienza a formarse toda una infraestructura para llevar adelante el movimiento deportivo cubano, alcanzar, en primer lugar, la práctica masiva a todo lo largo del país, para posteriormente obtener resultados satisfactorios a nivel internacional.

The General Directorate of Sports (DGD) was created on January 14th, 1959. Two years later, on February 23rd, 1961, the governing body of the Cuban sports movement is formed, the National Institute of Sports, Physical Education and Recreation (INDER).

During these years, the INDER has encouraged the construction of new sports facilities throughout the entire country, thus providing the possibility for millions of Cubans to widely practice any sport either recreationally or as high-performance activity. Also, in this same year, the School of Physical Education "Comandante Manuel Fajardo" is established, graduating the first sports instructors and teachers and four years later, in 1965, the National Sports Industry is created and the Institute of Sports Medicine is founded in 1966. Some other initiatives consisted of the establishment of the Sports Initiation Schools (EIDE) and the creation of the National School Sports Games (August 22nd, 1963).

Cuban sport is synonymous with education, culture, patriotism, raising the standard of life and health, in other words, it is one of the fundamental activities for social development.

[... read more ...](#)



Sports in Cuba, a brief history
[Download File](#)

Se crea, el 14 de enero de 1959, la Dirección General de Deportes (DGE) dos años más tarde, el 23 de febrero de 1961 nace el Instituto Nacional de Deportes Educación Física y Recreación (INDER), órgano rector del movimiento deportivo cubano.

En el transcurso de estos años, el INDER ha fomentado la construcción de nuevas instalaciones deportivas a lo largo y ancho de todo el país, brindándole así, la posibilidad a millones de cubanos de practicar masivamente cualquier modalidad deportiva. Surge además, en este propio año, la Escuela Superior de Educación Física "Comandante Manuel Fajardo", que gradúa los primeros instructores y profesores deportivos, cuatro años después, 1965, se crea la Industria Deportiva Nacional y en 1966 se funda el Instituto de Medicina del Deporte. Otras de las iniciativas tomadas lo constituyó la creación de las Escuelas de Iniciación Deportiva (EIDE) y el origen de los Juegos Deportivos Nacionales Escolares (22 de agosto de 1963).

El deporte cubano es sinónimo de educación, cultura, patriotismo, elevación del nivel de vida y salud, es, en suma una de las actividades fundamentales en materia de desenvolvimiento social.

[... leer más](#)



El Deporte en Cuba, una breve historia
[Download File](#)



CELEBRATE

Cuba's Rebellion Day

**Sunday
July 26th
2:00pm
to
6:00pm**

**Dedicated to
Cuban Internationalist
Healthcare & Education
Workers**

JULY



25 Cecil St.
(one block southeast of
College and Spadina)

On July 26th, 1953 a group of brave young Cubans, led by Fidel Castro, attacked the Moncada and the Carlos Manuel de Céspedes garrisons, symbols of the tyranny and occupation of Cuba under the U.S. puppet regime of Batista.

Although the attack was militarily defeated, it raised the banner of struggle, which would lead to the victory of the Cuban Revolution on Jan. 1st 1959.

This year we cheer the return of the Cuban Five to their families and their homeland and we dedicate this year's celebration to the selfless Cuban internationalist healthcare workers who courageously volunteered to battle the Ebola virus in Western Africa and the Cuban internationalist education workers whose hard work and dedication have taught more than eight million people throughout the world, how to read and write.



A POLITICAL AND CULTURAL EVENT

SPECIAL GUEST

*Professor Keith Ellis on
The Legacy of Eduardo Galeano*

LIVE MUSIC

*Ernesto Espinoza & Pablo Gutierrez
Wally Brooker*

HOMEMADE HALAL FOOD

*And much more....
...Stay tuned...*

ORGANIZED BY: Toronto Forum on Cuba - www.torontoforumoncuba.com, torontoforumoncuba@rogers.com

José María Heredia's Immortal

NIÁGARA

A PAN-AMERICAN STORY

About Creative Team Artists News Contact

Contact

For questions about "NIÁGARA - A Pan-American Story" please e-mail:
info@niagarapoem.com

For ticket questions, please contact the Young Centre for the Performing Arts:
 Phone: 416.866.8666
 Email: info@youngcentre.ca

GET TICKETS NOW

World Premiere Performances
 July 23-26, 2015

Ada Slaight Hall—
 Daniels Spectrum
 585 DUNDAS ST. EAST,
 TORONTO, ON.

21
 fiesta
 de la
cultura
 iberoamericana
 24 al 30 de octubre
 Holguín, Cuba
2015

La multiculturalidad y las culturas alternativas

*******CALENDAR OF EVENTS*******

CubaMinRex
 Sitio Oficial del Ministerio de Relaciones Exteriores de Cuba

SECCIÓN ESPECIAL CUBA - EEUU

f t g+ You Tube

LINKS / ENLACES

- *National Committee to Free the Cuban Five*

- *Antiterroristas*

- *Embassy of Cuba in Canada*

Designer / Editor - Sabrina Johnson

[CALENDAR OF
EVENTS /
CALENDARIO DE
ACTIVIDADES](#)

[Campaigns & Petitions
/ Campañas y
Peticiones](#)

[HOME](#)

[CONTACT US /
CONTÁCTENOS
LINKS / ENLACES](#)

[NEWS / NOTICIAS](#)

- [Blockade /
Bloqueo](#)
- [Terrorism
/Terrorismo](#)
- [Education /
Educación](#)
- [Culture / Cultura](#)
- [Solidarity /
Solidaridad](#)
- [National /
Nacional](#)
- [Internationalism /
Internacionalismo](#)
- [Latin America /
América Latina](#)
- [Health / Salud](#)
- [International /
Internacional](#)
- [History / Historia](#)

[TORONTO FORUM ON
CUBA](#)

- [Declarations /
Declaraciones](#)
- [Activities / Actividades](#)
- [Resources &
Publications /
Recursos y
Publicaciones](#)
- [In the Media / En los
Medios](#)
- [Previous Newsletters /
Boletines Anteriores](#)
- [YouTube Channel](#)

[MULTIMEDIA](#)

- [Video](#)
- [Audio](#)
- [Online Publications /
Publicaciones en Línea](#)
- [Downloadable Forms /](#)

[THE CUBAN FIVE / LOS
CINCO](#)

- [News / Noticias](#)
- [Solidarity with the
Cuban Five /
Solidaridad con Los
Cinco](#)
- [Legal documents /
Documentos Legal](#)
- [Messages from the
Cuban Five /
Mensajes de Los
Cinco](#)
- [Write to the Cuban
Five / Escriba a Los
Cinco](#)

- **Galleries / Galerías**