CANCIONES DE MI CORAZÓN • VOLUME FOUR

# Entre Copas y Recuerdos

## Canciones de Amor, Desamor y Vida

CMC-0040 • Cien Años • ONE OF TEN SELECTIONS

### ENGLISH

Entre Copas y Recuerdos brings together ten songs that reflect one of the most enduring traditions in Mexican music: the ability to transform love, heartbreak, longing, pride, and memory into something shared and celebrated through song. These selections were chosen not simply because they are beautiful or well known, but because they are the kinds of songs that pass from one generation to another - sung at family gatherings, celebrations, serenades, around a table, or late in the evening when music becomes more personal and memories rise to the surface. Songs such as Paloma Negra, La Media Vuelta, Acá Entre Nos, Sabor a Mí, Mujeres Divinas, and Pa' Todo el Año speak to universal human experiences while carrying the unmistakable character of Mexican musical culture. Together, these ten songs represent sorrow without despair, celebration without forgetting, and the remarkable tradition of singing through both the joys and disappointments of life. This volume honors the music that allows families and friends to laugh, remember, raise a glass, shed a tear, and continue singing together.

### ESPAÑOL

Entre Copas y Recuerdos reúne diez canciones que representan una de las tradiciones más profundas y perdurables de la música mexicana: la capacidad de transformar el amor, el desamor, la nostalgia, el orgullo y los recuerdos en algo que se comparte y se celebra por medio del canto. Estas canciones fueron escogidas no solamente por su belleza o popularidad, sino porque forman parte de esa música que pasa de una generación a otra y que se canta en reuniones familiares, celebraciones, serenatas, alrededor de una mesa o ya entrada la noche, cuando la música se vuelve más íntima y los recuerdos comienzan a hablar. Canciones como Paloma Negra, La Media Vuelta, Acá Entre Nos, Sabor a Mí, Mujeres Divinas y Pa' Todo el Año expresan experiencias humanas universales y, al mismo tiempo, llevan consigo el carácter inconfundible de la cultura musical mexicana. Juntas, estas diez canciones representan la tristeza sin desesperanza, la celebración sin olvidar y esa extraordinaria tradición de seguir cantando tanto en las alegrías como en las desilusiones de la vida. Este volumen rinde homenaje a la música que permite a las familias y a los amigos reír, recordar, levantar una copa, derramar una lágrima y continuar cantando juntos.

This song is one of ten selections in Canciones de Mi Corazón - Volume 4.

Esta canción es una de diez selecciones de Canciones de Mi Corazón - Volumen 4.

Project & editorial direction: Samuel Colton Sr. • Founder, Welders Without Borders

MEXICAN CULTURAL CLASSICS

# Canciones de Mi Corazón

A PERSONAL SONGBOOK • VOLUME FOUR • SONG 0040

# Cien Años

A declaration that love and memory can outlast indifference and time

## THE PRODUCTION MODEL

This module follows the locked seven-page CMC model: economical, low-ink, printable, and compatible with three-hole punching. It teaches cultural context, meaning, pronunciation, listening, and performance without reproducing a protected lyric or melody. Page 7 reserves a place for the learner's legally obtained music.

## INSIDE THIS MASTER MODULE

- documented cultural history and authorship
- a copyright-respectful meaning map
- Mexican Spanish pronunciation and vocabulary
- listening and accompaniment guidance
- original rhythm/harmony practice
- a learn-perform-verify pathway

Project & editorial direction: Samuel Colton Sr.
Founder, Welders Without Borders • Master Module V0001

# Cien Años

A declaration that love and memory can outlast indifference and time

| | |
|---|---|
| **AUTHOR / COMPOSER** | Alberto Cervantes / Rubén Fuentes |
| **GENRE** | Bolero ranchero |
| **VOLUME** | Volume 4 - Entre Copas y Recuerdos |

## THE COMPOSERS

Alberto Cervantes and Rubén Fuentes formed an important songwriting partnership. SACM credits their collaboration with Cien Años and describes the bolero ranchero as a style they developed together in the repertory popularized by Pedro Infante.

## THE CENTRAL PROMISE

The title means 'one hundred years.' The emotional premise is endurance: even when affection is not returned, memory remains attached to the beloved across an imagined lifetime.

## PEDRO INFANTE AND CULTURAL MEMORY

The song became closely associated with Pedro Infante and is widely preserved in Mexican popular-music catalogs. SACM continues to cite Cien Años when discussing the legacies of both Cervantes and Fuentes.

## WHY IT CLOSES VOLUME 4

The volume begins with restless heartbreak and moves through pride, farewell, cantina reflection, and memory. Cien Años closes the sequence with the simplest enduring idea: some loves remain part of a life long after circumstances have changed.

# Words and Meaning

A COPYRIGHT-RESPECTFUL EMOTIONAL MAP • ENGLISH IS A SENSE GUIDE

Use these ideas to understand the song before consulting your authorized lyric source. No complete protected lyric or melody is reproduced here.

| | | |
|---|---|---|
| **1** | **INDIFFERENCE** | The beloved's emotional distance establishes the wound. |
| **2** | **MEMORY** | The singer continues to carry the relationship internally. |
| **3** | **ENDURANCE** | Time is imagined on the scale of a lifetime. |
| **4** | **UNRETURNED LOVE** | The feeling persists without requiring a happy resolution. |
| **5** | **CLOSURE** | As the final Volume 4 selection, the song turns heartbreak into remembrance rather than defeat. |

## PERFORMANCE QUESTION

What changes when this song is sung privately, with family or friends, or with a mariachi/ensemble? Identify which emotions become more personal and which become more communal.

# Pronunciation and Interpretation

MEXICAN SPANISH • CLEAR DICTION • EMOTIONAL TRUTH

## TITLE

Cien Años - syen AHN-yohs. Cien means one hundred; años means years. Keep ñ as the ny sound in canyon.

## INTERPRETATION

Favor warmth and steadiness. The emotional weight comes from persistence across time, not from excessive volume.

## GENERAL VOCAL NOTES

Keep Spanish vowels steady: a as in father, e clean and forward, i as in machine, o pure and rounded, u as in rule. Avoid adding English-style diphthongs. Rolled or tapped r should remain natural rather than exaggerated.

## FAMILY-SINGING NOTE

CMC treats pronunciation as a bridge, not a gatekeeper. A learner should aim for respect, intelligibility, and steady improvement while keeping the song emotionally alive.

# Music and Accompaniment

ORIGINAL PRACTICE MATERIAL • NOT A TRANSCRIPTION

## PULSE

Practice a slow-to-moderate bolero-ranchero feel in 4/4. Count 1-2-3-4 and allow gentle flexibility at phrase ends.

## ORIGINAL HARMONY EXERCISE

In F major, loop F - Dm - Gm - C7, one measure each. This is generic original practice harmony, not a transcription.

## VOICE

Speak the title Cien Años three times: once neutrally, once with contained emotion, and once as if telling the story to a trusted friend. Keep the tempo stable while changing only intention.

## LISTENING ASSIGNMENT

Compare an authorized Pedro Infante recording with another authorized interpretation. Listen for bolero phrasing, mariachi color, tempo flexibility, and how the singer communicates long memory without rushing.

| Measure | 1 | 2 | 3 | 4 |
|---|---|---|---|---|
| Practice | Ground | Continue | Build | Release |

# Learn, Perform & Verify

FROM CULTURAL MAP TO PERFORMANCE

### 1 LISTEN

Hear an authorized performance once for overall character, then again for rhythm, phrasing, and accompaniment.

### 2 UNDERSTAND

Retell the five-part emotional map in your own words.

### 3 SPEAK

Read the authorized words as natural Spanish. Mark difficult words, breaths, and emotional turns.

### 4 PULSE

Use the original Page 5 practice exercise without imitating the protected melody.

### 5 SING

Use authorized words and music. Prioritize diction, pulse, and emotional clarity.

### 6 PERFORM

Decide key, tempo, cues, dynamics, instrumental breaks, repetitions, and ending before a complete run.

### TWO-MINUTE REHEARSAL

Say Cien Años three times cleanly. Summarize the song's cultural meaning in one sentence. Clap four measures of the original practice pulse, then move to your authorized music.

### CREDITS AND RIGHTS

Song and original lyrics: Alberto Cervantes / Rubén Fuentes; rights administered by their respective holders. Cultural summary, English sense guide, pronunciation guidance, original exercises, compilation, and editorial design prepared for this project. Project & editorial direction: Samuel Colton Sr., Founder, Welders Without Borders. This V0001 module is educational and does not grant lyric-reproduction, arrangement, recording, synchronization, or performance rights.

### SOURCES CHECKED - OCTOBER 5, 2026

• SACM (2023): Alberto Cervantes centennial - Cien Años, lyrics by Alberto Cervantes and music by Rubén Fuentes; bolero-ranchero context.

• SACM biography of Alberto Cervantes: Cien Años among collaborations with Rubén Fuentes and works popularized by Pedro Infante.

• SACM Rubén Fuentes legacy materials identifying Cien Años as a Fuentes/Cervantes collaboration.

# Authorized Music Insert

A PLACE FOR YOUR LEGALLY OBTAINED COPY

This divider marks the place for the learner's authorized lyrics, sheet music, or other licensed song material for Cien Años. The CMC companion module prepares you to understand and learn the work; the authorized source supplies the protected words and music.

## HOW TO USE THIS PAGE

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