

FREE EDITION: Vol. XIV

July - Aug., 2018

THE MADRID METROPOLITAN



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Front Page Photograph by Vaydehi Khandelwal

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MADRID TREASURE HUNT

A 12 bottle case of finest Castilian wine is to be found at the end of our hunt that explores the many secrets of Madrid's sometime dark past. In every edition we publish a clue to complete the challenge of those daring readers who wish to discover the hidden side of Madrid.

Summer Challenge:

Poor Old Sancho. Read Barry's history of the statues and find him lining the park path. Unlike his peers alone he stands with nobody to look at - why don't you ease his burden and mount the opposite plinth for a photo and send it to the editor:

editor@madridmetropolitan.com

Brought to you by:

Madrid Adventures



Welcome to this our **14th edition** of the Madrid Metropolitan. Madrid's only English language paper available online and distributed free to over 120 points around the city. You can also download the paper in pdf from the website as well as sign up for articles and our newsletter delivered direct to your mailbox / just send a mail to info@madridmetropolitan.com for information on how to do that and our privacy and GDPR policy.

In this our summer 2018 edition we feature the talented and award winning photographer **Vaydehi Khandelwal**. We have a great selection of things to do and see in our What's On section as well as our regular features including a fab summer recipe to keep you cool and **Barry Walker's** short story to keep you entertained as you relax in the Madrid heat.

Thanks for supporting us and we hope you enjoy reading.

The Madrid Metropolitan team.

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My Traveler was in Madrid, it was September 26, 2010

The old part of the City provided the perfect atmosphere for his research on the Peninsula wars fought between the combined British, Portuguese and Spanish forces against the might of the French occupation of Spain in 1807.

Spain was once an ally of France, her naval fleet had combined with the French at the battle of Trafalgar in October of 1805, which resulted in a resounding defeat by the British under Lord Admiral Nelson. Napoleon recognized the power of the British navy which he knew he could never defeat but if he could deny them access to the ports of Portugal on the Atlantic and the ports of Spain on the Mediterranean their powers would be considerably reduced.

The Spanish King Carlos IV was a weak and uncertain fool and constantly at odds with his son Fernando VII. Napoleon played on this weakness and on the duplicity and corruption of the Spanish Government. With the promise of annexing Portugal to Spain Napoleon came with his armies, Carlos IV was forced to abdicate to France and for a short few weeks his son Fernando became King. Spain was a rotten fruit easily picked and Napoleon placed his brother Joseph on the throne of Spain.

So began the seeds of what became known as the Peninsula wars fought throughout the period 1808 to 1814. Napoleon had many experienced Marshals and Generals, Britain had but two, General Moore killed at the retreat to Corunna in January of 1809 and

Arthur Wellesley later created Viscount Wellington after the battle of Talavera in August 1809. It was left to Wellington that the Peninsula wars were fought, initially head of the British and Portuguese forces. The Spanish refused to accept Wellington as head of their own armies instead fighting the French alone with humiliating and disastrous results. Eventually and reluctantly they gave in and accepted Wellington as head of the three combined forces.

My Traveler had already visited the battle sites of Talavera and Salamanca and was now on the road to Portugal to the small town of Bussaco. It was a four hour drive and he booked into the Palace Hotel situated on the top of the Bussaco ridge where the battle was fought on the 27 September 1810. After a leisurely lunch My Traveler took a welcome siesta before preparing for a jog along the top of the 10 mile long ridge. He was dressed typically with designer track suit and trainers. Looping back to the Hotel he visited the site where Wellington had commanded the battle and to the small Convent where he had retired for the night. The evening was balmy, My Traveler was drowsy and he stretched out on a ledge inside the Convent and let his mind wander to that evening exactly 200 years ago to the day. **CRACK...** a very sharp and hard blow to the ribs brought him instantly awake and doubled up in pain. Struggling to get his breath and totally confused at the assault all he could discern were a group of menacing soldiers milling around and guns, or was it muskets aimed at him. "Sergeant who

is this man and what the hell is he doing in Wellington's quarters - Frog spy is he"? Wits gradually returning My Traveler found him-

self in the midst of what he could only assume was a historical film set. He recognized the military attire of the British soldiers from the time of the Peninsula wars. Spot on down to the Brown Bess muskets. **BUT...** the noise, the shouts, the sounds, the smells, horses and the rattle of wagons, bivouac fires, this was no organized film set this was for real! Any explanations were cut short, "Sergeant take this man to the rear and put him under guard, we'll deal with him after we've dealt with the Frogs". My Traveler was literally elbow lifted off the ground and 'frog' marched to a small group of soldiers milled around a bivouac. These were hardened soldiers, years of campaigns had worn all the sharp edges, they had seen it all and this stranger posed no threat only curiosity. "Sit thee down mate and tell us what's a fancy pants doing in this neck of the woods. There's going to be a right pounding soon, you'll need more than a bit o' luck to come through but with 'Nosy' in charge you've got a chance".

My Traveler told his story, his year 2010 and the Peninsula Wars, the battles, even that Wellington would win - but they knew that, he always did! A young Ensign joined them, he had pencil and drawing pad and was known as a gifted artist recording scenes of life in the army, campaigns and battles. The strange attire of My Traveler and his fantasy stories would make a good contribution to his collection. **NIGHT ATTACK...** crack of muskets, shouts, orders and the troops assembling and arming to repulse the enemy. Charging forwards in the teeth of musketry fire My Traveler was caught up in the excitement and was carried along unarmed but without any thought of safety only sheer impulse to be part of the fight. **WHAM...** a musket fired at short range lifted him off his feet and then all was black. Then all was white - white room, white sheets, a nurse and doctor in white? Gradually and groggily coming around he tried to piece where he was and what he was doing, one moment in the middle of an 1810 battle the next in a hospital room with a doctor at the foot of his bed reading his medical chart. The doctor noticed the confusion in the eyes and in a friendly manner welcomed him back to the world of consciousness. The doctor spoke in English having seen the documents the Traveler was carrying when he was brought in. Brought in to emergency with a very nasty bullet wound in the up-



per thigh. "You are very lucky man to be still alive, the bullet missed the main artery by millimeters and even so you lost a huge amount of blood not to mention savage damage to the bone, flesh and muscles". "One very strange thing is that it was not caused by any modern bullet but by an antique lead musket ball. Out of use hundreds of years ago and I am afraid the police will be wanting to talk with you once you are better recovered". The police were neither believing nor amused at the tale the Traveler told, who would, but as there was no trace of evidence of an assailant or any sign of 200 year old lingering Frenchmen, they reluctantly gave up and the incident logged as unsolved. "Keepsake for you" said the doctor handing over the lead musket ball extracted from the Traveler's leg. The ball was heavy, near an inch in diameter and no wonder so much damage was done. Several days more in the hospital recuperating before friends from Madrid came over to bring him back. They were also amused at the tale and being good friends feigned belief so as not to disturb the recovery. Months passed and additional battle sites had been visited. The memory of Bussaco was fading but the limp and lead musket ball tied around his neck was a painful reminder that could never go away.

Every Sunday Madrid hosts the 'Rastro' the biggest open air flea market in Europe where anything and everything can be bought and sold. This Sunday My Traveler was browsing amongst the second hand bookstalls when he noticed an old, torn and overlarge book full of sketches and annotations in English. The faded title read 'Sketches and Memories of the Peninsular Wars 1808 to 1814 by Ensign the Rt. Hon Russell Tayler artist and recorder to the office of Viscount Wellington'. Hands shaking he picked up the book and slowly and carefully leafed through the worn pages of sketches, notations, diagrams and hand drawn maps. **AND THERE...** a group of soldiers sittings around a bivouac, fading light but the central figure was unmistakable. My Traveler with his designer track suit, trainers and wrist watch. But it was the eyes that bore out of the sketch: **CAPTURED AND FRIGHTENED IN A PAST TIME AND PLACE**

And the moral of this story: *Don't get too carried away in dreams past you might not come back!*

By Barry Haslam-Walker

Are you 18 to 24? Are you free July 15 -20?

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Do you like to talk? Do you want to meet lots of new friends this summer?
Do you want to spend a week in a fabulous hotel in a charming Spanish village?
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If your answer to all of those questions was 'yes', then you are definitely interested in volunteering with us!

This summer, the week of July 15 - 20 in Alcazar de San Juan, we will be putting together English Speakers and English Learners between the ages of 18 and 24 to talk, talk, talk and talk!

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volunteers.grupovaughan.com! We cannot wait to hear from you!

**Come let us treat you to a week of comfort,
food and friendship in beautiful Spain!**

volunteers.grupovaughan.com

The Madrid Metropolitan's selection of the best that can be enjoyed in the capital this summer.

Veranos de la Villa 2018 – Until 2nd of September



Veranos de la Villa returns with 75 events in 36 venues throughout Madrid and this year will be honouring her first post Franco democratically elected mayor, Enrique Tierno. As always there is a mix of music (a curiosity being the Big Brexit Band!) including classical, choral, latin, pop and rock with musicians

from around the world. As well as music there is dance – as always flamenco and Spanish guitar features prominently including the celebrated Gerardo Núñez, who many view as the heir to Paco de Lucía and dancer Carmen Cortés.

That and a host of other cultural and sporting events will fill any Madrid summer itinerary.

<https://veranosdelavilla.madrid.es/>

Pedro Almodóvar. Still live. Marlborough Gallery. Alonso Martinez



As part of the official selection of PhotoEspaña 2018, celebrated Spanish filmmaker Pedro Almodóvar presents a series of unedited “still lives” produced in his own home.

The images of the exhibition remain unedited due to what Almodóvar seeks to achieve being the capture of the emotion of the moment.

<http://www.phe.es/exposicion/still-life-pedro-almodovar/>

Illustrate. Contemporary illustration in children's literature – Until 9th September - CaixaForum Madrid



Drawing together winners from the prestigious International Illustration Prize in Bologna the exhibition shows award winning works from the field of children's literature and illustration. A joy for kids and adults alike.

<https://caixaforum.es/es/madrid/fichaactividad?entryId=326776>

In Lapidem Depictum - Until 5th August Prado Museum



This exhibition brings together a selection of nine works on monochrome stone – slate and white marble – fragile works by artists such as Sebastiano del Piombo, Titian and

the Bassanos, reflecting the profound shifts in artistic techniques in early 16th century Europe reflecting the profound changes being ushered in by the Renaissance.

<https://www.museodelprado.es/actualidad/exposicion/pintura-sobre-piedra/ef8dddoc-f7c0-4e75-ba54-22b5af409ec7>

PhotoESPAÑA 2018 – until 26th August



As in previous summers – Madrid becomes the world focus of the visual arts for the 20th annual PhotoEspaña with a series of 100 exhibitions featuring 514 artists in 62 venues events in the city. As well as international artists there is a strong Spanish presence most prominently at the Spanish Fashion Through Photography Exhibition at the Garment Museum. In

addition the “Greatest Show on Earth”, which focuses on the world of the circus, where of course anything is possible and the “Myths of the 20th Century” Exhibition at the Canal Foundation featuring legendary British portrait photographer Cecil Beaton, and French photographer Luis Masson at the Lázaro Galdiano Museum are some of the highlights of the season.

<http://www.phe.es/>

Goo Goo Dolls – 21st July – La Riviera



First visit to Madrid for American rock band the Goo Goo Dolls who will be promoting their new album “Box-

es” as well as performing some of their hits they have enjoyed over the last 30 years.

<http://www.googoodolls.com/>

DJ Martin Garrix – 27th July – Teatro Real



Reputed to be the world's number 1 DJ Martin Garrix comes to the Teatro Real as part of the Universal Music Festival which brings Spanish and international artists from the world of jazz, flamenco and pop.

<http://www.martingarrix.com/>

Cibeles de Cine – Until 9th September – Glass Gallery at the Cibeles Palace



Must for any movie goer the 5th Galería de Cristal includes screenings of some of the classic movies (over 90 titles) and thankfully in original version so you can enjoy the likes of Casablanca, Annie Hall and Some Like It Hot in all their original glory. Bar is open from 8pm for refreshments and screenings at 10pm as well as the Friday and Saturday Midnight Movies.

<http://www.cibelesdecine.com/>

Steven Tyler – 30th July – Teatro Real



Legendary Aerosmith singer and Grammy Award winner Steven Tyler comes to town as part of the Universal Music Festival at the Teatro Real where he will perform some of his many hits as well as promote his new album We're All Somebody From Somewhere. Voted by Rolling Stone magazine as one of the best 100 singers of all time it promises to be a great evening of rock'n'roll.

<http://www.teatro-real.com/es/temporada-17-18/universal-music-festival/steven-tyler>

Spanish Athletics Championship – 21st - 22nd July



Getafe hosts the 2018 Spanish Athletics Tournament on the 21st and 22nd July. Last year five Spanish records were broken so expect some healthy rivalry for this year's tournament.

<http://www.rfea.es/web/noticias/desarrollo.asp?codigo=10125#.WYrCVFVJbcu>

Gregory Porter – 23rd July – Teatro Real



Inspirational jazz singer Gregory Porter will also be starring at the Universal Music Festival, and will be promoting his recently released Nat King Cole & Me album and which has already generated wide applause.

<http://www.gregoryporter.com/>

Ingenia Jazz & Wine Madrid Festival 2018 – 8th, 15th and 22nd July – Teatro Infanta Isabel



The 4th Ingenia Jazz & Wine Festival brings together the best of both and this year takes place at the Teatro Santa Isabel featuring three leading international artists including NES on the 22nd July whose blend of North African rhythm and contemporary jazz is winning wide praise..

<https://gruposmedia.com/cartelera/ingenia-jazzwine-2018-festival/>

Fiesta Corral Cervantes – Until 26th August - Cuesta de Moyano



A fiesta for all ages and the whole family celebrating through plays, music, arts and crafts as well as wine and song the Spanish Golden Age (Siglo de Oro).

<https://corralcervantes.com/>

The Royal Ballet – 18th -22nd July – Teatro Real



England's most prestigious ballet company, The Royal Ballet comes to Madrid to perform the classic love story of Swan Lake by Tchaikovsky.

<https://corralcervantes.com/>

The Fiestas of August



The month of August brings three Madrid "verbenas" or street fiestas being San Cayetano (2-8 August) in the Rastro/Embajadores area, San Lorenzo (9-11 August) in Lavapiés,

and of course the biggest being La Paloma (12-15 August) in La Latina. Dust down your chulapos and brush up your chotis for a summer of fun in Madrid.

Farruquito – 16th July - Complutense University Botanical Gardens

Considered by many to be the leading flamenco dancer of his generation Juan Manuel Fernández Montoya, best known as Farruquito performs at the Royal Botanical Garden as part of the Nights at the Botanical summer season. Since

<http://www.farruquito.com/>

Forever - The King of Pop – Until 29th July – Teatro Nuevo Apolo

Tribute to the late Michael Jackson whose untimely death is still felt across the world. The Jackson family backed show includes his and the Jackson 5s greatest hits and has already been enjoyed by over 600,000 spectators.

<http://www.summummusic.com/forever/>

Bollywood – the colours of India – 21st to 26th August - Teatro de la Luz Philips

The acclaimed choreographer Sunny Singh brings Bollywood to Madrid for this celebration of Indian dance and music. A classic Bollywood tale of love and drama unfolds for an audience of all ages with all the colour and excitement of the big screen.

<https://gruposmedia.com/cartelera/bollywood-colours-of-india/>

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An Interview with “Camerawaali” (Vaydehi Khandelwal)

This month **The Madrid Metropolitan** are interviewing Vaydehi Khandelwal, who goes by the artistic name of: “**Camerawaali**”, is a visual artist who chose photography as a medium of expression.

Vaydehi completed her Masters in Photography and Digital Imaging in Mumbai and a Specialization in Documentary Art Photography in Madrid, Spain.

She has been a part of various Artist-in-Residence programs in Italy and India and has been associated with cinematography and commercial work in Mumbai.

The Interview:

Vaydehi first of all Congratulations on being chosen to participate in **PHotoEspaña 2018** and having one of your photographs selected to be displayed in Madrid.

Also this month two of your photographs have been given an Honorable Mention in 2 categories from **Eyewin Photography Awards 2018** in India.

You are visiting this summer - Is this your first visit to Madrid?

Actually this is my third trip to Madrid. The others were all during winter time.

Why is Madrid so special to you?

I love the vibes of the city.

For me, the people make a city and that's so true where Madrid is concerned. The overall energy of the city keeps you going and that's what I love about it.

What do you like doing in Madrid?

I love walking the streets with my camera, sitting at a cafe and watch the world pass by.

Madrid has so much happening that I have and I can spend hours just watching people, making photos and of course having a caña or two!

When did you know Photography would be your career of choice?

I knew about it at a very young age of about 17. I started training much earlier but by the time I was 17 I knew it was my calling and it would soon become my life!

I grew up seeing my mother with camera and lenses and later my dad indulged in my fascination of it all..giving me my first camera at the age of 7 and later my first digital camera which was a Sony 2mp one from Japan which nobody had ever seen or heard of back in India.



What are some favorite things about being a photographer?

It lets me express myself. It gives me the freedom to find a new meaning to life every single day.

My favorite things about being a photographer is to interact with people, sharing experiences, capturing moments and making memories. For me, it's magical! It's when your mind, heart and the shutter button are in sync is when the real magic happens and I love that... the process and the outcome.

It makes me learn each time I head out to make photos. It helps me to know about the world within and the world outside.

Have you a favorite area in Madrid?

"All roads lead to SOL!". I love it 'cause it's one place where one can get the sense of Madrid as a whole.

How are you spending your summer?

I came here in May and have been working on an ongoing project called "I Am Alive" which is a part two of my project which was created in Madrid in 2015 called "I Am Very Tired". So I have been walking the streets making photos and apart from that been spending time with friends and thinking about my next journey to explore a little more of Spain.

"At the age of thirteen I held a camera in my hand and everything changed. I knew that this was my whole life. Inanimate objects jumped out of nowhere and spoke to me, colors called out to me, black and white became the color of my dreams and the camera and I became ONE."



PHOTOESPAÑA

EYEWINTM
AWARDS

WHY THE STATUES, PLAZA DE ORIENTE

Why and what are the two parallel rows of toga-attired statues adorning the Plaza de Oriente and to whom are they dedicated?

They are known as the Gothic Kings. The statues are part of a series dedicated to all the monarchs of Spain during the Gothic period starting in 409 AD and up to the time of the final expulsion of the Moors in Spain in 1492 AD. BUT to understand who the Gothic Kings of Spain are and where they come from we have to go back into the annals of history, beginning with the decline and fall of the Roman Empire.

By 409 AD the Visigoths, Germanic tribes from northern Europe, had swept through Europe, sacking Rome and filling the vacuum of 'Hispania' left by the Romans. This 'Kingdom of the Visigoths' ran from the 5th to the 8th century and extended over all of the Iberian Peninsula.

The Visigoths were converted to Christianity in 589 AD which gave birth to the Catholic Kings of Spain who endured throughout the period of occupation by the Moors.

This Moorish occupation of Spain lasted for over 700 years from 711 AD to 1492 AD, although never conquering the Catholic Kingdoms of northern Spain. For the first 375 years, the Moors occupied approximately two thirds of Spain, the next 160 years saw that occupation reduced to half and for the final 246 years only the few southern Provinces of Al-Andalus remained.

The gradual reconquest of Spain by the Catholic Kings was spread over several centuries with legendary hero 'El Cid' (famously played by Charlton Heston in the film of the same name) aiding in the final expulsion of the Moors in the defeat of Granada in 1492.

It was the marriage of Ferdinand II of Aragon and Isabella I of Castile in 1469 that marked the unification of Spain and a single monarchy of the line of Spanish Kings to this day.

So therein lies the story of the why and who are the statues of the 'Gothic' Kings of Spain, but who built them and why in the Plaza de Oriente?

We start with the Royal Palace of Madrid (Palacio Real de Madrid), the official residence of the Spanish Royal Family.

The palace is located on the site of a 9th-century Alcázar, a Muslim-era fortress built in the town of Magerit, as Madrid was then known. King Felipe V ordered a new palace be built on the same site with construction spanning the years 1738 to 1755. King Carlos III first occupied the new palace in 1764.

The design of the Palace was to include adorning the roof parapet with rows of 'Gothic' Kings. A total of 96 were ordered, carved and sculpted out of limestone between 1750-1753. However, the architect had fears and reservations that the



weight of all the statues could compromise the Palace structure. Although a few statues were placed on the roof, the reservations were emphasised by the later Queen Isabella II and the bulk of the statues were put into storage for later use.

Juan Bautista Saschetti, who designed the Royal Palace, had plans to build a large square and gardens to the east front of the Palace to enhance and open up the views—the future Plaza de Oriente.

Construction, however, did not begin until 1808 where it was left to Joseph Bonaparte, Napoleon Bonaparte's brother and King of Spain from 1808 to 1813. He ordered the demolition of approximately 60 medieval structures including a church and monastery and Royal library. Joseph was deposed before construction was completed and it was later finished by Queen Isabella II in 1844, who brought the statues out of storage.

The gardens of the Plaza de Oriente include a sculptural collection of twenty Spanish kings, corresponding to five Visigoths and fifteen monarchs of the first Christian kingdoms of the Reconquest. These statues are distributed in two rows, which cross the site in an east-west direction, on both sides of the central gardens.

The remaining statues were distributed throughout the City including the Sabatini gardens next to the Royal Palace and the Retiro Park (Parque del Reti-

ro). Several other statues were distributed among various cities in Spain.

In a city that never sleeps where hustle and bustle is an integral part of everyday life, Plaza de Oriente is a haven of peace and tranquillity. The landscaped gardens are enclosed in a kind of semi-circular design. It's a leafy area with plants and trees beside broad walkways and, together with the lines of Gothic Kings has, taking centre stage, a huge statue of Felipe IV astride a horse that was modelled from an art piece by Velázquez. It stands on a large pedestal and is indeed a striking sculpture.

Plaza de Oriente is a very popular place with visitors to the city, as well as with local people. Any visit to Madrid should not be considered complete without a trip to this grand spacious plaza. There are many cafés that line the area where the visitor may rest a while and absorb the atmosphere and enjoy the spectacular views of the square.

A bonus for visitors is to witness the Solemn Changing of the Guard complete with martial band which takes place on the first Wednesday of every month.

**By Barry Haslam-Walker
FRICS**



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How are you at managing your Finances? from The Spectrum IFA Group

As the old saying "Practice Makes Perfect" seems to suggest, we are bound to improve at everything over time. However, there is something about "money" that just appears to get the better of us. Nowadays, we only need to look at the level of debt defaults to see that this is an area where most of us just don't seem to be making much progress or improvement.

Here are just a few reasons why people, in general, do not successfully manage their finances:

- They have never been able to predict what the market will do next. However, this doesn't deter them from trying to predict the markets!.
- They're thrilled that the credit card they're paying 22% interest on offers 1% cash back!
- They think dollar-cost averaging is boring without realizing that the purpose of investing isn't to minimize boredom.
- They try to keep up with friends and family without realizing that friends and family are actually in debt.
- They think €1 million is a glamorously large amount of money when, actually, it's what most

people will need as a minimum in retirement!.

- They associate all of their financial successes with skill and all of their financial failures with bad luck.
- Their perception of financial history extends back about five years. This leads them to believe that bonds, for example, are safe and that the average recession is as bad as the recession of 2008.
- They don't realise that the single most important skill in Finance is control over your emotions.
- They say they'll take risks when others are fearful but then they seek the foetal position when the market falls by 2%.
- They think they're too young to start saving for retirement when realistically every day that passes makes compound interest a little less effective.
- Even if their investment is over a period of 20 years, they get stressed when the market has a bad day.



- They size up the potential of investments based on past returns.
- They use a doctor to manage their health, an accountant to manage their taxes, a plumber to fix their plumbing. Then, with no experience in the financial market, they go about their own investments all by themselves.
- They don't realize that the financial "expert" giving advice on TV doesn't know their personal circumstances, goals or risk tolerance.
- They think the stock market is too risky because it's volatile, without realizing that the biggest risk they face isn't volatility. The biggest risk is not growing their assets sufficiently over the next several decades.
- When planning for retirement, they don't realize that their life expectancy might be 90 years or more.
- They work so hard trying to make money that they don't have time to think about or plan their finances, especially for those days when work will no longer take up all their time.

You may read this, identify a few points that relate to your own position and now find yourself asking "What can I do about it though?"

Without doubt the answer to that question is to seek professional advice so speak to a qualified and reg-

ulated Financial Planner. They will be able to analyse your position from both an investment and an emotional perspective, ensuring that your plan of action is tailored to you as an individual.

You should expect a detailed consultation process and only after this process has been completed can the correct advice be presented, ensuring you avoid the pitfalls detailed above.

The steps to the consultation process are as follows:

- A full and thorough financial health check on your current and future situation including the completion of a Financial Review questionnaire.
- Identifying areas of strengths and weaknesses in your financial planning and understanding your specific goals.
- Designing a strategy to help ensure your financial aspirations are met. Also reviewing any existing portfolio's to ensure they are working effectively and efficiently.
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My novel was published thanks to Madrid's literary scene - By Miriam Foley

*"I got my novel published thanks to Madrid's literary scene", **The Madrid Metropolitan** Interviewed Miriam Foley for this summers edition.*

I left the best-paid job I ever had in London for the beaches of Barcelona back in 2009. The next stop was Madrid, where I moved for a job in journalism, a few years later. A dream come true; I would be earning a living from writing, although I was still far from writing my words, in what would be my novel. What I didn't expect to find in the smoky Spanish capital, hidden among the terrazas, the jamón bars, the mercados, was a vibrant literary scene of English-speakers. I started going to the Tuesday meetings of Madrid Writers club in Chueca (meetings are now held in Café Cosmico on Tuesdays at 8pm) and found myself surrounded by writers – some with a few short stories published, some with none published, some with an agent, some with one or more novels published – all passionate about writing, about connecting, and about enjoying a caña or two.

The book I had not been writing for many years was finally back on the table. New writer friends read and critiqued it; I rewrote it. Others read and critiqued it; I rewrote it again. Later, they read my pitch letter, synopsis and first three chapters; and yes, I rewrote all that too. I had found writing companions, mentors, friends, who encouraged and pushed me, and who listened when I got depressed, as any writer does at some or many points along the way.

It's true – I'm not in the heart of London, packed with its literary events and agents and publishers and author evenings. I'm in Madrid, a buzzing city that is home to writers who helped me finish that book I dreamed of writing, and then helped me find my agent and my publisher. It's also home to a poetry group that's been going for over ten years; a closed critique group I never got into; a co-writing group that meets several days a week. Three years ago I started an open mic in English so that people could put a voice to their work. There's also an open mic at Toast.

The result of it all, *Her Mother's Daughter*, is a dark tale about how family deceit proves too much for one mother and her 10-year-old daughter. Set across two decades against the backdrop of London and Ireland, it explores inter-generational relationships, mental health, and abuse. It was published with my nom de plume, Alice Fitzgerald, in April and is now available on Amazon.

@Miriam_Foley has appeared in Hello!, Hellomagazine.com, Cosmopolitan.com, Refinery29, Hello Giggles, Yahoo Lifestyle, Romper, Parent.Co., The Local Spain, Litro magazine.

Debut novel **HER MOTHER'S DAUGHTER** published as @AliceFitzWrites.

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Happy Holidays

It's that time of the year again, holiday time. Not the horrendous pagan midwinter consumer fest, but summer holidays, the stuff of dreams, long since packaged in the deepest recesses of our minds by tour operators, online wholesalers, and chocolate bar advertisers with a penchant for soft porn. Everyone's at it. Even people with no money usually manage a god forsaken week somewhere, somehow. If you're Spanish you can always go back to the pueblo, and thank the Gods that your parents migrated to Madrid in the 1960s. If you're English then you might manage a few days at a windswept campsite adjacent to a cold grey malicious northern sea, and sip tea as you shiver behind a windbreak. If you actually have some dosh then you can head off to the third world and help render mundane what was once thought to be exquisitely exotic, along with hundreds of thousands of like minded adventurers. If you want to do this in some comfort then a fenced off resort, preferably patrolled by armed guards, is always an attractive option, especially if all the alcohol you have ever dreamed of is included in the package.

Statistics actually show that going on holiday is one of the most stressful things you can do, just behind losing your job, your mind, or a loved one, and only slightly above being under sustained mortar fire, or being buried alive. Any fool knows that the secret to success in a long term relationship is to see each other as little as possible, and yet the allure of the family holiday has been drilled so deeply into our psyche that we are unable to resist spending 16 hours a day in the company of people who in normal circumstances would irritate the shit out of us after 90 minutes. Children over the age of 9 are the innocent victims in this seasonal farce as they are torn away from their friends and all that they hold dear, and forced to enjoy themselves in the company of their parents, who are themselves desperately anxious to repair the emotional damage inflicted by their own childhood holidays, the memories of which have now been recycled into things of great joy forever associated with lashings of fun. That's what memory does. Fortunately the advent of digital technology does provide some relief, as the young can now spend most of

the holiday period desperately searching for free wifi connections, as they engage in a battle of attrition over phones with parents who have forgotten what it really is to be young and are unable to understand why a screen is so blindingly preferable to reality.

The universe becomes transformed in these hapless summer months. And Madrid is no exception. The madrileños are hopelessly addicted to the idea of the summer holiday. The whole city disgorges its population throughout July and August in a mass exodus to the coast. It is not clear why this should be. Ostensibly it's to escape the heat as temperatures in the capital hit the high 30s. However, given that so many people from Madrid exchange the admittedly appalling weather conditions for more or less the same shit but with added humidity, it is likely that more complex factors are at work. The same factors perhaps that supposedly drive herds of lemmings to hurl themselves over steep cliff faces. Part of the fun may lie in the inevitable 3 hour traffic jam to try and actually get out of the city, coupled with the eager anticipation of the seasonal price hikes, and golden beaches full of pissed up Brits behaving in the time honoured manner of pissed up Brits. Unless you go to Mallorca which is actually owed by Angela Merkel. Wiser souls head north to Galicia and Asturias where the greenery provides some relief to the eye, and where if you know what you're doing you can eat yourself into a state of merciful torpor for well under 15 euros.

Madrid of course attracts its own tourists during the summer period. They can easily be identified as the only people foolish enough to venture out onto the streets between 12:00 and 19:00. Those Spanish people who opt to stay in the city are divided clearly between social classes; those who can afford air conditioning, and therefore live in a fridge, and those who can't. The latter spend most of July and August in a well of deep darkness, blinds battened down, curtains drawn, anything to keep the ferociously malevolent sun at bay. It's a period when people who are actually blind come into their own. If sweating is good for you then this is a hyper healthy time of the year, as long as you are not tempted to indulge in anything that might leave you with a hangover. Summer hangovers in Madrid will drain every drop of moisture from your body. If it doesn't kill you, you will wish it had.

But if you have air conditioning, or have successfully undertaken a desert survival course, then there are many very nice things about Madrid in the summer, particularly the fact that most of the people have left. You can actually walk around the city without having to deal with fellow pedestrians many of whom amble along in large



groups at a pace so slow that their movements can only be captured by time lapse photography. Gone are the people who have made it their life's work to block the entrances to bars and shop doorways, along with the evil hordes who stand on the left hand side of escalators, making time itself stand still, but not in a good way. There are also less people screeching deeply trivial conversations into mobile phones to evidently deaf counterparts, who seemingly need to hear every inane utterance twice at decibels that would get a heavy metal festival shut down in the blink of an eye. Gone also are most of the cars, as the madrileños are mainly out and about inflicting their very specific set of driving skills on provincial Spain. Not that they don't face stiff competition from equally inept and suicidal provincial Spaniards. However, when it comes to total disregard for other road users, Madrid drivers will always have the edge, which is how it should be. It is the way of capital cities.

Of course lots of the bars and restaurants in the city shut down over the summer period, or at least they did before Madrid became infested by evil franchises run on variable cost principles. Even so, many family run businesses opt to close down in July and August. This merely reduces the choice of bars in the city to one for every 10 metres, so no one is likely to die of thirst, although once again, watch out for that evil summer hangover. Another useful survivor tip is to avoid tourist menus. Visitors on a day trip to Segovia, for example, are often tempted by the classic Segovian cuisine of big sausage and bean stews, followed by roast suckling pig, usually accompanied by heavy, oaky red wines. This is a

gastronomy that has evolved to see people through the long Castilian winter, but is not in any way conducive to survival in central Spain in August. Instead you may want to try and sip a little gazpacho, or better still the tinto de verano, a winning combination of cheap red wine and lemonade. Who after all needs food when your body can barely cope with breathing? Even better, many of the shops targeting hipsters also shut for the summer as their core customers spread themselves across the globe, searching for cupcakes, and craft beers, or worse still something "authentic" in the jungles of Laos, or the hills of Tibet. There they will commune with other hipsters and compare beards and tattoos that are as generic as the Apple products that have literally made corporatism hip. Sadly they will all be back again come the autumn, and another decent Madrid bar will have become a Greek delicatessen, or an Ethiopian coffee house.

So, Dear Reader, if you do venture into Madrid in these long summer months, there is, as always, plenty to enchant you. If you have northern European skin, then do try to remember that the sun is not a happy smiley friend in the sky, but a giant ball of flaming hydrogen emitting all kinds of toxic shit along with that life giving vitamin D. Of course we do all need the sun, but a paucity of solar rays is unlikely to form part of your Madrid holiday experience. And even if Madrid is not your destination of choice this summer, I hope that wherever you decide to attempt to escape reality that it will indeed bestow upon you the life affirming experience that so many of us seek in these troubled times. And if not, well, no need to worry, Christmas is coming.



Summer Recipe - By Jemima Butler



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As you must know by now how much I like to write about foods in season. It is the best way to eat, especially as it means we will be eating foods right for the time of year, fresher and also cheaper.

In the summer months it is a joy to eat foods right for the heat, the weather lends itself to something lighter. If meat is desired then roasted or barbecued meats are tasty with some cold salads and vegetable crudités and some home made sauces, maybe a tatziki with some barbecued lamb or homemade alioli with grilled prawns. It is lovely to serve a salad with a mixture of hot as well as cold ingredients; Salads with cold vegetable crudités mixed with some warm roasted vegetables and fresh herbs is a super way to mix up the flavours and give depth to a salad. Also adding some cheese, and not just fresh like mozzarella or queso de Burgos, to a salad makes it into a meal in itself without any other side or main dishes. Shavings of manchego with fresh tomatoes and oregano or marjoram. Chunks of goats cheese with walnuts and bright green leaves with walnut oil dressing and red wine vinegar.. you

could even throw in some griddled fresh figs in there too. For meaty salads try ripped up cold roast chicken with parmesan shavings and cos lettuce with a garlicky mayonnaise dressing for a quick cheat's Caesar salad. Cold roast beef goes very well with roasted aubergines in a salad with baby plum tomatoes and thinly sliced salad onions. On a more conventional note, today I'd like to share a superb Summer recipe, a delicious way to serve salmon cold, this is quite a quintessentially a british meal, especially if you can get your hands on Scottish wild salmon. I like to source Organic Salmon which can now be seen more frequently but it can also be expensive. It is a perfect summer celebratory meal, wonderful to share with family and friends on a summer's day sitting outside. To be served some lightly steamed summer vegetables; baby new potatoes, fresh peas and baby broad beans, preferably picked from the garden that morning and of course the salsa verde and crusty bread.

Let's not forget a fabulous bottle of cold white wine like we had maybe a White Burgandy like we had - a Pouilly Monrachet!!



mayonnaise sauce more of a herby thin sauce often served for fish.

Best made the day before to let the flavours develop. Rinse the watercress and parsley under cold water and put these into a large bowl. Pour over boiling water and leave to wilt then tip into a colander and rinse under cold water

to keep the bright green colour. Squeeze out the excess liquid, pressing so that it is all out. Then add the cooked leaves to the alioli (recipe below) in the blender with the chopped tarragon and chives and whiz until smooth and green. Now season to taste with lemon juice, salt and pepper.

For the Alioli

- 2 large egg yolks
- 1 clove garlic, crushed
- 1 heaped teaspoon dijon mustard
- 1 level teaspoon salt
- freshly milled black pepper
- 275ml extra virgin olive oil
- 1 dessertspoon white wine vinegar or lemon juice



To make the alioli

Put the egg yolks into the bowl, add the crushed garlic, salt, freshly milled black pepper and a teaspoon of dijon mustard.

Mix all of these together well with the whisk, then, holding the olive oil in a jug or bottle in one hand and a hand whisk or electric in the other, add 1 drop of oil to the egg mixture and whisk this in. This you have to continue doing very slowly until the mayonnaise/alioli is thick and Golden.

When it gets to this stage you need to add a dessertspoon of vinegar, which will loosen the mixture.

Now the critical point has passed, you can then begin pouring the olive oil in a very, very thin but steady stream, keeping the whisk going all the time.

When all the oil has been added, taste and add more salt and pepper and lemon juice if it needs it.

NOTE: Mayonnaise only curdles when you add the oil too

quickly at the beginning. If that happens, don't despair. All you need to do is put a fresh egg yolk into a clean basin, add the curdled mixture to it (drop by drop), then continue adding the rest of the oil as though nothing had happened.

The Alioli/Salsa Verde can be stored in a screw-top jar in the bottom of the fridge, but for no longer than a week. It does contain raw egg so please be careful not to keep for too long. I eat up mine on the day and start another batch again when needed.



Summer Poached Salmon with Salsa Verde and Summer Vegetables

For the Salmon

- 1 Whole Wild or Organic Salmon
- 1 cucumber - Thinly Sliced
- 2 Lemons - quartered for presentation

For the Salsa Verde

- 40g watercress leaves
- 40g flat leaf parsley leaves
- 2 tablespoons fresh tarragon, chopped
- 1 tablespoon snipped fresh chives
- 1 tablespoon lemon juice (or more to taste)
- Salt and freshly milled black pepper

Method:

Get your fishmonger to prepare the salmon for poaching. Lay the fish completely in deep, very salty, cold water, bring to the boil and once boiling leave to go cold. Take the fish out and skin gently with the help of a knife and spoon. The idea is to leave the head on for presentation and have the rest

skinned to cover in thin slices of cucumber.

Serve with 'sauce verte', referred to in the english language as such in French, really because they invented it! Really it is just and alioli with fresh summer herbs added to it. It is fantastic with meat or fish. In Spanish we refer to it as Salsa Verde, however, it is not always a



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