

A DAY
IN
THE
LIFE
OF

**RICHARD
VAUGHAN**

MADRID METROPOLITAN

Plus Reviews
Reader offers
Interviews
Whats on and lots more

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Welcome to the latest edition of the Madrid Metropolitan. As those familiar with us will see we have now moved to a new look magazine format which we hope you will find better and sharper. If you have any comments of how we can make the magazine better still we would love to hear from you. As well as showing whats on to see and do in Madrid these cold months there are also some interesting interviews and pieces this edition as well as some great reader offers that we hope will be of interest.

Thank you again for supporting us and we hope that you enjoy reading our new look magazine.

The Madrid Metropolitan - your local paper

PUBLISHED BY: IBERIAN METROPOLITAN PRESS

CIF:B87075305

Calle Isabel Colbrand 10

Planta 5 - Oficina 151, 28050 Madrid

Tomo: 27.630 Folio: 1 Sección: 8 Hoja: M497912

| OLAF CLAYTON | DESIGN & LAYOUT : TOM LYONS | PHOTOGRAPHY & FEATURES: JAKE RICHARDSON | JENNY OSBORNE, STEPHEN JENKINS, CHRIS NEIL, BARRY WALKER, MELISSA DURA, CHRISTOPHER MILLER, ABI CLARK, ADAM GARCIA, ANNA CONNOLLY, AMY SHIA | FOOD & DRINK: JEMIMA BUTLER | ART: BRIAN COLLINS | BUSINESS : ROGER PIKE | WEBSITE: TOM LYONS |

La edición, redacción, impresión, publicación, distribución, venta y explotación publicitaria de periódicos y revistas con el CNAE 5814 EDICIÓN DE REVISTAS.

Views expressed in Madrid Metropolitan are the opinions of the writers and are not necessarily endorsed by the publishers. Although we make every effort to quote the correct prices and opening hours for establishments mentioned in the magazine, it is possible some may have changed since we went to press. All advertisements are published in good faith.

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Madrid Metropolitan is published by Iberian Metropolitan Press SL.

MADRID TREASURE HUNT



You could be the lucky winner of this FC Británico (Madrid Metropolitan sponsored) jersey at the end of our hunt that explores the many secrets of Madrid's sometime dark and mysterious past. For those daring readers who wish to discover the hidden side of Madrid.

Diabolical

Out of the market into the PLAZA SAN MIGUEL. Looking at C/ SANTIAGO but don't look up unless you dare - Best keep your distance from this diabolic site.

What do you see? Snap it and send it to editor@madridmetropolitan.com

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This 21st century wine estate opens its doors and its world to our readers to begin a journey of the finest of Castilian wine making and includes:

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Featured AIL Student

Hello! My name is Junko, I am from Japan and I am currently taking a semi-intensive B1 Spanish course at AIL Madrid.

I chose to start learning Spanish a year ago after my husband and I moved to Madrid for his work. I tried out three or four other language schools before coming to AIL Madrid and out of all of them, I like AIL's atmosphere the most!



My favourite thing about the school is the other students you get to meet there. I enjoy talking with the students who come from places like China, France and the US, and I also get on well with my classmates. They are younger than me, but the age gap isn't an issue and I always find it interesting to hear what they have to say.

As I have a busy schedule, I think the ten weekly hours of classes offered in the semi-intensive courses are a good amount for me to learn Spanish from. The teachers at AIL are really friendly and they always bring up interesting topics for us to discuss in class. I find speaking to be the hardest part of learning Spanish, but my teachers are patient and always let me finish all of my sentences when I am speaking in class.

Since starting to learn Spanish, I am now able to talk to native speakers, take calls and organise local services to fix household problems on my own. I used to work in the Ministry of Commerce in Japan, so I am also excited by the idea of being able to use Spanish in my work in future too!

Featured after-class activity Cooking Workshop



It's time to tie on your apron and pop on your chef's hat: our cultural activity this month is a traditional Spanish cooking class! Whether you regular whip up Michelin star-worthy meals or consider burnt toast to be the extent of your culinary talent, our class is a great way to sprinkle some Spanish flavours into your recipe book.

This month, our students have been learning to make three

classic Spanish dishes: tortillas, paella and pan tumaca, a tasty tomato-topped bread.

When they first step into the class, our students find themselves in our school's personal kitchen, which has been divided into stations dedicated to each dish. The tables laden with all the herbs, spices, fresh ingredients and cooking utensils needed to prepare the delicious Spanish feast, they get cooking!

The fluffy loaves of bread are toasted, the colourful vegetables finely chopped and the chicken fried in the paella pan.

When it's time to flip the sizzling tortilla, everyone clambers around to be the one to launch to the circle of fried eggs and potatoes into the air. Successfully catching the tortilla on its way back to earth can be met with an explosion of applause and one class even hailed the boy who caught their tortilla as the 'Tortilla King!' Every twenty minutes, the groups at each station rotate,

allowing everyone in the class to enjoy preparing every part of the meal.

Finally, everyone gathers around to enjoy the fruit of their labour – or rather, the paella and tapas! With approving 'Mmm's and hands reaching for second servings, the class finishes on a high note and students are often eager to replicate the recipes back home. If you're also looking to inject some Mediterranean inspiration into your cooking, why not give our class a go?

Plato de temporada

Aunque los madrileños no tienen uno de los inviernos más fríos en España, les gusta disfrutar de los típicos guisos de esta estación. Entre ellos encontramos las alubias, las lentejas, el cocido madrileño, los callos a la madrileña o la sopa de ajo.

Y aquí te mostramos la receta de la sopa de ajo para dos personas. Relaciona cada ingrediente con su imagen y completa la receta:

Ingredientes:

- 3 cucharadas de _____
- Una pizca de _____
- 4 dientes de _____
- 50 gramos de _____ duro
- 1 litro de _____



SOLUCIONES: ACEITE DE OLIVA, SAL, AJO, PAN, AGUA

Preparación:

Cortar	Calentar	Añadir	Verter	Mezclar
Pelar	Cocer	Cortar	Poner	Añadir

1. _____ el _____ en rebanadas finas.
2. _____ el _____ en una cazuela.
3. _____ los dientes de _____, _____ los en láminas y _____ los a la cazuela.
4. Cuando estén dorados, _____ el _____ y la _____, y _____ todo.
5. _____ el _____ y cuando empiece a hervir, _____ todo durante 10 minutos.

SOLUCIONES: CORTAR, PONER, PELAR, COCER, VERTER, MEZCLAR, AÑADIR, CORTAR, AÑADIR, MEZCLAR, VERTER, COCER

Come and see us!



Contact AIL Madrid:

info@ailmadrid.com

914 35 48 01

www.ailmadrid.com



Inverfest 2019. 10th January – 7th February Teatro Circo Price

The beginning of the New Year brings numerous concerts and music treats, from big names to debut artists promoting their work.

January offers one of the most exciting music experiences, Inverfest 2019, a series of

winter concerts that will bring a variety of music styles to please all tastes. For those of you burde-

ned with the busy work schedules, the good news is that the series runs for three weeks, and provides everything from flamenco and cabaret to the latest rock'n'roll. Participating artists include Rodrigo Cuevas, Marta Soto, Rayden

and Chelsea Boots. Expect a huge number of warm notes to counter Madrid's chilly winter.



Gastro Festival. 23rd January – 10th February Feria de Madrid

After all the stuffing and overeating during the Christmas holidays

it's time for new resolutions, detox and a healthy, delicious variety of food. A step in the right direction would be to enjoy the amazing offers at the 10th edition of the Madrid Gastrofestival, an event that promotes new cuisines and looks to combine food and art. Thanks to

the participation of various bars, restaurants, food markets, museums, and bookstores, those supporting the festival will also be able to savour films, music, theatre and fashion. Award-winning chefs will be plying their trade, and all sorts of activities, such as workshops, concerts, food tastings and screenings have been organised to keep all interests satisfied.



FITUR. 23rd – 27th January IFEMA

What better way to start 2019 than a visit to FITUR, Madrid's annual tourism fair, which bustles with new holiday ideas. The fair serves as a global meeting point for both professionals (especially those in the Ibero-American markets) and the general public, and can bring together thousands of travel companies, big and small. There are always a huge variety of options, even beyond the geographic, to respond to market trends such

as FITUR Shopping and FITUR Health, and for the third year there will also be an area for FITUR LGBTQ, as well as perspectives in the field of technology and energy saving.



www.ifema.es/fitur_01/

Mercedes-Benz Fashion Week 24th – 29th January



Creative design is the buzzword as Madrid welcomes Mercedes-Benz Fashion Week, where Spanish designers have the opportunity to promote their work on an international level, with the support of major brands such as L'Oréal and Inditex.

<http://mbfwmadrid.ifema.es/>

Chinese New Year in Madrid. Until 5th February

Once again, Madrid celebrates its fourth edition of the Chinese New Year in the city with a festival that is a feast for the eyes! The Year of the Pig marks the end of the winter and the start of spring, and the brown pig in Chinese culture represents earthiness, but also relaxation and fun. The fun begins on February 5th 2019 and will last for the next three weeks with FREE festivities including a Dragon parade with participants including the many

Chinese Associations, sports clubs and other educational groups, all colourfully dressed in traditional costume and the elders sporting imperial robes. Additionally, the live music, lion dancers and fire-crackers on offer vividly represent the vibrant blend of colour and noise of the celebrations. A fantastic fair full of stalls selling traditional Chinese food, products and ornaments along with arts and crafts also make the event accessible and fun for all.



Operación Triunfo 2018 – 8th February WiZink Center

The new season of Operación Triunfo kicks off with concerts across Spain, including Madrid where the WiZink Center will host the 16 finalists performing their acts and including their signature group song "Somos", composed by

the contestants themselves during the programme. If soppy drive is your thing you are in for a treat.



www.rtve.es/television/ot/?fbclid=IwAR30C8rqjWzZLTazDno3A-jf-QJm-FLH1stl0meGQxqAehgzQct4YnHW_-nL8

Beyond 2001- the odyssey of intelligence. Until 17th February. Telefonica Building Gran Via

With the celebration of the fiftieth anniversary of the premiere of the film comes the recognition that not only have many of the film's predictions come true, but expectations have been exceeded. The artificial intelligence computer programmes mentioned in the film are already part of the human routine. The exhibition comes in three parts - the awakening of human intelligence, human-machine interaction and the future of intelligence. The objective of the exhibition is to show the evolution of human and artificial intelligence from its historical milestones, current applications and future perspectives.



www.espacio.fundaciontelefonica.com/evento/mas-alla-de-2001-odiseas-de-la-inteligencia/

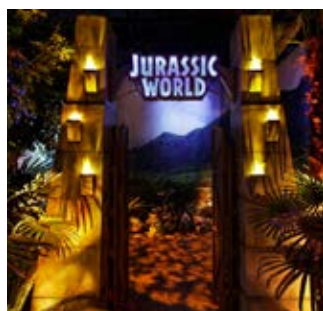
Echo & the Bunnymen. 15th February
La Riviera

The legendary 80s British band embark on a European tour to present their new album *The Stars, The Ocean & The Moon*. A work that contains thirteen of his songs reinterpreted and reimagined as *The Killing Moon*, *Nothing Last Forever* or *The Cutter*, as well as two new compositions. The post punk band has had considerable success and influenced many groups like Interpol, Oasis or The Killer with their melancholy and somber sound.



www.bunnymen.com/

Jurassic World - The Exhibition. Until 17th February
IFEMA



www.jurassicworldexhibition.es/la-exposicion

After its 2016 inauguration in Melbourne *Jurassic World: The Exhibition* tour comes for a once only stop in Spain with an immersive experience based on the latest film in this long running saga *Jurassic World: The Fallen Kingdom*. The exhibition begins on board a ferry that takes you to Isla Nublar and where you enter through the doors and into *Jurassic World*. And all that lurks within.....

I love LEGO. Until 24th February
Palacio Gaviria

In 2015 LEGO overtook Ferrari to be considered the world's most powerful brand and with 100 million users every year its easy to see why. Artemisia Spain presents this exhibition



tion in the Legoland theme with six miniature worlds created with more than one million pieces of LEGO with themes from war, urban landscapes, and even *Game of Thrones*.

www.artemisia.it/it/mostre-future-2018/#

Van Gogh Alive. Until 26th February
Círculo de Bellas Artes

And the great painter does indeed come to life in this the most visited multimedia exhibition in the world which arrives in Madrid after having toured 40 cities on four continents. Visitors can



interact with Van Gogh pieces through different mediums of light, colour, sound and and more than 3,000 large-scale projected images which immerse the viewer in an authentic multisensory montage.

www.circulobellasartes.com/exposiciones/van-gogh-alive-the-experience/

Letters from the King. Until 3rd March
Royal Palace



History, has not treated King Alfonso XIII well. His reign beset by difficulties at home and abroad ended with his support for the dictator-

ship of Primo de Rivera whose fall led to his own in 1931 with the abolition of the monarchy and the establishment of the 2nd Republic as well his subsequent exile. This exhibition shows Alfonso in a different light. That of benefactor and humanitarian specifically in the Great War during which Spain was neutral but in which the King was active in peace initiatives and the establishment of an office for the co-ordination of relief with the Red Cross. The office provided relief to more than 200,000 prisoners-of-war and evacuated nearly 70,000 civilians from unsafe zones. Official Alfonso XIII biographies argue that blunders committed by the king during his reign should be offset by his humanitarian work during the First World War

www.patrimonionacional.es/noticias/exposicion-cartas-al-rey-la-mediacion-humanitaria-de-alfonso-xiii-en-la-gran-guerra

Banksy: Genius or Vandal? Until 10th March
Feria de Madrid

Love him or hate him Banksy is either an urban legend or artistic genius depending on whether you consider him an artistic phenomenon or common street artist. In this unprecedented journey through more than 70 original works - exhibited for the first time in Spain - including paintings, sculptures, installations, videos and photographs. An immersive audiovisual setting has been specially created for this exhibition

that aims to get visitors into the universe created by this iconoclastic artist.



www.banksyexhibition.es/

Democracia. 1978 - 2018. Until 17th March
Caixa Forum Madrid

This exhibition coming on the 40th anniversary of the Spanish Constitution of 1978, is designed to allow visitors to immerse themselves in a direct and emotional experience, which makes them part of the route to democracy that was taken after the death of Franco and the decisive election of 1977 (the first free election since the pre-civil war election of 1936) and which in turn paved the way for the new constitution.



www.caixaforum.es/es/madrid/fichaexposicion?entryId=632267

My Day by Richard Vaughan



hour of reading, web-surfing and thinking. Slow, thoughtful warmups are essential to high performance. To run the 100 meter dash in ten seconds, one should slowly build up will and muscles well before the starting gun, and the same is true for starting life every day. Those who get up in a rush, run out the door and have their first coffee once in the office are slaves of their own destiny, not masters.

I begin a daily two-hour radio show at 7:30, followed at 9:30 by a second coffee and emails. Then it's either back to the radio to record an additional hour, aired later in the day, or to a television studio five meters from my office where I record 26-minute English class segments for Televisión Española or for our own television content. This means five minutes patiently sitting still while one of my female employees applies makeup and then sitting down in the center of the set to bear the bright lights, smile into a naked, impersonal camera and teach the socks off my students somewhere beyond the camera lens. I can't see

them, but I can feel them. I know they're there, so it's easy to smile, provoke and enjoy the connection.

Late mornings are devoted to meetings or to designing teaching content, followed by business lunches half the days and lunch at home the other half. The business lunches are with people I usually know well and consist of 90 minutes of fun, enjoyable conversation ending with five minutes of business discussion. At least two days out of every week I don't return to work after lunch, spending the afternoon and evening doing exercise, playing piano or guitar or reading fiction or non-fiction, from Plato up through the latest bestsellers. I don't take problems home with me and I lose sleep because of business worries maybe twice a year at the most. If you can learn to find and recruit top-quality people, it's easy and personally empowering to delegate the day-to-day problems and challenges to them. This ability is must for any person who aspires to lead an organization successfully over the long term.

I get up early, earlier than most. For generations, my mother's side of the family has been genetically inclined

to early rising. To be exact, I get up at 5:40 every day, make a coffee, two poached eggs and then sit down to an

Be our guest.

COME VOLUNTEER WITH US!

CONTACT US AT:

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Vaughan

New Year, new health habits! Prevention is better than cure!



In our HM hospitales group, we are well aware of the importance of prevention and, because of this, we have personalized medical recognition programs.

IN HM HOSPITALES WE ARE WELL AWARE THAT PROMOTING PREVENTIVE MEDICINE WITH THE PERSONALIZED EARLY PRE-VENTION UNIT (UPPP IN SPANISH) IS KEY TO MAINTAINING GOOD HEALTH AMONG THE POPULATION

- The UPPP allows to concentrate in a short space of time all the necessary check-ups to prevent possible pathologies
- The Unit has state-of-the-art diagnostic tools and a multidisciplinary medical team, which not only seeks the normalcy of the patient, but also the **optimization of his health**
- The patient profile of this service ranges from the middle-age executive with little to no time to go to the doctor, to the international patient

HM Hospitales consolidates its commitment to preventive medicine with the Personalized Early Prevention Unit (UPPP in Spanish), located at the Hospital Universitario HM Sanchinarro and which, led by Dr Niko Mihic, allows three different types of check-ups (silver, gold and platinum), with the aim of preventing new pathologies and optimizing the patient's health.

In this way, HM Hospitales is clearly committed to offering the highest standards of quality care and the Unit is a faithful reflection of it.

It takes three to four hours to complete a full check-up, the results of which can be obtained in less than 48 hours, so that immediacy is one of the most obvious signs of identity of this Unit. The different categories of check-ups are differentiated by the patient's gender and age, and those include all the diagnostic tests necessary to rule out the most prevalent pathologies. In fact, one of the differential elements of the Unit is that it has at its disposal state-of-the-art technological equipment, with the most advanced diagnostic tools.

The check-ups go from blood tests or radiological tests, to electrocardiograms, ergometry, echocardiographies, abdominal ultrasounds, audiometries, ophthalmological check-ups, gynecological tests, etc. If there is the

suspicion of a specific pathology, it is possible to resort to more specific tests, such as a genetic study, when it is considered necessary or, in case of cancer, a PET-CT, which allows detecting, even in very early stages, tumor lesions that with other diagnostic techniques would go unnoticed.

"We seek to optimize the health of our patients, contribute to their longevity with a good quality of life or, as it is popularly known, applying an antiaging concept of medicine," says Dr Mihic. In this sense, the HM Hospital specialist recalls that early prevention is key when ensuring health.

There are many diseases in which a timely detection significantly increases the chances of cure. ***"Ultimately, it's about advancing in early prevention and establishing healthy life guidelines. We do not only look for the normality of the patient, but also the optimization of his health status"***, states Dr Mihic.

PATIENT PROFILE

People who request the services offered by the Personalized Early Prevention Unit have a very mixed profile, although executives and middle-aged workers who have little to no time to perform a conventional check-up that requires multiple visits and displacements prevail. In addition, it is increasingly common for the international patient, temporarily relocated in Spain, to request the services of the Unit and to undergo an exhaustive check-up.

The UPPP sees a maximum of three patients per day and its main characteristics are the immediacy and exclusivity they present when carrying out a complete and exhaustive check-up with all guarantees included. A multidisciplinary team acts within the Unit formed by an ENT, a cardiologist, an ophthalmologist and a gynecologist. And, as Dr Mihic affirms, "it is key that a single doctor is responsible for all areas of health although several specialists intervene".

HM HOSPITALES

HM Hospitales is the private hospital group of national reference that bases its offer on healthcare excellence in addition to research, teaching, constant technological innovation and publication of findings.

It currently has more than 4,000 professionals who concentrate their efforts on offering a quality and innovative medicine focused on the health and wellbeing of their patients and their families.

HM Hospitales is made up of 38 healthcare centers: 14 hospitals, 3 comprehensive centers specialized in Oncology, Cardiology and Neurosciences, as well as 21 polyclinics. All of them work in a coordinated manner to offer a comprehensive management of the needs and requirements of their patients.

More information at: www.hmhospitales.com
Information regarding making appointments:
INTERNATIONAL DPT.
Tel.: 629 823 493
E-mail: international@hmhospitales.com



Common Cold

Although Spain enjoys a lot more sunshine than most Northern European Countries, it doesn't mean that we are going to free of catching colds or the flu.

Both are respiratory illnesses and the common cold being known as the Upper Respiratory Illness (URI), or the common cold, and is the main reason why people will visit the doctor. A cold is a virus and there are over 200 cold viruses, the most common one being the rhinovirus.

The reason why people are more vulnerable to a virus in the winter rather than the summer is the fact that windows are closed more time during the winter months. People tend to go out doors less in the cold and a virus loves close proximity where the low humidity is a perfect environment for it to spread.

Symptoms

Soon after the cold virus has been passed on, the body perceives it as a foreign body and sets in motion a series of reaction to eliminate it. These include.

After the virus enters your child's body, it causes a reaction--the body's immune system begins to react to the foreign virus. Producing the following symptoms:

- An increase in mucus production (a runny nose).
- Swelling of the lining of the nose (making it hard to breath and congestion).
- Sneezing (from the irritation in the nose).
- Cough (from the increased mucus dripping down the throat).

Who is most vulnerable to colds?

Children are generally more vulnerable than adults, an adult will catch an average of 3- 4 colds a year, whereas a child could catch as much as up to 8 colds a year.

How are they diagnosed?

Normally a cold is diagnosed by the Doctor from a self-report description of the symptoms.

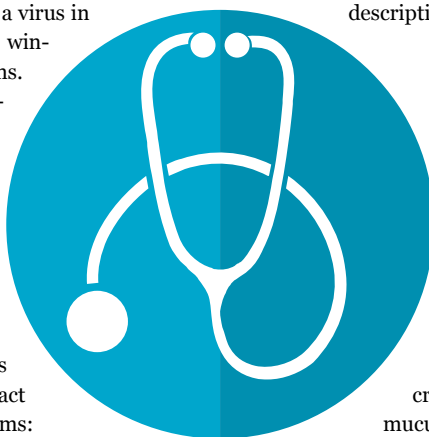
Treatment

Treatment for the common cold is fairly simple but may vary depending on factors such as:

- Age of the person effected
- Medical history
- Family vulnerability to respiratory infections
- Allergies and tolerance to medication

It is generally accepted that fluid intake be increased, preventing dehydration and maintaining mucus tissue such as the interior of the nose moist. Also staying away from passive smoke and smoky environments as these will irritate the respiratory system even further.

If you believe that either you or your child may have a common cold, then do not hesitate to contact a doctor in your area. See here for all ESHA approved Doctors.



"The main mission of ESHA Spain is to connect the Healthcare Industry with the English-speaking community in Spain and become a reference point regarding healthcare issues"

Chris Neill
Chairman
ESHA Spain

English-Speaking
Healthcare
Association
SPAIN



ESHA Spain
Asociación registrada: N° 616544
Telephone: +34 600 636 785
Email: welcome@eshaspain.org

English-Speaking
Healthcare
Association
SPAIN



Why San Lorenzo de El Escorial by Barry Haslam-Walker FRICS

Why is it that San Lorenzo de El Escorial is considered the literary centre of Spain. Recognized as a World Heritage site by UNESCO in 1984 it attracts artists, writers, poets and painters from all over the world and hosts a plethora of literary events, seminars and conferences.

Undoubtably its location, surrounded by forests, clean atmosphere sparkling streams and spectacular views plays a major part but there is also a somewhat sinister element that may play a contributing part.

RADON

San Lorenzo de El Escorial, also known as El Escorial de Arriba is a town and municipality in the Community of Madrid, located to the northwest of the region in the south eastern side of the Sierra de Guadarrama, at the foot of Mount Abantos, 47 kilometres from Madrid.

The settlement is popularly called El Escorial de Arriba, to differentiate it from the neighbouring village of El Escorial, also known as El Escorial de Abajo.



Since June 21, 2006, it has been protected by the Community of Madrid as a Property of Cultural Interest.

The history of San Lorenzo de El Escorial is inexorably linked to the construction of the Monastery under the orders of Philip II of Spain, started in 1563 and completed in 1584.

The most important parts of the building, include the Pantheon of Kings, the Basilica and Real library. From the sixteenth century the Escorial Monastery has been described as 'the eighth wonder of the world'.

Philip II was known as Felipe el Prudente, a cautious thinker

and, governing the largest Empire, needed wits, intelligence and creativity to maintain his authority.

AND did that creativity come from his instinct in selecting for his Monastery a location built upon the solid mass of granite that was Mount Abascos.

NOW granite, a very hard igneous rock has proportionally higher levels of Radon than other natural minerals and is a colourless, odourless radioactive gas that gradually seeps through the rocks.

A study carried out by Enrique Rubio of GEOMNIA examined over 55 properties in the El Escorial region where the build-

ings contained basements with walls and floors built out of granite. The study revealed the level of Radon was higher in enclosed basements although dispersed at ground level harmlessly into the open air.

Radon has, by the World Health Organisation, been recognised as where, in exceptionally high concentration levels, is a contributing factor to one of the causes of pulmonary cancer. Some comparisons are made to the smoking of average 10 cigarettes per day.

SO whether it is a relaxing and/or occasional smoke or the 'perfume' of the radioactive Radon seeping through the granite rocks it has become a magnet for those creative writers, poets and artists the reside and visit San Lorenzo de El Escorial.

Take a visit, view the magnificence of the Monastery and as you feel the calming and relaxing atmosphere, becoming inspired and creative it may just be down to the radioactivity of Radon seeping through the rocks and ground.



Member or non-member, join us for our next event.

22 Jan	Happy Hour @ Realcafé Bernabéu
24 Jan	Seminar: Expats-visa, Nationality
29 Jan	LEADS group @ Butts Associates
6 Feb	Seminar: Modelo 720 & FACTA
12 Feb	Happy Hour @ The Village Tap Room
19 Feb	LEADS group @ Butts Associates
21 Feb	Seminar: Investing as an American Abroad
28 Feb	Seminar: Fiscal obligations (IRPF & 720; 1040 & FBAR)

www.americanclubofmadrid.com



Hello Magazine 'Would you like a magazine to read?..' by Anna Connolly

Trashy magazines: pure pleasure. There is nothing more comforting to while away the time in this Brexit-limbo than to imbibe glossy gossip about celebrity shenanigans and their blackheads, cellulite, and weight fluctuation. News about baby rivals, betrayals, and surgery exclusives - resistance is futile. In the age of snap-chat judgements these magazines provide their readership with a godly satisfaction that even our pan-partners can not match. Where else would you learn that orange peel is not only an ingredient added to dark chocolate to make it taste less like powdered shite? However, once in a while we need a change, to shake things up, there's only so much disaster one can stomach. Amongst the rather forlorn array that makes up a coiffure's library, a client can always find solace in the handy hairdresser classic, 'Hello'

Providing weekly specialist celebrity and royal-based news, the 'Hello' franchise is a firm, international favourite. Originating from

Spain it is priced just above some, but below the higher end stuff, placed in the middle of the road, which is where the tone of views sits within the inoffensive flutter of these flattering, non-threatening pages. In this epoch of non-experts who spit out judgements like bland bubblegum, one can find temporary respite in the sunshiny stability provided by this revista that cordially greets it's guests right from the off with it's well-chosen title, as any good host, or hairdresser should.

It is up there with the most sophisticated literature that can be found in a beauty parlour, without resorting to the top end fashion magazines that are two thirds advert, that trade in inadequacy and don't require literacy. The familiar red and white branding has an almost educational air about it's cover, reminiscent of a tabloid newspaper. 'Hello' usually runs several key celebrity stories, of which include updates on various royals.

Getting to business with an advert, in this case a night cream, they follow swiftly with an article on a sports personality, accompanied by a host of beautifully lit images of their possessions, namely their mansion that boasts endless cars, marble, and slogans like, 'Kiss me like you love me. Fuck me like you hate me', written in a shiny silver lettering above a pool that could fit hundreds of refugees. Then we get to the juicy exclusive that the cover promises: dreamy holiday snaps of a singer and an actress who are now 'allegedly' engaged. It is assu-

ringly delusional

to see these modern day deities living as normal... except for their yachts that excrete endless jet skies, I clearly have the wrong friends.



This larger than most magazine elegantly ploughs on with it's celebrity-based topics, all rather pleasing in tone, showing the best side of those who frequent these pages. After a smattering of smaller fairy tales of the rich and famous being out and about, typically appearing at a charity event, we get to the headline story that is covered in some depth, allowing for a decent amount of insight, all be it rose-tinted, and all importantly in the words of the celebrity on the front cover. The remaining articles reveal fashion trends, such as accessorising with chunky ethnic jewellery, and planning ahead for autumnal monochrome. The happily ever after to this formatted froth ends to the tune of a page on the benefits of the sun and recipes for success before finally ending with another advert, this time for a watch, counting down to the next set of instalments. The 'Hello' echoes on until the next time we need a bit of make believe to catch our damp split ends.

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The Taste Gallery
Plaza de San Miguel, 8



The Taste Gallery in Plaza de San Miguel is the perfect for a great tapas lunch or more intimate dinner on the town. Varied menu with a range of delicious Spanish and international dishes served by attentive English-Speaking staff. The wine list offers a wide selection of quality well priced wines to accompany. Located just off the Mercado San Miguel the Taste Gallery is

a lot more than a restaurant – it is an experience to savour. In addition to the upstairs restaurant and bar is the exclusive “Cueva” downstairs should you be looking for a unique and originally decorated space for events or celebrations. Whether for a gathering of friends or romantic getaway the Taste Gallery the warmest of welcomes to readers of the Madrid Metropolitan.



<http://tastegallery.es/>
Reservations:
info@tastegalley.es / 917 589 339

Cubiertos de Gloria
Calle de Toledo, 28



Until now the Cubiertos de Gloria has been one of Madrid's best kept secrets. It has bucked the trend of traditional restaurants disappearing from the Casco Antiguo of Madrid by reestablishing the genre with a modern twist. Stylishly Art Deco decorated,

it offers home made cocina castiza dishes that are truly delightful as well as very reasonably priced. An exquisite range of carefully prepared seasonal offerings that transcend the traditional / modern divide to give the diner a gastronomic experience to remember.



<https://cubiertosdegloria.com/en/>
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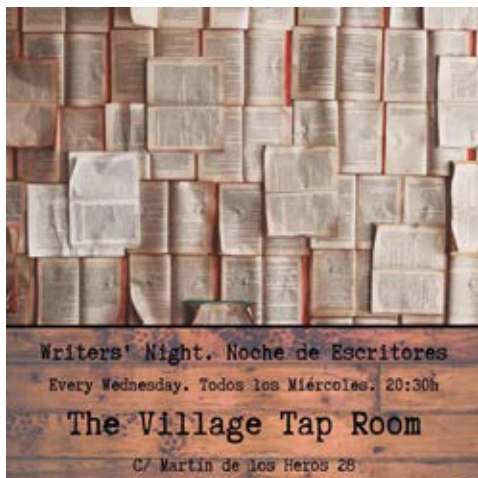
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The Village Tap Room *Martin de Los Heros 28*



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pressed air system you are guaranteed the perfectly poured pint.

With a fun international crowd the Village Tap Room is a great place to meet friends or find new ones. In addition they have regular events like "Open Mic" nights on Tuesdays at 20:30 and "Writer's Night" same time on Wednesday.

www.taproommadrid.com

Reservations: info@taproommadrid.com / Tel: 915 500 585

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Madrid to host a "Marketing for Artists" workshop

The Spanish capital will host a Marketing for Artists workshop on Thursday 24 January, addressed to all those artists who want to improve the ability to promote their work and to boost their commercial side. The intensive course (in English) will be held at C/ Goya 22, and those interested in attending can get further information through www.exposia.net - or by calling 692 316 180.

The workshop seeks to provide artists with the necessary tools to promote their work and to improve their chances for positioning themselves in the art world, thus the dynamic is focused on practical ways to achieve this, applying the course subjects to conceive a particular project, be it an exhibit or an special event, so that the participants can put to practice the skills learned during the activity.

The art market, the first steps, exhibiting at alternative spaces, curriculum, artistic book, press pack, promotion and web site are the subjects to be addressed in the

marketing for artists workshop and will be thought by Sergio G. García, publicist, communicator, curator and cultural promoter of Exposia.

"The course has been thought to be a catalyst", explained Sergio G. García. "Many artists could get more out of their work in many aspects, which can be improved with marketing techniques", he added.

Sergio G. García, a professional with over 18 years experience in the marketing, press, public relations and cultural promotion fields, conceived this workshop nine years ago when he noticed the lack of promotional skills among the artists he came in contact with, as a result of the exhibits he organizes in various spaces.

Over 90 artists have participated in this activity, in Madrid, Barcelona, Palma de Mallorca, Bilbao, Vitoria, Sevilla and Cáceres in Spain; Antwerp y Brussels in Belgium, Amsterdam and Breda in Holland and Washington DC and Nueva York in the United States.



www.exposia.net

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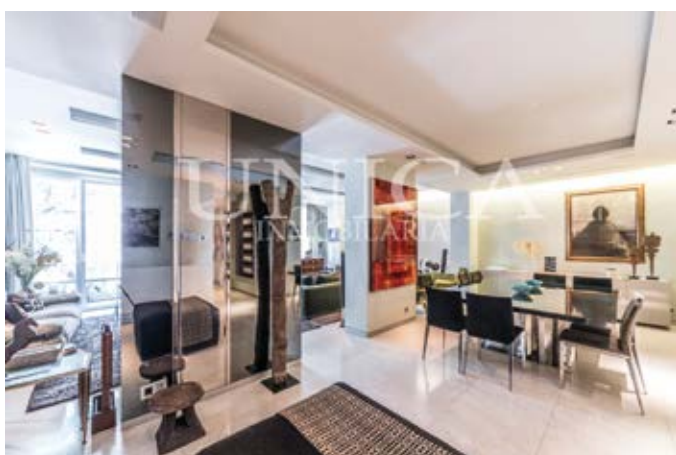
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And so it begins... *by Stephen Jenkins*

January. A dry month for many. An annual uphill slog, following the pagan orgy that is the winter solstice, recently repackaged as Christmas for the modern homo-sapien who does understand that spring will come again, especially now that it never goes away, but would like a good gorge anyway. And here we are in the aftermath, fat and useless and bloated on food and drink and meaningless electrical devices. And most likely skint too. The cold hard truth of the mirror confirms how far we have drifted from the physical ideals presented to us by the soft porn clips that pass for perfume adverts. The very same marketers who urged us on to excess and indulgence now howl at us to take a good look at our tumescent bodies, to examine our feeble minds, and to search our turgid souls and do something about it. Or sink forever into the swollen ranks of the ugly and the unwell.

For we live in a world where our innermost insecurities are little more than niche marketing opportunities. And of course there is a whole industry of Wellness waiting to elevate us. There are even Wellness coaches, smug bastards perhaps, but they look undeniably well. And although "Wellness" is a clumsy trite little noun, we who have feasted on sugar and protein, and alcohol, nevertheless embrace it, desperate to look, and perhaps even one day, to feel well again.

Contemporary life has gifted us a dazzling range of Wellness options. Some of them promise us voyages of self discovery, a tantalising prospect for the alternatively inclined, more than ever now that rampant individualism has infected arty left wing culture as much as it has the world's major financial hubs. Spinning, pilates, assorted martial arts, and exotic dancing styles.... all of them are valid options unless

you ascribe to ludicrous notions of cultural appropriation, or worry that you might accidentally be worshipping Satan. And then there are the miracle foods, pulses, berries and grains, all especially tempting now that they have discovered that vitamins, like everything else, will give you cancer. None of them taste very nice but that's not the point, and there's always Christmas to look forward to.

Essentially however the Wellness industry offers us simple variants on the age old wisdom of eating less, doing more exercise, and not worrying too much. Statistically of course we should probably all be worrying more. The figures show that we are all going to die and so is everything on the planet, and so is the planet itself. The prognosis is not good. And the new ethos of personal responsibility dictates that in the not too distant future we may not even get health care, unless we can

prove that we have treated our bodies as temples, or at least as potential high yield commodities that might have to be cashed in if they become unproductive.

Ultimately of course it all comes down to quality of life as we goose step our way, lean and tanned, into a bright new future where everyone looks and smells great. Increasingly some people spend most of their lives looking after themselves anyway, so January is pretty much like any other month, a horrifying thought. And for those of us who are too weak, or too decadent, to spend our fragile and fleeting existence looking and feeling great, then at least we can draw comfort in the fact that time flies, especially as you grow old, and that January will soon be over, and we can all go out and get pissed again. Not me though. I'm giving up the booze. And not for the first time.



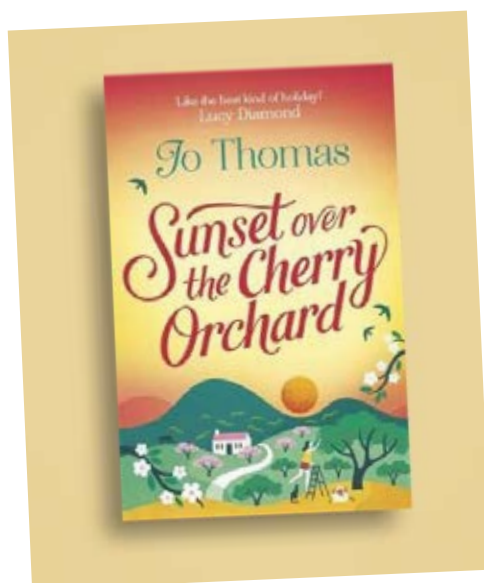


Sunset Over the Cherry Orchard, by Jo Thomas

Beti Winter has two failed engagements and has decided to follow her dream of getting away from the UK and having her own bar in Spain. Five years into her third engagement with Will, they board the plane and don't look back, but not everything goes to plan.

Through Beti the reader discovers life on the south coast of Spain and the differences between the harbour where tourists outnumber the locals and the cherry orchard up in the hills that is struggling to survive. Beti first discovers the harbour and the bar she has dreamed of, but it is only by finding work up at the cherry farm that she can fulfil her dreams and also where she finds new aspirations. The grumpy owner, Antonio, slowly warms to her due to her hard work, how she befriends his son Miguel who has lost his way and by doing all she can to learn flamenco to win a bet he makes to save the farm.

A fun and uplifting book about how Beti overcomes the setbacks that life throws at her and how she discovers both who she is and what she really wants out of her new life in Spain. It takes her to the point of giving up before the new friends she makes, her determination to succeed and learning how to accept life's challenges head on give her the strength to overcome all the obstacles in her path to find new love and happiness.



One in a Million, by Lindsey Kelk

One in a Million is the engaging new romance by Lindsey Kelk, author of the bestselling 'I Heart' series. Set in London, it follows the story of a young woman, Annie, who is starting out in business with her best friend. They have launched a digital media company and are based in a co-working space along with a multitude of

other characters. One of these is a man who goads Annie into a bet early on in the story setting the stage for the main plot; 'pick anyone in the room, and I will make them Instagram famous in thirty days'. Of course, they pick the unlikeliest of targets and the story unfolds...

This is a funny and heart-warming story of makeovers, falling in love, falling out of love, family dramas, friendship and the documentation of life through social media. Current and modern, there were many parts that I sympathised with or connected to, and the plot and several twists that kept me hooked right until the end.

Lindsey Kelk creates likeable but above all relatable characters, and writes in a lighthearted way about real life problems that everyone faces; love, work and happiness.

Described by many as a modern twist on 'My Fair Lady' updated for the social media age, this is a feel-good romance that comes highly recommended.





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Argentinian film director and screen writer Alejo Flah tells us about his latest film and life in Madrid.

Born in Buenos Aires in 1977, Alejo was brought up in the trendy Palermo neighbourhood in the north of the city and now resides in Madrid where he has lived since arriving in the capital to write a TV series in 2002 and never left. After studying film in Argentina Alejo began his career as a film editor enabling him to learn the language of cinema and quickly moved into the world of screen writing, his first project being *Vientos de agua* with the Oscar winning film director Juan José Campanella for 'The secret in their eyes'. A 13 episode family saga series about the immigration from Spain to Argentina and vice versa over time. A 14 year old series which people still talk about today. He also wrote the script for the film 'Septima' starring Ricardo David and Belen Rueda before embarking on the world of directing with his first film being 'Sexo facil, peliculas tristes' with a Spanish and Argentinian cast, it was filmed during 3 weeks in Buenos Aires and 3 weeks in Madrid "a film which brings the 2 cities together on the big screen," explains Alejo. He also wrote the script for the film 'La adopcion' in 2016.

We asked Alejo about what keeps him here in Spain after 17 years and he explained that one of the things that he loves about Madrid is that it is a city with people from all over, "it's a very open city where it is very easy to feel part of it and also all the people are in the street in the bars and walking around."

We asked him to choose a favourite corner of Madrid but he felt that it is not easy to choose just one and explained "there are lot of places that I like, the parque oeste, conde duque, la latina and Vistillas, as it is not as crowded as La latina and it's a great part of the city". There is one small hidden treasure which he shared with us; the gardens of Prince Anglona near La latina on Paja square. And a favourite restaurant? "Not easy to choose one restaurant but I like the cajita de nori on guardias de corps plaza in



conde duque." He also mentioned the Mercado de cebada, since 1875 and one of the largest food markets in Madrid, that has Peruvian restaurants and different latin food. "Also Naomi the first Japanese restaurant in Madrid," he added. This successful Japanese restaurant located on 14 Avila street opened its doors in 1974, no less than 44 years ago.

His favourite cultural place in Madrid? "El cine doré or The Filmoteca where everyday you can watch 3 or 4 feature films from different periods, it's a great place, a very beautiful cinema with a lot of very good options to learn about film history and to discover very good movies from all over the world." The Doré cinema is situated on 3 Santa

Isabel street in Embajadores.

How about a favourite song which for you symbolises Madrid? "Los planetas have a song called 'un buen día' (One good day) and it's a very good way to define for me what one Sunday in Madrid or one Sunday in any city of Spain as that song was actually written in Granada, but I really like the song and the lyrics as they talk about one Sunday in the city."

What are the main differences between Spain and Argentina? Alejo explained that in Argentina there is a lot of immigration from Spain, mostly from Galicia y Andalusia "so the people aren't very different although maybe we have more similarities

with the Italian people because there was more immigration from there than from Spain but the people here are very similar so it is easy for the Argentina people to live in Spain and also for the Spanish people to live in argentina".

Alejo is currently in Seville doing the colour grading of his latest feature film called 'Taxi to Gibraltar' with actors Dani Rovira and Joaquín Furriel de argentina y Ingrid García, an Antena 3 and La terraza production and co production with Argentina and La Zancoña in Seville, after the colour grading they will do the sound mixing the vfx which should be completed by January. It will premier on march 15th.

When interviewed following the release of his film *Sexo facil peliculas tristes* Alejo told the cinema blog Espinoff Why is not my life like in the movies? And in romantic comedies a lot more, why are not my love stories like in romantic comedies? And I explain that it came out in a natural way to play with this idea of love in reality and love in a romantic comedy and see what happens in both cases.

Alejo Flah [imdb.com](https://www.imdb.com/name/nm1045844/) & [Twitter @alejoflah](https://twitter.com/alejoflah).



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Hello all!! Welcome to this new page, where you will find lots to do with food and great gastro experiences!! Recipes, tips, places to go, where to buy ingredients, and a tribe of similar minded people who'll meet every so often to discover Madrid and it's gastronomy.

We're in full swing of artichoke season, so, I will give you a recipe and a few tips.

I recommend you buy them in a local market or fruit store, rather than supermarkets. I bought these in my favourite fruit and veggie stall, **Aurelio's, in Mercado de las Ventas, puesto 140.**

These are from Orihuela, Alicante, at the beginning of the season we'll get them from this area and Murcia. Later on in the season we can find them from Tudela, Navarra, exquisite, firm and full of flavour.



Peeling suggestion: prepare a container with water and lemon juice or parsley, they will go brown easily from oxidation. If you wear gloves, you can avoid stains in your hands.

Cooking suggestions: boil them and sauté in pan with olive oil, garlic and bits of ham. If you have leftovers, mash the hearts with salt, olive oil virgen extra and a bit of black pepper, you will have a delicious paté to spread on bread!

BBQ: insert garlic, white wine and nice olive oil, opening the central leaves, and grill, you will get a beautiful result!! Typical from Cataluña, where they will grill them with calçots in early spring.

Raw: I discovered this in Sicily, it's very popular there. You have to peel thoroughly, until you're only left with the heart, rub with lemon, put upside down and cut thin slices of the heart. Season with lemon juice, salt, black pepper and pure olive oil, and eat as an appetizer with a glass of wine, or include in a meat carpaccio. Buon appetito!!

So here's my recipe for 2, very easy and yummy. You will need:

- 6 artichokes
- Lemon
- Olive oil
- Maldon salt
- Ibérico ham

Peel thoroughly until you're left with the heart, rub lemon juice, turn upside down and cut in slices, 2 cms wide.

Sauté in pan with a bit of olive oil until tender, add some drops of lemon juice. Plate, and while still hot, salt and cover with thin slices of ibérico ham.



I had these with Pago del Vicario Petit Verdot, very cold, a rich and cherry flavoured rosé wine from Castilla la Mancha. And, great price quality, around 5€!

As a Chef and foodie, I like to discover new restaurants, talk to Chefs and try out new dishes and ingredients. I will share with you my favourites!

Here's my pick of the month, the best steak tartar in Madrid, for sure:

Askua Barra, www.askuabarra.com

Calle de Arlaban, 7, 28014 Madrid, 91 593 75 07

What I love about this place is the produce, great stuff!! And they list their suppliers in the menu, which is very helpful, you know what you will find. Please, try the grilled kokotxas and the anchovies, best quality.

Ask for Nacho, he's co-owner with Jorge, his brother, the Chef and tell him you read the recommendation in Madrid Metropolitan, and book in advance!

Lastly, but not least, let me tell you about our Foodies Club, you might want to join us for a wine or travel with us. Meant for restless souls in search of discovering new gastronomic experiences and be part of a tribe of like-minded people.

In Madrid, we try out new places, abroad, we travel and meet Chefs, cook with them, accompany them to their markets or indulge in great wines and food.

Our next travels:

• 16th to 19th February, we are going to FEZ!!

Our hostess will be Chef Najat Kaanache **www.najatkaanache.com**. We will enter her kitchen, eat a wonderful menu in her beautiful restaurant Nur in the medina, cook with her, and travel with her to the mountains, where we will discover the magic of Morocco.

• March: Valencia!! Learn to cook paellas with firewood in a huerta valenciana, with David Montero from **<https://www.instagram.com/ricepaella>** winner of the prize for best Paella 2018, and much more.

• April: Donosti!! We will cook in the oldest Sociedad gastronómica with Xabier Gutiérrez, from Arzak, and famous writer of #noirgastronomico <http://xabiergutierrez-cocinero.com/> and much more.

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St George's Guild international Group - With guest speakers and lively discussions the 1st Tuesday of each month from Oct. to June. All nationalities and denominations are welcome. C/ Núñez de Balboa, 43. Info:jennyfeffer@hotmail.com

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Madrid International Choir - madridintcommunitychoir@gmail.com

English Conversation Club - Don't let your English get rusty! Enjoy some English conversation with native speakers. Small groups, all levels, different areas of Madrid. Info: 690937115

Madrid Hash House Harriers - the drinking club with a running problem. <https://www.facebook.com/MadridH3/>

Morning/Evening English Conversation Club - Talk in a relaxed atmosphere over a cup of tea or coffee near Pza de España. Information: jennyfeffer@hotmail.com



Club de Conversation en Français - Le Pion Magique (Palacio de Hielo) Tous les mardi et jeudi matins, à partir de 10h. Pour reprendre une langue un peu oubliée ou pratiquer en vue d'un projet professionnel, venez nous rejoindre autour d'un café! Information: 663 374 184

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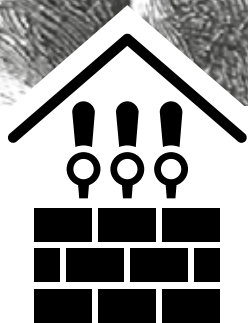


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