

James Shallcross MBE,
talks education
Whats On
Easter Processions
Spanish Economy
And lots more

MADRID METROPOLITAN

Coti
comes
to town

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"Welcome to our latest edition of the new look Madrid Metropolitan magazine. We have 32 pages packed with features, interviews and great articles about living in Madrid. In this edition we are really honoured to have Argentinian Singer songwriter Coti talking to us about his work. In addition we have educationalist James Shallcross talking to us as well as explaining the thinking behind the opening of Richmond Park School. That and a whole lot more".



Catalina
Brennan

Born in Madrid, a true acuarian and tireless traveler. I have trained in the kitchens of the world and in the Basque Culinary Center. My cooking is international and full of contrasts and flavours. I love the closeness of dealing with the client and the instant feedback offered by cookery workshops, showcooking and working as a personal Chef. My life philosophy is that of Japanese "Kaizen", (continuous improvement) which makes me unable to keep still. My latest project is the "Traveling foodies Club"
www.clubdefoodiesviajeros.com



Adam García

Adam moved to Madrid in 2016 with his wife Dee, a maths teacher at Runnymede College, to get out of London and enjoy the life, culture and sunshine of the Spanish capital. In 2018 Adam started a new chapter, leaving his job as a financial consultant to launch MadRead, an online book store bringing the latest English books to Madrid. Adam enjoys reading, coffee, meeting new people, watching Real Madrid and discovering new places in and around Madrid.



Amy Shia

An "Alice" in Wonderland in Madrid. Contributing to Madrid Metropolitan about the incredible sights and delights; have a cat, met some queens, still in search of my Madhatter.



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3

A bit of Spanish with AIL

4-5

James Shallcross MBE
talks education

6-7

Whats On

8

The Coti Interview

12

St Patrick's Day

14-15

Social Scene

17

Made in Madrid

22-23

Going Out

24




Easter Processions

26-30

Classified Directory

CONTENTS

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Featured AIL Student

My name is Peter and I'm from the United States. I decided to come to AIL Madrid to take private and group classes in business Spanish.

I chose to enrol at AIL Madrid as it offered not just group classes in business Spanish but also private lessons. Subjects like finance and business can be very specialised and every student has their own specific interests, so having personalised classes was really important to me.



My teacher Marina was phenomenal and very intelligent. She was the only teacher I worked with during my time at AIL and taught me for both my private and group classes. Through these classes, I also got to meet other students from places like China and Turkey. I found the different perspectives of the international class really interesting.

Although AIL offered a lot of cultural activities after class, I was studying for my DELE exams and so I only went to one cultural workshop about Cervantes. The activity taught me so much new vocabulary and I ended up having an 'aha!' moment the next day when I overheard one of my newly learned words used by my host family! I think the cultural activities are a nice way to learn Spanish in a more relaxed atmosphere.

I'm not young, so I know that for others it's a lot easier to learn a new language. It is challenging and at times I think, 'Why am I doing this?' Yet, on the days where I can speak really fluently, or when people can't detect my American accent in Spanish and ask where I'm from, it's amazing. For people who are considering taking up Spanish lessons, my advice would be to just do it!

Featured after-class activity Challenges in Retiro Park



The flower beds bursting with colour, the sparkling lake filled with paddle boats and the welcome sunshine basking everything in a warm yellow glow, there can be no better time of year to pay a visit to the Retiro Park than spring.

If you're looking to escape the crowded streets of the city centre for some fresh air, why not join us on an activity-filled outing to the park?

We begin our visit with a little walk through the manicured hedges and umbrella-fringed outdoor cafés of the Retiro, learning more about its history as a park that was once reserved exclusively for the Spanish royal family to use.

After our students have gotten their bearings, we get started on an exhilarating gymkhana competition!

With a 45-minute time limit, our students must race the clock to complete as many set mini challenges as possible, ranging from asking locals questions in Spanish to taking selfies with strangers and tracking down key landmarks to photograph.

It's a great way for students to practice their Spanish outside of the classroom with locals, to get over any shyness they have

about their language skills and to start speaking! With amazing warm weather predicted right up until the final few months of the year, we hope to take many more groups of students out to the park for this energetic activity

If you're looking for an excuse to break out those new trainers and head into the sunshine, why not sign up to our next trip?

El pronombre "se" y los verbos de consumo

La primavera se acerca, y con ella los productos de temporada y las terrazas en las calles y plazas de Madrid. A los madrileños les encanta compartir en ellas momentos en los que la comida y la bebida son imprescindibles. Uno se toma una caña, otra se toma un chato de vino y el otro solo toma agua. Pero, ¿por qué uno 'se toma' una caña y otro 'toma' agua? Pues aquí vamos a enseñarte algo muy español:

Con una cantidad específica

Comerse	Cenarse
Beberse	Desayunarse
Tomarse	Merendarse

Con una cantidad general

Comer	Cenar
Beber	Desayunar
Tomar	Merendar

Pues yo me voy a tomar una caña, ¿y tú?

Yo voy a tomar agua

Para picar, ¿nos pedimos una ración de bravas?



Ahora elige la opción correcta:

1. Ayer **merendé/me merendé** galletas.
2. Ayer **merendé/me merendé** un bocata de atún.
3. **Bebe/Se bebe** un litro de gaseosa al día.
4. **Bebe/Se bebe** mucha agua cuando hace deporte.
5. Tengo ganas de **comer/comerme** pescado.
6. Tengo ganas de **comer/comerme** un pincho de pulpo.

SOLUCIONES: 1. MERENDÉ 2. ME MERENDÉ 3. SE BEBE 4. BEBE 5. COMER 6. COMERME

Come and see us!



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James Shallcross, MBE, Director of Education of Richmond Park School

Do today's pupils face a different kind of society?

Yes, they do. Society is not only changing significantly but also rapidly. In other words, it is not only the changes themselves which have a major impact but also the speed with which they occur. There is little time to stand back and reflect. When the world is in constant movement, it is hard to stand still.

Many families find it difficult to maintain a work- life balance. Often both parents are rushing to and from work and travelling frequently. Pupils need time with their parents, as the home is another vital space for learning, especially for personal, social and emotional growth.

Modern technology intervenes in, and influences society far more now than even just a few years ago. We chat far more but talk far less face-to-face. People are swamped by texts on the internet, for example Wikipedia, but young people read less. Often, we listen less attentively to others as we are listening to the phone or checking messages. All of these changes, and others, impact greatly on young people's lives. There are many new exciting opportunities, for example to know and learn more, to communicate and express yourself in different situations and media, but we must also face the challenges.

What, then, are the main challenges for pupils?

Pupils face far more stress than before. They have less time to be with the family, to share experiences, talk about worries and enjoy life together. School itself can cause severe anxiety with the pressure of examinations and results, extensive homework, the over-insistence on high academic success so the school - and the educational system- can reach the top of the performance tables. Pupils too often nowadays suffer ill health, lose sleep, or lack self-esteem. The internet itself provides so many new opportunities but also increases the potential for bullying and other serious threats. It can have an adverse effect on the quality of children's language and understanding. In a way, they have to learn to read and write again in this constant barrage of words and information. We should encourage pupils to



use fresh pathways but also help them to notice the signs of danger.

In general, how should schools react?

Essentially, schools need to be proactive and not reactive. The curriculum, while following legal requirements, needs to include broad- ranging themes such as global peace, sustainability, social equality and justice, and essential skills, for example those of thinking and communicating. It should be broad and balanced, giving good time as well to the humanities and creative arts. There is a tendency in many schools to emphasise the core

subjects at the expense of others, but at our school we believe it vital that pupils develop their interests and intelligences across the whole curriculum. Whatever careers they later pursue, pupils must be helped to be creative. Finally, the curriculum must be founded on, and help pupils acquire, strong values and actively support pupils' personal, social and emotional development.

So should there be a radical change in the way pupils learn?

The major shift should be away from teacher- dominated to pupil- focused learning. Teaching has to be a two-way

process. This does undermine the teacher's role, it reinforces and re-defines it. Instead of transmitting knowledge, the teacher helps pupils explore, investigate and discover and, especially, achieve deep understanding. They also acquire vital abilities and skills so they can use effectively what they have learnt in real life. More than ever, pupils need to be creative and critical thinkers, able to resolve problems, use their imaginations, and have zest, determination, and resilience.

This change requires a much wider range of teaching methodologies. Sometimes the teacher will provide the initial input, and sometimes the pupils. Activities should be for the whole class, groups, pairs and individuals, according to the learning objectives and the children's needs. In particular, there has to be time for thinking, sharing ideas, learning from one another, and, crucially, reflection. Pupils have to reflect on both how and what they have learnt. The teacher's questions play a crucial part, guiding, challenging, provoking, and surprising. In the deepest sense, learning has to be playful, joyful, curious and challenging.

Can education really be personalised?

Almost all schools claim they offer a personalised education, but too often reality lags well behind. If a school is to really help each child, it has to take account of each pupil's needs, abilities and potential. Teachers have to plan differentiated tasks, offer the necessary support to individuals, and encourage pupils to use their different intelligences and learn in varied ways. The pupils must participate actively in their own learning, feel confident and empowered. Above all, we must avoid labelling children, for the label often sticks.



Richmond Park School

How should learning be assessed?

For the most part, assessment should be formative or continuous. It should focus on what the pupils know, understand and can do, and make use of a very wide range of evidence, including what teachers observe and hear every day, what the pupils' oral and written work demonstrate over time, and how the pupils themselves assess what they have learnt. Occasional summative

assessment is also important to help confirm how well the pupils are progressing, but it must not be dominant. The key point is that all the evidences should be taken into account to determine what the children have learnt and what are the next steps in their learning. Finally, pupils need constant feedback, directly and indirectly. Effective feedback makes a major contribution to their learning and final achievements.

What part should parents play in their children's education?

Parents should be a major and positive influence in their children's education. Choosing a school is a crucial decision, which can help determine the children's future happiness, fulfilment, and both personal and professional achievement. Given its importance, it is crucial that parents are totally committed to the school in every sense and to their children's holistic education. As mentioned at the beginning, children need time and attention at home, they need to see their parents asking questions about learning, encouraging and motivating them, reassuring them and reinforcing their self-confidence. Schools and parents must work closely and positively together. In the deepest sense, the school makes its own community, but the community also makes its school.



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IX International Magic Festival

Until 10th March at the Teatro Circo Price, Ronda de Atocha



The Teatro Circo Price is hosting the International Festival of Magic for the ninth year in a row, featuring the best magicians in the world. Illusionists from different countries are creating two unprecedented shows: the Close-up Magic show and the International Gala of Stage Magic.

The International Stage Magic Gala, brings together illusionists of different nationalities and disciplines for a spectacular show. This year's participants include Read Chang (Korea), Hannah (Japan), Miguel Muñoz (Spain), Chaix Brothers (France), Ding Yang (China), David Burlet (France), Jorge Blass (Spain) and Vik & Fabrini (Brazil).

Sala Parish houses the show titled Magia de cerca (Magic Up Close). A different style of magic where a limited number 100 spectators can enjoy performances of Card manipulation and Micro magic from up close, featuring international illusionists like Dania Diaz (Venezuela), Alberto de Figueiredo (Spain) and Charlie Frye (USA).

The festival will also include Magic Conferences directed by Nacho Ares and as a new feature, there will be a young talents competition.

Julia

From Dec 20, 2018 to Dec 20, 2019 at Plaza de Colón

A 12-meter sculpture titled Julia arrives to Plaza de Colón. The work of large format, located in the Paseo del Arte will be on display from December 20, 2018 to December 20, 2019.

Julia is a large-format 12-meter-high piece of polyester resin and white marble powder created by Barcelona-based and Velázquez Award winning artist, Jaume Plensa. It is the first time Plensa has exhibited such a piece in Spain, but there are further plans to promote art in the public space in the next three years. Plensa describes Julia as "provoking a moment of personal and intimate reflection within the agitated dynamism generated by the public space". Take a walk around the streets of Madrid, and you will see art everywhere!



John Williams

29th March at National Music Auditorium, Príncipe de Vergara

The Film Symphony Orchestra returns for a new tour with three performances in Madrid with special concerts paying tribute to the soundtrack genius, John Williams. Conducted by Constantino Martínez-Orts, the orchestra will play the most famous soundtracks from the films like Jaws, E.T., Superman, Star Wars, Indiana Jones, Jurassic Park, Schindler's List and Harry Potter. In 2005, the American Film Institute selected Williams's score to 1977's Star Wars as the greatest American film score of all time. He is, without a doubt, one of the greatest composers of film scores having collaborated in more than 100 titles.



Metro Exhibition

On 17th of October 2019



On 17th of October 1919, Madrid inaugurated a novel transportation system - the underground. And today, 100 years later, with a network of 294 km and close to opening the station number 302, the underground has become the fastest, cheapest and most sustainable way of going around the city, with 626 million travelers a year.

The Metro's distinctive blue, red, white logo was originally designed by Antonio Palacios, who also designed the iconic entrance to Metro de la Red de San Luis. To celebrate the Centenary, a replica of this entrance will be installed to bring back the original feel of the Metro station. Another one of Antonio Palacios's work was the old Chamberí station, which was closed in 1966. In 2008 it was restored and today it is a museum known as Estación Fantasma (Ghost Station), because trains go through it, but they do not stop there.

There are many activities commemorating the Centenary of Metro Madrid. Many exhibitions like Trenes históricos (Historical trains), and different activities like Carrera del Centenario (Centenary Race), are just a small part of the activities that Metro has organized for this year of celebrations.

The festival will also include Magic Conferences directed by Nacho Ares and as a new feature, there will be a young talents competition.

B Focal

27th March and 14th April
at the Gran Teatro Bankia Príncipe Pío



Following the public and critics praise for its recent theatre pieces, A Capella Christmas and Con un canto en los dientes, the award winning group from Aragon, B vocal, will continue to offer a fun 90 minute capella show blending comedy and music which is suitable for all ages.

Such is their long history and dedication, all group members have been named Adopted Sons of the City of Zaragoza and been presented with the Special Award for a Career, granted by the Aragon Music Awards.

The Irish Embassy sends greetings on the occasion of St Patrick's Day 2019

On March 17th we celebrate St Patrick's Day, Ireland's National Day. Irish people are very proud of our nation, of our culture, our sports and our values. But sometimes we realise how special what we have is when we see it appreciated abroad. And St Patrick's Day is certainly appreciated abroad. Indeed, it was in New York City that the first official St Patrick's Day parade took place in 1762.

And now, more than 250 years later, we are still celebrating St Patrick's Day all over the world. In 1961, the Chicago River was first dyed green. It was the first 'greening' of an international landmark, and last year over 300 other landmarks went green for St Patrick's Day as part of Tourism Ireland's 'Global Greenings' campaign. These included Madrid's Puerta de Alcalá and the Cibeles fountain. We appreciate very much the support of Madrid City in making possible these 'greenings' of much loved madrileño landmarks.

In Spain, as across the world, Irish people, our diaspora of over 70 million and millions more friends of Ireland share a warm affinity with Ireland. Throughout the year volunteers in Madrid keep our vibrant community organisations going. These organisations provide a space for Irish people to connect with each but also to engage with Spanish friends and with the international community resident here. Organisations such as our GAA club, the Madrid Harps, the Spanish Irish Business Network, the Asociación Española de Estudios Irlandeses (AEDEI) and also groups that celebrate Ireland's rich literary life such as the Bloomsday Society and the Yeats Society bring great credit to Ireland throughout the year, and I would like to extend to them my deep appreciation for their work.

A very welcome feature of Ireland's National Day is that it is a global celebration. I look forward to many celebrations in Madrid and elsewhere in Spain during March. Keep an eye on the News and Events section of our Embassy's website (www.irlanda.es) for updated information on celebrations.

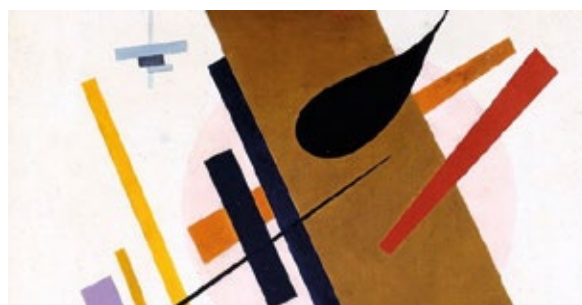
May I wish all of the readers of Madrid Metropolitan a Happy St Patrick's Day.

Chagall

Until 5th May
at Mapfre Foundation. Recoletos Exhibition Hall

The October Revolution in 1917 Soviet Russia not only led to pivotal changes in Russian politics and society but was also fire starter for a period of avant grade Modern art. This fascinating exhibition curated by Jean-Louis Pratt takes us on a journey to show us the evolution of this revolutionary period. From Chagall's poetics to Malevich's extreme abstraction, the exhibition brings together major works by artists who broke with the established models at the beginning of and during the twentieth century and anticipated modernity in a way that had never been seen before in Russia.

Apart from Chagall and Malevich, the exhibition includes pieces by 27 other great artists like Natalia Goncharova, Liubov Popova, El Lisitski, Jean Pougny and Alexander Rodchenko.



Leonardo

Until 19th May
at Palacio de las Alhajas y Biblioteca Nacional

To commemorate the fifth centenary of the death of the Renaissance artist, Leonardo Da Vinci (1452, Anchiano, Italy - 1519, Amboise, France), a unique exhibition will be on display at two venues: Alhajas Palace (entry fee) and the National Library (free entry). Madrid will be responsible for kicking off a programme that will also visit France, Italy and England.

The exhibition will include a recent DNA investigation into the mysteries surrounding his life and works. The main venue for the exhibition (entry fee) is the The Palacio de las Alhajas, headquarters of the Montemadrid Foundation, which will house prints that formed part of the different books published on the artist's life and works. 'Tavola Lucana' shown for the first time in Spain, is one of the main attractions of this exhibition. Discovered in 2009 by historian Nicola Barbatelli it is considered the only genuine self-portrait of the Florentine artist.

The other venue (free entrance) is the National Library (which will open a new exhibition space for the occasion), where excitingly, the Madrid I and Madrid II Codices will be on display. Two manuscripts which show how he became the master of engineering, mechanics as well as art. The visitors will also be able to see the reconstructions of the machines one his biggest projects: the enormous horse designed for Ludovico Sforz.





Coti, *Renowned Argentinian Singer Songwriter Returns to Madrid as part of his "Cercanías y Confidencias II" Tour to promote his latest album and to talk to the Madrid Metropolitan about his career to date.*

Is there a reason for your stage name Coti?

More than an artistic name, it is a family nickname that has become an artistic name. I was called that by my older sister when I was very small and it has stuck.

Your surname is Sorokin – sounds Russian – do you have Russian roots?

That's right, it's of Russian origin, in Argentina we are a perfect mix of thousands of bloods, I have Russian origin for my father and French Basque and Italian for my mother, we are all like that in Argentina and I see that as a wonderful melting pot of immigrants that have made my country unique and which enriches humanity. I am a believer in immigration.

Would you describe yourself as a primarily a folk or rock artist?

Both from a cultural and generational issue and with many influences from many wonderful musical genres that in turn interact with rock.

Is there a difference between Spanish and Argentinian Rock?

The truth is that no, or rather if... but not for reasons of flag or language use ... Argentine and Spanish rock have been mixed for a long time! And that's great! As you will see I love the mixture!!

You have played with many international artists – who has been the most memorable?

I have many friends and I try to stay with the best of each of them in the human and creative sense... we all have different talents and in that difference the magic is hidden. I do not have my own ranking of the most memorable!

How would you describe your singing style?

I never think of styles, artists have to be and feel free otherwise it is very difficult to be creative ... styles were invented for music stores or labels not for musicians. All the artists that I admire are free of labels and I feel very influenced by them.

You are playing at the Café Berlin in Madrid – what made you think of that venue in particular?

Yes of course!!! It is a very nice and ideal place for the kind of concert I want to give in Madrid, a concert where besides singing I tell stories that motivated the songs and contexts in which they were written. I try to have a close relationship with the audience and to involve them in the intimate moments in which a songwriter mulls his ideas in melodies and words.

You have played in Madrid for many years – what is your favourite aspect of the city?

I love to always come to Madrid, its streets, its smells, its people its noise, although I grew up in a small city, I am fascinated by the great capitals because of the different artistic, ideological and cultural expressions that one feels in them, and Madrid is a great fascinating capital.



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THE MADRID METROPOLITAN

What is in your diary on Thursday 7th March? Whatever you have planned already, make sure you add this to your diary. It's World Book Day!

This awareness day is a UNESCO initiative that aims to give every young child and young person a book of their own. It's also the celebration of authors, illustrators, books and of course, reading. This is a great reason to stop for a moment in your busy life and remind yourself what you decided to read this year as part of your New Year's resolutions or check your progress on that

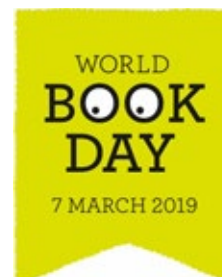
reading list you made in the first week of January.

More importantly, as this awareness day was created with children in mind, take the time to speak to the children in your life, be it your own children, nephews and nieces, grandchildren, neighbours or your students and ask them what book they are reading at the moment.

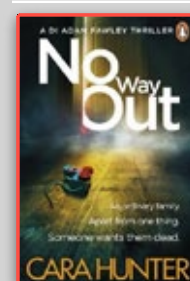
In the modern world, children have so many distractions to keep them occupied and entertained, from sports clubs to video games and TV, that reading time is being

squeezed out. So give them some encouragement and help to get them excited about reading.

So on the 7th March take part in World Book Day by simply talking about books to friends, family and children. Ask what book they are reading now or maybe recommend a book if they aren't reading anything at the moment. Tell them what you loved about your favourite book and why you loved it so much. If they see how much you enjoyed it, they will want to read it too. Time to spread the word!



MadRead
recommendations
for the Spring



Publication in April



Published in February



Published in February



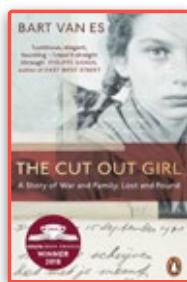
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Book Reviews

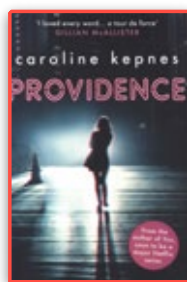
This month MadRead has reviewed *The Cut Out Girl* by Bart van Es, winner of the Costa Book Award 2018 and *Providence* by Caroline Kepnes, author of the popular Netflix series 'You'

The Cut Out Girl was recently named the Costa Book Awards Book of the Year 2018. This is the story of Lien, a young Jewish girl growing up in the Hague who was sent to live with foster parents (Bart van Es's grandparents) in the provinces to keep her safe during the German occupation. Bart tells the story as a

collaboration, alternating chapters between Lien's retelling of her memories and Bart retracing her steps. Despite being moved on from the van Es family, Lien later returns to them but her relationship with Bart's grandmother has changed. It is this relationship that forms the backbone of *The Cut Out Girl* and through Lien's eyes we see how it shapes her into the person she becomes. A truly remarkable account of humanity, kindness, survival and betrayal.



By Adam García



Caroline Kepnes, gives us another thriller about a childhood friendship between a socially awkward and bullied boy, Jon Bronson and his girlfriend Chloe. Jon becomes the victim of a kidnapping only to wake up four years later without memory of the incident. A meaningful twist turns the otherwise usual storyline of a teenage love-tale into the acclaimed "sitting-on-the-edge-of-your-seat" thriller. An outstanding observer of emotions and behaviour, Kepnes dedicates each chapter to a character allowing the reader to view the world through their eyes and relationships. *Providence* is a book that you will probably read within a day or two, but once you finish, you might want to start again from the very beginning.

By Svenja Schicketanz

Books on Spain

MadRead has a growing collection of books that are set in Spain, about Spain or written by Spanish authors, translated to English. In each edition we will recommend a book on Spain for people looking to gain greater insight into Spanish culture, tradition, events, places and way of life.



The 500 Hidden Secrets of Madrid by Anna-Carin Nordin. This book is quite simply the perfect way to get to know Madrid intimately and I don't mean knowing a quick short cut between Puerta del Sol and Plaza Mayor! It doesn't matter if you have just stepped off the plane or have lived here for a lifetime, you are certain to find some little gems that have escaped your various wanderings through the city.

Think Top 5 of everything you could possibly need or want to know that will make you the most sought after chaperone among your friends and colleagues. Where to eat, drink, sleep, shop, enjoy culture, relax in plazas, admire architecture, entertain children and get out of the city. It's all here for you to discover or rediscover Madrid.

All books featured (and many more) are available at www.madreadonline.com. Don't forget to use your Exclusive 10% Reader Discount Code (**MMREADEROFFER**) on your purchase.



hm hospitales

Hyperbaric Medicine 3.0 Unit

Hospital HM Montepíncipe has this unit after having proven its effectiveness in reference prestigious medical centers around the globe. The key factor lies on the benefits that body oxygenation involves; those benefits have great successful results in chronic and diabetic patients and in patients with amputation of limbs as it reaches a better and accelerated wounds, ulcer and eschar healing. This area is also indicated for patients receiving oncological treatment as it helps to reduce edemas and swelling, and increasing the neovascularization and macrophages. Everything is told by the expert in radiotherapeutic oncology and hyperbaric doctor. Dr. Anne Escribano, doctor in charge of this unit.

Hyperbaric Medicine relies on the increased body oxygenation. For that purpose, Dr. Anne Escribano explains, medical oxygen is used, whose purity is 99.99%. The treatment is applied in steel Hyperbaric Chambers at a pressure up to three atmospheres. This oxygen is known as oxygen 3.0 and it is characterized by its purity and pressure, being advantageous in all treatments implying greater oxygenation. "Our cells need oxygen to survive, and through the application of hyperbaric treatments we accelerate all healing, cure, and wound, ulcer and eschar closure processes. Oxygen 3.0 is stored in our blood plasma, consequently the arrival to cells does not depend on the hemoglobin; it arrives through blood plasma", she explains.

However, its applications go far beyond wound management, and as regarded by Dr. Escribano, if diabetic and chronic patients or those with an amputation of a limb take advantage of the Hyperbaric Medicine, "The obtained results are very satisfying in not healing ulcers or wounds. Chronic wounds produced by prolonged pressure as for pressure ulcers, or by insufficient wound healing, as for diabetic foot and that is produced fundamentally by hypoxia (lack of oxygen). Those patients' blood circulation is altered, so the oxygen does not effectively reach damaged tissue. In addition, in those cases, it is more likely to appear infections and healing is more complicated."

"The fact that this Unit is built-in a hospital network makes us excited, focused and entrusted in the added value that this will imply for our patients", she declares.

Sessions

Before starting the treatment, the patient must be evaluated by a hyperbaric doctor, who will perform a detailed clinical report and a physical exam, where the examination of the ears is essential, due to pressure. After considering that the patient is suitable for the treatment, he/she will wear comfortable cotton clothing, will leave all his/her electronic devices (mobile phone included) and will access to the chamber. "As pressure increases, a mild earache can be felt and it can be easily compensated swallowing saliva or opening and closing the mouth", explains Dr. Escribano

Some applications of Hyperbaric Medicine:

- Neurology: strokes, multiple sclerosis and cerebral edema, multi-infarct dementia.
- Oncology
- Traumatology: crush injuries, compartment syndrome.
- Orthopedics: fractures of difficult binding, bone graft and osteoradionecrosis.
- Rehabilitation: hemiplegia, paraplegia, chronic insufficiency of the heart muscle and peripheral vascular diseases.
- Cardiovascular: myocardial ischemia helps in heart surgery ischemic gangrene, shock, diabetes and diabetic foot.
- Plastic and cosmetic surgery: it improves and accelerates the stretch mark reduction, facelift, peeling, breast surgery and liposuction processes.



Why use an English-Speaking Doctor in Spain?

If English is your mother tongue then using an English-speaking Doctor in Spain may have better treatment outcomes.

You may have lived in Spain for many years and speak Spanish very well, but effective communication between physicians and patients is critical to providing optimal health care. Communication failures can occur when both parties speak the same language; when they do not, these failures are even more common.

Research shows that language concordance between patients and Doctors results in better health care quality and outcomes. True language concordance occurs when Spanish Doctors are fluent in English.

If your mother tongue is English and you see an English-speaking Doctor it will be beneficial for treatment quality and outcomes. Even for partially fluent physicians, providing language concordant care may be appropriate and even desirable in some settings and circumstances.

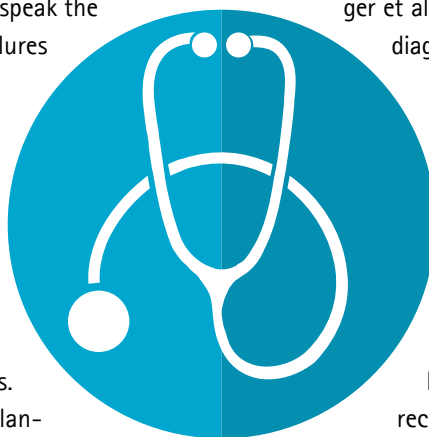
When dealing with the expat community in Spain, it would seem

that physician language proficiency is important for quality of care. Studies have shown that language concordance between patients and providers results in improved health care quality and outcomes. English-speaking patients whose Doctor also speaks English have better patient satisfaction with care (Green et al. 2005; Ngo-Metzger et al. 2007), medication adherence, understanding of diagnoses and treatment outcomes.

Research also shows that having an English-speaking Doctor in Spain could lead to fewer emergency department visits, lower likelihood of missing medications. Physicians' self-reported English fluency is strongly associated with their English-speaking patients' reports of optimal patient-centred communication.

For a comprehensive list of English-Speaking Doctors in Spain see the ESHA Spain Directory listings

For a comprehensive list of Hospitals or Medical Centres in Spain that is staffed by English-speaking Doctors see the ESHA Spain Directory Listing



"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° 616644
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The Paintings

Hello Whisper!

She would always be waiting at the garden gate whenever My Traveler visited his old friends. Her favorite Uncle T as she had always known him. His friends lived in Suffolk, in a wonderful old cottage in the Dedham Vale, affectionally known as 'Constable Country'.

He'd been coming down since Whisper was a baby, she was now in her late teens and had a serenity about her that somehow captured the spirit of the countryside. Soft dark pools for eyes and hair the color of autumn beech leaves.

The evening was spent reminiscing, their friendship going back many years; school days, the army, SAS, action and adventures in various parts of the world. All the time Whisper would sit in rapt attention of her hero – Uncle T.

Next morning, up bright and early My Traveler took Whisper for a drive. The hood was down on his Jaguar XJS, the smooth 4.0 litre engine purred as they swept through the Constable countryside.

"It's so beautiful" said Whisper "wouldn't it be wonderful to be able step back in time and place to be where Constable painted those 'magic' pictures".

The weekend was full, long walks in the woods, pub lunches games of dominoes, which Whisper uncannily always won and soon the weekend was over. My Traveler said his goodbyes, planned to return soon and returned to London.

Two days later he received a frantic call from his friends.

Whisper was missing!

She had said she was going to the Tate Art Gallery in London where a recently acquired collection of John Constable paintings were on view. Some were on loan and one or two were new purchases of which the most famous was the 'Hay Wain'

It was the summer time and Whisper was wearing a bright red dress with matching shoes. She had a small amount of money on her but unlike other teenage girls, disdained the use of a mobile phone.

The police had been alerted and notices placed, also the hospitals between Dedham Vale and London. No trace as yet but My Traveler made for the one place he knew where she would have been and this would be his starting point in the search.

He first questioned the attendants at the Gallery. Those that had seen her remembered, a slim soft-spoken girl dressed all in red asking for the John Constable gallery. They could not however recall her ever leaving.

My Traveler made for the Constable gallery, there were quite a few people to view the new exhibition but for some reason he was compelled to stay until he became alone in presence of the paintings.

He had been sat down for some time and was getting tired when, out of the corner of his eye, he noticed on one of the paintings a bright red splash of color. Out of place, for Constable used only pastel shades, but there it was and the more he focused he realised it was a figure, a figure of a young girl dressed in red with red shoes and autumn beech colored hair.

Impossible but somehow the figure was part of the painting – and it was Whisper!

Stunned and unsure of what he was seeing he approached closer to the painting but at that moment several people entered the gallery and before his eyes the figure faded and within seconds was no more.

The figure never re appeared and come closing time and full of sorrow My Traveler returned home. He called his friends to see if

they had any news, deep down he felt there would be no news but he couldn't bring himself to tell them of what he had experienced at the Gallery. Only to say that somehow he knew she was safe.

Next day he returned, there were seven Constable paintings in display in the Gallery, all were scenes of the Dedham Dale in Suffolk, and the famous Hay Wain where he had first seen Whisper.

Again the Gallery had a constant stream of people and no matter how much he concentrated on the paintings Whisper failed to appear.

UNTIL – when the Gallery was empty he again noticed Whisper, this time in a different painting. She was leaning against a tree, a straw of grass in her mouth and gazing up at the clouds.

My Traveler's heart went out to see her, she was a 'picture' of absolute peace and contentment but how did she appear there and how could he bring her home.

Next day was a repeat of the last, first into the Gallery hoping to have a few moments alone before the visitors arrived.

AND AGAIN – there was Whisper in yet another picture, now she had been in three out of the seven on view. Some strange tingling sensation took shape in the back of his mind.

The next two days were somehow to be expected, arrive early, wait for moments when the Gallery would be empty and focus on the remaining four paintings, excited to see which one she would appear in. Sometimes the periods would be short, appearing and fading but for My Traveler they were special, just for him.

On day six of his visits to the Gallery, Whisper appeared but there then occurred an event so very different from the others that set the tingling sensation in motion and raising the hairs on the backs of his arms and legs.

Whisper was sitting on a narrow stone bridge over a small brook, in the background a water wheel. She was gazing down on the water and as My Traveler heard the approach of visitors she looked up and gazed into his eyes, she was sending a message and then she faded.

Next day was the last, for only one picture remained in which Whisper could appear. My Traveler was in fear as to what would happen when there were no more paintings.

Alone and concentrating she again appeared, a bright red splash of color, this time standing by the side of a small lane. Somehow My Traveler sensed she was waiting but waiting for what?

As sounds approached she turned to her Uncle T smiling and raising her arm in a beckoning wave. Fading away My Traveler was heartbroken and saddened to think that he had seen the last of his Whisper.

His head slumped down on his chest and he drifted off into a troubled sleep:

UNTIL – he awoke to feel a pair of slim arms around his waist and a slim figure with hair the color of autumn beech leaves and wearing a red dress and matching shoes.

Whisper was back and said in soft voice

"you didn't really mind Uncle T did you, I just had to visit Constable country in that time and place and I knew you would be waiting for me"

Madrid, May 2014



From left to right Dan Lowell, Frank Mastrovito, Mike Brian and Marilen Legasto

From left to right Susie Nix, Brendan Rowe, Cormac O'Connell and Mairi Murphy



From left to right Harry Plunkett, Rhonda Martin and Austin Thorton





From left to right Sergio
Raia Delgado, Joan Fulton,
Alison Wade



Javier Alonso Trufero, José Carlos Capel,
Julia Pérez, Catalina Brennan, Rocío Alonso at
Le Pâtissier by Ricardo Vélez, C/ Columela 9
organised by www.gastroactitud.com.

The Spanish economy. Expect turbulence ahead

Maybe it's the after-effects of dry January, but the economic prospects for Spain don't look as bright as they did a few months ago. Five years on from the deep crisis which began in 2008, the recovery has never really felt like a bonanza for most Spanish. A downturn now will catch many unable to cope.

Whatever Government is in power after the April elections will struggle too. Between 2008 and 2014, public debt swelled from about 40% of GDP to nearly 100%, as tax income plummeted and increased welfare payments strained the budget. Overall debt has barely budged from then, so there is very little wriggle room for Spain to loosen the purse strings in a new slowdown.

Events both in Spain and elsewhere are conspiring to dampen expectations. Europe has been slowing for a while but the latest figures for industrial output in countries like Germany and France give food for thought. Zero interest rates are probably doing more harm than good.

Much of Spain's recovery was thanks to good Spanish companies – of which there are many, although not enough – getting out and exporting, but export growth is now stalling too. Last November was the worst November for people in work since 2013. Most analysts are trimming growth estimates at a time when world trade may be hit by trade wars, protectionism and Brexit.

In Spain a perfect storm could be brewing. The result of the elections on 28th April will

require horse trading to form a government between two blocks, formed by left/hard-left and separatists on one side, and centre-right, right and hard-right on the other. The parties may not want to show their hands by forming alliances before the European, regional and local elections in May, so don't expect any kind of Government before June. While all that's going on Spain may need to grapple with the effects of a hard Brexit, which would hit the economy – UK tourists are the most numerous customers of Spain's biggest industry, so if fewer Brexit-battered Brits make it over, whether it be because of air routes being cancelled or the pound tanking, Spain will notice.

The Sánchez government has hardly inspired confidence. He trumpeted a 22% increase in the minimum wage to €900. That will destroy 150,000 jobs says the BBVA. Sánchez is right in thinking that ideally Spain's workers should earn more, but the best way to achieve that is to create a dynamic labour market and above all make it easier for small and medium businesses to hire employees.

Spain has 2.8 million companies with between 0 and 9 employees – imagine if they could all take on just one more employee. The Sánchez government – and to be fair, the conservative PP government which preceded it – gives the impression that companies are there to be milked to pay for electoral promises.

For a worker on an average wage, 42% of the cost to the employer are taxes. Private sector workers (13m) are outnumbered by those whose salaries, pensions or benefits are paid for by the state (13.7m) – public sector, pensioners and unemployed. Anyone concerned about the future for the young should be worried by those statistics.

The elections were triggered by the Sánchez budget being voted down in Parliament, because Sánchez didn't cave in to all the demands of the Catalan Nationalists, whose votes put him into power. But it deserved to be shot down. It locked the state into more structural spending, to be paid for by wishful thinking – a 'google' tax that won't raise anything like what Sánchez has estimated, and a kind of 'Tobin' tax which won't raise anything at all. The European Commission openly said that the budget would break agreed deficits.

The problem for any Spanish government is that it actually has very few options to cut spending without hitting welfare hard, given that the Regional governments control the bulk of the budget, and much of what's left is untouchable. That's why the socialist former PM Zapatero was forced in the last crisis to impose a 7% pay cut on public sector employees.

So is it all bad news? Not all. To start with, barring shocks from abroad, the slowdown won't be like the last crisis and recession can and should be avoided. What's needed is a Government which encourages employment, and doesn't look to squeeze every cent out of SME's and autonomous workers. It would also help if the political parties engaged in serious debate on thorny issues, without demagoguery, and with an eye on the long-term future and not just the next elections. A big ask, *visto lo visto*.

Roger Pike
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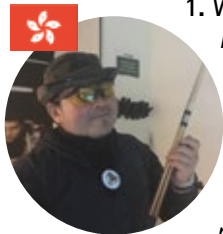
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Kim, 45, Aviation security/Pool Player. Hong Kong



1. What makes Madrid special to you?

For me, it is the people. It is an international city and I am blessed to have many friends from different cultures and nations.

2. What could Madrid have more of?

I find that the variety of cuisine is not that special, especially in comparison to other major European cities like London or Paris.

3. What could Madrid have less of?

Cars. I think it could be more of a bike friendly city.

4. What gives you joy?

I like a good game of pool with my friends most days... and nights. The wife doesn't approve of course!

5. What bothers you the most?

Racism. It exists everywhere, and it would be wrong for me to say, it doesn't happen in Madrid too. However, I think now with a more international community and more integration and understanding that there will be less prejudiced attitudes and ignorance.

Nabil, 26, Student. Iran/Spain



1. What makes Madrid special to you?

It might be a major European capital city but you feel quite cosy. You can always find a quiet place to drink a coffee or be with friends.

2. What could Madrid have more of?

More free public spaces and financial support for community projects.

3. What could Madrid have less of?

Flats used for airbnbs.

4. What bothers you the most?

The privatisation of public spaces. The city is becoming like a theme park and I feel it's losing essence. I guess that is a global problem.

5. What gives you joy?

My neighbourhood feels like home. My friends. The diversity in city too.

6. What life lesson have you learned that you can share with others?

To enjoy each stage of your life and do the things that you want to do so that that you don't regret not doing them in the future. Take opportunities that you are given.

Daniela, 33, Social Worker. Germany



1. What was your first impression of Madrid?

The first thing that I noticed was how beautiful the architecture was and I didn't feel trapped because of the wide spaces.

2. Have you perceived any differences between Madrid and your home city (Cologne)?

Yes, of course. In Cologne, you have few places to go to where you can see beautiful buildings where as in Madrid, they seem to be everywhere. Madrid seems to have more elegance about it - but I still love Cologne!

3. What bothers you the most?

My own shortcomings. Dishonesty and selfish behaviour.

4. What gives you joy?

The little things, such as a nice cup of coffee, meeting up with a friend, enjoying the sunset. They make me feel connected to God, and these things make me appreciate the moment.

5. What life lesson have you learned that you can share with others?

What you achieve in life is not significant, but who you are, matters. In a society that is so career and productivity driven, you fall short when you are evaluate yourself. You are enough, and you don't have to be something or someone else to have some sort of self-worth.



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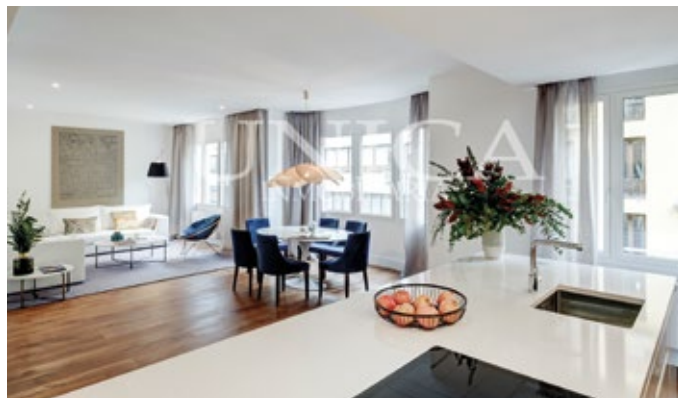
Reference MM423171

4th floor newly refurbished 3 bedroom apartment of this elegant uptown building a short walk from the Plaza del Marqués de Salamanca. The property benefits from over 120 square metres of living space with large west facing living room with integrated diner/kitchen. 1.150.000 €



Reference MM423005

Exclusive home in a classic building. Totally modernised, refurbished and ready to move into. The building is located in the Barrio de Salamanca- Castellana, a step away from Serrano. The 209 m2 Cadastral is distributed with entrance hall, spacious living-dining room and three bedrooms. € 1,750,000



Reference MM423021

A luxurious 274 m2 classical apartment benefiting with five East facing balconies and three bedrooms with en suite and a separate Wengue dressing room. In addition a large thirty square metre storage room € 1,595,000



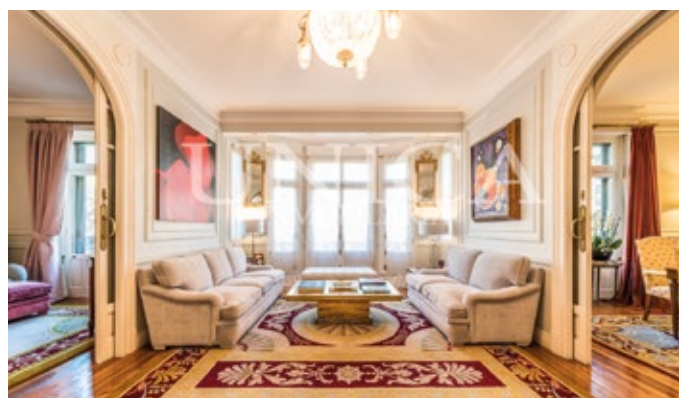
Reference MM 422889

280 square metre 4 bedroom penthouse with two en-suite bathrooms. Fully equipped modern kitchen and the apartment benefits from a 20 square metre terrace with magnificent views overlooking the neighbourhood of Salamanca. € 2,150,000



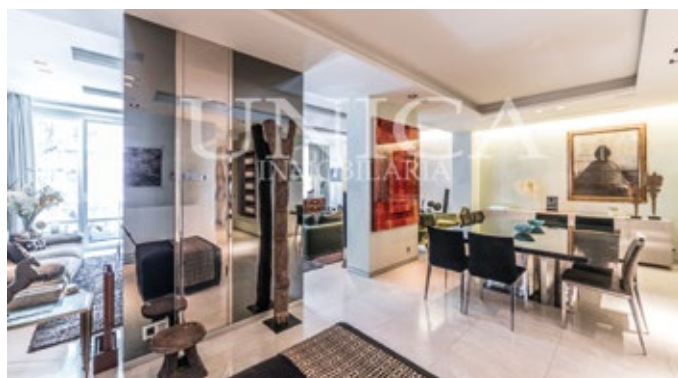
Reference MM423150

Tastefully decorated classical period style apartment comprising of spacious reception area, large kitchen with service area, three bedrooms and three bathrooms, two of them en suite, as well as two balconies and a gazebo, along with a pool area. The apartment is situated in a well appointed nineteenth century building. € 3,620,000



Reference MM422748

Large 253 square metre apartment in excellent condition with two bedrooms including one with ensuite bathroom. Also benefiting from two intercommunicating west facing balconies affording plenty of light. Marble flooring and original avant-garde gas fireplace in the living room, which giving a warm and cozy atmosphere throughout. Optional Parking spaces available for rent. € 1,350,000



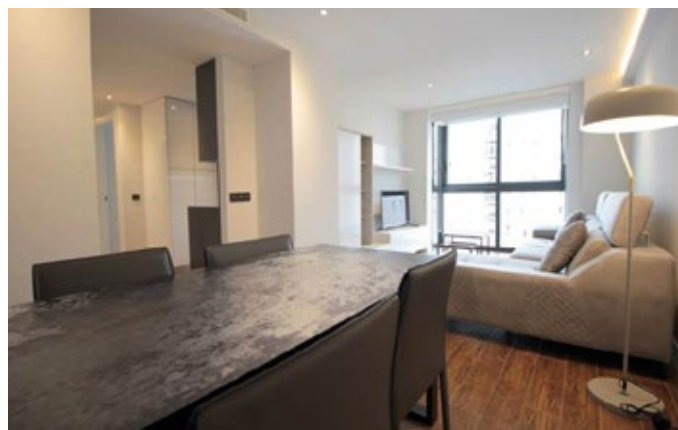
RP-3639 (Property Ref: MET PORLIER)

Wonderful apartment unfurnished situated in the second-floor in the neighborhood of Goya, next to the Corte Ingles. The apartment has a living room with a large bay window, 4 bedrooms, fully fitted kitchen, 2 bathrooms and a guest toilet. Southwest facing. Built-in wardrobes. Wooden floors. € 2,200 per month



P-3637 (Property Ref: MET CASTELO)

Luxurious apartment located in the Retiro district, in private estate with 24 hour security, with pool and gym. It has 2 bedrooms, living room with a bay window, kitchen and two bathrooms. It is rented fully furnished and equipped. It has an underfloor heating, home automation, automatic blinds, room with own control of temperature. Garage for a car and a bike on the same building. Excellent location, a minute's walk from the Retiro Park and the underground Ibiza and O'Donnell. € 2,800 per month



P-1389 (Property Ref: MET PARDIÑAS)

Beautiful penthouse with terrace, a dining room and a living room, 2 bedrooms, fully equipped kitchen and 1 bathroom. Built-in wardrobes, wooden floor, air conditioning in all the rooms. Excellent location very well connected. Next to Goya, Conde de Peñalver y Alcalá. € 1,550 per month



P-1862 (Property Ref: MET AYALA)

Magnificent penthouse of 80 m2 with 2 terraces, 2 bedrooms, living and dining room, fully equipped kitchen and bathroom. Could be furnished or unfurnished. A garage in the same building. € 2,100 per month



for lettings

The Wine

Spain, for those of us who live here, is a veritable viticultural paradise. Wine can be drunk at any time of the day and at seemingly every point of service, from quiet cafes and glitzy restaurants to bookshops and co-working spaces. When we think of Spain, we think of wine.

Having said this, the locals actually drink more beer than wine – an average of 48.5 litres per person per year of cerveza versus a paltry 20 litres of wine. At Madrid & Darracott we do not count ourselves in that average.

The other problem with Spanish wine is the predominance of that old stalwart Rioja. Nothing wrong with Rioja, of course, but it somewhat bulldozes the other regions into a state of unknown perpetuity from which it can be hard to escape.

Some have managed to change that, up their game, and start to gain recognition and fame both nationally and internationally. Priorat, Ribera del Duero, Rías Baixas, Rueda, Toro and a few others. But the majority still remains criminally under-represented.

At Madrid & Darracott – the brain child and alcoholic baby of Murcian film director Roque Madrid and English travel writer and qualified alcoholic Luke Darracott – we offer the classics as well as hoping to shine a light on many of the less famous regions, the smaller producers, the kookier wines. No Campo Viejo, nothing you can find in the local Alimentación.

There is a lot of wine in Spain: more land dedicated to vineyards than any country in the world and we are the third global producer overall. Speaking of regions there are 71 denominaciones de origen, 47 vinos de la tierra, 16 single estate vinos de pago, 5 vinos de calidad regions, and a whole world of vinos de mesa and vinos de autor to discover.

So a correct question, having finally exhaled after explaining all that, is 'where do I begin?' Well, why not with our very own D.O. Vinos de Madrid?

Our local DO has been going since only 1990, so it's a young pup in the world of regulated winemaking. Historically there was a lot of a

granel – take your plastic bottle and fill up with out-of-the-tank – style wine. However these days the region has really stepped up to the plate and is producing some absolutely astonishing wines, and all but an hour and a half max from our doorsteps.

There are 45 wineries signed up to the DO, though there are a handful of others who have yet to do so, or have chosen not to. These bodegas are split up over three sub-zones that radiate southeast to west.

Arganda – our largest region, sporting pretty Aranjuez, Chinchón and Colmenar de Oreja, with 27 wineries. It's flat, sedimentary limestone soil, and has a continental meseta climate. Extreme heat and extreme cold.

Navalcarnero – named after the adorable main village, is fairly similar in geography and climate to Arganda, and has only 5 wineries.

San Martín – is west by the Sierra de Gredos and is currently the most talked-about of the regions and has become famed for its Garnacha wines. There are 13 wineries over there. This is a very different region due to the hills. It's rugged and more humid and the soils are harder and more granitic.

The bars in the capital are slowly but surely getting behind the Madrid wine train and are stocking them with more regularity. But the fact is that a lot of them are small, family-run or cooperative ventures without a lot of money to export on a massive scale. But they're getting there; and my goodness are they friendly and welcoming. Coupled with a recent drive to export to the U.S., you could be seeing bottles of Vino de Madrid on the shelves sooner than you think!

In our humble little shop we have a nice variety of Madrid wines for people to try, so why not highlight a couple here!

One of our top wines is *Licinia 2013*, whose vineyards lie at the foot of a ruined castle near Morata de Tajuña. The wine retails at 25€, which for Spain is a solid price tag. But this wine featured on the menus of DiverXo, Club Allard and even The Fat Duck in England. This is a Michelin Star wine. It's a big, meaty blend of Tempranillo, Syrah and Cabernet Sauvignon. Smoky, chocolatey, and chewy.

Another favourite winery of ours is *Las Moradas de San Martín*. We stock two of their wines, though they are all exquisite. Grown on the high slopes of the mountains near the town of San Martín de Valdeiglesias, the grapes are Garnacha for reds and Albillo for whites. We have their Senda 2014 (8.80€) and Sabina 2011 (12.60€). The latter is especially extraordinary for the price: cigar box, smoke, stewed fruits, eucalyptus, pepper and spice.

So, don't forget about our local wines next time you're off to buy a bottle. And if you're looking to buy a bottle, don't forget about Madrid & Darracott!



Luke Darracott

Madrid & Darracott is a wine shop and tasting space on Calle del Duque de Rivas, 8. Tel: 912191975

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Hello all!! Welcome back to our meeting place for gastro experiences! Recipes, 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 are playing out our last days of winter and aiming for sunny spring. If you visit a market you will now find lots of colours: red and green cabbages, artichokes, pumpkins, avocados, fennel, oranges, strawberries, kiwis, caquis/persimmon, the last pomegranates, and soon, the first asparagus of the season, green and white.

As usual, I recommend you buy them in a local market or fruit store, rather than supermarkets. The difference in quality is immense. Today I did my shopping in my favourite fruit and veggie stall, Aurelio's, in Mercado de las Ventas, puesto 140.



So here's our winter recipe. We're preparing a winter salad, using 3 vegetables and fruits common in our fruit stalls in this season:

Escarol

Blood orange

Pomegranate

Confited or smoked cod

Olives (best are camporeal, purple or aceitunas rajadas, tastier and more authentic than typical manzanilla) Again, you will find these in markets or in stalls sold by weight, not canned.

Orange vinaigrette

Extra virgin olive oil

1 clove of garlic



We will rub the garlic clove in the bowl where we plate the salad, it will contribute a great aroma! Wash the escarol, add the pomegranate, the blood orange, olives, cod, and make a vinaigrette with some orange juice, extra virgin oil and salt. You can also add some seeds: sesame, poppy, pumpkin. Enjoy!!!

What should we do with the escarole

that's left? Tortilla!! Yes, it's delicious and very original.

Firstly, we need to caramelize garlic and a red onion, julienned, in a cooking pan with olive oil and salt, so it will cook in it's own juices, slowly. Add the escarole and cook for no more than 2 minutes, so it will soften a bit.

Mix in a bowl with whisked eggs and some chives and cook in pan, medium high. Voilà!!

As a Chef and foodie, I like to discover new restaurants, talk to Chefs and try out new dishes and ingredients, which I will share gladly with you every month!

My favourites for this winter are 2 totally different places, a very Spanish Taberna in the heart of Latina/Mayor area and the best quality/price Japanese in town.

Matritum, www.matritum.es

Cava alta, 17 Madrid 28005 tel 91 365 82 37



Check out this beautiful mackerel in brine with mini veggies & chalottes

Great seasonal cooking, excellent Menú del día (Thursdays great Cocido Madrileño for 15€) And...María!!! She's the wine expert, a lovely woman and definitely a wine encyclopedia. She will help you find your perfect wine, there's a lot by the glass! And they have a shop next door, so you can take home your discovery.

María Alexandra & José Kobos Chef

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Yong wu Naghira is a young and extremely talented Chef, who speaks perfect Spanish. My suggestion is you talk to him and ask for "Omakase", which means "Chef's choice". You will be amazed, promise.

This is the otoro tuna tartar with sea urchin and black tuber melanosporum....!



On to our traveling foodies club, like minded people, we try out new places, meet Chefs, in Madrid and abroad, cook with them, accompany them to their markets and indulge in great wines and food.

Our latest travels: Fez, where we met Chef Najat Kaanache, she took us in for 3 days!! And, Valencia, where we cooked paellas with firewood, and met Begoña Rodrigo, 1st Top Chef winner.

Next trip, 5th to 7th April: San Sebastián!! We will cook in the oldest Sociedad gastronómica with Xabier Gutiérrez, from Arzak, and famous writer of #noirgastronomico <http://xabiergutierrezcocinero.com/> and much more.

Madrid, save the date: 16th March, tasting of Sorlut Oysters

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.



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offers home made cocina cas-tiza 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.



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Easter in Madrid

Easter in Madrid – It may not have the crowds of Sevilla and Malaga but the solemn religious processions are still a plenty in the capital as tributes of the Passion of Jesus Christ are celebrated by Catholic brotherhoods (Cofradía) and fraternities that perform the penance processions on the streets of Madrid.



Easter Procession Guide

14th April (Palm Sunday)

16:30 The procession of "Domingo de Ramos" which leaves The Cathedral of Almudena passing through the Puerta del Sol and up to the church of "Nuestra Señora de las Maravillas".

19:00 Procession of Students with the Christ of Faith and Forgiveness, which leaves the Pontifical Basilica of San Miguel in the Calle San Justo, 4.

17th April (Holy Wednesday)

20:15 Procession of Gypsies departs from the Parish of Nuestra Señora del Carmen and San Luis in Carmen, 10.

18th April (Holy Thursday)

19:00 Procession of the Poor leaves the

Church of San Pedro located at Calle Nuncio, 14.

20:00 Procession of the Macarena begins in the Royal Collegiate of San Isidro, Calle Toledo.

19th April (Holy Friday)

19:00 Procession of the Jesus of Medinaceli leaves the Basilica of Our Father Jesus of Medinaceli in the Plaza de Jesus.

19:00 Procession of the Christ of the Alabarderos begins in Palacio del Oriente with the Royal Guard of the Compañía de Alabarderos escort.

19:00 Procession of Silence, which starts from the Church of the Most Holy Christ of Faith in Calle Atocha, 87.

19:30 Procession of the Seven Sorrows, which begins at the Church of Santa Cruz, leaves Calasancio College, on Calle de Atocha, 6.

20th April (Holy Saturday)

16:00 Procession of the Solitude of the Church of the Calatravas (Alcala, 25), Accompanied by the Holy Burial of Móstoles and parade of drums.

20:00 Procession of the Sorrowful, which begins at the Basilica of Our Father Jesus of Medinaceli, in the Plaza de Jesus.

21st April (Easter Sunday)

At 12:00 The Tamborrada in the Plaza Mayor, a faithful reflection of the traditions of Spain with a mass drumming signalling the end of Lent.

Your brief Spanish Semana Santa Vocabulary Guide

Cofradía: (Religious guild or fraternity)
Orfebre: the gold & silversmith also plays a vital role who

Good material: gold, silver and other precious stones are used

Nazareno: Penitential robe

Nazarenos: The sinners and those walking paying their penance

Capirote: Pointed hood to be worn to conceal the face

Capataz is the person in charge of the processions.

Cuaresma (Lent) 40 long days leading up to Semana Santa

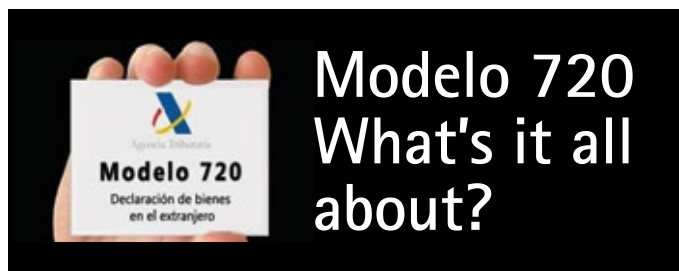
Domingo de Ramos (Palm Sunday)

Tamborrada: the loud beating of the drums welcoming Easter – a time to rejoice following the long period of Lent.

Capataz is in charge of the floats. Normally there are two floats – one of Christ and the other of His mother.

Pasos (floats) well-crafted, carved in wood and elaborately decorated with different scenes from the gospels related to the Passion of Christ or Sorrows of Virgin Mary.

Costaleros (stevedores) are at the helm at every procession. Sturdy and well-disciplined carriers of the Pasos Virgins and Christ figures & floats.



In 2013, the Spanish Government launched an "anti-fraud" plan to prevent tax evasion. Although aimed at discovering assets bought by Spanish nationals with irregular money, it also affects members of the international community living in Spain that hold assets abroad.

WHO HAS TO REPORT?

Any person, permanent establishment or company who is tax resident in Spain and is the owner, titleholder, representative, authorised person, beneficiary, or has disposal powers of assets located outside of Spain worth more than €50 000 (see assets below), must report the value of these assets.

WHEN DO YOU REPORT?

Between 1 January and 31 March of each tax year.

WHICH ASSETS MUST BE REPORTED?

There are three main asset classes that need to be reported if the total value of each class is over the €50 000 limit:

1. Bank/Building Society accounts located outside of Spain – It is important to note that if you hold several bank accounts and the TOTAL amount held exceeds the €50 000 limit, then ALL the accounts need to be reported, even those with a nil balance.
2. Investments / Life or disability insurance policies – If you are the owner or policyholder of an investment or insurance policy then these will need to be declared if they exceed €50 000. Again, there is a requirement if you have multiple investments or policies, that if the total value exceeds the limit then they will all need reporting. Interestingly if you are holding what we describe

as Spanish compliant Life Insurance Bonds, then the onus of reporting on the Modelo falls to the institution themselves.

3. Property – Owners or part owners of an overseas property where the value exceeds the limit must report these properties.

WHAT IF YOU DON'T REPORT IN TIME / CORRECTLY?

The Spanish Tax Authority has implemented a series of penalties for those who do not comply with this regulation. These penalties can be imposed for late filing, incomplete/inaccurate filing and even for presenting the information to them in a way not deemed acceptable.

WHAT IF YOU DON'T REPORT AT ALL?

Should the Spanish Tax Authorities discover that you have assets with a cumulative value over €50 000 in any of the above asset classes and deem that you have wilfully not disclosed this information, penalties are imposed. In some cases the fines issued are as high as 150% of the value of the undeclared assets!!!!

The full article, along with others, is available on my webpage

<https://www.spectrum-ifa.com/financial-advisers-in-spain/chris-webb/>



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