

May – June, 2020

MADRID METROPOLITAN

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Welcome to our new edition

We hope that you are well and your friends and family safe. We have all been through a difficult period which now looks like we are coming out of – late but intact.

Roberto Bautista heads our new edition. His own courage in the face of adversity and determination to overcome pain to achieve victory is an inspiration to us all as we in turn face an uncertain future with optimism and an equal measure of that determination.

We also speak to Spanish actress Blanca Marsillach about her project for providing help for disadvantaged actors in the theatre.

Also for disadvantaged we take a look at the work of Casa Ronald McDonald and their work providing support and shelter for children undergoing life-saving treatment.

Roger Pike re-looks at his January crystal ball to see what Spain's economy is going to look like post covid.

That and much more.
We hope you enjoy reading.

*Madrid
Metropolitan
Team*

The iconic Deco-style Capitol Building on Gran Vía.

Photo by Alberto Restifo on Unsplash.com

Who's writing this month?

Roger Pike

UK born and bred, with a Catalan mother, Roger was sent to Madrid by his company on a one-year assignment in 1990, but managed to stay on for 29 years. Writing about business and the economy from his long experience of working in Corporate Banking, he now helps companies enter new international markets. He is currently living in New York, but his home is in Madrid.



Luke Darracott

Originally from the UK, Luke is a qualified alcoholic who studied languages at University. Apart from a year out in Moscow he has lived in Madrid giving wine tastings and gastronomic food tours and writing about Spain since 2009. In 2018 he opened an independent wine shop called Madrid & Darracott with his friend and business partner Roque Madrid. His passion is food, travel and wine; in particular the communication of wine without the pretentiousness.



Abi Clark

Since moving to Madrid in 1997 Abi has been working in the Television & Radio world as a Freelance Journalist, Voice Actress/Radio Presenter and Executive Producer. She has worked extensively with Radio Nacional 5 with her programme 'Un Paseo Por El Mundo' and has written articles for El País and various English language magazines for the Asian market. Apart from a 3 year gap in 2005 working in Television in China and plenty of foreign travel for both work and pleasure, Madrid has been her much loved home for more than 2 decades.



MADRID METROPOLITAN

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Gastro Experiences

with Catalina Brennan



Hello all!!
Flowers are blooming and spring is nigh! For me, it's Madrid's best season (except for allergies :O), so, let's take to the streets and enjoy our wonderful gastronomy.

Today, I'm bringing you one of our national treasures and the recipe to a perfect TORTILLA. It's very easy to make once you know how, and yet, easy to find brick, dry pinchos de tortilla all around. Very frustrating...

You should know that one of our national debates is tortilla with or without onion. For me, there's no doubt...always with! Mellow and juicier tortillas. Also, pls, NEVER allow the bar to warm yesterday's tortilla in the microwave, you will ruin it.

THE PERFECT TORTILLA

(serves 4 or 2 very hungry)

INGREDIENTS:

• 5 eggs • 5 potatoes • ½ onion • Virgin olive oil & salt • Basic: non-stick pan

Julienne the onion and add it to a small pot, with oil. Stir and add salt, so it will cook in its own juices. We want it to brown at first, to get the taste, but then we will just let it cook slowly, low heat until soft. With the lid on, and if necessary, we can add a bit of water, so it won't burn. Set aside.

Peel and chop potatoes. We will fry them in lots of olive oil, high heat when we put them in, and low heat for the rest of time. We want them to confit, not fry.

Once soft, place on big colander to drain excess oil.

In a big bowl, whisk thoroughly the eggs. Add

the potatoes and the drained onion. Mix so the potato will break a bit. Add salt, and taste. The amount of egg per potato is something you will have to learn with experience, not all potatoes are the same nor the size of the eggs. Basically, not too liquid. The mixture has to become one, you will not see runny egg on one side and potatoes on the other.

Find the best non-stick pan. I like them small (16-18cm) and I keep one just for tortillas.

Now, very high temperature and a teaspoon of olive oil. If the pan is not hot enough, the tortilla will stick....Add the mixture and do not touch for 2 or 3 minutes. Swirl the pan, so it will come off the edges, and let it cook for 3 more minutes aprox. Place a big plate on the pan, and carefully, flip it around so now you have the tortilla on the plate. Let it slide back to the pan and cook for another 5 minutes. Voilà!

Nice bread and red wine or Madrid's best beer, Mahou!

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!

*Restaurante Muñagorri
Calle Padilla, 56 Madrid 28006*

This is one of the best Basque restaurants in Madrid, my favourite!

2 different areas, the Gastrobar, "barra de

pintxos" typical from San Sebastián, and the restaurant.

The food here is top notch quality, great produce, pampered by Pedro and his staff. Beautiful dishes, such as gildas (with the greatest anchovies), croquetas de jamón (ibérico, of course) and extra crispy on the outside, ensaladilla and lots of pinchos.

The place is also well known for its special meat dishes. 35 day matured red meat, grilled with perfect embers, an amazing carpaccio flavoured only with salt and garlic oil, and the jewel of the crown, this mellow and full flavor Steak tartar on bone marrow.

Also, great wines, including Txacolí (from Basque country, white and sparkling, but with small bubbles, as I like it!) and Baines Patxarán, you must try this one. Totally different, authentic, not like the extra sweet stuff you get in some places. It has a beautifully round flavor, acid, sweet and sour.

Soo, look out for Pedro, and tell him you come from Catalina, he's the nicest lad.

MOREINFO:

<https://chefinhousecatalina.com/club-de-foodies-viajeros/> For cookery workshops, corporate events, showcookings, or personal Chef experiences: www.chefinhousecatalina.com

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A FEW MINUTES WITH TENNIS PLAYER

ROBERTO BAUTISTA

BY ABI LINDSAY CLARK

You first started tennis lessons at the young age of 5. Did you love the sport from the very beginning?

I am very passionate about sports since I was a child. I can't conceive my life without practicing sports.



I am so very sorry for the loss of your Mother in 2018 and the recent loss of your Father. People's hearts all over the world poured out to you in November last year. You won the admiration of people from all over, with your strength to keep playing and go on to lead your nation to victory in the Davis cup. What gave you that incredible strength to carry on?

My parents encouraged me from the very beginning. These were tough years but they (my parents) would have pushed me to keep playing. Furthermore, the Spanish team was very supportive all the time.

At the end of the tournament Rafa Nadal said, "I have won the eight games but I say it with my heart, the person who has been vital in this Davis Cup is Roberto, what he has done is something almost inhuman, I don't know how to explain it, he is an example for the rest of my life." How did those poignant words make you feel?

These words from Rafa Nadal were very kind, but I just tried to do my best for the team. Rafa was helping and supporting the team, I had a sort of duty with them.

Congratulations on your recent wedding! How are you finding balancing married life with your busy agenda?

Thank you!! It is not easy when you are travelling for most of the year but we try to spend together as much time as possible, and Ana is joining me in some tournaments.

You have won an impressive 9 ATP singles titles. Which of all these titles personally gave you the most satisfaction?

It is very difficult to win tournaments so each one of them is important, but maybe Doha last year because all the great players I had to defeat: Djokovic, Wawrinka, Berdych. And Dubai, as it was the first ATP 500.

You are currently number 9 in the world. I imagine your ultimate goal is to be number 1. How do you hope to move towards this?

I am more focused on the day to day, training everyday and trying to improve always and compete better. There is a bunch of great players in the top ten but I am sure that if I keep working well good results will come.

Which match has been your most challenging of your tennis career so far?

Despite the fact that Djokovic defeated



me in four sets, reaching Wimbledon semi-finals last year was amazing! It is great to play this tournament always, but in 2019 was special because I did my first Grand Slam semi-finals, the atmosphere was incredible, I had family and friends there...

What does it really feel like in the moment when you win an important title?

A relief at the beginning. When you win a title it means that you have been under pressure and very concentrated during many days. It means that you have been working as planned. But you have to start thinking about the next tournament as soon as you lift the trophy, so not much time relax, which I think is good

People explain how sport gives you a form of wellbeing beyond simply feeling better or having a better body but it can also can give you something spiritual with a connection between body and mind. What does tennis bring you personally and psychologically?

Tennis is a way of life for me. Mostly everything revolves around it: tennis practice, workouts, healthy diet... I also practice meditation to have a clear, strong and balanced mind

What are your interests outside tennis?

I really enjoy watching other sports and spending time with my dogs and horses

With so much travelling you must miss your home in Castellon. What do you most miss about your home town and

your life back there?

My family and friends... and the nice weather!

You were very serious about football when you were a young boy. Do you miss the sport?

I really enjoyed that time but I do it now from the outside. I have good friends who are football players and from time to time I exercise myself hitting the ball... with my feet!

You have a huge passion for horses. Where did that come from and is it something you would ever want to do professionally?

I have loved animals since my childhood, all my memories are surrounded by animals: horses, dogs.... My grandma bought me my first mare for my 10th birthday and she is still with me. I already have my herd of horses

We have seen you express your pride of your home county for their campaigns for respect and equality, promoted by the City Council of Castellón de la Plana and the association Castelló LGBTI. You obviously feel a commitment to report homophobia in sports, what actions are you currently taking to help this problem?

The most important thing is to be a good person doesn't matter who you love.

What's next in your 2020 schedule?

Rotterdam next week (from February 8th) and looking forward to playing in the UK again this year!



RONALD MCDONALD HOUSE CHARITIES SPAIN

Many families travel far from home and spend several weeks or months to get treatment for their seriously ill or injured children – a long time to be away or to divide a family. And, for children facing a serious medical crisis, nothing seems scarier than not having mom and dad close by for love and support. A Ronald McDonald House provides a place for families to call home so they can stay close by their hospitalized child at little to no cost.

by providing a place to stay at little or sometimes no cost.

SERVICES FOR FAMILIES

AT EVERY HOUSE, FAMILIES CAN ENJOY:

- Home-cooked meals
- Private bedrooms with bathrooms
- Playrooms for children
- Special suites for children with suppressed immune systems
- Accredited education programs
- Recreational activities

In Spain there are four Ronald McDonald Houses situated in Barcelona, Málaga, Valencia and Madrid offering in total 75 bedrooms to families with sick children who have to travel from a far.

We also have two Ronald McDonald Family Rooms Hospital de La Paz and Vall de Hebron where families can rest from there stressful Hospital ambiance just a few meters away from their child's bed.

In the Houses and Family Rooms families can share their experiences and develop spontaneous support groups, because nobody understands a mother with a sick child better than another mother with a sick child.

We support families not just offering a place to stay but also a range of activities are organized by our fabulous team of volunteers. Theatre, dance, cooking, baking, handcrafts are just a few of the many activities held at the Houses each day.

We are very thankful to all of our volunteers and donors who make it all possible.



Our Houses are built on the simple idea that nothing else should matter when a family is focused on the health of their child – not where they can afford to stay, where they will get their next meal or where they will lay their head at night to rest. We believe that when a child is hospitalized the love and support of family is as powerful as the strongest medicine prescribed.

ALLOW FAMILIES TO FACE THE WEIGHT OF ILLNESS TOGETHER

Families are stronger when they are together. By staying at a Ronald McDonald House, parents can better communicate with their child's medical team and keep up with complicated treatment plans when needed. They can also focus on the health of their child, rather than grocery shopping, cleaning or cooking meals.

ALLOW CHILDREN TO GET THE BEST CARE

When your child is sick, you want the best care possible – even if it is hundreds or thousands of miles away. The Ronald McDonald House allows families to access specialized medical treatment

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SPANISH ACTRESS

BLANCA MARSILLACH

Talks to **ABI LINDSAY CLARK** about celebrating the tenth anniversary of her charitable foundation Varela Producciones and its valuable work with the disadvantaged

Blanca, you have a very successful and broad acting career under your belt. Did you start your acting career in film or theatre?

It was theatre, we were touring around Spain, we were self-made actors and we would go to the fairs and then we started later with international movies for example with Alberto Lattuada, Mario Monicelli, I was hired by a company and we had a repertoire of 5 different plays and each day we performed a different one.

Did you have a favourite play at that time?

Dario Fo 'Aqui no paga nadie '. It was very funny. I enjoy comedy.

You have a long list of both films and theatre productions in your portfolio. Which medium do you most enjoy working in?

Both. They are very different.

You studied acting in California. Would you say that the acting

techniques taught in the United states are very different to the methods taught in the Spanish drama schools?

Not so much anymore. I think it is more global, it is all more or less the same but at the time that I studied, yes. I studied a restoration comedy at USC. I studied with Ivana Chubbuck who discovered Brad Pitt, Charlize Theron was in my class, Eva Mendes... I would say that the US is always more ahead, they are more modern.



Later you worked in the US for a while. How did you find that experience?

I did 2 plays with my own theatre company. I individually produced Fool for love and the Trojan women in English. It was a fabulous experience.

Your Father Adolfo Marsillach was a hugely important theatre director and writer. Would you say he inspired you to study acting or does it just run in the family's veins?

I think it runs in the family's veins.

In 2019 you had the book 'Adolfo Marsillach, complete theatre,' published. Are you planning any other projects in the future to pay homage to your late Father?

With the Obra Social la Caixa Foundation we always do adaptations of my father's plays, to make his entire repertoire known and because of their value. In fact, we are now shaping the project for this year, but I can't tell you yet what we are going to do, because we are still deciding.

Last year was the 10-year anniversary of your theatre company, 'Blanca Marsillach' (joint venture with Varela productions) how did you celebrate this?

2019 was the tenth anniversary of Varela Producciones and The Company of Blanca Marsillach as a social theater producer, as before then the projects we carried out were all commercial. This year, to celebrate our achievements, it is very likely that there will be surprises and new projects, and we will carry out commercial theatre with a social background, since we conceive the performing arts as a vehicle of communication, education and transmission, and ultimately an engine for sociocultural evolution. This anniversary, coincided with that of the interactive theatre program adapted for people with different abilities that we developed together with the Repsol Foundation, we had Emilio Gutiérrez Caba as patron.

Your theatre company's goal is to bring the theatre closer to the less favoured sectors of society, how did this project come about?

We were watching television one day Elise Varela (her business partner) and I and we saw an actress that was doing an NGO and was helping people and that's when we thought we would go that way and give something back to society. We started with commercial theatre and then we moved in to social theatre but right now we are thinking of going back to commercial and mixing it up.

Your latest project is Belcebú, a play about bullying in schools, a subject

of such great concern, how did you decide to go about targeting this sadly common problem?

There is an issue, there is a lot of bullying and so Elise wrote the play and we got a director, the actors, rehearsed and we opened. Then there is the other part, there is a taller and the students go on stage and they try to find solutions to the bullying, they get the chance to act on their feelings and find a solution on the stage. Theatre is a great eye opener and people when they get on stage, they become a different person and they open up.

The theatre company's programmes for people with disabilities provides a fantastic medium to help people express themselves and the interactive concept you use is brilliant! What inspired you to structure it in this way?

The structure is based on the end goal that the project has, to promote the social inclusion of people with different abilities and their approach to the performing arts. After ten years working for and for this group, we know that their favourite genre is romantic comedy, but certainly their favourite part, and ours, is the interactive workshop in which they become an active part of the work assuming the role of the actors, for this they go on stage and represent some of the scenes. Most of the beneficiaries of this program have down syndrome, but the type of disability depends on the centre or association with which we collaborate in each event. In addition, it should be noted that the inclusion is made on all scales of the project, since the cast of actors and actresses who interpret the works are also people with disabilities, in fact we are pioneers in having a cast of professionals with disabilities on tour.

Your theatre programmes for children help them to address important issues, do you also perform at the schools?

Yes, we do and if you are interested in us going there to your school then it is very doable.

You also do vital work using the theatre to help women who have suffered domestic abuse. Tell us more about this project.

They are programs for the empowerment of women, the recipients are often victims of gender violence. Therefore, the theme of the plays shows them a reality close to theirs so that they identify with the character and later we do workshops with psychologists and specialists to increase their self-esteem and to escape their fears to be able to change their reality and not be under the law

of a man.

Your theatre company has been a very important part of your career over the last few years but would you like to take on another film role at some point?

Last year I did the TV series Snatch with Tristan Ulloa, Úrsula Corberó and Rupert Grint (Harry Potter) and yes I hope to do more TV series or movies. At first, I was very focussed on the company but now I have more time to combine both, and I have very much made the decision to go back. I am currently doing a programme on Intereconomía TV called 'Escenario Marsillach' where I interview famous people who are working in culture or in the field of arts.

In an interview for El País newspaper you stated 'As you add years to your life, you add life to the years,' a poignant comment, can you expand on that?

Between verses and Marsillach, is a program that we have developed over three years in different cities. Around 500 older participants have benefited. In this project we converted a group of about 10 or 12 people from active participation centres in to actors in one day with an adaptation of my father's work "A night with the classics". We share the stage with all of them, Begoña Mencía, with a back projection of Adolfo and I. It is very exciting, because they knew my father better than anyone, since they are his peers. Promoting active and healthy aging through the performing arts is very comforting and more so when we are all getting older.

Do you have a preference, theatre or film or TV series?

With movies you get more chance to rehearse whereas with TV its faster pace and they are both very good training. Theatre is a different animal completely and it has changed a lot, you used to go on tour for months at a time and now they are programmed for a month and they go only touring for weekends and then they come back to Madrid....it has changed a lot.

Have you got any projects at the moment?

I do have a project yes. I don't know yet if it is going to happen but my intention is that it happens.

Anything else that you want to add?

I would like to take the concept of the theatre company to other countries. Could be the united states as there are a lot of Spanish speaking people so we could do a bilingual project. I would invite people for example the Embassies who could sponsor us to take it there.

TOP TIPS FOR HOME LEARNING

The Covid-19 world crisis has undoubtedly turned all sectors upside down, and education, as is to be expected, is one of those activities that has been radically transformed overnight.

The youngest pupils have noticed the change most, as independent learning is more complicated for children under 6 years old, so support from mums and dads has been key to continued learning in the home.

From the British centre of education, Hastings School, Emma Duffy, Deputy Head of Early Years, shares with us her top tips on how to motivate the little ones of the house to continue learning outside the classroom.

CREATE A SET ROUTINE FOR HOME LEARNING

Share this routine with your child and ensure that they have choice regarding some of the activities they would like to do. This will help the children to remain on task for longer periods of time. Perhaps create your own visual timetable and discuss with the children what you will be doing that day. For example, "First we will practice Phonics and then we will do some yoga".

It may also be helpful to use a clock or timer to help the children to understand how long they will be spending on each activity.

Ensure that the routine includes appropriate break, snack and lunchtimes. It is important that the children have appropriate time to switch off.

USE SPACE EFFECTIVELY TO DEFINE AREAS FOR YOUR CHILD

A very important part of the Early Years Curriculum involves the children participating in continuous provision. This is when the children have an opportunity to access different areas



and to practice specific skills or objectives that they have learned. Early Years teachers prepare these areas with appropriate resources that encourage the children to develop their understanding or skills further. These activities should be child-led and not involve as much direction from the adults as the more focused activities do.

Some suggestions for specific areas are messy/creative area, reading corner, construction area, quiet area, mathematics area, literacy area...

ENSURE THAT THERE ARE A VARIETY OF DIFFERENT ACTIVITIES AVAILABLE FOR YOUR CHILD TO ACCESS

Try not to worry if your child appears disinterested in certain activities. Children learn in many different ways.

Some children enjoy more active activities while others prefer reading and writing. It is important to ensure that there is a variety of activities available that appeal to different types of learners. And that there is a balance between active and creative activities and more formal tasks.

Remember to ask your child's teacher for support and guidance if you require some advice on how to help motivate your child.

HAVE FUN!

I would encourage you all to appreciate your time at home with your child and the wonderful opportunity that you have to see them learn and develop every day. I am sure you will all be amazed at what such young children can achieve. In Early Years, learning is fun!



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ABI LINDSAY CLARK

We decided to do a case study of the director of the Madrid Metropolitan magazine who has never had a blood test in his life and what better way to test out Melio's services!



Photo: Hush Naidoo

BLOOD TALKS

OLAF'S CASE STUDY.

Olaf how do you feel about having your first ever blood test?

Very Nervous – I am by nature rather squeamish – and the idea of blood being drawn is not one I take to much!

Which package did you go for and why?

I went for the full monty one – “Perfil plus” which tested for 57 markers including Vitamin D and with a focus on cardio vascular risk analysis.

What were the other packages that interested you?

For my age and profile it seemed that the main issues that might be a factor would be lifestyle related ones that might show up – all those delicious cuts of Jamon Iberico & long chuleton lunches might be taking a toll!

What was your experience with the website? Did you find it easy to use and to order the package?

Easy as pie – straightforward process of choosing the test, checking for the closest drop in lab centre and that was that – no appointments – just go!

Was there someone to help in case of any questions at the purchasing stage of the process?

Yes easy chatbox guided me through and answered all my questions – in English too!

Was it easy to find a centre in or near your neighbourhood?

Yes their website is optimised to make the lab centres easy to find bringing

up google maps – there are loads throughout Madrid

What was the reception of the staff at the chosen centre like?

Very efficient and friendly – hardly a wait and was in the cubicle with the nurse in a few minutes from arrival. So how did it feel to have blood taken for the first time? I hardly felt a thing – in fact if I hadn't had ben so tense I wouldn't have is what the nurse told me – so next time I come with a bit more relaxed!

How long did it take for your results to come through and how were they delivered to you?

24 hours later and it was in the mail box – very fast!

Did you find that the results on paper were listed in a way that you could interpret them easily?

Yes they explained everything – so for example what the test markers corresponded to and why. Then giving you a range of easy to follow information as to what constitutes a good, bad and normal range of results. It was explained very clearly

Were there any issues to followup from your test? If so did you find the service efficient?

Thankfully I had a clean bill of health – a few markers came up as being things to watch out for but nothing that would require a visit to the doctor. If there had been it's a simple procedure to see a doctor and bring your results in.

Would you hire Melio's services again?

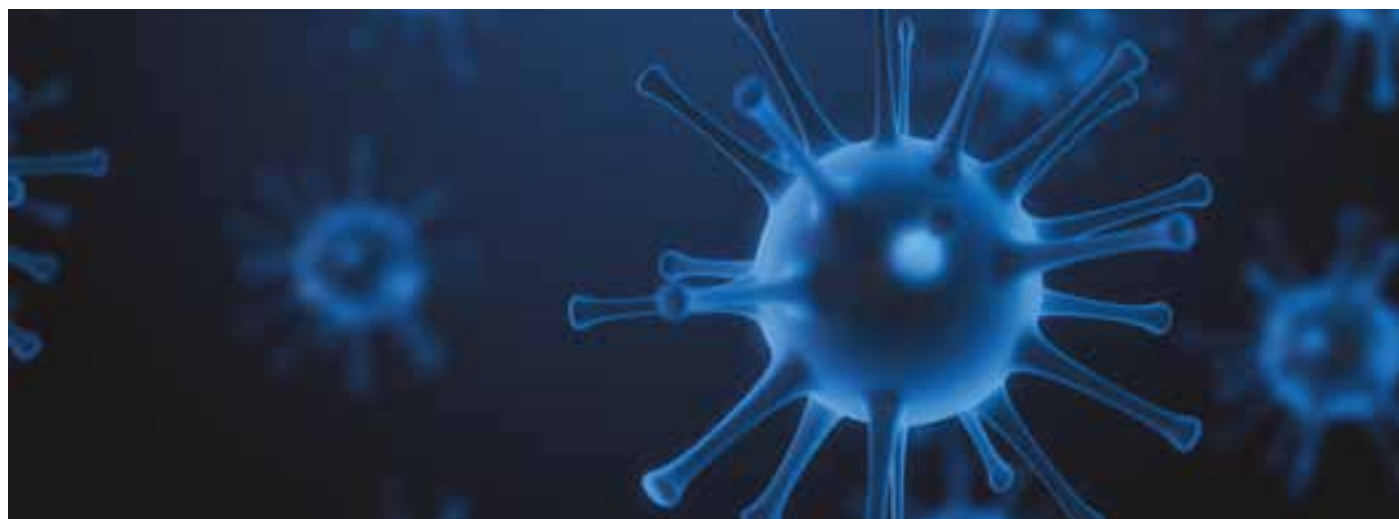
Very much so – this an excellent and easy to use blood test that gives peace of mind

Based on your experience, what advice would you give the public?

I think the experience that Melio allows you to replace a daunting trip to the doctor – which one would normally do once a problem had appeared or worse once a problem requires an immediate medical intervention – ie a heart attack / stroke or cancer diagnosis into a simple drop in check – you choose the health markers you want tested and they do the rest – anything comes up – you have the early warning time to take the action necessary – it might be lifestyle or dietary change or something more serious. This will improve and save lives.

**To book your blood test visit
www.melio.es**

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RECOMENDATIONS FOR HOME ISOLATION IN COVID-19 CASES

Recomendations at the place of isolation



Stay at home, avoid going out of the isolated room.



Use your own bathroom. If it is shared it should be cleaned after every use



Avoid distances of less than 1 meter

Recomendations at the place of isolation



Keep hand hygiene products in the room



Avoid visits



Have a pedal bin in the room.

How to prevent contagion



When sneezing, cover up with a disposable tissue



Throw it to the bin



We are **EVERYONE'S** Health



Wash your hand with water and soap



Do not share personal utilities



Use a mask when using common spaces



Clean objects and surfaces daily with disposable cloths and bleach after each use

For the ones taking care of the infected



Use gloves for any contact with secretions. Use a mask when using common spaces. Wash your hands if you are in contact with an infected object, surface, or person, even if you wear gloves.

Caregivers will perform self-monitoring of possible symptoms and should not present the following risk factors:



Chronic illness

Elderly

Diabetes

Arterial hypertension



People with lung diseases



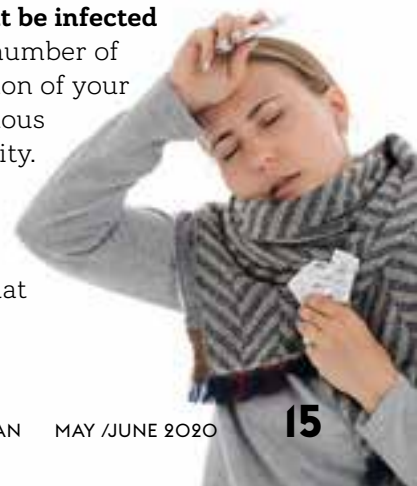
Pregnancy, as a precaution

If you have any symptom as

General discomfort, fever, cough or breathing difficulties.

You might be infected

Call the number of information of your Autonomous Community. They will inform you about what to do



ANNOUNCE THE 'BEST OF QUARANTINE ACHIEVEMENTS'

The last few weeks have been a surreal time in our lives with the extended home stay. Looking at the positive side of the lockdown we were curious to find out what our readers have learned, achieved, created or experienced during their time at home.

Wow! You were all certainly very busy! We were delighted to receive so many **'Quarantine Achievement'** entries for our Competition. The quality of the entries was extremely high, and we certainly gave the judges a very difficult job selecting the winners.

After much deliberation **The Madrid Metropolitan & The American Club** of Madrid are delighted to announce the winners of our **'Best Of Quarantine Achievements'** Competition.

CONGRATULATIONS to our four prize Winners!



ORNA KLEIN

1ST PRIZE

ONE YEAR
MEMBERSHIP FOR
'THE AMERICAN
CLUB OF MADRID'.



This painting is 2.5 meters x 1 meter, it represents Gran Via the way. I would like to see it shortly full of life. I painted this during the quarantine time full of inspiration.



**HEIDI
BUFFINGTON**

3RD PRIZE

'GOODIES' FROM 'TASTE OF AMERICA'.



Here is a fun way to mark your merits (much like the Boy Scouts of America has the merit badges for things like camping and orientation) well lockdown has it's merits too like baking bread, achieving 2000 steps/day and other (funny) things.

Finally, a big thank you to all our Sponsors w

WINNERS OF THE 'ACHIEVEMENT COMPETITION'



2



BRIDGET BIGATEL

2nd PRIZE

1 WEEK SPANISH LESSONS WITH AIL SPANISH LANGUAGE SCHOOL.



Hello! Hola! Like most folks, I spent the last 55+ days cleaning out closets, cooking, and watching more TV than usual. I caught up on my reading and correspondence, but still found myself in a funk and in need of a more creative outlet. As a result I got out my beads and created the bracelets featured in the picture below. I chose the various color themes to match whatever garment I was thinking of wearing with the bracelet. I would have done more but I ran out of some necessary equipment. I look forward to picking up where we left off in March and perhaps will consider making these bracelets on special order for clients with a particular theme in mind. In the meantime I will stay at home and continue to make the best of this dark cloud--silver linings, my friends, silver linings!



4



NINA VALDES

4th PRIZE

PRESENTATION GIFT BOX OF WINE FROM 'MADRID & DARRACOTT'



I removed the two-tier planters that I constructed five years ago, which revealed a nice size window on my terraza/pantry. Used the wood to build a window seat and cut up a pretty pricey black Alpaca coat to cover the seat and bar stool. Covered the stand in vinyl and organized the jars.

We would very much like to extend a big thank you to our judges, who had the difficult task of deciding the award winners, due to the amazing variety and high quality of the entries.

who generously donated the amazing prizes!



GREY ELEPHANT

A tribute to a very special playschool in the centre of Madrid.



BY ANNA CONNOLLY.

"Nobody tells you about how lonely it can get", says one parent friend. "There is so much expectation from the moment babies appear, so much judgment ... I feel like I am failing at everything - constantly." Being a parent is exhausting on every level, the lack of time can lead to a sense of losing oneself, leading to the conundrum every parent puzzles over: "what did I do with all that time before?" There is an immense amount of preparation on hand for pregnancy and birth; a vast array of literature on breast-feeding and weaning; courses on how to Feng shui, or radically minimize homes for the teeny tot's arrival, but very little in the way of preparing for the all-encompassing task of being a parent. Of course there are some wonderful authors on child development and writers who carefully explain steps of how we can parent mindfully; however it is ironic that at the very moment these are needed, you have the

concentration level of a goldfish and the patience level of a bull with a wasp stinging in their butt. Theories are all well and good, they have their place. However, in the heat of battle what is needed is practical experience. For countless parents in Madrid this came in the shape of Grey Elephant.

Irina Verhoeve a Nursery Teacher at Grey Elephant best sums up Sara Varela's playschool, "it is not really a school, but rather a place where we come together and help each other grow." After just over a decade Grey Elephant has closed; the properties, including fourteen other buildings in the local area, have been bought over. Other beloved local business take overs include, Museo de la Radio and Baobab, the selling of which have been described as 'inhumane'. This domino-like effect of gentrification reflects a shocking lack of legal protection for smaller, independent businesses, in favour of property development, big chains or tourist accommodation. Grey Elephant has been active for well over a decade, and now there is nothing to recognise the act of nurturing so many families, and having such profound impact on the community, both locally and internationally.

Since the end of December, the property has become vacant, and the choir of

children playing is muted until further notice. Causes for Grey's closure include the relentless gentrification of our barrio La Latina, named after Beatriz Galindo, another phenomenal woman who, like Sara Varela, was a pioneer of her day. It is notoriously difficult to run an independent business here in Madrid; taxes include 'normal' taxes, plus a substantial monthly fee of up to 250 euros to claim an 'autónomo' status. According to the National Statistics Institute (INE) at the end of 2019 nearly 14% of the population, that's more than 3.2 million people, have been affected by unemployment. With unemployment high in Spain, it is nonsensical to demotivate and charge people who are trying to work outside the cookie cut version of employment. These figures highlight the understandable general lack of entrepreneurship, but equally shine light on the uniqueness of Grey Elephant; with which Varela managed to thrive in creating something so distinct from the common model of childcare.

Sara Varela understands the challenges of being a parent, specifically a mother and specifically a mother in a city; who likely does not have the abuelos nearby, or on hand to help when needed. Through Grey Elephant Varela put into action practical support for working parents, and was always distinctly unrushed to offer guidance on child development, or on parenting methods. Joanne Hitch from the Sticky Fingers and Little Bunnies playgroup says that Sara has "been an inspiration for so many adults and children all over the capital", that she is, 'an amazing person and professional'. Hitch remembers, "in its early beginnings, everyone knew how unique and innovative Grey Elephant was and different in so many ways to the standard 'ofertas' for little ones in Madrid. And over the years, Grey Elephant has gone from strength to strength!"

The abrupt finish to the Grey Elephant legacy has left many parents in limbo, feeling devastated that this place, this home for so many will be no more. Irina says, "many people leave their home in the morning to go to work. I, on the other hand, get to go to my other home and get to spend the day with my family. I am so grateful for this whole life changing experience and there are no words in the world to describe the place Sara holds in my heart." The way that Sara creates communities from a group of strangers is magical. She knows instinctively what children need to flourish – space and play, LOTS of play. She is always eager to discuss her pedagogy which places the children at the centre; the rights of the children come first, and child-led play is the best way to develop emotionally intelligent adults and ultimately future citizens.

It is with great sadness that Grey Elephant has closed. It will affect countless families who have found refuge from the frenetic, fast-paced city at Grey; it has a wonderful team of staff who support not only child development, but encourage curious, kind parenting. They are flexible, caring and passionate about learning through play. It's motto, 'we are grey', really sums up a state of being, instead of pledging allegiance to one ideal over another. At Grey: we play. Rosa Planchart Badenas, ballerina and dance teacher at Grey Elephant reflects, "it has been great to feel the warmth of it by teaching there for hello! English. Sara's innovative and



restlessness energy to provide for families and friends engaged with Grey Elephant will be deeply missed." The plethora of bi-lingual activities run at Grey included: yoga, dance, painting, photography, storytelling, music, summer camps and parties for Easter, Halloween and Christmas. This was all in addition to the superb daily childcare.

As a mother and teacher, I admire Sara, and will be bereft of her guiding light. However, I would like to politely challenge the concept that she is innovative, an adjective everyone I have spoken to has described her as. I suggest instead that she is doing something far more radical and beneficial to our current global needs; Sara runs her business using a matriarchal structure. It is not driven by short term goals and easily identified outcomes, but instead she is planting acorns so that mighty forests may grow. Like the elephants, her herd is female-led, community-wise, protective, intelligent and empathetic. Qualities our world leaders should aspire to.

I first met Sara at one of the many activities that Grey Elephant offered, this one Hartbeeps, an interactive, multi-sensory experience for children. Sara was wearing an orange handkerchief on her head and was leading a wobbly group of toddlers and their parents in

a circle while bubbles blew, and disco lights flashed; she asked us all to walk like different animals. I was running late with my then one-year old child. We frantically kicked off our shoes, threw off our coats and unquestioningly jumped into the beautifully surreal herd. Sara stopped for a micro second, winked at me and continued. We later got talking with some other parents about mother's guilt, of which according to NUK the baby care product company, nearly 90% of mothers experience. The majority of mothers feel guilty to work, guilty not to work - it seems that the way modern western society is set up so the mamá can never win. Having attentively listened Sara added with perfectly timed debonair, 'bueno, sometimes you just want to stop, sit and drink a warm cup of coffee instead of sipping at cold coffee'. Bullseye.

Being a parent in a city has huge advantages. There are often international meet-ups to cast a net out to, there are less expectations of what success looks like and Culture comes as a given. Families come in all shapes; one size truly does not fit all. However, what most parents sacrifice is the familiar back up. Ties to roots are temporarily put on hold for a life with more excitement and ultimately opportunities, even though we city-dwellers are undoubtedly more caffeinated than our pueblo contemporaries. According to dream psychologists' grey elephants are supposed to symbolize wandering off the traditional path, but the journey grey elephants take from their wandering leads to enlightenment: a fortuitous emblem perhaps?... I know this is not the last we have seen from Sara Varela, quite the opposite, this is just the beginning. Having worked for countless charities in different countries, including refugee camps, Sara has a wealth of experience to draw from, and a firm vision for creating safe, playful spaces for all children. Besides, as Sara puts it, 'I always wanted an outdoor space anyway'. When one door closes, another one opens. Plans are already being made for an eco-wonderland that will be magnificent. Watch this space.



Photo: Tierra Mallorca

THE SHOW MUST GO ON!



Chris Webb

Madrid's Leading Financial Planner For the International Community Talks To The Madrid Metropolitan.

One of my favourite songs is, 'The Show Must Go On' by Queen, arguably one of the best bands ever. How apt the opening lines sound now. After 72 days of lockdown – I won't lie and pretend it's been plain sailing. Having two children home schooling and trying to run our businesses from home at the same time has been quite a challenge, but the overriding feeling has been and still is that the show must go on...

Emotionally this might have just been the toughest period that we all have had to go through. Every day a new challenge. But as we all know, we can't just sit and stare at the walls and feel sorry for ourselves.

All of us will have had different emotional barriers to face. They might be the feeling of confinement and reduced work capabilities; they might be a feeling of panic and anxiety trying to deal with the unknown situation we are in; they could be dealing directly with this virus, either having caught it themselves or having a loved one infected.

It doesn't matter what the factor is, it's guaranteed that we have all been dealing with emotions far more during the last 3 months than we have ever had.

On top of dealing with our own family's emotions, I am having daily conversations with my clients about their investments during this period and the emotional impact it is having. All it takes is to watch the news channel to clearly see how volatile the markets have been. This is an additional emotional crisis for some, particularly if they aren't experienced investors.

All my clients will know that I talk a lot about the different hats you need to wear when investing in the markets. There is the investment hat and the emotional hat. The investment hat is the exciting one that drives your investment decisions; the emotional hat is the one that pulls you back a little and makes you consider your choices. In my opinion the emotional hat is the most important one. It only lets you make decisions that you are happy with and have thought through.

Here are my top tips for dealing with the emotional side of investing; hopefully it will help steer you through the coming weeks.

1. THE RATIONAL, IRRATIONAL AND EMOTIONAL STRUGGLE

It is a challenge to look beyond the short-term variances and focus on the long-term averages. The greatest challenge may be in deciding to stay invested during a volatile market and a time of low consumer confidence. History has shown us that it is important to stay invested in good and bad market environments.

During periods of high consumer confidence stock prices peak and during periods of low consumer confidence stock prices can come under pressure. Historically, returns trended in the opposite direction of past consumer confidence data. When confidence is low it has been the time to buy or hold.

Of course, no one can predict the bottom or guarantee future returns. But as history has shown, the best decision may be to stay invested even during volatile markets.

2. DECLINES MAY PRESENT OPPORTUNITIES

An emotional roller coaster ride is especially nerve-racking during a decline. However, the best opportunity to make money may be when stock prices are low. Buying low and selling high has always been one of the basic rules of investing and building wealth. Yet during these emotional and challenging times it is easy to be fearful and/or negative, so let's turn to the wise advice of one of the world's best investors, the late Sir John Templeton:

"Don't be fearful or negative too often. For 100 years optimists have carried the day in U.S. stocks. Even in the dark '70s, many professional money managers—and many individual investors too—made money in stocks, especially those of smaller companies...There will, of course, be corrections, perhaps even crashes. But, over time, our studies indicate stocks do go up, up and up"

3. WATCHING FROM THE SIDELINES MAY COST YOU

When markets become volatile, a lot of people try to guess when stocks will bottom out. In the meantime, they often park their investments in cash. But just as many investors are slow to recognize a retreating stock market, many also fail to see an upward trend in the market until after they have missed opportunities for gains. Missing out on these opportunities can take a big bite out of your returns.

4. EURO / DOLLAR COST AVERAGING MAKES IT EASIER TO COPE WITH VOLATILITY

Most people are quick to agree that volatile markets present buying opportunities for investors with a long-term horizon. But mustering the discipline to make purchases during a volatile market can be difficult. You can't help wondering, "Is this really the right time to buy?"

Euro / Dollar cost averaging can help reduce anxiety about the investment process. Simply put, Euro / Dollar cost averaging is committing a fixed amount of money at regular intervals to an investment. You buy more shares when prices are low and fewer shares when prices are high, and over time, your average cost per share may be less than the average price per share. Euro / Dollar cost averaging involves a continuous, disciplined investment in fund shares, regardless of fluctuating price levels. Investors should consider their financial ability to continue purchases through periods of low-price levels or changing economic conditions. Such a plan does not

assure a profit and does not protect against loss in a declining market.

5. NOW MAY BE A GREAT TIME FOR A PORTFOLIO CHECK UP

Is your portfolio as diversified as you think it is? Meet with me to find out. Your portfolio's weightings in different asset classes may shift over time as one investment performs better or worse than another. Together we can re-examine your portfolio to see if you are properly diversified. You can also determine whether your current portfolio mix is still a suitable match with your goals and risk tolerance.

6. TUNE OUT THE NOISE AND GAIN A LONGER-TERM PERSPECTIVE

Numerous television stations and websites are dedicated to reporting investment news 24 hours a day, seven days a week. What's more, there are almost too many financial publications and websites to count. While the media provide a valuable service, they typically offer a very short-term outlook. To put your own investment plan in a longer-term perspective and bolster your confidence, you may want to look at how different types of portfolios have performed over time. Interestingly, while stocks may be more volatile, they've still outperformed income-oriented investments (such as bonds) over longer time periods.

7. BELIEVE YOUR BELIEFS AND DOUBT YOUR DOUBTS

There are no real secrets to managing volatility. Most investors already know that the best way to navigate a choppy market is to have a good long-term plan and a well-diversified portfolio. But sticking to these fundamental beliefs is sometimes easier said than done. When put to the test, you may begin doubting your beliefs and believing your doubts, which can lead to short-term moves that divert you from your long-term goals. To keep from falling into this trap, call me before making any changes to your portfolio. So that's my tips for fighting your way through the emotional impact of investing. I hope it is beneficial to you.

The main point to take away from this is that THE SHOW MUST GO ON!

Stay calm, stay invested, don't make crazy rash decisions and in a short time, this will be a blip in the past. If you want to discuss the risk element or have a second opinion on your investments, I am happy to conduct an initial consultation and present any recommendations free of charge.

YOU CAN GET IN TOUCH USING THE CONTACT DETAILS BELOW.

DON'T DELAY YOUR FINANCIAL PLANS. FOR PLANNING, YESTERDAY IS BETTER THAN TODAY, WHICH IS BETTER THAN TOMORROW

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IN THE STORM - THE POST COVID SPANISH ECONOMY

Spain's economy was always in line to be particularly hard-hit by the Covid-19 crisis. The Government's response will not help argues Roger Pike



In January when we wrote our annual crystal ball-gazing article on business and the economy in Spain, we may already have seen something on the news about a strange new virus in a region of China which we couldn't place on a map, but we had no inkling of what was around the corner. We did, however, talk about the need for the Sánchez Government to tackle a series of structural problems, and the lack of wriggle room from the high debt-to-GDP ratio of nearly 100%. In the second global crisis in recent history, these imbalances will once again make the Spanish economy more vulnerable than most.

On a May Day without union-led parades, and seven weeks into one of the strictest lockdowns in Europe, the government released economic forecasts predicting a 9.2% fall in GDP this year, with unemployment hitting 19% by year-end, a deficit of 10.3% and public debt of 115.5%. While this is grim reading, the reality will almost certainly be worse. Deutsche Bank expects debt to balloon to 150% of GDP, with Spain facing the need for huge amounts of extra spending just as its tax receipts plummet.

The decision to lockdown was like slamming on the economy's emergency handbrake. As it came to a near-halt, Pedro Sánchez announced a series of measures aimed at saving jobs and providing workers with a basic income. He beefed up an existing scheme for temporary redundancies (ERTE), under which furloughed workers are paid a special unemployment benefit. At least 3.4m workers, from airlines, retail chains and car manufacturers to bars and hairdressers, were covered under the scheme.

The self-employed forced to shut down their business completely, or whose income was reduced by 75% or more, could apply for a special benefit payment. Over 1 million - 35% of self-employed - applied, although large numbers fell through the net. To help finance small, medium and large companies, €100bn was set aside to provide guarantees to banks to encourage them to lend.

Also in the pipeline is a minimum income for the most needy, although few details have emerged about who will benefit and how much it will cost. The difficulty will be in ensuring it reaches those who need it, while avoiding discouraging people from returning to work.

All this is costing vast sums of money. The challenge for any Government is how to pay for it without wrecking the economy.

Much hope has been placed on the European Union. Sánchez and his ministers have made numerous public appeals to

lofty ideals of European solidarity to make a case for establishing a huge European fund, with debt mutualization. This would mean all member states jointly guaranteeing bond issues, with the proceeds being used by those who most need it. Spain prefers grants - which will not need paying back - to loans.

The EU is under no illusions about the need for a massive spending boost to alleviate poverty and kick-start the European economies back into life. Yet some northern countries are not wild about the idea of permanently subsidizing their southern neighbours, or being on the hook for their debt. They would want anything looking like shared debt to come with much stricter control mechanisms, over spending plans and deficits, for example.

The recent joint proposal from Macron and Merkel to establish a 500bn fund for grants goes some way to keeping Sánchez happy, and is additional to the €540bn credits already approved. It's not completely free money - it will be paid back, some time, out of the member states' budget contributions, and the grants will be based on "a clear commitment from member states to follow sound economic policies and an ambitious reform agenda". So strings are attached.

Whatever the deal from Europe looks like, Spain's leaders will have to make some unpalatable decisions to try and reduce the deficit, by upping income and cutting costs. This Government seems to think that increasing income is the easy bit - just put up all the taxes, and think of a few new ones. Even before the Corona crisis, it had prepared a battery of tax increases for income, corporation and inheritance tax, as well as plans to introduce levies known as Tobin and Google taxes. The junior coalition partner Podemos has floated a new wealth tax, which at first sight would hit the comfortably-off with a decent house and few assets more than the really rich.

There's a problem with all this. High taxes discourage people from working and from starting businesses. Less economic activity means a lower tax take. The deep recession will already make many companies vulnerable; taxing them further will cause more of them to fold, meaning more job losses. Now is the time to nurture companies, or risk provoking a vicious downward spiral; after all, public spending is ultimately paid for by taxes raised from private sector workers or companies.

Here are some scary numbers: even before the state of emergency, the ratio of private sector workers to the public employers, unemployed and pensioners who their taxes pay for, was less than one. With demographics as they are, that was

already unsustainable. Now, with 3.4m receiving benefits through the Temporary Redundancy scheme, there are only about 10 million private sector salaried workers, and some 2 million self-employed still active, many of whom are low earners. Their taxes have to support 19 million people: pensioners, unemployed, public sector workers and those on the temporary redundancy schemes. This needs to change, and quickly.

What should be keeping the Ministers awake at night is thinking of ways to stimulate the private sector, attract investment and create employment. What should keep voters awake at night is that hardly anyone in the government has ever earned a salary in the private sector or seems to understand that without successful companies, there is no money for pensions or healthcare.

No government can replace private incomes indefinitely. The Economist recently ran an article entitled "When lockdown ends, Governments will have to free labour markets". In Spain they could start by scrapping the obligation for self-employed to pay nearly €300 a month in social security, regardless of whether they earn money or not. That is no way to encourage entrepreneurship. Why not follow countries such as the UK or USA, where self-employed pay Social Security as a percentage of what they earn?

It should also be easier to work part-time, and for it to be compatible with receiving benefits. Payroll taxes are also far too high. They stop companies hiring, and are one of the reasons for Spain's chronic high unemployment.

Far from freeing the market, the Government has just announced an agreement to tighten labour laws again. The two ministers with responsibility for the economy heard about it on the news, and one of them, Economic Affairs Minister Nadia Calviño, immediately labelled the decision of the Government that she forms a part of, as "absurd and counter-productive". Such a deep split in the Cabinet does not bode well.

When the Government sees that the tax take after the increases is nowhere near what it expects, and with the EU looking over its shoulder, there will be no choice but to cut spending. And while it would be an exercise in coherence to slim the administrations down, there are really only two areas where big savings can be made - public sector wages, and pensions.

Assuming Sánchez remains in power for the near future, he looks destined to follow in the footsteps of the previous Socialist Prime Minister Jose Luis Zapatero, who was forced to cut public sector pay and freeze pensions. This time freezing them won't be enough - expect the higher earners and new pensioners entering the system to be targeted for reduced payments. But while pensioners have reasons to be upset, spare a thought for the young, who will once again bear the brunt of poor economic management. Without a dynamic and growing labour market, the hopes of young Spaniards for a decent career and an acceptable level of prosperity will go up in flames. Tens of thousands are likely to try their luck abroad.

No Government of any colour would have avoided the brutal economic downturn caused by the shut-down. But the decisions made now will be critical to determine the speed and strength of the recovery and to avoid lasting damage to the economy. All the signs so far are that the Sánchez administration is getting it wrong.



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8 STREET ARTISTS TO LOOK OUT FOR WHILE YOU ENJOY YOUR EVENING STROLL

LOCKDOWN WALKS

Taking an evening walk in the streets of Madrid can be turned into a fun game to do with your walking partner or alone as you rediscover the streets you've missed so much.

LAUREN KLARFELD

Walking with no purpose becomes an almost meditative activity now, as two months locked up was more than anyone could bear. But although us Madrileños enjoy a good walk, it would be a lie to say that walking with no purpose is something that comes natural to us when we are used to the hustle and bustle of the city. Instead, why not make the most of your evening stroll by polishing up your street art knowledge? While the museums are still closed, here is a great way to turn your evening stroll into a game of art and observation that is free for all and open to us locals.

Your mission begins here : Step out of your house with a good stretch - not only in your legs - but also of your neck, as you will be looking up, down and sideways in this game like never before. Just make sure to watch your step and remember what you see - because this game is also a game of memory!



Photo: depaseospmadrid

E1000 or Emil's hidden name

E1000 is a creative character from the Madrid scene who has been secretly writing his name everywhere in the urban landscape of Madrid. It may even have been at your own door! Looking closely, many doors and windows of Madrid have metal bearings that are often in geometric shapes. This is what E1000 has used over the years to outline with a white paint pen the letter "E" and the number 1, 0, 0 and 0. The result of this equation is that if you read it rapidly, it sounds like e-1000 or "Emil" which is his name. But aside from writing his name, Emil is also a very dedicated photographer and muralist and shares some of his most interesting finds on his instagram page and stories.

Where to find them : They are seen better at night, as the white lettering stands out, and can be found on many doors and windows that have metal bearings. Check out Lavapiés and Malasaña.



Photo: Inés Ibarra

Suso33 and his “ausencias”

Our first artist to look out for is an artist that goes by the name Suso33. His career started in the 1980's, spray painting metro wagons more than anything and then developed over the years in a very particular style related to action painting. In fact, you can easily recognise one of his figures because they seem to have been sprayed in one sudden stroke, so sudden that it takes time to understand that you are not just looking at a random element, but at the outline of a person.

These “figures” is what the artist calls “las ausencias” (absences). Like a signature almost, these figures trace the outline or shade of a person if not a spirit. They are found in public places, alone or in groups, expressing moods of loneliness and also anonymity. They could be anyone, and somehow always stand out of the walls of buildings which have been abandoned. An example can be seen clearly at the corner of Calle Jesus y Maria and Calle de la Esgrima, where once stood a casa okupa. When the house burned down, it was rebuilt and finished up with one of Suso33's murals to depict the absences of its former occupants.

How to find them : Look for the ausencias on the walls of abandoned buildings, in the areas of Lavapiés, Centro and Malasaña.

Photo: Lauren Klarfeld



Photo: Suso33.com



Photo: Ines Ibarra



Photo: sr.irregular



Photo: imdb.com



Photo: Oberon



Photo: Oberon



Oberon's mysterious faces

Oberon has appeared this year in the streets of Madrid and uses the same figure over and over; the face of a man with a beanie and an earring. Spotted in sticker forms or past-ups, the face is actually already known to many if they remember watching the movie “1984” based on George Orwell's classic. Here, the artist borrowed the face that can be seen on the “big brother is watching you” posters from the movie, and added his own modern touches to it so he would look more like one of us. The question then still remains, who is watching who?

The name Oberon is also a wink to the book, because it is one of the publishing houses that published Orwell's book : Oberon Modern Plays. More of his work can be seen online.

Where to look : street signs where there are other stickers already, publicity panels, at the back of traffic signs, on top of abandoned shops. Some of his smaller stickers are playfully put on the faces of traffic poles for example. A typical example can be seen on the corner of calle argumosa and call dr fourquet in Lavapiés. Oberon uses stickers and past-ups of all sizes, but his faces are highly recognisable.

Classified Directory

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EuroCitizens is a new association formed by a group of UK citizens living, working and studying in Spain. We are greatly concerned about our future here and that of Spanish citizens living in the UK.
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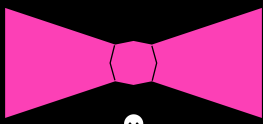
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