THE EGE EYE

ISSUE 214

JUNE 2022

"News for the Turkish coast since 2005"

Kuşadası welcomes back all of the major cruise liners

Last month Eid al-Fitr saw many cruise ships stop in our port. In the first two days six cruise ships were great to see.

Another 3,000 travellers also arrived on the last day of the Eid holiday.

On May 2, which marked the first day of the Eid holiday, three cruise ships, “Star Flayer,” “Norwegian Jade” and “Celestyal Crystal,” docked at the port of Kuşadası, with a total of 2,570 passengers on board.

On the second day of the holiday, three more cruise liners, “MSC Lirica,” “Azamara Pursuit” and “Celestyal Olympia,” arrived in Kuşadası, bringing another 2,139 tourists.

Arriving tourists visited the House of the Virgin Mary and the ancient city of Ephesus, which are near the resort, shopped and dined during their stay in Kuşadası.

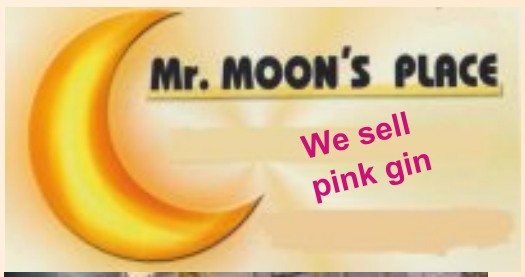
On the 4th May, four more cruise liners, the “Seabourn Encore,” “Sirena,” “Star Pride” and “Viking SKY,” docked at the port with 2,800 passengers, most of them American tourists.

“For the first time in six years, we welcomed four cruise ships at the same time,” said Aziz Güngör, general manager of Kuşadası Ege Port. Foreign and local tourists visiting the town during the Eid al-Fitr holiday greatly contribute to the local economy, Güngör added.

Güngör also said that during the month of May, 74 cruise ships are expected to visit Kuşadası.

Meanwhile, in Bodrum, another tourist hotspot in the province of Muğla, this season’s fifth cruise ship, “Costa Venezia,” docked at the port of the town, with 1,254 passengers on board.

During the Eid al-Fitr holiday, three cruise ships visited Bodrum, bringing a total of 2,562 visitors.



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editor@theegeeye.com (0256) 6123207

This month rather than picking up your copy of The Ege Eye at these venues we can send a copy directly to you. You can send a request by email to lucy@theegeeye.com and a copy will be sent to you.

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E-mail the advice centre at support@adviceturkey.org or telephone on 05318 560 546 - all queries will be answered confidentially by our friendly team the same day, so don't hesitate to ask

Microplastics and the risk they pose

Microplastics are small plastic pieces, usually less than five millimetres long which can be harmful to our ocean and aquatic life. Plastic is everywhere and a lot of it ends up in the ocean. Most plastics in the ocean break up into very small particles. These small plastic bits are called "microplastics."

Mersin University's Faculty of Aquaculture professor Deniz Ayas stated that around 95 percent of the contaminants in the sea, on the seabed and along the coastlines of the Mediterranean consist of plastics.

This poses a public health hazard, and it is ironic that the problem is defined as "anthropogenic" or caused by humans.

"We term microplastics as the particles and granules that occur through decomposition of plastic bottles, bags and packages thrown out into nature and the sea over the course of time," said Professor Ayas. He also stated that this kind of pollution can be observed "even by the naked eye on the 321-kilometer coastline between the province of Mersin and the province of Hatay's industrial district İskenderun.

Microplastics pose a very serious threat to marine ecosystems. Recent research shows that they also transform into smaller nano plastics, which could be metabolized and enter the body systems of humans and other living things.

The use of plastics should be restricted, and waste recycling systems should be developed more rapidly, the academic stressed.

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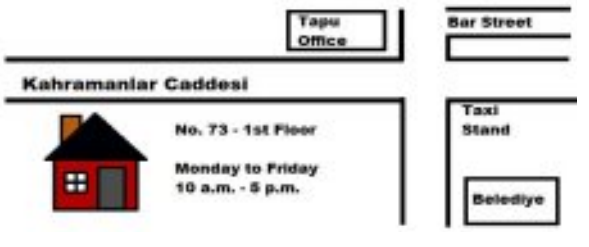

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Hello, everyone

We are members of a group of Germans in the Kuşadası area.

We are now organizing a brunch every Sunday from 10:00 a.m. during the holiday period from June 5, 2022 and will have a regulars' table in the Palm Beach Restaurant in Ladies Beach Kuşadası.

During the winter months we will meet every 1st and 3rd Sunday of the month.

It's been great every time for two years. We sit together over a delicious meal and talk about everything that is in our hearts. We meet new people and make new friends.

We cordially invite you to come along.

In addition, we are opening up the circle of participants, anyone who wants to can be there....for Turkish and other foreign citizens.

This thought came to us because we were in the Foreigners' Advisory Board of the City of Kuşadası. KUŞADASI FOREIGNERS ASSEMBLY- KENT KONSEYİ-YABANCILAR MECLİSİ, (of which I am a member).

I want to simplify and improve life together through various "social activities".

Oh, I'm Ute Schröder, moderator of the group, you can find me on FB under Ute Ege Tiralla and I would like to welcome you on behalf of everyone.

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HEALTH NEWS

WHO report states that one in every three Turks clinically obese

Nearly a third of the Turkish population, or 32.1 percent, comprises obese people, whereas 66.8 percent of the population is either overweight or obese, according to a World Health Organization (WHO) report released during the 29th European Congress on Obesity in Maastricht, the Netherlands.

With the total figure, Turkey leads 53 countries in the WHO European Region, followed by Malta (66.4 percent), Israel (64.3 percent), the United Kingdom (63.7 percent), Andorra (63.7 percent), Greece (62.3 percent), Czechia (62.3 percent), Bulgaria (61.7 percent) and Spain (61.6 percent).

The WHO European Regional Obesity Report 2022 showed that the average rates of obesity and obesity plus overweight were 23.3 percent and 58.7 percent, respectively.

The 10 countries with the smallest obese populations are found to be Tajikistan (45.3 percent), Uzbekistan (48.2 percent), Kyrgyzstan (48.3 percent), Moldova (51.8 percent), Turkmenistan (51.8 percent), Bosnia and Herzegovina (53.3 percent), Azerbaijan (53.6 percent), Kazakhstan (53.6 percent), Georgia (54.2 percent) and Austria (54.3 percent).

The obesity rate among Turkish men is estimated at 24.4 percent, whereas among Turkish women at 39.2 percent, the report showed.

The age-standardized prevalence of overweight and obesity among school-aged children (5-9 years) in Turkey was 32.7 percent and 14.9 percent, respectively.

Among Turkish adolescents (10–19 years), the rates of overweight and obesity were 27.9 percent and 9.8 percent, respectively.

Obesity ongoing ‘epidemic’

Overweight and obesity are among the leading causes of death and disability in the European region, with recent estimates suggesting they cause more than 1.2 million deaths annually, corresponding to more than 13 percent of total mortality in the region, the WHO said in a press release.

Obesity increases the risk for many non-communicable diseases, including cancers, cardiovascular diseases, type-2 diabetes mellitus and chronic respiratory diseases. Overweight people and those living with obesity have been disproportionately affected by the consequences of the COVID-19 pandemic. There have been unfavorable shifts in food consumption and physical activity patterns during the pandemic that will have effects on population health in the years ahead.

“Obesity knows no borders. In Europe and Central Asia, no single country is going to meet the WHO Global NCD target of halting the rise of obesity,” said Hans Henri Kluge, WHO Regional Director for Europe. “The countries in our Region are incredibly diverse, but everyone is challenged to some degree. By creating environments that are more enabling, promoting investment and innovation in health, and developing strong and resilient health systems, we can change the trajectory of obesity in the Region.”

“During the COVID-19 pandemic, we experienced the true impact of the obesity epidemic in our region,” he added.

To address the growing epidemic, the report recommends a suite of interventions and policy options that member states can consider to prevent and tackle obesity in the region, with an emphasis on building back better after the COVID-19 pandemic. It outlines how policy interventions that target environmental and commercial determinants of poor diet at the entire population level are likely to be most effective at reversing the obesity epidemic, addressing dietary inequalities and achieving environmentally sustainable food systems.

The WHO report highlights a few specific policies, including the implementation of fiscal interventions, such as taxation on sugar-sweetened beverages or subsidies for healthy foods. **Source Hurriyet Daily News**

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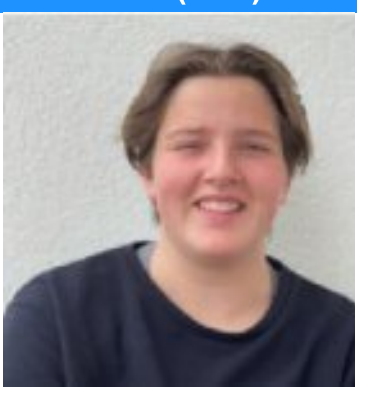
Bodrum prepares for World Championship

By Alma Fortmann, visiting Erasmusjournalism student (Ger)



Bodrum is preparing for a big international sailing event, 2022 Arkas Optimist World Championship, 27 June – 7 July, 2022, which will see 100's of young sailors and teams in the resort.

"This is the third time in the 60-year history of the Optimist World Championship that it is being held in Turkey – the last time was 2008 in Izmir and prior to that it was in Yarimka in 1976. This is the first time it is being held in Bodrum, one of the leading places for sailing in the region.

Arkas Holding is one of the most significant transport companies in Turkey, and will figure prominently as the main title sponsor of the championship. This sponsorship agreement will be a first for both Arkas Holdings and the Optimist World Championship.

The 2022 Arkas Optimist World Championship has 285 sailors registered from 62 countries around the world - a new record in terms of number of participants in the history of the event.

Competition is expected to be fierce during the 2022 Arkas Optimist World Championship in Bodrum. The top sailors from each country will be testing their skills against the best athletes 15 years and under from around the globe."

Back in early April, The Bodrum Echo intern student Alma Fortmann helped interviewed the BIOR race organizer.

The Icmeler Clubhouse and facilities have been rebuilt by the Bodrum Municipality. The first of the Optimist sailors are back in Bodrum in training now at the Turkish Yachting Federation's Optimist Training Regatta 29 May – 3 June

https://www.tyf.org.tr/trainingregatta/ Follow the World Championships on https://2022worlds.optiworld.org/en/default/races/race

Bodrum, the place of this year's Optimist World Championship

Bodrum is a popular destination for a yachting and considered the Turkish home of sailing.

The origins of seafaring in and around Bodrum reach back the Bronze Age. Although it is not easy to tell what boats were builtat that time, it is known that the Aegean sea trafficincluded Bodrum. It is also known that Bodrum, or rather ancient Halicarnassos, had war ships and that it participated in the sea battle of Salamis as part of the Persian fleet. During this period, Bodrum was a Persian sea base, and that was also the reason why Alexander the Great conquered Bodrum during his wars against Persia. Three famous admiralscame from Bodrum and two of them were women: Artemisia I (5thcentury BC)commanded five ships at the Salamis sea battle between the Greeks and the Persians, Artemisia II (4th century BC)defeated the Rhodians in the harbor of Halicarnassos and conquered Rhodes afterwardsand the male admiral Turgut Reis (1485-1565)who was one of the most famous Ottomanadmirals.

After these times of ancient golden glory sailing in Bodrum focused more on fishing and sponge diving, but boat building continued as a tradition in Bodrum.

With the introduction of motors and engines, sailing fell into obscurity to an extent everywhere, until it was only really rediscovered as a recreational and competition sport in the last century.

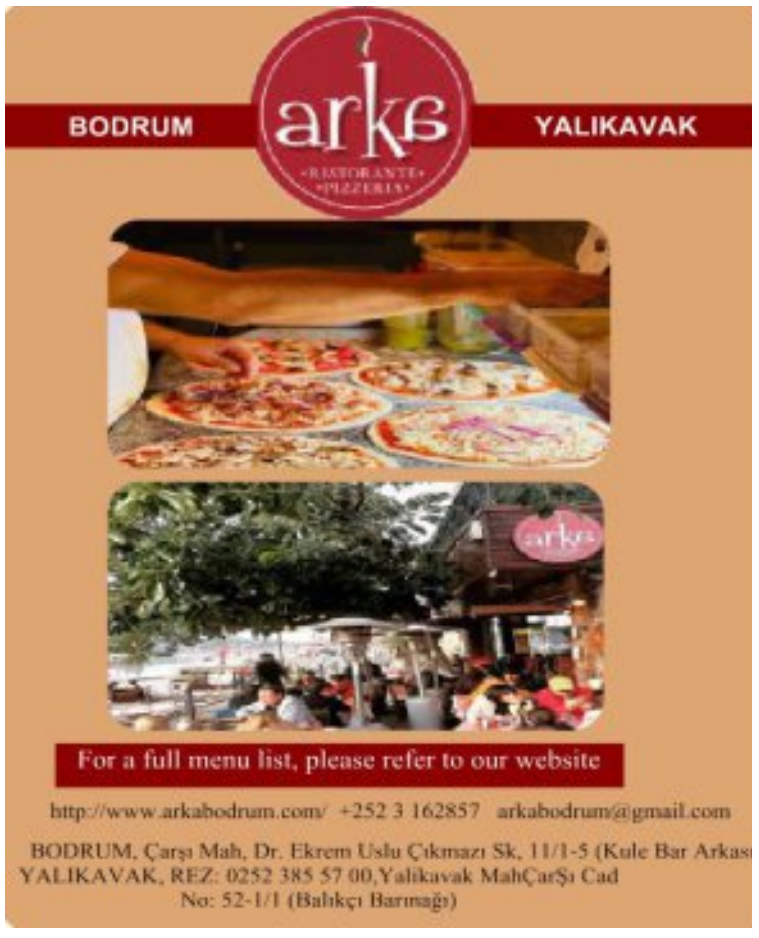
Bodrum with its perfect all-year sailing conditions, has become a major center for sailing for all types of boat classes from the small Optimists to large sailing yachts. Bodrum itself has four yachtclubs and they have been organizing the annual Bodrum International Optimist Regatta (BIOR) since 2013. BIOR has put Bodrum firmly on the training and competition map of young Optimist sailors, so much so that Bodrum will host the Optimist World Championship from 27. June to 07. July this year. We thought that was a great time to speak with Serdar Çakir, the organizer of BIOR. Serdar works with a team of 15 trainers and support staff and has been coaching young sailors at the Bodrum Sailing Club for many years.

Serdar recounted the history of BIOR for us. The idea of BIOR started in 2009 when (the Bodrum Sailing Club) saw that more and more Optimist sailors came to Bodrum in the winter to continue their training. Bodrum has perfect sailing conditions all through the year, unlike northern Europe, where the sailing season does not last much more than 6 months. 'We thought it would be great not just to support these young people in their training, but also provide them with an opportunity to hone their competition sailing skills. That is when BIOR was born. We organized the first regatta in 2013 and immediately had a great response from many countries', Serdar said.

Serdar Çakir

Since the first BIOR, every year around 300-400 sailors from more than 20 countries participate in the 6-day regatta. Typically, they arrive with their own sails but use the Optimists brought to Bodrum from sailing clubs all over Turkey.

'Flying Optimists around the world is not very efficient. Therefore, regattas are typically run with the boats available in the country that hosts the competition. This is also the approach taken during the World Championships', responded Serdar to our question on how that many sailors manage to get their Optimists to Bodrum. **Continued on page 12**



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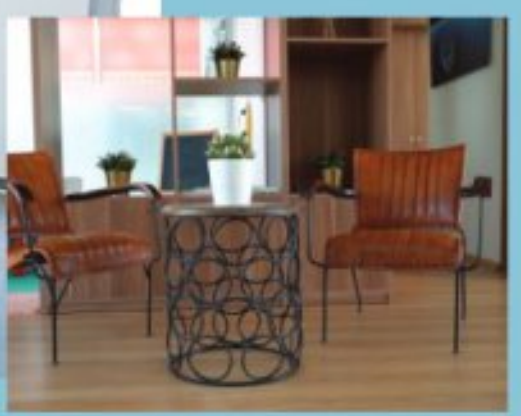

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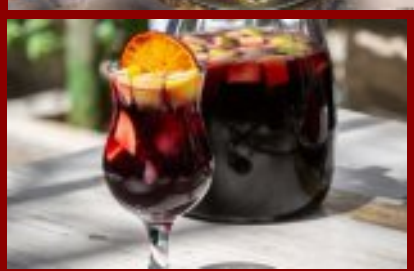

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“Neslishah: The last Ottoman Princessé by Murat Bardakçı

Lyn Ward

This is the story and biography of Neslishah Sultan, the last Princess of the Ottoman Empire, and later the last First Lady of Egypt.

‘I belong to this land’: Twice-exiled princess Neslishah, who was the oldest surviving member of the Ottoman dynasty died in Turkey, aged 91

Neslishah: The Last Ottoman Princess

The biography reveals the turbulent life of Neslishah, granddaughter to Sultan Vahiddedin, whose entire family was exiled from Istanbul in 1924. Neslishah’s parents eventually settled in Nice, France. Sixteen years after her family’s exile from Istanbul, Neslishah married Prince Abdel Monei, son to the last Khedive of Egypt, and later regent to the six-month-old Kings Ahmed Fuad. Neslishah, once Princess of the Ottoman Empire, was the First-Lady and Princess of Egypt. However, following a revolution against the monarchy, she and her family were once again exiled.

This new account details her early life and primary exile, through her marriage to Abdel Moneim and her second exile, to her recent death in Istanbul in 2012. It guides the reader through the reasons for her exile, laying out the political situations at the time, first in the 1920s in Istanbul, and later in the 1950s in Egypt.

This is a remarkable story about a remarkable woman, dedicated to her family and to her country.

The account is written using original documents and extensive personal interviews, and while it is the account of one extraordinary woman’s life, it is also the story of the end of two powerful dynasties.

About the author

Journalist and author, Murat Bardakçı

Murat Bardakçı is a Turkish journalist and historian. He is a columnist for Habertürk newspaper and is the author of several books on the Ottoman imperial family.

Where can you buy a copy of the book?

The book is available from WH Smith:
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Record number of WWI grenades found at construction site in Turkey

While digging a building pit in province of Balıkesir’s Bandırma district in Marmara region on April 25, construction workers found more than 830 hand grenades that are thought to be remnants of World War I.

Of the 831 hand grenades, 420 were still active, bomb disposal officers of local police force said.

The seaside district of Bandırma is located 131 kilometers east of the Gallipoli Peninsula, where hundreds of thousands of soldiers lost their lives at sea and land battles as part of World War I between the Ottoman-German-Austrian alliance and the Entente powers - Britain, France and Russia.

The majority of the small bombs - 656 corded bombs and 70 grenades - belonged to the Ottoman army, whereas 105 hand grenades were German-made, according to experts.

Five of the Ottoman hand grenades and 310 of the Ottoman corded bombs were filled with gunpowder.

Some 265 bomb cords were also found along the small bombs.

All the explosive materials will be disposed by bomb squads of the provincial police department, according to local media reports.

In 1920, Bandırma was occupied by the Allied Powers led by the Greek military forces. The district was liberated in 1922 during the Turkish War of Independence.

Bandırma, which has a population of around 160,000, has been an important port city of the Republic of Turkey. The district has attracted population from the Balkans, the Crimean Peninsula and other parts of Turkey and seen a construction boom in recent years.

Seferihisar's Sığacık: perfect for a relaxed, stylish day out

Klaus Jurgens

Welcome to a 'Three S – miniseries.' Over the next three months you shall be taken on three excursions perfectly manageable from Kuşadası and as if by coincidence all destinations have a capital 'S' as first letter: Samos, Seferihisar and Selçuk. All locations will have been visited recently by your friendly columnist ticking off the logistics so that you can relax and pack your toothbrush or perhaps a full overnighter bag as all 'Three S' merit much more than just a whirlwind stopover.

Thus said, off we went earlier this May – off to Seferihisar and its fine coastal neighbourhood of Sığacık. Since 2009 the town is part of the ever-growing Slow Cities network or 'Citta Slow' in Italian as this is the country where it all began.

Here's the details:

When Paolo Saturnini, the former mayor of Greve a small town in Italy's Tuscany region decided back in the year of 1999 that it is time to rethink the way his townsfolk go about their everyday life and how to improve exactly the latter, he unwittingly kickstarted what would soon become a nationwide movement – enter the concept behind 'Citta Slow'. Then word spread and spread fast and today just over two decades later 281 further towns in 31 more countries including 21 in Türkiye joined forces to focus on 'quality' in a wide variety of areas. It covers in particular 'slow food' based on regionally sourced ingredients prepared according to a combination between tradition and nouvelle cuisine or in other terms, eco-gastronomy. It features local artists and gives them a platform to showcase their works. Then there are the issues such as how to make our neighbourhoods greener and how to reduce traffic – a topic that will feature prominently in my introduction toSığacık. There are cultural events and incentives for residents to open up their very own micro-businesses. Hence the idea is not only revamping ones' town for outside eyes and guests but to have the entire population benefit in the long run. Think culture, environment, nature trails… everything the opposite of and from mass tourism. Then there is Teos Antik Kent with amazing historical artefacts including its very own acropolis and overlooking a lush green countryside. It is contagious being here, you just do not want to leave…

Meet Ali Bey and The Captain

You must imagine Sığacık in a sense of being transported back in time on the one side of town and lifted into the future on the other side. Think the Castle area which has been transformed into a cobweb of beautiful colourful narrow lanes where one restaurant or bar or tea house happily sits next to each other only interspersed with boutique hotels and pensions and shops selling traditional or perhaps more trendy items. But as I mentioned above here you feel calm and happy the moment you step off the minibus, you enter a high-quality of life zone so to speak where stress is an unknown word. What strikes visitors as so positive is the absence of any chain restaurants or globally known coffee-shops – the Citta Slow concept favours local entrepreneurs and local food and beverages as much as possible. Here you will not find any rip-off places so common elsewhere, no hassling on the pavement outside bars or restaurants either.

Yet the town has its very own marina, too, and we talk serious boating capacities here. But it perfectly blends in with the old part of town, actually the old part of town is as much a draw for visitors as is the marina and the more modern looking eateries adjacent to it. There is no unhealthy competition between old and new – a magic formula seems to have been found.

But what would a visit to Sığacık be without meeting the locals? Let me briefly introduce you to Ali Kuter and his close friend, locally only referred to as The Captain. The Captain bikes all across town (indeed, biking is possible here and no life threatening endeavour) and operates a fresh fruit and vegetables stall on the waterfront. Then he told me he was a seafarer as well hence his nickname although one might suspect that nickname is due to his captain's hat, he proudly wears each day. The conversation went on and then he told me something quite remarkably: in the old part of town people still pause in their ways and greet each other, saying 'merhaba'. He said we do not have any human robots over here. He said he would not like the BMW type of guests, fair enough. And he has a point, if you are looking for posher aka Rolex - places you would best be advised to drop this destination from your list. But it appears as if more and more people and in particular from the nearby metropolis Izmir agree with The Captain – in the past local folk would head to Izmir for shopping or leisure pursuits, now the exact opposite people movement occurs, city people miss the more relaxed, perhaps even 'quality of life' and head over here.

Ali Kuter has his own version of a boutique hotel, consisting of exactly one apartment with two bedrooms, ideal for couples or small families. In 2013 he started to renovate an old house with the back wall being the old castle wall; yes indeed, all along the castle wall old houses were renovated to allow business to return to the area but in a style which does not compromise the former glory of the neighbourhood. He has a simply marvellous antique and memorabilia shop (newspapers from early in the 20th century, books, records, everything really…) as well including an old gramophone he happily showed me and guess what, it still spins!Then he underlined same as The Captain that over here no big bus companies drop off foreign guests spending only an hour in town but not spending any money or not even taking a look at local shops or restaurants. Ali Bey told me that people who come here have made a studied choice and arrive not by accident or because a coach operator collects them from the cruise ship yet avoiding all town tradespeople often even stopping only at nearby outlet centres or shopping malls. Here, everything is different he concluded, in a positive sense.

Continued on page 10

Izmir wins 2022 award for promoting European ideal

The Parliamentary Assembly of the Council of Europe (PACE) announced that Turkey's third largest city, Izmir, has won the 2022 Europe prize for being the most active in promoting the European idea.

Along with Izmir, Bamberg and Ingolstadt in Germany, Boleslawiec in Poland, Palanga in Lithuania and Ternopil in Ukraine were also shortlisted.

The second highest award the "Plaque of Honor," was given to Granville in France, Wadersloh in Germany, Minsk in Poland and Kyiv in Ukraine.

Located on the Aegean coast, the port city has been recognized for implementing several initiatives to improve the lives of its 4 million inhabitants and showing solidarity internationally.

Izmir has been at the forefront of helping victims of natural disasters and migrants. It administers the "Sister Family" project that builds solidarity between families of migrants and locals of Izmir enabling them to spend time together and assist each other. (Daily Sabah)

The award will help Izmir gain visibility on the European scene and forge new links with other municipalities. The city will also receive a check for 20,000 euros to enable young locals to visit European institutions in Strasbourg.

Continued from page 9

How to get there

Nothing could be easier as we have a direct minibus service from our own otogar to Seferihisar. They run from early in the morning until just before 7 p.m. more or less every hour. The 80 kilometres distance takes approximately seventy-five minutes.

Once in Seferihisar and assuming you want to head straight to Sığacık you need to hop on a second, local minibus with an onward journey of not more than ten to fifteen minutes. Just tell the driver of the initial minibus where you want to go, you may change at the otogar or do it as the locals do, at the Migros interjunction.

As minibus fares may change at short notice, please inquire at the otogar but rest assured they will not break your bank. As written above it is a widely pedestrianized location and even the beach can be reached on foot; however, the Seferihisar minibus has Akkum Beach as its final destination, too. Expect just over 100 TL for a basic full regional meal which might include fish of course, 150 TL for more special dishes. Drinks in the region of 30 TL (one pint). There are good hotels in all categories (including three bigger establishments outside of town) yet what makes the place so special are the countless boutique hotels in the old part of Sığacık.

I stayed just off that area and paid 400 TL for a comfortable night's sleep, more in peak season. More luxurious accommodation around 750 TL and above. Enjoy your trip!

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One of Kusadasi's hidden treasures - The Hacivat Shop

One of my favourite shops in Kusadasi. This family business has been open since 1968 and a really nice family they are. Nearly everything in the shop is unique and you can watch the ceramics being painted. There are two small entrances into the shop. One is just two doors down from Lydia Optic and the other is next to Dedem K. Just ask anyone and they will direct you there. This is where you get the surprise as you enter you will be amazed at the size of the shop. This month, I though I would add a few more pictures for you to enjoy.

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Reforestation show the earth turning green again

Life on Earth could not survive without forests. The forests and oceans are the lungs of the planet, and they have a crucial role in the fight against climate change because they absorb 20 billion tonnes of CO2 per year.

Almost a third of the planet is covered by forests. That is equivalent to 40.6 billion hectares. These enormous, forested areas are essential to our survival: the water we drink, the food we eat and the air we breathe.

We overexploit our natural resources and this along with forest fires and seasonal drought have led to reforestation becoming one of the most effective strategies to combat the problem.

The latest photographs released by the General Directorate of Forestry show that areas affected by wildfires in recent years have recovered at a fast pace.

Continued from page 6: Optimists are sailed by children between 7 and 15 years old. That means a regatta with 300 participants also brings a whole host of accompanying adults – trainers, parents, etc. Each team has its own coaches that accompany the regatta in joker boats. That means a lot of people and boats in Bodrum! 'The first two BIOR regattas we organized in May. However, we quickly realized that this created some logistical problems, as in May the season in Bodrum already begins. Hotels get more expensive and are also filling up more quickly. Therefore, we shifted BIOR to March and that is when it has been taking place since 2015', explained Serdar.

New meaning will be given to the term 'logistics challenge' with the Optimist World Championship. Five sailors from up to 60 countries will compete over a period of almost two weeks. Together with the Turkish Sailing Federation, Serdar prepared and submitted Bodrum's bid to host the World Championship in 2019. They flew to Antigua, presented the bid and won against China because Bodrum is well known in Europe and with BIOR, has a successful track record in organizing large international Optimist regattas.

With this move, Serdar and his team have put Bodrum even more firmly on the map of international sailing competitions from all over the world and that he is very passionate about bringing young people into this sport. Therefore, we asked him if he had a message for children and young people. Here is his answer: 'Sailing isn't just a sport. It is a lifestyle. Once you have come to appreciate the joy of harnessing the elements to your advantage in the competition, everythingwill be about sailing. If you want to win in competitions, sailing must become the center of your life.To be good you need about five years. But it is worth it. Give it all your time and passion.'
Source: Alma Fortmann, visiting Erasmusjournalism student (Ger)

Alma & Serdar

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KEEP YOUR PETS SAFE DURING THE HOT WEATHER

It should be common sense not to walk your dog on hot streets. Cats and dogs have sensitive paw pads that become vulnerable in the heat. Surfaces such as pavement, asphalt and artificial grass can become searingly hot causing blisters or burns on their paw pads. Hot pavements can also increase the overall body temperature of your pet and lead to heat stroke.

Dogs, in general, are intolerant of too much heat. Because of this, it is crucial that you're aware of the signs of heat stress or heat stroke, and how to treat them if they occur. Knowing exactly what to do when your dog gets overheated and immediate action can save his life.

A few years ago I could have killed my friend's dog. I saw he was lethargic and although he was in the shade of a large tree, he would not get up for me. I got him up and turned a hosepipe on; consequently he collapsed. In a panic my friend and I got him inside and I goggled what to do.

Reduce your dogs temperature by putting cool wet towels over his neck, under his armpits, and between his hind legs. Wetting his ear flaps and paw pads using cool water is also advisable.

Give your dog fresh cool drinking water. Never force water into his mouth as he may likely suck it out into his lungs. If your pooch refuses to drink, try wetting his tongue with the water instead. Do not offer ice to a dog experiencing heatstroke. If eaten, ice can cool his core body temperature too quickly, shocking his system, (which I did by using a hosepipe).
Remember, when cooling your dog down us tepid water. I spent the next few hours with him and I am very lucky he survived. If your pet shows no sign of improving, take him immediately to the vet.

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A Five Star Toilet – Bathroom Tales in Turkey

Lisa Morrow

Back in 1990 when I first visited Turkey, toilets, whether squat or what we think of as 'normal' but the Turks call Ala Franga, were a constant topic of discussion among tourists visiting the country. There were plenty around, in mosques, restaurants, bus stations and even in free standing facilities in parks, but the question was, would they be something you'd actually want to use?

At that time they were rarely supplied with toilet paper. After paying the entry fee you were usually given a few pieces of thin tissue, which I think were meant for drying your hands. Everyone was expected to use the worn out looking jug or hose next to the toilet for personal bidet style ablutions. Often the toilet flush didn't work and so the jug has a dual purpose.

I'm pretty tough and when needs must, nothing stops me. In 1990 I used outdoor drop toilets in the Black Sea region, whose contents were regularly cleared out to be used as fertiliser on the nearby fields I could see in the gaps in the slat door. After having to hold my breath to use a stinking facility in an old bus station in Ağrı in 2001, I discovered there wasn't even any water connected to fill the jug. I walked out and refused to pay for the service, despite a small boy harassing me for money even after I climbed back on my bus. In 2004 I had to use a cigarette lighter to find my way into basement toilets of a restaurant in Kahta. Despite the lack of electricity they were surprisingly clean, but that I found out later was because the restaurant had only opened three days previously. Give it time my Turkish friends said.

Yet had I gone to Giresun in 2000, I'd have discovered one of Turkey's best facilities, at least according to the man who made it possible. In an interview with English language newspaper the Turkish Daily News, Dursun Taşdemir explained what he'd done to make the toilets where he worked as a janitor a standout destination. He said "I've put in loads of pigeons, 10 canaries, a whole variety of plants and trees as well as four big fish tanks".

I didn't make it to Giresun to visit the castle where Dursun had his toilets, but I was lucky enough to visit Gulhane Park, the former gardens used by the ladies of the harem, in Istanbul in 2001. In keeping with the palace theme, the ladies toilets were tastefully furnished with lush maiden hair ferns, chirping canaries, cosy chairs and a full-length chaise lounge. An ironing board and iron stood ready in one annexe while a double tiered tea pot simmered quietly in another. I can't remember what the actual toilets looked like, but it was a memorable experience, for all the right reasons. Sadly they've been replaced with something much more mundane.

I was working in Istanbul at a private English college at the time, and in order to get my teaching permit, had to go to a large public hospital for a raft of tests. One of them was for diabetes, which involved giving a urine sample. In Australia you were given a screw top jar and a paper bag so you could discretely leave your sample with the receptionist. Not so here. I was handed a white, plastic disposable cup with a number written on it in pen, with no lid, and sent to the public lavatories.

The room was full of short rotund village women wearing headscarves. As one they turned to look ferociously at me, the yabancı, the foreigner with blue eyes, wearing Western clothes. I nervously clutched my cup while keeping an eye on proceedings because getting into a cubicle was a case of survival of the fittest. As I jockeyed to get close to one of the doors I could see they were traditional Turkish squat toilets. While I waited my turn I pondered the practicalities of peeing into a plastic cup in the squat position, while holding my handbag and coat above a floor I knew was going to be wet.

I wondered how the Turkish women coped with their voluminous baggy pants, long thermal underwear, droopy cardigans and floor length coats. Even though they had friends to hold their handbags and bit and pieces, we all shared the same problem as far as aiming accurately was concerned. If you squatted in the normal position you aimed downwards but wouldn't be able to see the cup. If you shifted so you could see the cup, your flow would be horizontal and hard to capture. By this stage I was in a cubicle, and began to put the theory into practice. Settling into a comfortable position, I took some tissues from my pocket and did a dry run of the procedure, so to speak, while wondering how much was necessary for a sample. Not having anyone to ask I just went ahead regardless. Within a few moments I was sitting there with the cup half full, wondering where to put it while I adjusted my clothes. There were no shelves or ledges so the only solution was to place a tissue on a dirty bit of broken tile, and carefully balance the cup on top.

Finally done, I then had to walk out, cup in hand, past our Turkish fixer and dozens of people standing about for no apparent reason. Minutes ticked by before I could steel myself enough to leave the cover of the lavatory, head down the corridor and carefully place my cup on the waiting trolley. There were already dozens of cups on it, sporting assorted volumes and disparate hues, some of them quite startling. I felt really embarrassed but luckily no one paid me any particular attention. When my husband returned with his cup, he told me about a man in the toilets who'd missed the mark, unfortunately. Kim had watched in disbelief as the guy used a tissue to carefully wipe away the overflow, erasing most of the number too. Clearly no one had thought to use waterproof pens.

Turkish toilet facilities have come a long way since my early experiences, but you still can't be sure what awaits you behind the cubicle door.

To read more of Lisa's Turkish adventures, be sure to visit her website at https://www.insideoutinistanbul.com

Travel & Tourism News

Domestic tourism spending leaped 80 pct last year

Domestic tourism spending increased by 80.2 percent from the previous year to reach 58.1 billion Turkish Liras ($3.9 billion), data from the Turkish Statistical Institute (TÜİK) have shown.

Total spending domestic travellers made stood at 32.3 billion liras.

Food and drink accounted for 31 percent of all expenditures, while the share of transport was 26.3 percent, TÜİK data showed.

Accommodation expenditures made up another 14 percent of all spending.

TÜİK reported that individual expenditures stood at 53 billion liras, which marked a 74.5 percent increase from 2020, and spending on package tours amounted to some 5.1 billion liras last year, rising nearly 171 percent from the previous year.

The average expenditures per trip was 1,101 liras, up from 753 liras in 2020.

In the fourth quarter of 2021, domestic tourism spending exhibited a 98 percent increase on an annual basis to stand at 11.5 billion liras, with individual expenditures rising more than 90 percent to 10.7 billion liras.

The TÜİK data also showed that the number of domestic visitors increased by nearly 50 percent from the same period of the previous year to 8.95 million people in the fourth quarter of last year.

The primary purpose of trips the traveller made in the quarter of last was visiting relatives, accounting for a 61.6 percent share, followed by travel, leisure and holiday at 23.6 percent, and health-related travel at 7 percent.

Domestic travellers made more than 10.7 million trips in the fourth quarter, up nearly 49 percent, while average number of overnights was 7.5.

Some 64 percent of people stayed at homes of their relatives or friends when traveling, while 6.6 percent stayed at hotels, according to the TÜİK survey.

With the pandemic outlook improving and the COVID-19-related restrictions eased, people from the industry are optimistic that tourism activity will gather momentum this summer. Source: Hurriyet Daily News

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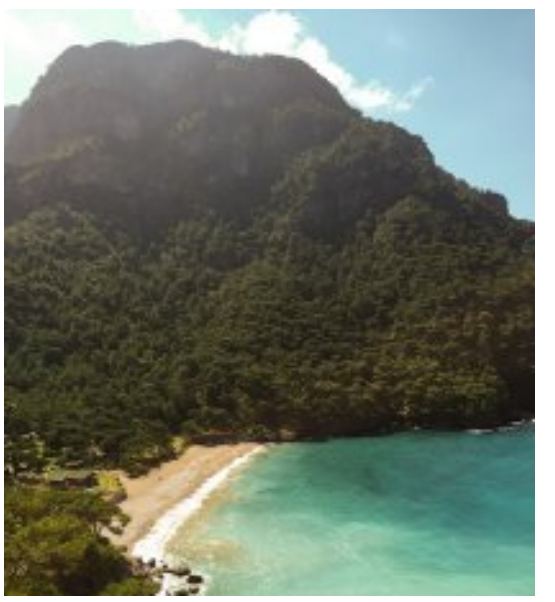
Tourism revenues may exceed $35 billion target this year: Minister



Turkey’s tourism revenues may exceed the $35 billion target set for this year, Treasury and Finance Minister Nureddin Nebati has said.

Hotel occupancy rate is around 68 percent in April and is likely to increase to 92 percent in May, Nebati told reporters following a cabinet meeting in Ankara on April 25.

“We have strong expectations. I believe that the revenue target of $35 billion and foreign tourist visit target of 45 million will exceed,” the minister said.

Nebati also said that Russian tourists, who cannot use VISA and Mastercard abroad, will be able to use Russia’s own Mir cards in Turkey and won’t face problems with payments.

Around 15 establishments in Turkey accepted Mir cards, but banks are expanding the network, the minister added.

Turkey’s tourism revenues soared 103 percent to $24.5 billion, while foreign tourist arrivals increased by a strong 94 percent to 24.7 million people last year.

Nearly 4.7 million Russians visited Turkey last year, accounting for 19 percent of all foreign tourist visits. In the first two months of 2022, Turkey welcomed 246,000 Russian holidaymakers, up from 176,000 people in the same period of 2021.

Around 2.1 million Ukrainian nationals vacationed in Turkey last year, which made up 8 percent of all foreign tourist arrivals. This year, a little over 79,000 people from Ukraine came to the country in January-February versus 58,000 a year ago. Source: Hurriyet Daily News

Didim &Altinkum - on the doorstep of Kusadasi - only just over an hour from Kusadasi

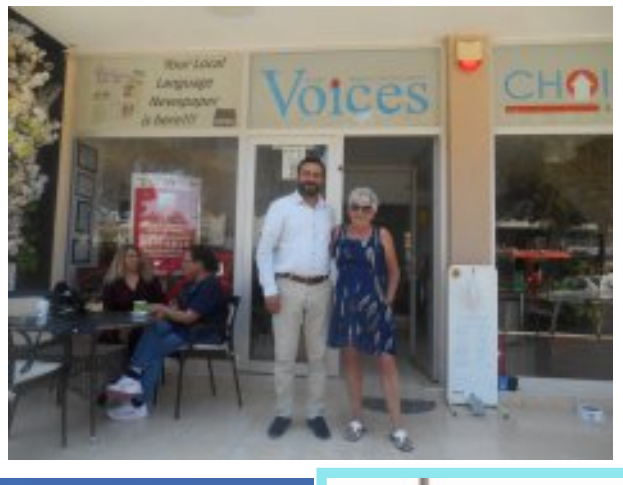
Didim , Altinkum and Milas are towns and popular resorts on the Aegean coast in Aydın province.

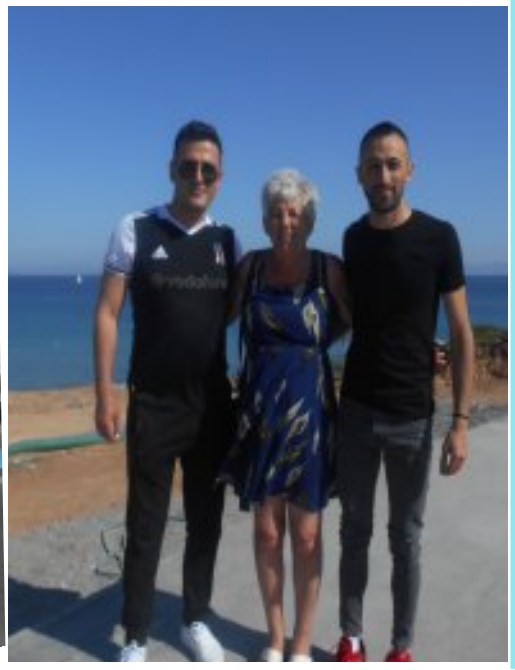
They are both easily assessable from Kusadasi by bus. You would catch the bus to Soke and then another one which will take you to Didim. The whole trip is about an hour and 10 minutes.

In the same way that we are highlighting Bodrum for day trips from Kusadasi, we will also show you some of the best places to visit in these areas.

This month I thought I would show you the images we took around Didim, Altinkum and Akbük. It is really a beautiful area and in next month's edition we will show you the excting places you can visit.

Also, if you are thinking of having dental treatment, call in and visit Parlar Clinic which was recommed to me by two friends. Also, we tried out Pinocchio's restaurant. Again, we would highly recommended it.





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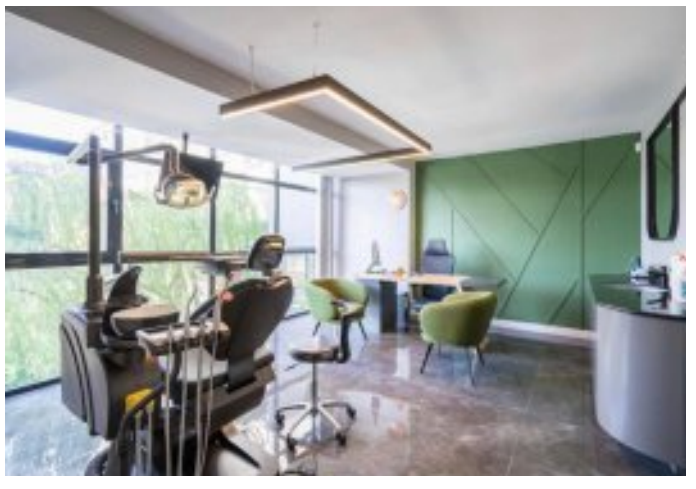

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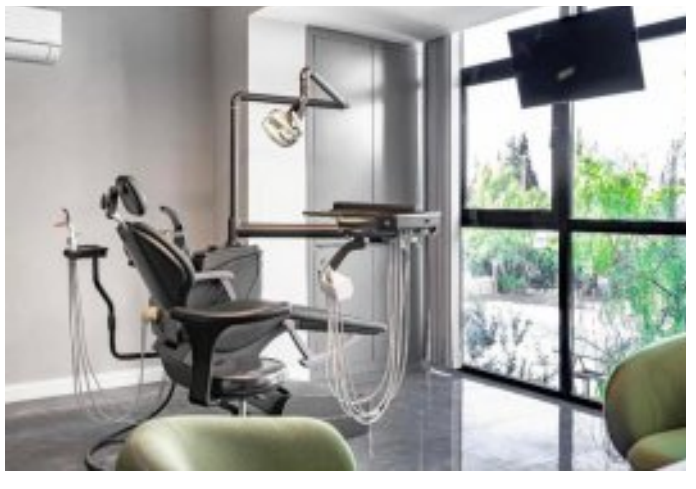

Economic News

Turkey to become one of top solar panel producers: Minister

Turkey aims to increase its solar power panel production capacity to 9,110 megawatts by 2023 and become one of the top three producers in the world in this field, Energy and Natural Resources Minister Fatih Dönmez has said.

Increasing the share of renewables in total installed electricity production capacity is crucial for ensuring energy security and investments made in this field are yielding results, Dönmez said.

“However, only boosting renewables’ share is not enough, the technology related to renewables must also be developed. Turkey has succeeded in this. We have become one of the leading countries in the world in wind power and solar power.”

With new investments Turkey aims to become one of the three top producers of solar panel producers, Dönmez said.

The world’s solar panel production capacity presently is 185,000 megawatts, with China topping the list at 124,000 megawatts, followed by Vietnam at 14,000 megawatts. South Korea ranks third at 9,200 megawatts, while Turkey follows this country with its production capacity of 7,960 megawatts.

Meanwhile, the country has been boosting its use of solar power over the past decade. According to data from the Energy and Natural Resources Ministry, Turkey’s installed solar power capacity rose from 40 megawatts in 2014 to more than 8,000 megawatts in 2022.

Turkey has increased its installed electricity production capacity from 31,846 megawatts in 2002 to more than 100,000 megawatts as of end-March 2022. In line with the increase in installed capacity, the renewable sources raised their share in total power generation rose over the years. The share of renewables rose from 38 percent in 2002 to 54 percent.

The wind power installed capacity in Turkey reached 10,864 megawatts. Turkey is producing a wage range of components of the equipment, including turbines, that are used for wind power generation locally. Source: Hurriyet Daily News

Turkey inflation rises to nearly 70 percent in April

Turkey’s annual consumer price inflation increased from 61.1 percent in March to 69.97 percent in April, the Turkish Statistical Institute (TÜİK) has reported.

Consumer prices increased by 7.25 percent on a monthly basis in April, after increasing by 5.46 percent in March. The monthly inflation rates were 11.1 percent in January and 4.8 percent in February.

In April last year, the annual inflation in Turkey was 17.1 percent, while in the same month of 2020, it was 10.9 percent.

Food and non-alcoholic beverage prices increased by 13.4 percent in April from March, for an annual rise of 89 percent, the TÜİK data showed.

Housing costs were up 7.43 percent month-on-month and the annual increase was 61 percent.

Clothing prices rose by 7 percent month-on-month and 26.2 percent year-on-year.

Transport costs soared 106 percent in April compared to the same month of 2021 and the annual increase in communication prices was 18.7 percent.

Education costs rose 27.7 percent and the prices of alcoholic beverages and tobacco products rose by 56.3 percent in the month from a year earlier.

TÜİK reported that the prices of onion, lettuce and tomatoes were up 69.3 percent, 45.3 percent and 42.3 percent, respectively, last month from March.

The domestic producer price index increased by 7.67 percent month-on-month in April for an annual rise of 121.82 percent.

In April, the country’s Central Bank lifted its annual consumer price inflation forecast for end-2022 from 23.2 percent three months ago to 42.8 percent.

In the quarterly inflation report released on April 28, the bank also revised upwards its end-2023 forecast from a previous 8.2 percent to 12.9 percent. It expects the annual inflation rate to ease to 8.3 percent at the end of 2024.

Inflation will start to decline after May, Central Bank Governor Şahap Kavcıoğlu said at the launch of the inflation report.Source: Hurriyet Daily News

Is your skin ready for summer?

This is the time of year when everyone's mood lifts. You can feel the warmth of the sun on your skin, you start to get your summer wardrobe prepared and the flip-flops make their yearly appearance.

One of the most important things to do to get healthy glowing summer skin is to keep your skin hydrated. The harsh changes in temperature take a toll on your skin, and it dries out even faster.

Dermatologists recommend taking time to exfoliate your skin. This practice helps remove sweat, sunscreen, and bacteria that could create inflammation. However, as with any regimen, there's a right way to do it — and a wrong way.

Exfoliating too much will cause dehydration, could cause the skin to have unnecessary stress, and can lead to breakouts if you over-do it. Never be too rough and do not over exfoliate. Use a scrub that contains beads, pits, sugar or salt or another natural exfoliating substance to a warm and lightly soaked loofah and gently scrub off the dead skin in gentle circular motions.

Sunscreen plays a vital part in your summer skincare regime so never step out before applying sunscreen and wear breathable garments that allow for the perspiration to evaporate.

Drinking plenty of water, getting good sleep and eating healthy, will go a long way to ensure that your skin is glowing all summer.

Remember your feet need care too. With summer's flip-flops and sandals along with sunny beach days, it's a great time for your feet to look and feel their best. It is best if you exfoliate with a pumice stone, foot scraper, or emery board once or twice a week. Moisturize after you shower and at bedtime. Cream tends to be better than lotion.

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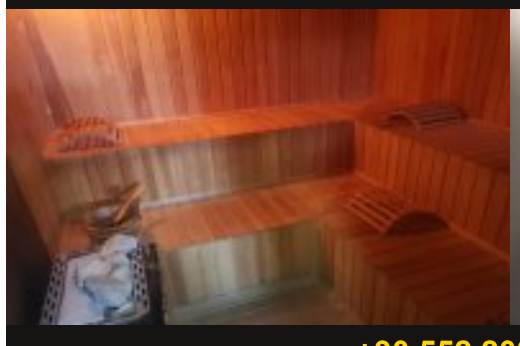

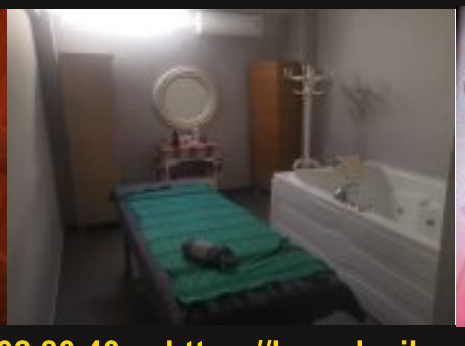

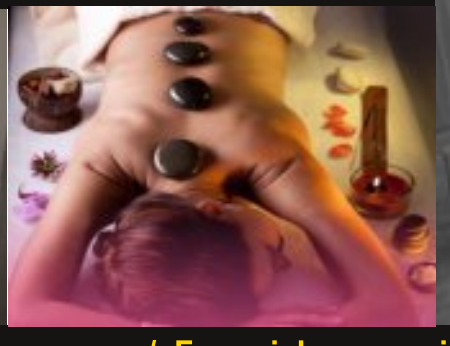

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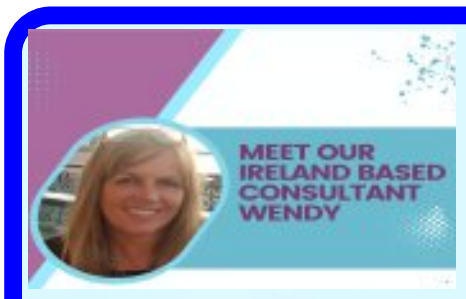

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