The Ege Eye

Issue 215

JULY 2022

"News for the Turkish coast since 2005"

CHP Chairman Kemal Kılıçdaroğlu opens Kuşadası Municipality New Service Complex

CHP Chairman Kemal Kılıçdaroğlu met with the people of Kusadasi on the second day of his Aydin visit. The CHP leader, who opened the Aydın Metropolitan Municipality and Kuşadası Municipality New Service Complex, which was built on a 10-decare Taris land expropriated by Aydın Metropolitan Municipality in 2016 with a cost of 26 million TL, attended the mass opening and groundbreaking ceremony.

The CHP leader was greeted with great enthusiasm by the people of Kuşadası and said, “our mayors are working for you despite all the obstacles.

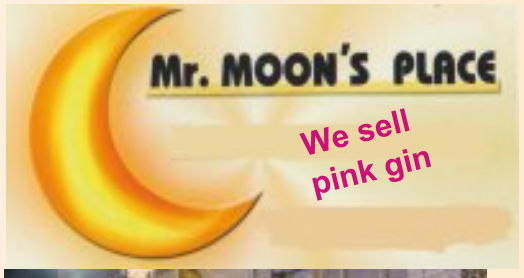
Noting that Kuşadası is a tourism city that opens to the world, Kuşadası Mayor Ömer Günel said, “we have produced approximately 2 million square meters of infrastructure and superstructure in just 3 years, together with our Aydın Metropolitan Municipality. We are rebuilding Kuşadası.

CHP Cairman Kemal Kılıçdaroğlu

Kuşadası new Municipality Building

It is a tremendous gift to the people of Kuşadası with its parking lot, cafe, restaurant and social living areas.” Aydın Metropolitan Municipality Mayor Özlem Çerçioğlu also stated that “Taris Area is one of the rare empty spaces left on the coast of Kuşadası and said, “My heart did not approve of it being a concrete pile and we expropriated it for 26 million so that it belongs to the people of Kuşadası, not a group. We still have many projects that we are going to implement," he said.

Speaking at the ceremony, Kuşadası Mayor Ömer Günel stated that they were honored to host CHP Chairman Kemal Kılıçdaroğlu in Kuşadası. Pointing out that Kuşadası is a tourism city that opens up to the world, Mayor Ömer Günel said, "For this reason, we carry out infrastructure and superstructure works on the one hand, and on the other hand, we implement tourism projects that we think will attract attention as a tourism city. **Continued on page 20**



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Türkiye struggles with mass bee deaths

After mass bee deaths in Canada and Australia at an unprecedented rate, eyes have now turned to Türkiye, one of the leading countries in the beekeeping industry.

Türkiye ranks second in the number of hives and sixth in honey production worldwide. But today, it is facing serious losses due to the unconscious use of agricultural pesticides and non-practical beekeeping training.
Canada has been facing unprecedented mass bee deaths since last month to the point where it has announced that it will allow the import of queen bees from the United States, Chile, New Zealand, Denmark, Ukraine, Italy, and Malta for the establishment of new bee colonies.

It has been stated that some beekeepers lost up to 98 percent of their bees, putting the bee industry in danger of losing over $1 billion.

A parasite called “varroa” is believed to be the reason behind honeybee deaths in Canada this year. However, Canada is not the only country that is struggling with beekeeping. Recently, it was stated that the Australian beekeeping industry was adversely affected by floods and forest fires more than ever.

Türkiye has received attention with its mass bee deaths as well. “There have been serious losses in the south this year, and there are beekeepers who have even lost all their bees. The biggest reason is the effect of pesticides and viruses which have never been identified,” said Dr. Meral Kekeçoğlu, the associate director of Düzce University Beekeeping Research and Application Center. “We must care deeply about the mass bee deaths, the future of food and agriculture lies on the wings of bees,” she added.

The Agriculture and Forestry Ministry’s General Directorate of Food and Control has sent a letter to the breeders regarding bee deaths in the past weeks.

It was stated that disinfection should be done in the evening or early in the morning, and non-toxic substances should be chosen primarily for bees against harmful organisms.

“Bees either die or cannot return to their hives. Beekeepers’ wrong practices are also a very important factor in mass deaths,” Kekeçoğlu said. “The effects of climate change are also great. In most of the short-term beekeeping training, only theoretical education is given without any practical training,” she said.

Onur Çilenk, the president of the Istanbul Beekeepers Association, stated that bee deaths could reach up to 50 percent in Türkiye. “In total, it is aimed to provide a beekeeping education and a profession in 80 hours of lessons. Beekeeping cannot be learned in 80 hours,” he said. Source: Hurriyet Daily News

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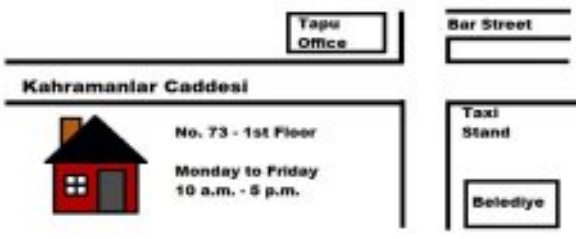

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The problem with ghost nets

Ghost nets are fishing nets that have been abandoned, lost or otherwise discarded in the ocean and can be nearly invisible in dim light. They can be found tangled on reefs or drifting in the open sea allowing them to entangle fish, dolphins, sea turtles, sharks, dugongs, crocodiles, seabirds, crabs, and other creatures.

They are designed to restrict movement, causing starvation, laceration and infection, and suffocation in those that need to return to the surface to breathe. It's It is estimated that around 48,000 tons of ghost nets are generated each year, and these may linger in the oceans for a considerable time before breaking-up.

Officials have removed what is believed to be the largest-ever ghost net off the coast of Istanbul's Maltepe district in the Marmara Sea.

Teams from the Turkish Coast Guard, police, the provincial directorate of agriculture and forestry and Gedik University worked for two days, finally managing to bring 120 meters long, 40 meters wide and 5,000 square meters of ghost net from a 30-meter-depth to the surface. Officials believe that the net was there for over 10 years. The nets are not thrown away and are recycled.

Fishermen have been asked to provide the location where they abandoned their nets so officials can remove them.

These nets can travel long distances from their points of origin and can remain in the seas long after they are discarded, resulting in the entrapment and death of marine mammals, seabirds and fish.

The Environment, Urbanization and Climate Change Ministry has also launched an initiative to rid Turkey's seas of shipwrecks and half-sunken ships.

Hundreds of sunken ships pollute the seas and pose risks for sea traffic, the ministry said, announcing that it issued a communiqué that regulates the removal of those ships, particularly from the Marmara Sea.

As per the regulation, shipwrecks, which could not be floated or transported to the Aliağa shipbreaking yard, may be dismantled on the site if a report prepared by a university gives the green light to such an operation and the ministry approves it.

The regulation also says that necessary precautions should be taken to prevent pollution before the dismantling begins.

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That time of year again

HEALTH NEWS

Health Benefits of Garlic

Turkey currently exports garlic to countries such as France, Georgia and Poland and everywhere you look when you go to your local market you will see bulbs of garlic hanging everywhere.

Turkish old wives remedies suggest that if you eat a bowl of yogurt with garlic mashed into it – it may cure food poisoning or if you have a stye on your eye, a bulb of garlic carefully rubbed on the stye is considered to be a cure. Remember these are old wives tails and I am not suggesting that you start rubbing garlic into your eyes.

Here follows a few benefits of using garlic:

1. Garlic can help prevent fatigue
2. Garlic is effective in the treatment and prevention of cardiovascular diseases
3. Garlic can help enhance the immune function
4. Garlic contains anti-cancer properties
5. Garlic can help in the prevention and treatment of diabetes mellitus
6. Garlic contains anti-microbial properties
7. Garlic can help protect against hepatotoxicity and is an effective detoxifier
8. Garlic can help improve the health of bones
9. Garlic is rich in antioxidants
10. Garlic can help improve cognitive function
11. Garlic can help improve skin health
12. Garlic can be used in fighting obesity
13. Garlic can help protect against premenstrual syndrome
14. Garlic can help promote a healthy alkaline pH Level
15. Garlic can help promote eye health

Various Sources

Beautiful skin

Make paste of honey and ginger and apply this paste on your face every morning. This will help to prevent wrinkles.

Olive oil: Massage is very useful as it increases blood circulation and results in tightening of the skin. Use olive oil to massage your skin daily. Remember to massage anticlockwise.

Sweet Honey: Prepare a mixture of honey, lemon and vegetable oil. Apply this paste on dry skin and wash after 10-15 min. This mixture is a good moisturiser for dry skin.

Make it Fruity: Make it a habit to add lots of fruits as part of your meals. Take fruits without adding any salt and sugar to it. Eat a wide variety of fruits and vegetables, including dark green vegetables and feel the difference in your skin.

H20: Make a habit of drinking 2 glasses of water early in the morning. Drinking water early in the morning will give you shiny and healthy skin. Notice the difference.

Hydrate your skin: Apply moisturiser after a warm face wash or a warm shower it really works better for your skin. Moisturising helps to restore the oils that our skin has and helps to keep the skin hydrated.

Silky skin face mask: Add 3-4 tablespoons of oatmeal to the juice of a grapefruit. Mix until thick paste. Spread on your face and leave on for 15 minutes, remove with luke warm water. This is a great way to get healthy and smooth skin quickly.

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Out and about in Bodrum
The Bodrum Windmills

One of the most famous landmarks you will see in Bodrum are the windmills and from where you can see the whole of the Bodrum Peninsula. You will get a good view of them from central Bodrum and the nearby resort of Gumbet.

There are seven windmills in the region. They were used from the 18th century till 1970s. The conditions of the windmills are not well but it is worth a visit and see the panoramic views of the peninsula, and take pictures.

On the top, visitors are able to see and enjoy Bodrum, Gumbet and also the Greek island of Kos. The scenery and panorama is spectacular, especially at nights.

By the 20th century the city's economy was mainly based on fishing and sponge diving, although tourism has become the main industry in Bodrum since the late 20th century. The abundance of visitors has also contributed to Bodrum's retail and service industry.

Milas–Bodrum Airport and Kos International Airport are the main airports that serve the city.

The port has ferries to other nearby Turkish and Greek ports and islands, Kos being the most important one.

Most of the public transportation in the city is based on local share taxis and buses.

If you walk down to the harbour front in Bodrum and take the small bus heading into Gumbet.This passes by the windmills. It will drop you off at the bottom of the lane on the main road so you then just have 400-500 meters to walk to the windmills.

The approximate distance from Bodrum is 13 kilometres.

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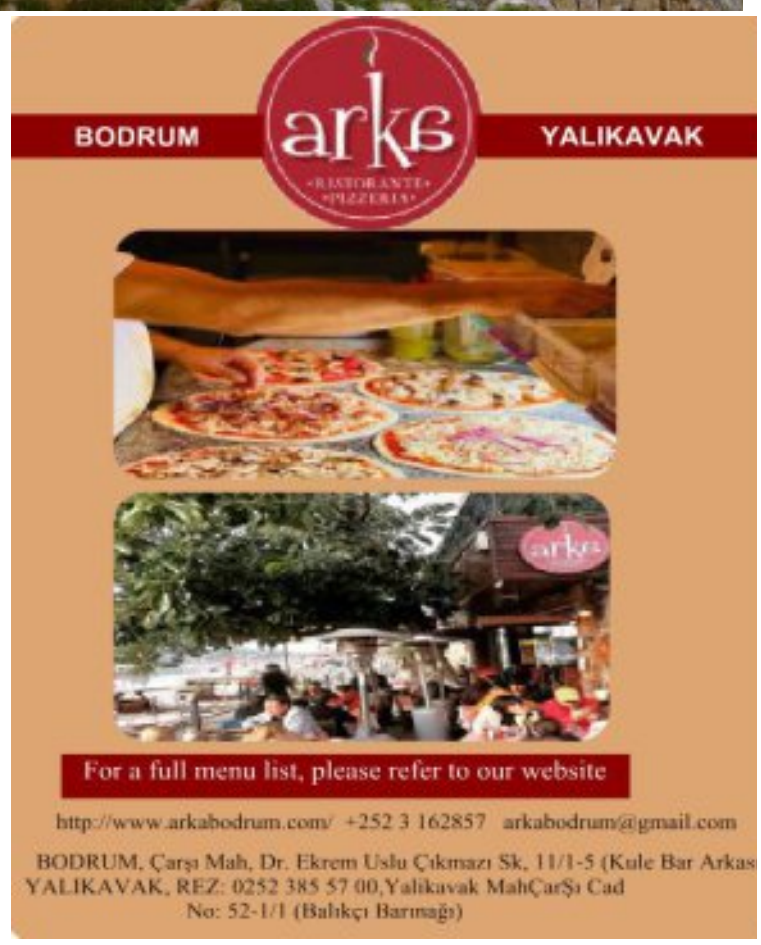

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Day Trip to Kos (Maximilian Sam)

One of the advantages of living where I do is, every so often, being able to take a day trip to the beautiful island of Kos. Ok, so it's not quite the same as being able to hop over to Bali for the weekend, but I don't live in Jakarta anymore either.

Normally it's a pretty smooth operation where we're picked up from home and driven to the ferry terminal in Bodrum. Thanks to the wonders of time zones, we then arrive in Kos before we've left Bodrum. Sadly, over the summer months, this chucklesome little anomaly disappears. This trip proved not to be usual. We used a new company for the trip and they'd been wonderful, coming to the house to give us our tickets and making sure we were happy. I genuinely liked them and still do. I should have guessed something wouldn't quite go to plan. It falls under the auspices of Murphy's Law.

We agreed to meet at the end of the road at 5.50am. It was so precise it could have been a military operation. All seemed fine. I'd even left plenty of food and water for the animals, although the concept of making it last was beyond Princess. We arrived at the rendezvous and waited. As the clock ticked past 6am we called the company to find out where they were. Apparently, the car had broken down. Offers of changing the day or a full refund fell on deaf ears as there were important reasons we couldn't delay.

I have one rule in life. Mistakes happen, but if you put them right, all is forgiven and we're friends again. It's only fair because we all make plenty of mistakes and would, no doubt, appreciate some forgiveness from time to time. This was a time where forgiveness proved the best decision by far.

I will never quite understand how they solved the problem in the way they did, especially in the very short timeframe. As you'll see, it was a stroke of genius. We were told to expect a minibus in 15 minutes. It proved to be a Turkish 15 minutes! A 3-door Hyundai finally turned up and not a minibus, but it was transport and we were on our way. It was very comfortable and the driver certainly knew how to handle it at speed, which I thought was to ensure we would catch the ferry. It was exciting until we came to some traffic lights and pulled off the road. The driver didn't speak English and my Turkish is a distance away from being classed as conversational, so we had no idea what was going on.

Suddenly a minibus approached driving the wrong way along the dual carriageway. We were bundled inside and it turned round in a cloud of dust and headed back the way it had come. The driver of the Hyundai had been quick, but this guy would have won the Monaco GP at a canter. I have never been so quiet, or scared, in a vehicle. I kept glancing around for the crash helmets. We were now ahead of time so I didn't understand the need for speed until he swerved in front of another minibus and pulled onto the hard shoulder. Yup, we were changing again. This time it was a little more sedate and we had new fellow travelers. The mad rush of the previous two vehicles had been to catch up with the minibus further up the road. I've called the organisation genius because it was. Under pressure, with limited time, creating such a convoluted solution was problem solving at its very best.

By now we felt a little tired and shell-shocked. It quickly became clear the other passengers were also catching the ferry to Kos. It proved my German language skills must be better than my Turkish! We could finally relax. There are two ferry terminals in Bodrum and I've always left from the same one. I've never been to the other which is situated at the entrance to the marina in the town centre. When we passed the turning to my usual ferry terminal, I did raise an eyebrow, but wasn't concerned because, even if the driver didn't know where he was going, his satnav did.

We eventually pulled up next to the ferry terminal with plenty of time to spare. We walked up to security and passport control to be met with big smiles and friendliness from all those working there. It never ceases to amaze me how friendly the Turkish authorities are at security and passport control. There are a few places in the World where lessons could be learned. You're probably expecting a smooth passage onto the ferry. Think again. There was a problem with Mum's passport. She had a new one recently and, although it had all been registered correctly at the resident's permit office, it didn't have an entry stamp to Turkey. The poor woman at passport control looked bemused, but handled everything with patience and a smile. A colleague came over and helped solve the problem meaning we didn't have to leave Mum behind.

Finally, we were on the ferry with a cup of coffee in hand. I'm not sure which one of us started chuckling first, but it set us all off. Things hadn't worked like clockwork, but we were where we were meant to be and had a story to tell. The crossing took an hour and I was happy to be out on the water again, even if it wasn't on my own boat. We docked in Kos, made our way to passport control and the first reality of Brexit I've seen. Two queues and, thankfully, the shorter one was for non-EU passports. I'm certain it's not always the case, but I wasn't complaining. Passports stamped and a quick trot to the customs tent led to one of the best moments I've had since I officially became an author. I suppose it helped the customs lady never stopped smiling and making me feel very welcome. She checked my bag which contained a change of shirt, my notebook and a toilet roll (Mum had slipped the final item in for reasons I avoided asking about). I know the notebook must have been a clue, but many people who aren't authors also carry them. When the wonderful customs lady closed up my bag she said, "You're an author." I couldn't stop smiling. I could have given her a hug there and then, except I'd probably have been arrested.

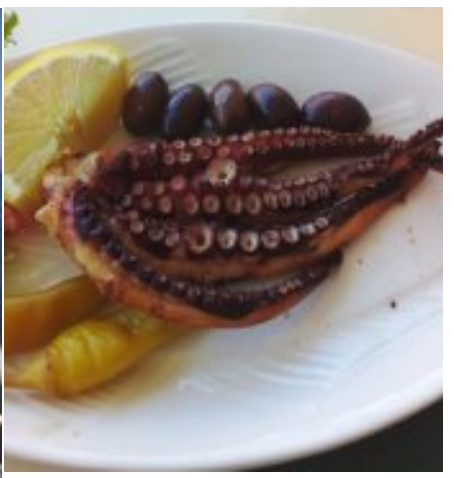
We had a plan for the day. An amble around the town before a long, lazy lunch prior to the return ferry trip. The only non-negotiable was a visit to my favourite bookshop/newsagent. I wanted a couple of sailing magazines and a cheeky excuse to buy a few books. I wanted to touch and smell books again. It's the one thing I miss even more than Hula-hoops and Oxo cubes. The pandemic has claimed many victims and my favourite place on Kos has been another. It's now a restaurant. I was more than a little heartbroken. We went for a coffee (the coffee in Kos is amazing. Everyone seems to be a talented barista). The waiter confirmed the bookshop had gone, but pointed upstairs to the library as well as giving us directions to two possible shops that might help. Sadly, they couldn't, but were wonderful in their own way. I did get to smell and feel books again even if they were in Greek. I'm sure there's a replacement for the shop I'd come to love and I'll find it on my next visit.

We ambled around the town for a while with a pit-stop for the coldest, and one of the most welcome, beers I've ever had. We knew where we were going for lunch so walked back to the street full of restaurants by the ferry terminal. As we turned the corner, we knew we'd have to visit one of the other restaurants on the street as our destination had become another victim of the pandemic.

They say fortune favours the brave, and it did. We chose Kalymnos Taverna for our lunch. I've been in many top-class and Michelin starred restaurants in my time. This is now my second favourite restaurant in the World (Sorry, but I've had Sunday lunch at Roules in London. Nothing will ever beat it).

Kalymnos Taverna is 25 years old and a true family restaurant with a terrace right on the sea. If you go to Kos you have to have at least one meal here. It's also incredibly good value for money. I was looking through the menu when the waiter carried a platter of fresh octopus onto the terrace and proceeded to hang them up to dry. **Continued on page 11**

Before



After

A Turkish bath – the real way to relax

Lyn Ward

No trip to Fethiye, or indeed anywhere in Turkey, is complete without a visit to a Turkish bath or Haman, so set aside any prudishness you may have and take the plunge. Savor that feeling of supreme cleanliness that is so different from a Western bath or shower.

The Turkish bath or Hamam, meaning 'spreader of warmth', dates back to the Ottoman Empire. It was a place for social gathering and the ritual cleansing related to the Muslim faith. Historically, mothers also visited the Hamams to find possible brides for their sons.

In Islamic cultures the significance of the Hamam was both religious and civic: it provided for the needs of ritual ablutions but also provided general hygiene and served other social functions in the community such as a gendered meeting place for men and for women. Archeological remains attest to the existence of bathhouses in the Islamic world as early as the Umayyad period (7th-8th centuries) and their importance has persisted up to modern times.

His, hers and unisex

Hamams usually have separate sections for men and women as Islam preaches modesty in relations between adult men and women. Some hamams in tourist areas offer unisex sessions so couples or mixed groups can enjoy the experience together.

There are many hamams in hotels and out of town locations, however the traditional ones can be found in the narrow streets of a town's old areas.

Although the article is directed to Fethiye, the same can be described about any Hamam in Turkey.

THE OLD TURKISH BATH

Fethiye's Old Turkish Bath is located in the Old Town (Paspatur). It was built, together with the Old Mosque nearby, in the 16th century by Yavuz Sultan Selim.

GET READY

When you arrive you'll be given a pestemal, a woven cloth that is used to cover the body in the hamam. They are quite small so you may want to wear a swimsuit too. You will also be given a pair of bathing clogs, nalın, to wear.

Once you're changed you'll enter the inner sanctum, the hararet, where you'll work your way from warm temperatures to hot and steamy.

STEAM

Prostrate yourself on the göbek taşı, the hot central marble slab, and allow the heat to penetrate your pores.

WASH AND MASSAGE

Now you're ready for the tellak (masseur) who will soap you up and rub you down with a kese (horsehair flannel) giving you a very thorough exfoliation. You won't believe the amount of dead skin you'll shed!
Next you will be kneaded, and your limbs manipulated to loosen tight muscles and joints.

RELAX

Afterwards, wash yourself down, wrap yourself in towels and rest in the relaxation area with a glass of the always present çay.

You'll emerge feeling clean, glowing, and happy to have taken the plunge and experienced one of Turkey's age-old traditions.

A WORD OF WARNING

Although a hamam is a great way to prepare your skin for a long lasting suntan, it's not advised if you are sunburned. You should always wear high factor sun protection.

Rent hikes to be limited to 25 pct, says minister

With a temporary clause to be added to existing law, rent price hikes will be limited to 25 percent, Justice Minister Bekir Bozdağ has said.

The government has been working on a solution to curb exorbitant rent increases, especially in the country's large cities, such as Istanbul, Ankara and İzmir.

Recently senior officials from the Environment, Urbanization and Climate Change Ministry, the Justice Ministry, the Treasury and Finance Ministry and the Trade Ministry held a meeting to discuss the possible measures to be taken.

"Rents could be increased only by 25 percent," Bozdağ announced, noting that the cap on rent price hikes will apply to lease contracts, which will be signed until July 1, 2023.

The new rent will be valid for a year, he added, noting that this would be a temporary measure that will be regulated with a clause to be added to the code of obligations.

The ruling Justice and Development Party (AKP) and the Nationalist Movement Party (MHP) will submit the proposal to parliament's Justice Commission, according to the minister.

"We tried to protect the rights of both the tenants and landlords," Bozdağ said.

Under the current regulations, landlords could increase the rents by the 12-month average of the consumer price inflation (CPI).

According to the latest data from the Turkish Statistical Institute (TÜİK), the 12-month average CPI was 39.33 percent in May, whereas the headline annual consumer price inflation was 73.5 percent.

"Introducing a cap on rent price hikes was necessary. Landlords were demanding huge increases from their tenants. If tenants refuse to comply with the demand, landlords may get tenants evacuated from the house. There are lots of eviction cases at courts," said Çiğdem Kezer, a lawyer.

A study conducted by Endeksa showed that rents across Turkey increased by 152 percent over the past year in May, while the increase was 233 percent in the past four years.

Consequently, house rents climbed to 5,139 Turkish Liras (around $299) on average as of May. Source: Hurriyet Daily News

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112 EMERGENCY HELPLINE

The Turkish emergency and helpline number is in service on a 24/7 basis.

Call 112 for all emergency calls. The caller is redirected to the appropriate service, for example, to the fire department.

There is no guarantee that any English will be spoken on the emergency and helpline telephone number.

EMERGENCY WORDS

If there isn't a Turkish speaker to help you, these phrases have been simplified for easy communication by a non-Turkish speaker when reporting a fire. (They may not be grammatically correct.)

There is a fire - Yangın var
There is a forest fire - Orman yangın var
At the corner of ?? - ?? köşesinde
At the corner of the road - Yolun köşesinde
At the back of/behind ?? - ?? arkasında
In front of ?? - ?? önünde

Learn your address and/or make note of a well-known landmark in Turkish, to enable you to direct the emergency services to the location of the fire.

Continued from page 8 He'd been out fishing and caught them that morning. Grilled octopus was going to be my lunch. It was stunning. I'd certainly made the right decision. We had the long, lazy lunch which the signed poster of my book now behind the bar will attest to.

There was also a lovely family eating at the table next to us with a young child. It turned out she was a radio presenter. I'd already given her another signed poster and bookmark before I'd found out. So, if you hear about "It's A Stray Dog's Life" on Greek radio, you now know why. It also proved my theory; an author should never be without a few giveaways.

We finished lunch and wandered back to the ferry. There were plenty of laughs with a lovely lady member of staff in duty free who told me I could buy everything in the shop if I stayed in Kos, but I was limited in what I could take back to Turkey. With how friendly this Greek Island had been you can imagine how close I was to not getting on the ferry. Common sense prevailed and we sailed back to Bodrum trying to guess the owner of each superyacht outside the harbour. The minibus was waiting for us. We had no idea if the journey home was to be the same relay as our early morning drag race. Thankfully it wasn't, and the driver dropped us off at home after a long, tiring, but ultimately hugely enjoyable day.
I topped up the water bowls for Princess, Smokey and Lucky and gave them a snack before cuddles, tummy tickles and sleep kicked in. Humans frequently panic when things don't go exactly to plan. I'm not sure why. If we reach the right destination, is it not more fun if a few things go a little awry on the journey? It certainly was for us.

The Kids Of Lakewood Elementary

Don't forget you can still buy "It's A Stray Dog's Life". There's no limit on how many copies you can add to your collection. The second-grade kids at Lakewood Elementary School in Dallas proved that. I did my first ever author video Q&A with them last week. They are a wonderful bunch, who came up with great questions and had me in fits of laughter. It was a special experience for me. If they represent the future then the world is in far safer hands than at present.

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‘Shrinkflation’: Packages get smaller and the prices rise

We have witnessed many articles in the news recently about ‘Shrinkflation’ - the inflation you’re not supposed to see.

Shrinkflation is not a new concept. We have all seen those cream eggs and tins of sweets getting smaller over the years.

From toilet paper to yogurt and coffee to corn chips, manufacturers are quietly shrinking package sizes without lowering prices. It’s dubbed “shrinkflation,” and it’s accelerating worldwide.

In the U.S., a small box of Kleenex now has 60 tissues; a few months ago, it had 65. Chobani Flips yogurts have shrunk from 5.3 ounces to 4.5 ounces. In the U.K., Nestle slimmed down its Nescafe Azera Americano coffee tins from 100 grams to 90 grams. In India, a bar of Vim dish soap has shrunk from 155 grams to 135 grams.

In times of high inflation as companies grapple with rising costs for ingredients, packaging, labor and transportation. Global consumer price inflation was up an estimated 7% in May, a pace that will likely continue through September, according to S&P Global.

“It comes in waves. We happen to be in a tidal wave at the moment because of inflation,” said Edgar Dworsky, a consumer advocate and former assistant attorney general in Massachusetts who has documented shrinkflation on his Consumer World website for decades.

Dworsky began noticing smaller boxes in the cereal aisle last fall, and shrinkflation has ballooned from there. He can cite dozens of examples, from Cottonelle Ultra Clean Care toilet paper, which has shrunk from 340 sheets per roll to 312, to Folgers coffee, which downsized its 51-ounce container to 43.5 ounces but still says it will make up to 400 cups. (Folgers says it’s using a new technology that results in lighter-weight beans.) Dworsky said shrinkflation appeals to manufacturers because they know customers will notice price increases but won’t keep track of net weights or small details, like the number of sheets on a roll of toilet paper. Companies can also employ tricks to draw attention away from downsizing, like marking smaller packages with bright new labels that draw shoppers’ eyes.

Some companies are straightforward about the changes. In Japan, snack maker Calbee Inc. announced 10% weight reductions – and 10% price increases – for many of its products in May, including veggie chips and crispy edamame. The company blamed a sharp rise in the cost of raw materials.

Some customers who have noticed the downsizing are sharing examples on social media. Others say shrinkflation is causing them to change their shopping habits.

Alex Aspacher does a lot of the grocery shopping and meal planning for his family of four in Haskins, Ohio. He noticed when the 1-pound package of sliced Swiss cheese he used to buy shrank to 12 ounces but kept its $9.99 price tag. Now, he hunts for deals or buys a block of cheese and slices it himself.

Aspacher said he knew prices would rise when he started reading about higher wages for grocery workers. But the speed of the change – and the shrinking packages – have surprised him. “I was prepared for it to a degree, but there hasn’t been a limit to it so far,” Aspacher said. “I hope we find that ceiling pretty soon.”

Sometimes the trend can reverse. As inflation eases, competition might force manufacturers to lower their prices or reintroduce larger packages. But Dworsky says once a product has gotten smaller, it often stays that way. “Upsizing is kind of rare,” he said. Source:

Here in Türkiye we too have witnesed the size of our packages reducing in size. **Various Sources**

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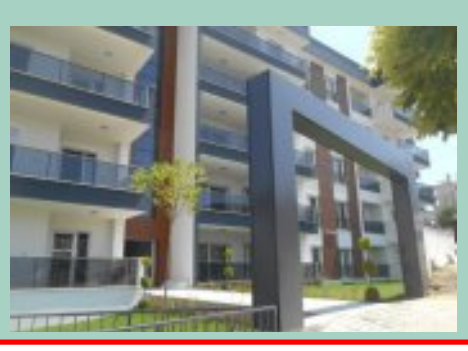

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Turkish thrill-seeker becomes 1st man to row across Pacific Ocean

Erden Eruç, a 17 times Guinness record holder, is a Turkish rower who is mostly known for “finishing an around the world trip under own muscle power ". He has broken another record by crossing the Pacific Ocean in 239 days.

“I spent 239 days on the ocean all alone,” 60-year-old adventurer, who came to Istanbul for a book promotion sometime after his Pacific Ocean trip, told daily Milliyet on June 8.

The adventurist started rowing from California on June 22, 2021, and reached Hawaii in 80 days. His next stop was the Guam Islands, where he arrived 128 days later.

Then it took a month to come to the Philippines, to finish the trip in 239 days and become the first man to cross the Pacific Ocean through muscle power alone.

When asked about the feeling to be alone on the ocean, he said, “Through the 239-day journey, my only friend was a gannet.”

“The seabird accompanied me on the boat for five days. It was just leaving me for food, then coming back to the boat. I fondled and fed it,” he added.

The Pacific Ocean trip is already over, but his life, full of action, will not end as he will continue his second round the world trip.

Born in 1961 in Nicosia, North Cyprus, Eruç moved to the western province of Izmir with his family when he was one and a half years old. Graduating from the mechanical engineering faculty of Istanbul’s Boğaziçi University, he then settled in the U.S.

Eruç, who is also the founder of Seattle-based Around-n-Over Society, a non-profit organization, airs his trip details on his personal website named after him, erdeneruc.com.
When asked about the motivation behind his adventurous life, he pointed out his Swedish friend’s death two decades ago, in an interview he made last year.

His friend fell and lost his life in September 2002 when they were rock climbing together, and this reminded him that “life is short,” and it is time to “take action to make dreams come true.”
Then he started drawing the route on a world map, and his journey on the oceans started.

He has now gathered all his experiences in his second book named “Dalgalar Beni Çağırır,” roughly translated “Waves Are Calling Me.”

He promoted the book in the Rahmi Koç Museum in Istanbul on June 6. “Being the first man to row the three major oceans,” “completing the fastest circumnavigation of the globe by human power,”

“covering career distances by rowing all alone on the ocean,” are just some of his Guinness World Records.

“I have 17 Guinness World Records. When the second trip is over, I will have two more. When I reach Vietnam, I will ride to the Everest Mountains on my bike,” he expressed.

Source: Hurriyet Daily News (abridged)

PROPERTY SALES TRANSACTIONS TO BE CARRIED OUT BY THE NOTERS OFFICE

Martin Redman

[With thanks to [Residency Permit / Fethiye Consultant Mustafa Arıkök](https://www.facebook.com/groups/InspectorConsultancy/) for the following].

Many transactions currently made in the land registry office will soon be transferred to the Notary Administrations. Transactions like buying and selling of houses and land will be started and completed at notaries. this new application should speed up and facilitate operations.

In Brief.....

ARTICLE 61/A- Real estate sales contract can also be made by notaries.

Notary offices issue an application document upon the application for the sale of immovable property, take into account all kinds of restrictions on the property, and observe the limitations, procedures and principles in other laws regarding the sale of such.

The title deed registration sample and other documents are shared with the notaries through the land registry information system by the General Directorate of Land Registry and Cadastre. In case of records and documents related to the real estate are missing, the missing issues are requested from the relevant land registry directorate, and the deficiencies are corrected by the land registry directorate and transferred to the system.

After the notary public determines the right owner and it is determined that there is no legal situation preventing the sale of the real estate, a real estate sales contract is made.

As soon as the sales contract is signed by the parties, the notary publicly records the contract in this system by obtaining the journal number from the land registry information system. After the contract is registered in the system, the real estate is registered in the land registry by the land registry directorate. The sales contract and other documents are transferred to the system by the notary public and are physically archived.

Notaries carry out the transactions related to the real estate sales contract personally.

If the right holder cannot be determined from the land registry copy and other documents, or if there is a legal situation preventing the sale, the notary office will not perform the sale.

Only the title deed fee is charged in accordance with subparagraph (a) of paragraph (20) of the section titled "I-Deed transactions" of the tariff numbered (4) attached to the Fees Law dated 2/7/1964 and no. For these transactions, the provisions of the Law No. 492 on title deed fees and the provisions of Article 128 of the same Law are applied to the notaries who make transactions without fully receiving the required fee.

Real estate sales contracts are exempt from stamp tax and papers issued regarding these transactions are exempt from valuable paper costs.

No fee other than the notary public's fee is charged for the transactions made within the scope of this article. The notary fee cannot be less than five hundred Turkish liras and more than four thousand Turkish liras according to the value of the real estate and is shown in the fee schedule. These amounts are applied by increasing each year at the revaluation rate determined and announced in accordance with the provisions of the repetitive article 298 of the Tax Procedure Law dated 4/1/1961 and numbered 213 with respect to the previous year, effective from the beginning of the calendar year.

For real estate sales transactions, a service fee is collected to be recorded as income to the General Directorate of Land Registry and Cadastre revolving fund, and no share or contribution is paid to the notary due to these transactions.
.....
So basically the Noters office will carry out straightforward sales transactions where there is no problem with ownership / property or land involved. If there are any problems then they must be rectified with the Land Registry office first & entered onto the system before the Noters can complete the sales transaction.
https://www.resmigazete.gov.tr/.../06/20220628-17.htm...
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Shopping for Unmentionables: Buying Underwear in Turkey

Lisa Morrow

As a young teenager I was a tomboy, so getting my first bra wasn't something I looked forward to. When the fateful day came my mum took me to a long established Sydney department store for a proper fitting. There we were attended to by a woman with an enormous, shelf-like bust. On this rested a chain, attached to eye glasses, propped onto the end of her nose, and a measuring tape. Instructing me to take off my T-shirt she quickly whipped the tape off her neck and put it around me, all the while commenting to my mum, accompanied by intermittent laughter, about youth, size and perkiness. Already feeling mortified, I remember just wanting to die when she helped me put on the bra by popping her hands into the cups to ensure I had it on properly, lifting and plumping up my breasts in the process.

Fast forward some twenty years later to Kayseri, central Turkey, where I discovered men, and not women, working in underwear shops. Despite the fact I wasn't brave enough to venture into any of the shops I saw, those feelings of intense embarrassment came flooding right back. They increased even more when I learnt the men would just look at you closely to determine your size. If budget was an issue, you could always buy a bra at the weekly outdoor markets, where the procedure was very similar, only with a much larger audience. Regardless of venue, the idea was that you bought the bra size the seller suggested and tried it on at home. If the size was wrong you could take it back and exchange it for one with a better fit. As a result there was no limit to the number of times people told me to wash any new bra really well before wearing it, as you never knew how many people had worn it before you.

Now I live in Istanbul and can buy my bras in modern, anonymous seeming department stores. I've overcome my tomboy resistance to the idea of wearing bras and now choose luxurious underwear over utilitarian garments, but my early shyness about discussing underwear preferences remains. As well, I'm an Australian in Turkey, a foreigner, and as I've written in my book Exploring Turkish Landscapes, Turkish fashion is very different, as are body shapes. I have broad shoulders and a strong torso, whereas Turkish women generally have narrow sloping shoulders atop petite thin frames. Finding a bra line I like, let alone one that fits me, is a challenge.

Recently I went to my favourite shop and flicked through the bras on offer. The racks were full of limpid pastels and insipid shades of nude, ecru and washed-out coffee, but I wanted something bright and bold. As I was hovering, trapped by my indecision, a sales assistant pounced. On hearing my dilemma she said, yes, I did have broad shoulders and small breasts, so I could do with some more support and bolstering. Just in case I hadn't understood her Turkish she firmly grasped the objects in question, one in each hand, and pushed them high on my chest to demonstrate her point.

Biting down on the chagrin her comments and actions caused, I stayed true to my promise to try new things and break out of my comfort zone. For the next forty minutes I tried on an array of bras whether I liked the fabric, the color or the style. After a while I was happy to hear her tap on the change room door so I could open it and see what new goodies she had to offer. I finally left the shop happily clutching a bag containing a bra and knicker set in deep purple that offered the magic she promised to find me.

In contrast, buying underwear at my small local Alışveriş Merkezi (a local shop given the grand title of 'Shopping Centre') is a different experience all together. 'Unmentionables', whether for men, women or children, really are unmentionable in this type of Turkey. They're safely hidden away on the mezzanine floor so you either have to already know they are there, or send out a search party to find them. Some stores even have screens to shield the unsuspecting from accidentally catching sight of these forbidden items. Once you've made your selection you have to wait for the girl to wrap them in paper, and place a sticker showing the price on the outside of the packet. Only once this is completed can you descend the stairs and head for the cash desk, where you hand over your packet, careful not to catch the eye of the man who is trying not to show he knows what you've bought.

Naturally I learnt about this system when I took some underpants straight downstairs, unwrapped, and handed them directly to the man at the cash desk. He looked at me in horror and demanded to know why they weren't wrapped. While I stood at the cash desk trying to unravel his Turkish to understand what I'd done wrong, he futilely called out for the girl to come and handle the aforementioned unmentionables. Finally he wrapped the offending items in paper himself, with such a scandalized look on his face that I found it hard not to laugh.

These days, shopping for underwear is something I look forward to because I never know what to expect. Whether I go to an upmarket store staffed by open-minded women with a hands-on attitude, or to a small shop staffed by the local version of the morality police, I always come home having learnt something new about this fascinating and sometimes confusing country I choose to live in.
You can read more of Lisa's stories from her website … www.insideoutinistanbul.com

Travel & Tourism News

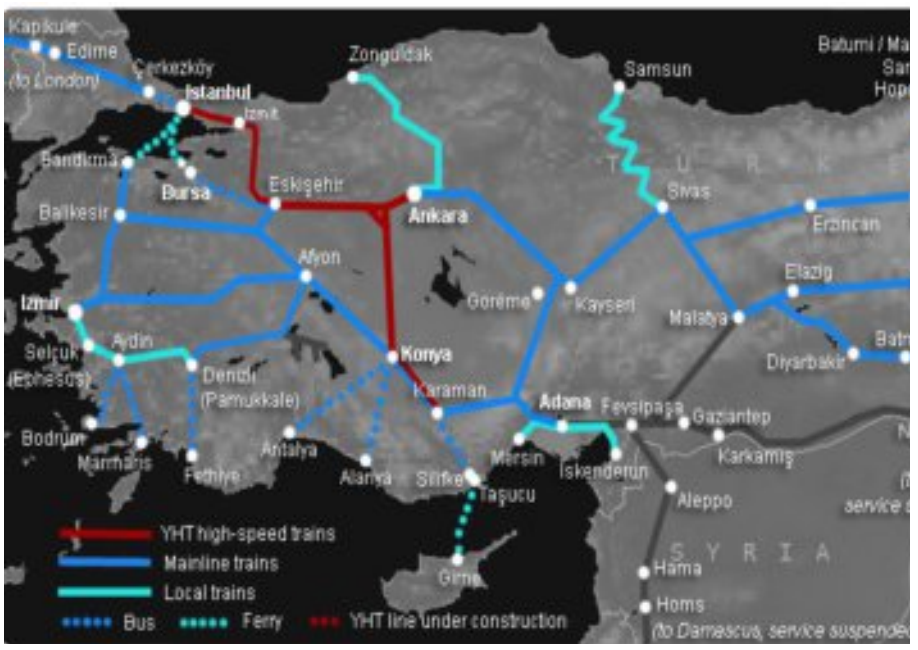
Shop around for the price of train travel in Türkiye

There's been a lot of talk about prices increasing in Turkiye, including transportation, however I wanted to share my experiences with TCDD Turkish State Railways.

Many years ago I travelled by train from Ankara to Erzurum, taking 22 hours passing through amazing scenery. These long distance routes have become very popular with tourists and prices have increased greatly.

Investment in High Speed trains have also meant higher prices. It's worth checking out the local and National services available by train which is still amazingly cheap, especially compared to coach services nowadays.

I have recently purchased tickets from Izmir to Balıkşehir & Eskişehir, returning via Afyon. Pullman seats on some services are as cheap as 50₺ and sleeper services are around 400₺ between cities.



Amazingly there are many discounts to be had, including 50% for those over 65, for both foreign and Turkish passport holders.

Reservations can generally only be made about one month prior to departure and can be made via the TCDD.gov.tr website but it's advisable to download their TCDD Eybis App.

There are some exciting destinations to be seen on their network, including Denizli for Pamukkale. I recommend you take a look. Bon voyage.

For more inform on some amazing train jouneys please go to the following link https://www.seat61.com/train-travel-in-turkey.htm

Source: Tony Blenkinsopp

Kurban Bayram – Feast of Sacrifice

The Feast of Sacrifice is one of the oldest Islamic holidays in Turkey. It is celebrated about 70 days after the Ramadan Feast and according to old beliefs it is supposedly unlucky to get married or start a new business between these two holidays.

Kurban Bayram celebrates the story of how the Prophet Ibrahim who showed obedience to God by agreeing to sacrifice his son and in return God then sent him a ram to be sacrificed instead.

Traditionally, on the first day of the Sacrifice Feast the men of each family go to a mosque for a special morning prayer. Then the sacrifice ritual begins. In some regions in Turkey, people paint the sacrificial animal with henna and adorn it with ribbons before the butcher reads a prayer and slaughters the animal. Families share the meat with relatives and neighbours before giving about one-third of the lamb to the poor. The Sacrifice Festival is all about charity and community. During this holiday people are constantly on the move visiting family and friends.

Many people prefer to just donate money to organizations such as Turk Hava Kurumu and have animals slaughtered in their name. The organization will also make sure the food is correctly distributed to the poor.
Many different foods will be made, many will make their own Baklava and borek to serve to Bayram visitors and many other lovely treats will be prepared. New clothes will be bought for the family to wear during Bayram and some may purchase presents for family which is a relatively new tradition.

If you find yourself in Turkey during this time, the chances are that you will not actually see the sacrifice of animals unless you head into rural areas. The only way it will affect you, is that travel on public transport will be hectic and all government offices will be closed.

'Feast of the Sacrifice'' begins with Arife Gunu (preparation day) on Friday 8th July. Expect Banks and Government offices to close at midday. The Feast days of the holiday are 9-10-11-12 July; the President of Turkey announced extra days of holidays on Wednesday and Thursday, 13-14 July. The 15th July is a separate public holiday - Democracy and National Unity Day of Turkey (Turkish: Demokrasi ve Milli Birlik Günü).

So in combination, the majority of the Turkish public will be taking a nine-day holiday from July 9 to the 17th of July.

The roads will be extremely busy and ATM's can run out of money. Government buildings, banks and public offices will be closed on this day.
As these holidays run over a week, if you have your residence permit to renew, get in early before everywhere closes.

Out and about in Didim

Temple of Apollo

Located about 11 miles south of the ancient port city of Miletus on the western coast of modern-day Turkey, the Temple of Apollo at Didyma or Didymaion was the fourth largest temple in the ancient Greek world.

The temple's oracle, second in importance only to that at Delphi, played a significant role in the religious and political life of both Miletus and the greater Mediterranean world; many rulers, from Alexander the Great (356-323 BCE) to the Roman emperorDiocletian (244-313 CE) visited or sent delegations to this oracle seeking the guidance and favor of Apollo.

The oracle played a significant role in initiating the “Great Persecution” of Christians under Diocletian and the temple was later converted into a church during the 5th or 6th century CE.

The temple that we see today was not the original structure. An earthquake in approximately 494BC ruined that. Reconstruction started shortly after, mainly overseen by Alexander the Great but the temple was never completely finished.

The temple was also destroyed by the Persian army attacking Miletus in 494 BC. Its rebuilding began with Alexander the Great's liberation of the region from Persian rule. The magnificent temple, which lasted until the middle of the 2nd century, was not completely finished and the dimensions of the temple, which took its current form during its reconstruction, are approximately 109 x 51 meters.

Located in the middle of the building, (53 x 21 m) isthe "Sella Sacred Space" which hosts concert and art organizations. The famous Medusa figure, which has become one of the symbols of Didim, is located at the entrance of the temple garden.

Miletus

Not too far from Didim is one of the most prominent Greek cities ‘Miletus’. It thrived from two-and-a-half millennia years ago and the Greek and Roman civilizations left a great legacy to the world including the origins of science

Today, the remains of its ancient structures spread across 90 hectares (220 acres) of land; among them are a 25,000-seat theater, a lavish 1st-century CE roman baths, and enormous defense fortifications.

As you enjoy walking through the streets and squares of the complex you will encounter various preserved monuments, colonnades, portals, and ancient hallways. The site also houses a small history

Miletus

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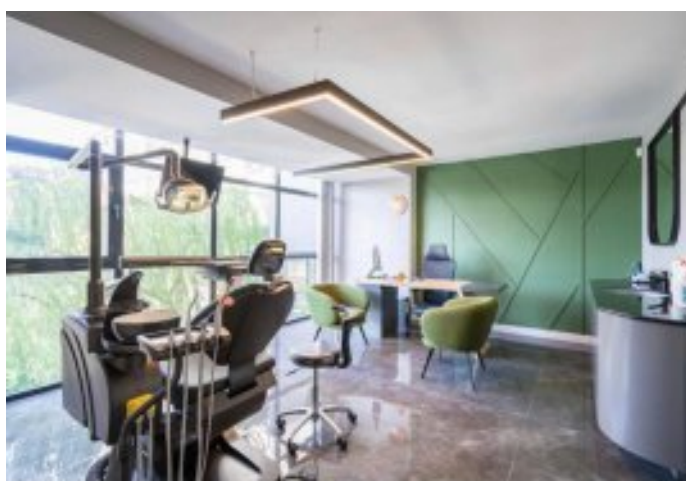

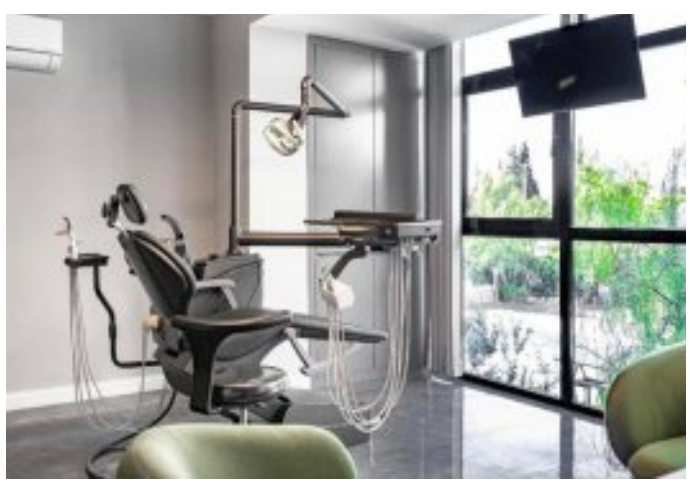

Cooking on a Budget
Chicken With Mustard Spinach

Alia El-Amer

Hi there, my name is Alia El-Amer and I thought I would do a little research on how to cook great meals on a budget.
My, Recipe for This Month Will is:

Chicken with Mustard Spinach.

Shopping Site: Migros (AVM).KUSADASI
Cooking Time: 40 Mins-45Mins.
Total : 4 Persons.
Type: Hot Plate.

Please Note: Prices Last Update : 17 June 2022

Ingredients

4 Pcs of Chicken (Breast)	62.18tl	4 Pcs 62.18 tl
1.5 litres of Water	4.5tl	2 Bottles = 6.00tl
1 1/2 tbsp of Vegetable Salt.	1.21tl	1 Pack= 11.80tl
4 tbsp of Olive Oil	1.56tl	1 Bottle = 119.90tl
1 Bag Frozen Spinach	13.13tl	1 Bag=17.50tl
1/2 Cup of Chopped Spring Onions	0.47tl	1 Kilo=8.95tl
1 tbsp of Seeded Mustard	1.31tl	1 Pack = 30.25tl
1/4 Pack of Cheese Grated	22.48tl	1 Pack = 89.90 tl
Total recipe cost	106.82 TL	
Total purchase cost		346. 48 TL

Method

1- Boil Chicken With Water and 1 tbsp Of Vegetable salt. (15Mins).
2- Cut the Spring Onions for 1/2 Cup.
3-Simmer Spinach with Onions,2 tbsp Of Olive Oil and 1/2 tbsp Of Vegetable Salt.(7 Mins)
4-Fry Chicken with 2 tbsp of Olive Oil. (5 Mins) or till Golden at top.
5-While Frying, Preheat Oven for 450 Degrees.
6-Add 1 tbsp of Seeded Mustard to Spinach and Place all on Chicken Breast. (Pre-Heat for 3- 5 Mins).
7-Finally add the Greated Cheese on top of the Spinach and Grill for 5 Mins.

Recipe items

Famous Turkish actor moves into windmill

With a life-changing decision, famous Turkish actor Hakan Meriçliler has started living in a windmill, located in the southwestern province of Muğla's Bodrum district, which he bought and renovated. "When I learned that this windmill was for sale, I bought it immediately," said the actor.

The actor placed figures of Don Quixote, a Spanish epic novel character known for fighting the windmills, and his servant Sancho Panza, in front of the mill built in 1868.

"I had traveled to many places in the beginning," he said. "I never thought of buying a place in Bodrum." "I was struck the moment I saw this place," Meriçliler said, adding that both the sunset and the moonrise can be seen at the same time from the windmill and that he "loves the house."

The actor said the owner of the windmill passed away two years ago, adding, "Now I am like the new keeper of this historical region."

Meriçliler is now living in the windmill with his girlfriend, Çiğdem Taban.

The house, which Meriçliler had the restoration done, consists of three floors. The first floor is a living room, the second floor is a bedroom, and the top floor is a study. **Source: Hurriyet Daily News**

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Unauthorized access to forest and parks in Aydin province

In the statement made by the Aydın Governorship, it was stated that unauthorized access to forest areas is prohibited until 31 October 2022 and within the scope of fire prevention measures for those, who who do not comply with the rules will be penalized.

Governor of Aydın signed an important decision to prevent forest fires. In the statement made by the Aydın Governorship, "It is prohibited to have activities, picnics and stay in the specific areas, on the roads around and through the forests, at the edge of the forest areas without permission from the local government dynamics. The Citizens will only be able to have picnics on areas reserved for picnic activities by taking the necessary precautions."

According to the statement made; the areas, which cannot be entered without permission as as follows: Efeler Town; Paşa Yaylası, Şehir Deresi, Dümentepe Forest, Çiftlik-Alanlı, Köşk Town; Aydın-Köşk Forest, Didim Town Çamlıburun State Forest, Çine Town; The Mountain of Madran, Gökbel, Karpuzlu Town; Çilekdere Forests, Çataltepe Forests, Meriçler-Kullar Forests, Ovapınarı Forests, Koçarlı Town; Yığıntaş-Çeşme, Gaffarlar-Akmescit, Kuşadası Town; Davutdağ, Nalkıran ve Burçak Çukuru State Forest, İvedik (Güldağ ve Gümüşdağ State Forest, Çınar State Forest, Gülkavak (Caferli) State Forest, Soğucak State Forest, Akdere (Davutlar ve Güzelçamlı) State Forest, Karina ve Gümelez Serisi State Forest, Taşlıbelen Devlet Ormanı, Germencik ve Söke Towns; Gümüşdağ Serisi State Forest, Karabacak State Forest, Karina Serisi State Forest, İncirliova Town; Arpadere State Forest, Bozdoğan Town; Madran State Forest, Korişdağı State Forest, Ericek - State Forest, Madran State Forest, Altıntaş State Forest, The Village of Örentaht State Forest, Güre State Forest, The Village Yeşilyenice - State Forest, The Village of Akseki State Forest, The Village of Amasya State Forest, The Village of Akyaka State Forest, Sarpça State Forest, Asma Serisi State Forest, Karlık Serisi and State Forest, Karacasu Town; Yenice State Forest, Kartaldere State Forest, Hançam State Forest Dedebağ Vicinity, Karlık State Forest, The Village of Tepecik - State Forest, Nazilli Town ; Oyukdağı State Forest, Ovacık State Forest, Karadağ State Forest, Kavakdağı State Forest, Çaldağı State Forest, Darlan Devlet Ormanı, Medeksu-Sarısu State Forest, Düzyol-Kozarası State Forest, The Pinetum of Hasköy - State Forest, Kuyucak and Nazilli Towns; Karıncalıdağ State Forest, Kuyucak Town; Aytepe State Forest, Armutlu Yayla Serisi State Forests, Karadağ State Forest, Yaylalı State Forest, Ergediği State Forest, Yöre State Forest."

Those Areas Are Left Out Of The Prohibition

On the other hand, in the statement made by the Governer of Aydın: “Koçarlı Adnan Menderes City Forest, Dilek Peninsula National Park Registered Picnic and Recreation Areas are not within the scope of this prohibition (These areas are under different local government areas. Moreover provided the rules are followed, the precautions are taken due with the permission of the local government Office and the directorate of forestry operation are informed; the establishments engaging in tourism & sports activities and the citizens may have activities in the areas, which the access is proihibited to.On critic weather conditions additional prohibition may be announced.” It was noted, that as these regions are excluded from the prohibition; those who do not comply with the rules will be penalized.

A display with a difference at Antalya hospital

Turkey is well known for its trade shows, fairs, exhibitions, and plenty of historic sites that you can visit. However, one Antalya hospital has a display that could be seen as slightly macabre by having on display nearly 200 objects swallowed by children and extracted from their respiratory and digestive tracts.

The main reason for the display is to raise awareness among parents to keep a watch on their children. Most young children will pick something up and put it directly into their mouths.

The objects hung on the wall at the entrance of the paediatric surgery clinic of the Akdeniz University Hospital surprise all who see them. Among the objects on display, the most striking ones are coins, safety pins, quilting needles, sharpeners, nails, screws, batteries, pieces of nuts, play dough, pins and magnets.

Güngör Karagüzel, head of the hospital’s pediatric surgery, said that they “received positive feedback from families”.

“The exhibition is to prevent such accidents that could result in death by raising awareness in families,” the professor noted. “Especially cheap toys made in China have safety problems.”

The professor also pointed out the “nut danger” for children.

“Hazelnuts in the Black Sea region and peanuts in the Mediterranean region are the most common nuts that get stuck in the respiratory tract,” he warned.

There are many strange museums and displays around the world. Philadelphia’s Mütter Museum began with a donation of more than 1,700 objects from Thomas Dent Mütter, MD, in 1858. It has since grown to include more than 25,000 medical curiosities, including sections of Einstein’s brain, an entire wall of human skulls, the liver of conjoined twins Chang and Eng Bunker, President Grover Cleveland’s jaw tumor, the tallest skeleton on display in North America, and the World’s Largest Colon.

Continued from front page We have produced 2 million square meters of infrastructure and superstructure. We are rebuilding Kuşadası, neighborhood by neighborhood. We are re-planning the future of our city with regional solutions, not local solutions, and we are making our projects one by one. While we build libraries, sports fields, green spaces, places of worship, kindergartens, and barrier-free living spaces, we also reach digital nomads, the new generation of the new world, based on the expectations and needs of the Z generation.

Mayor Ömer Günel thanked Aydın Metropolitan Municipality Mayor Özlem Çerçioğlu, stating that the service building built by Aydın Metropolitan Municipality for the TARIS area, together with the parking lot, cafe, restaurant and social living areas, is a tremendous gift to the people of Kuşadası. After the speeches, CHP Chairman Kemal Kılıçdaroğlu, Aydın Metropolitan Municipality and Kuşadası Municipality New Service Complex and Cafer Kotan Living Area built by Kuşadası Municipality and Güler-Aydın Süzgeç Condolence House, Mother and Baby Care Center and Kuşadası Municipality Library are located in the area. In addition, Kuşadası Youth Sports Park, Lawyer Doga Tokuçoğlu Park and Zehra Kosova Park were inaugurated. He laid the foundations of the 'Kusadasi Autism Support Center and Child Development Center' to be built by Aydın Metropolitan Municipality, and the 'Kusadasi Autism Center Life and Sports Area' and 'Kusadasi Municipality Tennis Park' to be built by Kuşadası Municipality.

Not everyone was happy with the new complex. After the ceremony, members of the Kuşadası Environment Platform reacted by opening banners with the words 'Concrete everywhere and rent', 'There are more contractors than tourists in Kuşadası', 'I was going to be a park, I became a parking lot', and 'Concrete island, not Kuşadası'. There was a short-term tension between the participants of the ceremony and the platform members.
Ahmet Fuat Özen, former Branch Manager of Kuşadası Municipality company Arya and former CHP member, said, "The Mayor of Aydın Metropolitan Municipality, Özlem Çerçioğlu, promised to build a green area and a parking lot in the TARIS area in 2016, with the paper he showed his heart to the journalists and the public.

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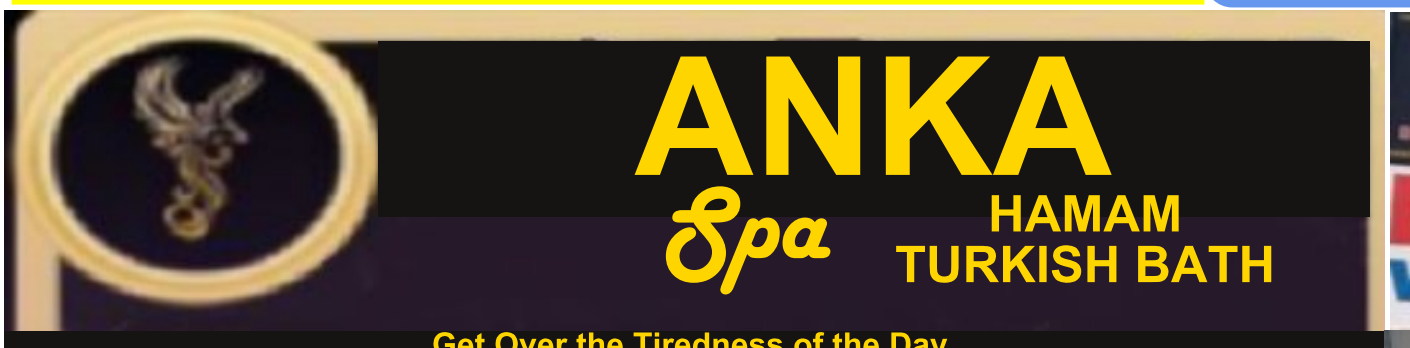
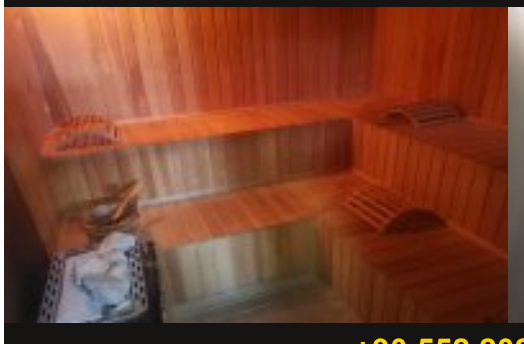
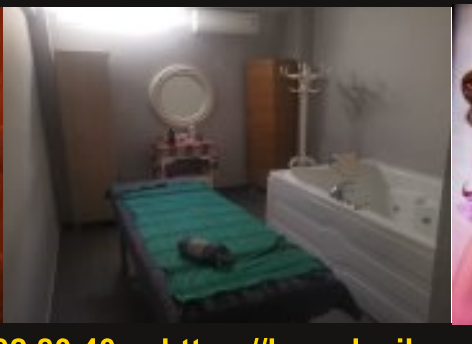
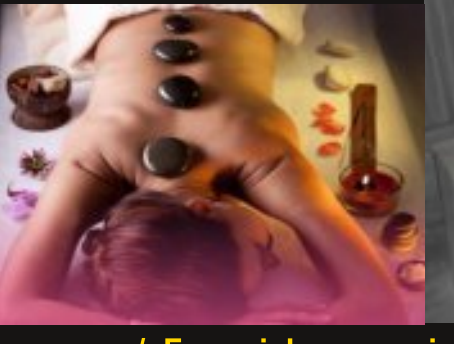


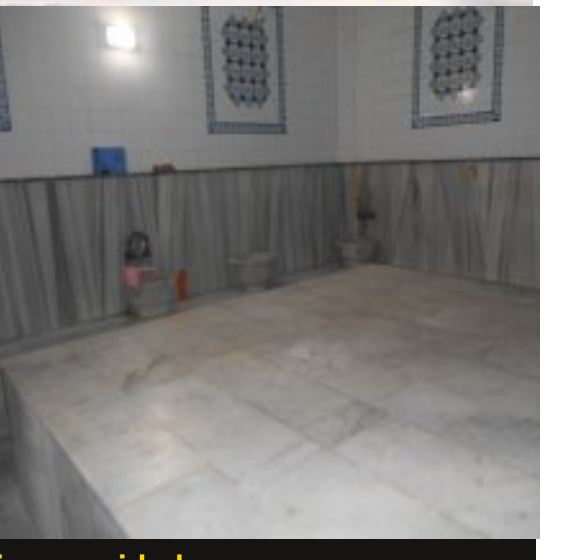
Get Over the Tiredness of the Day.

In spa treatments, natural and healing stones, aromatic oils and professional massage techniques are also applied along with water. Those who come to the spa center can choose one of these massages or treatments.









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You've got mail – a look at Türkiye's postal system

Klaus Jurgens

There are most definitely many fascinating aspects of callingTürkiye home. One of the perhaps lesser-known advantages is the country's fantastic postal system. Today's contribution explains the 'how to' and why it continues to feature as an absolutely essential part of everyday life.

The latter observation is probably ever more surprising when we consider that for many of us electronic forms of communication have become standard; the art of letter writing is all but extinct in far too many corners of our short messenger service - shared globe.

Then only think of our younger generation for a moment – in case your profession is of the teaching kind and mentioning the word essay in front of kids usually leads to confusion and anxiety as anything longer than a five-word SMS is theoretically a no-no.

But even whilst keeping these points in mind sooner or later we come to realize that a world without our good old post office does not make any sense, or does it? How come?

In Türkiye the postal network/operator is called PTT standing for 'Posta veTelgrafTeşkilatı' or national Post(al) and Telegraph Directorate. Its yellow, blue and red logo can easily be spotted from far away and in many towns and cities signposts direct you to your nearest PTT office without the need for going online and searching on internet maps.

Before you walk to the counter and in most bigger offices you will need to obtain a ticket and wait for your turn. Yes indeed, the reason for this organisational detail is that at certain times it might get rather busy, and it is not uncommon to spot quite a few people patiently waiting outside the PTT premises until their number is displayed on the screen. But once you start frequenting a local office more regularly you will realize that same as anywhere else some hours tend to be busier than others and thus any untoward queues can be avoided.

But why would you want to enter anyhow? Let me give you three examples. First, yes indeed, figuratively speaking there is the old-fashioned envelope which brings us here. Either we wish to deposit one such precious item and send it off or we like to collect something as the postman or post-lady called whilst we were outside our own four walls.

Second, we have decided to make someone dear to our hearts rather happy by dispatching a larger parcel containing a gift or other form of present or goods. Here the PTT comes in extremely handy as they have their very own cargo network, and the good news are that its tariffs are much more favourable when compared with many (though not all) competitors. As by definition the PTT in Türkiye is part of the global postal structure we know exactly that once at the other end it will de delivered by the postal equivalent of that country; at least to me this is a comforting thought; call it trust in and into an institution we all grew up with.

Third, you may wish to avail yourself of the e-government services of the Republic of Türkiye. Equipped with your ID number and a mobile phone at the ready you pay a minimal nominal fee, and a few minutes (if it takes that long at all…) thereafter receive a code which you can use as one-time password before changing it to your personal choice of numbers and letters, eight to be precise.

Above all else and what I find very positive besides thesethree 'case studies' mentioned above is of course the human factor. Unless we approach the annual holiday season and a substitute has been hired for a fortnight or so, chances are that over time, we get to know our post office staff in person. In particular with a view to the many fine more mature members of my family this is so rewarding as on the one hand a warm welcome is guaranteed once inside the local PTT whilst on the other hand every time the doorbell rings more or less the same time of the day, they know that 'you have got mail' – smiles all round included. Unless of course a bill has been dispatched which needs urgent attention of the monetary kind…

Which brings me to my one but last issue for this edition of The Ege Eye – is there a language obstacle hidden someplace, somewhere?

It is fair to say that learning a little foreign language goes a long interactive way so to speak. In bigger cities it is highly likely that at least one of the PTT staff would reply in English (or increasingly German, too) so communication is no problem at all. But is it not correct to say that as we are the new arrivals it is our responsibility to manage enough of the language to send or collect a postal item? Per return we are assured a most courteous welcome the next time we set foot onto our nearest PTT.

Should we decide to put all matters PTT into a wider societal picture there is one related subject which merits attention – it is the employment and career factor. When I was a young lad, it was totally normal for many of my age group to take up school holiday temporary jobs at the post office. Perhaps not behind the counter but as delivery boy or girl. And pay was very, very reasonable.

Besides, there are of course all those permanent positions which form a significant segment of nationwide employment.

Even if you have not sent a letter or other postal item for a long time, the next time you see a yellow-blue-red PTT sign in your neighbourhood why not consider trying it for yourself replacing the next SMS or e-mail with a handwritten letter to friends or family? Maybe you would just about make someone else's day a little brighter, putting a smile on their face.

Enjoy the wonderful month of July in town, and benefit from an extended national holiday including the Feast of the Sacrifice and 15 July Democracy and National Unity Day - vacation, too.

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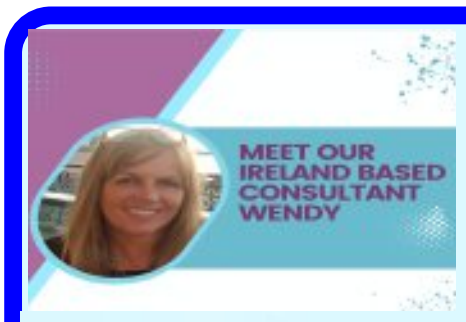

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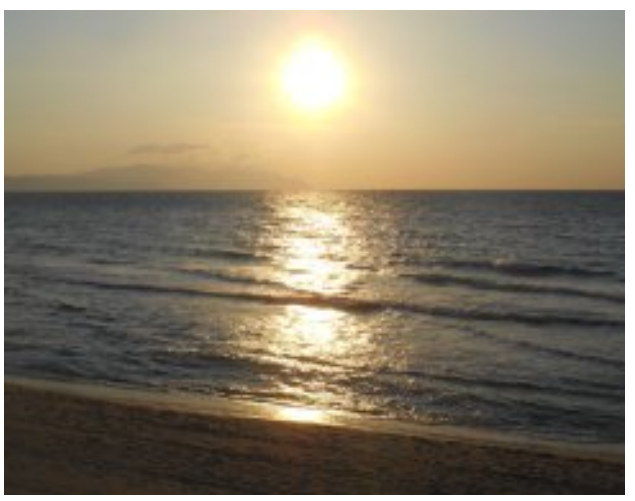
Out and about in Kuşadasi