

we|you|they

Now 2 years old!
JANUARY - FEBRUARY 2019 - Issue 13

FASHION, SHOPPING, CULTURE AND LIFE MAGAZINE

by **Özdilek** EN

YOUR COMPLIMENTARY COPY

**EXPRESS
YOUR LOVE
WITH RED**

**COLOURFUL
2019**

**MÜJGAN
YILMAZ**

“We have gained the trust of customers in the food industry as well as in the textile industry”

**THE FORMULA
OF HAPPINESS
FROM
MÜGE
ÇEVİK**

A dynamic start to the **NEW SEASON**

From prehistoric ages to today
Erzurum

**BORA
&
SEDA
AKKAŞ**

“MARRIAGE DOES NOT KILL LOVE”



Experience the cradle of cultures and beauty of İstanbul with a perfect stay at Wyndham Grand İstanbul Levent, located in the heart of shopping and business district of İstanbul.

EDITO



Dear Valuable We You They Readers,

We all need a reason to dream new dreams. The new year, approaching with the last calendar pages falling like leaves, is tailor made for such dreams. I hope all the dreams your heart desires come to be real in the new year. My wish from 2019 is health first, and then peace and comfort...

Our magazine We You They, which we have brought with great efforts to these days, is now exactly 2 years old with the new issue. I hereby celebrate the new age of our magazine, which has come so far with your opinions and liking and wish to see many new issues of it all together.

We have prepared impressive storefront pages for Valentine's Day which has come to be a ritual for February. Unless you have decided what to wear on this special day, I suggest you to have a look at our storefront pages.

In our new issue prepared specially for Valentine's Day, we wanted to surprise you with our cover interview and met with one of the most popular couples of the television and theatre world, Bora & Seda Akkaş. We made a lovely photoshoot for the interview, which was finalized with many laughs. I'm sure that you will also read this interview with a great smile on your face.

We did not forget to determine a travel route for the snow holiday in the first issue of the new year and carried Erzurum to our "Travel" segment, with its winter sports and unique tracks. If you are thinking of making a plan for winter sports this year, it will be beneficial for you to have a look at our "Travel" page.

I wish you all a lovely year.

Happy readings...

Güneş Özkan

Publisher
Özdilek Holding Inc.

Publisher's Representative
Emir Murat Özdilek

Chief Editor
Güneş Özkan

Managing Editor
Sedat Yamansucu

Coordinator
Merve Erdoğan

Editors
Nazlı Sancaklı
Gamze Kaya
Emine Nalbant
Hande Dilekmen
Ece Şentürk
Şenay Aslan
Sıla Çırpan

Visual Arts Director
Büşra Tamdoğan

Print

Promat Basım Yayın
San. ve Tic. A.Ş.
Orhangazi Mah. 1673 Sok. No: 34
Esenyurt / İstanbul
P: 0 212 622 63 63
info@promat.com.tr

Prepared By

Brandworks Communication Consultancy
info@brandworks.com.tr
Evliya Çelebi Mah. Meşrutiyet Cad.
No: 100/1 Beyoğlu / İstanbul
weyouthey@ozdilekholding.com.tr

Published As

WE YOU THEY MAGAZINE
NATIONAL PERIODICAL

All rights of the texts, photographs and illustrations published in the We You They magazine are reserved. Citing is not allowed without referring to the source. The responsibility of the articles belongs to the writers, and the responsibility of the published adverts belongs to the owners.

📌 weyoutheybyozdilek
📌 weyouthemag
📌 weyouthemag

we|you|they magazine
in mobile applications and the web



CONTENT



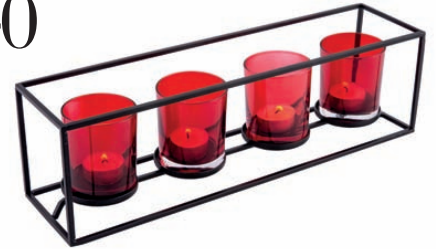
- 6 News from Özdilek
- 12 News from ÖzdilekPark
- 20 Just for You at ÖzdilekPark

♥ Express Your Love
With Red

STOREFRONT

- 30 Season Picks
- 32 The Most Special Gifts for Valentine's Day are at Özdilekteyim.com'da
- 34 Horray for Snow Holiday!

40



Make Your Office an Enjoyable Place

Refresh your office with
retro style by decorating
it with colourful and
natural images.

36



22



INTERVIEW
Bora & Seda Akkaş

HEALTH

- 42 Take Care of Your Skin During Cold Weathers
- 52 7 Secrets of Natural Parenthood

ACTUALITY

- 46 Suggestions to Say "It's High Time"

TRAVEL

- 48 A City with Mountains in White:

Erzurum



THE ISSUE OF LOVE

Being the symbol of romance, February is again full of love, red and sparkles.



28

BEAUTY

- 56 Colourful 2019

ACTUALITY

- 60 World of Science with "Bakalım Biz"

CINEMA

- 62 Featured Movies at Cinetime

BOOKS

- 66 Mutluluk Kulübü - Gelişim / Happiness Club - Improvement

AGENDA

- 68 Activity Suggestions Not to Be Missed

TECHNOLOGY

- 70 Newest and State of Art Technological Products

GOURMET

- 72 The Daintiest of All Döner Kebabs Safahat Dönercisi

SOCIAL MEDIA

- 76 Social Media Accounts That Attract Attention

NEWS FROM ÖZDİLEK

Development Seminar from Özdilek Holding

Özdilek Holding, together with Özdilek Academy, continues their education aiming to give value to human - society relations with vocational education and development. With this purpose, the holding organized a seminar schedule where more than 8.000 employees will be involved.



In the “If Superman were Turkish” seminar by Ahmet Şerif Izgören, during sessions organized between December 18th 2018 and December 19th 2019 in 11 different cities at different times, participants are invited to social development more than

self - improvement. Open - hearted, quiet and wise entrepreneurship, business quality, honesty, country love and tolerance values, how one can be beneficial for the society are presented to the participants through the agency of real life stories.

EFQM Excellence Model Studies Have Started

Özdilek Holding continues to implement quality management systems with success, which it gives great importance. Özdilek started to provide EFQM Excellence Model training to their team, composed of relevant people from each and every unit, in order to incorporate the Excellence Model, serving the total quality understanding, formed by European companies together. The said training, which will be provided by Prof. Dr. İsmail Efil for a year and will cover formation of all business functions; from leadership to the employees, from employees to the financial results, from strategical management to social and customer results, again by the management.



2018 Turkish Excellence Prizes Were Given to Their Owners

Özdilek Holding managers attended in the congress, organized for the 27th time this year by Turkish Quality Association (KalDer) with “Sustainable Common Future” theme. More than 60 speakers participated in the congress held in Zorlu Performance Arts Centre on November 13th - 14th. The participants of the congress, where exclusive names from business, science, academics, media and arts came together, benefited from the new management models, innovative approaches and sectorial experiences of expert guests. At the end of the congress, 2018 Turkish Excellence Prizes were given to their owners.



Inheritance from Özdilek Memorial Forests to Future Generations

Özdilek Holding’s sensitivity for the environment, has reached to a sustainable dimension with the support it gives to Memorial Forests project of Turkish Foundation for Combating Erosion Reforestation and the Protection of Natural Habitats (TEMA).

Saplings, donated as a support to the Memorial Forests Project, one of the afforestation projects of TEMA Foundation, are transformed into memorial forests. On behalf of Özdilek Holding, Özdilek Vakfı and Özdilekteyim.com, a total of 30,000 saplings were planted in the forests, formed with the awareness that the most beautiful heritage to be left to the future generations is nature itself.



A Prize for Özdilek from Capital Magazine

Capital Magazine organized “Retail Innovation Forum & Prizes” event for the second time on December 25th, at Wyndham Grand İstanbul Levent. The prizes, distributed in various categories, were given to their owners in the event where retail giants and company representatives of different industries came together. Özdilek was deemed worthy for the greatest retailer prize with its turnover in the “Greatest Retail Company of Anatolia” category.

Capital

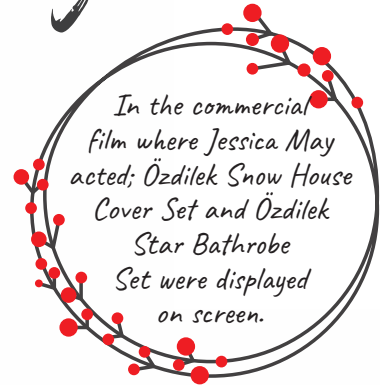


Best Wishes for the New Year are at Özdilek

Products prepared meticulously by Özdilek Home Textile for the new year were presented with a TV commercial, where Jessica May starred. In the commercial film, where the Brazilian actress Jessica May, the commercial film face of Özdilek Home Textile, acted, Özdilek Snow House Cover Set and Özdilek Star Bathrobe Set were displayed on screen.

Özdilek Snow House Cover Set, where red, white and brown colours to warm up the cold winter days are used; Özdilek Star Bathrobe Set, where the colour red was dominant and special products for the new year were presented to the customers.

Özdilek Snow House Cover Set, which will be the preference of those who would like to carry the magical style of the new year to their living spaces, will also bring a modern look to your living areas with its design, where thematic motives of the new year are coded. Özdilek Snow House Cover Set and Özdilek Star Bathrobe Set are also good alternatives for an ideal gift for your new year shopping.



In the commercial film where Jessica May acted; Özdilek Snow House Cover Set and Özdilek Star Bathrobe Set were displayed on screen.





A Special Product from Özdilek for Valentine's Day

Özdilek, bringing a different dimension to home textiles with its concept products manufactured for special and meaningful days, is now counting days to present the special design of the Özdilek Valentine's Day Cover Set, which was prepared specially for the February 14th, to the liking of consumers.

The cover set reflecting the soul and theme of Valentine's Day, opens the door of a unique usage experience with its colours,

print and fabrics. The Valentine's Day Cover Set will be presented on TV with its special commercial film. You can find the Valentine's Day Cover Set, which will be the preference of the ones, willing to make their loved ones happy with a specially designed product on Valentine's Day, at Özdilek stores and at Özdilekteyim.com starting in February.





Grand Chess Tournament at Özdilek

Özdilek Chess Tournament, organized by the cooperation of Özdilek and the Turkish Chess Federation (TSF), witnessed a pitched battle. The champion of the tournament, in which 16 finalists competed, was determined.

The chess has become a prevailing subject for social responsibility projects of various corporations and establishments, since it is important for the brain development of the children and the youth.

The tournament, to which 1024 contestant within the 8 - 16 age range participated, witnessed a tooth and nail fight. 16 of 64 participant from 12 cities, made it to the finals. Furkan Büke came the first; Ömer Melih Sarıdağ became the second; and Samet Akbay came the third in the challenging final tournament, which took place in Özdilek Bursa.

*Özdilek
Chess
Tournament
winners have
been
announced.*



The contestants, ranking among the top three, were gifted a cup and a tablet; all participants were given a medal and a book.





Özdilek Brands Are on the Runway

Textile brands of Özdilek; First Company, Finesuits and Funfair, walked the runway on November 3rd, Saturday, in ÖzdilekPark İstanbul where the new season's products were presented. In the fashion show, which was organized in two different sessions, famous names were on the podium such as Özge Ulusoy, Şenay Akay and Ece Gürsel. Male, female and kid models took the podium during the show which was presented by Akasya Asiltürkmen.

Brands which are only sold at Özdilek stores and at Özdilekteyim.com, such as Finesuits, First Company and Funfair, presented their 2018 - 2019 Autumn - Winter collection. This magnificent show won the favour of all guests.



Say Hello to the New Year with KeremCem and İzel

KeremCem and İzel took stage on the New Year's Eve at Wyndham Grand İstanbul Levent. Reflecting the soul of the new year to guests with the new year menus, which brings special tastes together; the decorations and designs, Wyndham Grand İstanbul Levent made guests welcome 2019 with enthusiasm and amusement.

The New Year's Eve full of entertainment and fun turned into even more enthusiasm with the performance of KeremCem and İzel accompanying him. Guests greeting the new year at Wyndham Grand İstanbul Levent, left the party happily.

Özdilek Supports the “Alo Evlat / Hello Child” Project

Özdilek Kocaeli opened its doors for needy, old and orphaned citizens determined by Alo Evlat / Hello Son hotline team formed by Kocaeli Kartepe Municipality. Guests coming with Alo Evlat / Hello Son Hotline team watched Yol Arkadaşım 2 / My Fellow Traveller 2 movie at Cinetime Özdilek Kocaeli. Kartepe Municipality Mayor Hüseyin Üzülmöz who participated in the organization presented his thanks to the Özdilek Kocaeli management for their interest and concerns. Guests, mentioning that they are happy to be a part of the social life, had a cheerful day.



Winter Story in Eskişehir

Özdilek Eskişehir gave an unforgettable memory to its young guests with its event “Winter Story” where they turned the winter months into entertainment. Kids having fun with snowman bowling in an environment covered with snow experienced fierce competition with the penguin race. Young guests also appreciated the candy cane event where kids concentrated on their attention capabilities.



Colourful Gala at Özdilek Yalova

Cinetime Özdilek Yalova hosted the gala of the film “Göktaş / Meteor”. Actors of the film Meteor, such as Ayhan Taş, Mehmet Esen, Ceyhan Fersoy and Nilay Toprak participated in the gala together with many cinema lovers. Guests who found the chance to chat with the actors of the movie gathered information about the process of the film production. The gala, where actors and guests spend a cheerful time, was finalized with the screening of the movie.



Candy Village Was Established at Özdilek Eskişehir

In the Candy Village event established at Özdilek Eskişehir, giant lollipops, ice creams, cupcakes and candy houses were included. Kids between the ages of 4- 12 participated in the Candy Village event and went on a fabulous journey in company with their favourite songs. Happiness of the young guests was immortalized with the photos and videos taken by their families.



Kids Had Fun with Masha and the Bear

Masha and the Bear events, which are watched by kids with great appreciation, were made with scenes full of entertainment at Özdilek Kocaeli, Özdilek İzmir and ÖzdilekPark Bursa Nilüfer. Kids danced with their loved characters in company with songs during the show where comic adventures of Masha and the Bear were told.



Caricature Course at Özdilek

A caricature course was organized for kids and young adults at Özdilek Bolu. There was an intensive interest in the said course, which was held for three weeks, free of charge. During the course, which was organized under the coaching of Şenol Karakaya, trainees got information in respect to caricature drawing and painting. After the exhibition of the works in the shopping centre, participation certificates were presented to the trainees.





NEWS FROM ÖZDİLEKPARK



A New Year Concert from Aleyna Tilki

One of the risings stars of the last years, Aleyna Tilki, met with her fans at ÖzdilekPark Antalya. With her distinctive style of dancing and singing, Aleyna Tilki presented an entertaining day to her fans. After the concert organized specially for the New Year, Aleyna Tilki who collected great interest from fans thanked everyone accompanying her.



Concert Feast at ÖzdilekPark İstanbul

ÖzdilekPark İstanbul, organizing events in order to supply its guests with cheerful moments and memories, hosted bands Manga and Yüksek Sadakat. There was a music feast at the shopping centre with the acoustic concert of Manga held on December 22nd, Saturday and concert of Yüksek Sadakat held on December 23rd, Sunday. Music lovers accompanied the songs of the loved performers and did not forget to take photos.



Mercedes Waiting for its Winner at ÖzdilekPark Bursa Nilüfer

ÖzdilekPark Bursa Nilüfer invited its visitors to win a Mercedes - Benz GLC 250 Matic Coupe AMG. Everyone who entered the raffle by spending 75 TRY or its multiples from the stores at ÖzdilekPark Bursa Nilüfer until February 28th 2019 within the course of the same day,



The lucky person will meet the car of his / her dream at the raffle, which will be organized at ÖzdilekPark Bursa Nilüfer on March 8th.

will get closer to owning a Mercedes - Benz GLC 250 Matic Coupe AMG with every new shopping they make from the aforementioned stores. The lucky person to win Mercedes - Benz GLC 250 Matic Coupe AMG will be announced at the raffle, which will be organized at ÖzdilekPark Bursa Nilüfer on March 8th, and the winner will meet the car of his / her dream. For detailed information, please visit ozdilekparkbursa.com.

A Chance to Win a Jaguar E - Pace from ÖzdilekPark İstanbul

ÖzdilekPark İstanbul welcomes its visitors with a special campaign in the new year. A lucky person who make a total of 100 TRY and multiples worth of shopping from ÖzdilekPark İstanbul will be able to get a chance to win a Jaguar E - Pace. The only thing you need to do to be involved in this campaign is to shop from the stores of ÖzdilekPark İstanbul, amounting to 100 TRY and its multiples on the same day until February 28th, 2019 Thursday and then to visit the campaign stand to get your coupon in exchange of the receipts of your shopping. The lucky person of this campaign will be announced with the raffle at ÖzdilekPark İstanbul on March 7th, 2019 at 14:00. For detailed information, please visit ozdilekparkistanbul.com.tr.





Film Gala Was Held for “Şampiyon / Champion”

Popular actors of the movie Şampiyon / Champion met with the audience in the gala organized at ÖzdilekPark Bursa Nilüfer. Lead actors of the movie, Farah Zeynep Abdullah, Ekin Koç and Fikret Kuşkan had a talk with the audience before the screening of the movie. The actors at the gala answered questions in respect to the movie where cheerful moments were experienced. Expressing that she was happy to be in Bursa, Farah Zeynep Abdullah said the following for the movie: “The movie tells a real love story. This was the most affecting part of the movie for me. It was a great experience and I hope you will also enjoy it.” With its gifted and skilled actors; “Şampiyon / Champion” movie whose director is Ahmet Katıksız, brings movie lovers together with a real love story and unique beauty of the legend racehorse Bold Pilot.



LÖSEV's Movie Screening

The Health and Education Foundation for Children with Leukemia (LÖSEV), established in the year 1998 in order to help children with leukaemia, celebrated their 20th year with a special project. LÖSEV interpreted “Canım Kardeşim / My Dear Brother” movie shot in the year 1973 by the deceased Ertem Eğilmez, where the story of a child with leukaemia was told; with a special version and the introductory meeting of the movie was held at Cinetime ÖzdilekPark İstanbul. The son of Ertem Eğilmez, Ferdi Eğilmez, the son of Tarık Akan, Barış Üregül, composer of the original movie’s music, Cahit Oben and many other guests participated in the gala of the movie. Emotional moments were experienced in the screening of the movie which was finalized with a happy end.

Babies Practised Yoga

Babies practised yoga at ÖzdilekPark Bursa Nilüfer together with their mothers. This yoga event with the leadership of Mother - Baby Yoga Trainer Zeynep Gözübüyük exhibited very colourful moments. Mothers participating in the event with their babies immortalized their experience with photos they took during the event. Zeynep Gözübüyük had a talk with the participants after the event which was full of funny moments and handed out her signature.



Young Sailors are On the Job

The young guests of ÖzdilekPark Antalya experienced an unforgettable weekend with very amusing games and workshop events. Besides entertaining games such as Small Fish Catching, Shark Fishing, Mermaid Catching with Rings and Battleships, the children had the chance to improve their creativity with workshops like Sea Shell Painting and Making Octopus from Waste Materials. Children took souvenir photos along with the works they made during the events.



Discover the best seafood experience at Surbalık



ARNAVUTKÖY

T: 0 212 257 27 43 Bebek Cad. İSTANBUL



SARAYBURNU

T: 0 212 517 53 02 Kennedy Cad. İSTANBUL



HALIÇ

T: 0 212 531 35 93 Kadir Has Cad. İSTANBUL



ÇİHANGİR

T: 0 212 245 10 87 Cihangir İSTANBUL



ÇANKAYA

T: 0 312 286 61 41 Çankaya ANKARA



CAPPADOCIA

T: 0 384 511 66 95 Avanos NEVŞEHİR

Müjgan Yılmaz:

“We have gained the trust of customers **IN THE FOOD INDUSTRY** as well as in the textile industry.”

Özdilek, which entered into the retail industry with Özdilek Bursa Shopping Mall in 1983, now offers its visitors a unique service experience with its store, hypermarket, cafe, restaurant and children's entertainment center concepts. Starting its journey with the philosophy of “Unconditional Customer Satisfaction”, the Özdilek brand has now become a notable name with its development in the food industry just as much as in the retailing industry. We talked with the Fresh Food Category Manager Müjgan Yılmaz and learnt about the strategies in the food industry, the essential criteria, achievements in 2018 and 2019 goals of Özdilek, which aims to address to consumers of all age groups.

Interview by Nazlı Sancaklı Photos by Haydar Erçin

Could you please tell us about yourself? How long have you been in this industry?

I was born in Bulgaria in 1967 and migrated to Turkey in 1978, together with my family. We have been living in Bursa since 1978. I got my university degree from Uludağ University Veterinary School in 1990. My story with Özdilek started with a newspaper advertisement. Özdilek was to open a hypermarket and personnel recruitment had started. I was invited for an interview and a week later, I started working. I have never worked as a veterinary and have never felt regretful about it because I love my job. I have been working under the roof of Özdilek for 28 years.

How do you define the food industry in Turkey? Do you think that the production has been decreasing as it is being talked nowadays?

Food is a very large and continuously developing market in Turkey. In spite of all crises, I believe that it will continue its development. Even though the development speed may decrease from time to time, there will be no decrease in production because Turkey is the 7th biggest agricultural country in the world. We may

have faced some regression in the last period but we will continue to be an important production source especially in the fruits & vegetables category. The consumer asks for easily found, qualified and practical products. And we also try to keep track of and meet the changing demands of consumers. We also make our product portfolio again in this direction.

“As Özdilek, our most important goal is not to stray away from traditionalism while using technology to bring consumers together with the tastes we have prepared with natural raw materials.”

The trademark of Özdilek is one of the leaders in the retail industry. It also has very important and strategic breakthroughs in the food industry. What would you like to say about this topic?

In fact, we are all consumers. And with this awareness, Özdilek, is an openhearted

establishment listening to and caring about its customers. This is because we see each of our customers as one of us and this makes our job easier. Our team does not refuse a single request of the customer. We do not have a team who thinks like “Should we really come together for this small issue?” or “Why are we working on such topics?” Our only target is quality and satisfaction. I am sure that this is the most important reason why we are a company that is known in many sectors.

Özdilek makes a considerable amount of contribution to the food industry with trademarks such as; Safahat Restaurant, Cafe Safahat, Dürdane Ana, Tabiat Tarım domestic livestock farm and Süttest. What kind of feedback are you receiving?

Consumers, while walking through any hypermarket section, mostly look for and prefer natural products. And we set our strategy with this awareness. One of our trademarks is Dürdane Ana. We aimed primarily naturalness with the trademark Dürdane Ana for which we started our way with the name of the valuable mother of Hüseyin Özdilek, Dürdane Özdilek. We decided to sell our special pastry with



Mijgan Yılmaz
Veteriner Hekim



cheese parsley filling (su böreği) we serve in Cafe Safahat, also in our markets and thus our branding process started. In time, we have merged so many food categories under this trademark. Those are Dürdane Ana Şarküteri (Delicatessen), Dürdane Ana Kasap (Butcher), Dürdane Ana Pazarı Balık (Fish Market) and Dürdane Ana Pazarı Manav (Greengrocer). We produce bakery products such as special pastry with cheese parsley filling (su böreği), baklava, flat bread and Turkish ravioli (mantı) from the region of Kayseri under the name of our trademark Dürdane Ana Fırını (Bakery). We also produce 17 kinds of fast food and cheese from steak tartar a la turca to Italian salad under the name of our trademark Dürdane Ana Şarküteri (Delicatessen). One of the most powerful branches of the trademark Dürdane Ana is the Dürdane Ana Kasap (Butcher). Under the trademark of Tabiat Tarım, we have an area of nearly 720 acres where we plant animal provender and 50 acres of land used as a fattening farm for 3,000 cattle. That's to say, we are selling the meat we have produced in our own

“We aim for naturalness with the trademark Dürdane Ana, which has been attributed the name of the valuable mother Hüseyin Özdilek, Dürdane Özdilek.”

farms, in all of our markets under the trademark of Dürdane Ana Kasapı (Delicatessen) and serving the same in all of our restaurants. We even use the same meat in all of our staff food. Within the concept of Dürdane Ana we have also established the Dürdane Ana Pazarı (Market). We are offering fish to the consumers under the trademark of Dürdane Ana Pazarı Balık (Fish Market) and fruits and vegetables under the trademark of Dürdane Ana Pazarı Manav (Greengrocer). We are a good fruit producer in terms of agricultural means. Additionally; one of our operations which

principally make our branding stronger is Özdilek Lokum. We have been producing in our Turkish delight production centre since 1996 with the trademark Özdilek Lokum. There is also the trademark Sütfest. Since 2012, we are bringing our customers together with ice cream we are producing with natural goat and water buffalo milk. So, I can confidently say that we have gained the trust of customers in the food industry as well as in the textile industry.

What are your essentials for the food industry? Can we learn Özdilek's criteria from you?

Working discipline, the trust of customers and fundamental principles for meeting the needs of customers are a part of the corporate culture of Özdilek. Everything becomes easier if you take the customer as your focus point. We believe in this from our hearts. There is a quote by Sam Walton; “If you take the customers as your focus point, determination of priorities becomes easier quietly.” Our priority has been our

customers since day one. If customers exist, we exist as well.

Can you please explain the goals of Özdilek in the food industry?

The food industry is like an ocean, it never ends. As Özdilek, our most important goal is bringing the customers together with the tastes we prepared with natural raw materials by using technology and without ignoring the traditionalism. Our near future plans are to establish a facility where we can produce products such as milk, cheese, milk based desserts and process meat products such as sausage. Of course its only a project at the moment.

“Working discipline, the trust of customers and fundamental principles for meeting the needs of customers are a part of corporate culture of Özdilek. Everything becomes easier if you take the customer as your focus point. We believe in this from our hearts.”

Could you please give us some information about your research and development activities? How many people are there in your R&D team and what do you pay attention to when producing new products?

We have carefully carried out these works with our category and operation teams until now. However, in December of 2018, we decided to continue R&D in a professional and systematic manner and appointed an R&D manager.

Our food R&D Manager Mümin Mutlu started to work at Özdilek in 2010 as market chief and then as market manager. Mutlu, who previously served

as the director of food and beverage operations, is also a food engineer.

Under the leadership of Mümin Mutlu, we will carry out our food R&D processes in a more professional manner, together with the 20 - person Tasting Commission, which is included in the approval process.

Starting with Hüseyin Özdilek, all our managers work meticulously to ensure the quality, taste and presentation of our products. We will continue our R&D studies with this meticulousness.

What do you think about the food sector in 2018? What are your plans for 2019?

It was a successful period until September of 2018. Of course the exposure was felt towards the end of the year because of the general position of Turkey. However, as our main area is staple food, we have not noticed much affect on our industry at all. Food industry will again grow in the year 2019. Özdilek will continue to offer its products to customers with greater efforts and new studies, especially within the groups it has branded with.



Just for you at ÖzdilekPark

A TOUCH OF PEARL FROM KARACA TO YOUR DINNER TABLE

Karaca, carrying the beauty of nature to the dinner table, brings the love of pearls to your home. Fine Pearl Grace Black, containing a love story, tells the love of Grace with butterfly and nature patterns. Designed with a touch of dreams and miracles, dinner service series "Fine Pearl Grace Black" makes meals shine like a pearl with its lively and attractive colours.



WINTER FASHION WITH HANDBAGS AT FLO STORES

Handbags, the indispensable element of an outfit, elegantly reflect season trends in FLO's new collection. Within the collection you can find bags with details such as fur and chains as well as models combining different textures. Bags with convenient shoulder straps and backpacks with large volume interiors accompany you throughout the day.



A COLLECTION FROM AVVA BRINGING CHIC AND COMFORT TOGETHER

If you're one who wishes to remain chic while wearing a sportive style, you may want to look at the new collection of AVVA. Preparing a smart - casual collection with AVVA, Murat Boz is making an assertive entrance to autumn - winter fashion. AVVA Murat Boz Collection, wearable for all styles day and night from concerts to business interviews, from shopping to dinners; includes attractive options. You may create your own style with toppers, leather jackets, coats, jumpers and pullovers, which are irreplaceable pieces of wardrobes during the winter.



IMPROVE YOUR IMAGINATION WITH SWATCH

The theme of Swatch's Fall - Winter 2018 collection is to prove that reinventing the senses together with imagination is the best innovation method. Those striking designs, where colours, entertainment and imagination reach extreme points, come to life with "Think Fun" Collection with different geometrical shapes and striped patterns. While brave style is united with simple lines, valuable Swarovski pieces make these modest coloured watches, more charming.



SPECIAL GIFTS FOR COFFEE FANS FROM STARBUCKS

Starbucks, bringing its guests together with new tastes every new year, offers lots of different gift choices this year as well. Cups, glasses and thermos bottles, which will help you express your love on Valentines' Day, are waiting for you and your loved ones. You can also make your loved ones happy with the lively flavors of Latin American coffee, the softness of Pacific coffees and the collection products that satisfy the spicy tastes of rare, aged Indonesian coffee beans.



CATCH THE PROMINENT COLOURS OF THE SEASON WITH KOTON

The coat collection by Koton enriches the 2018 - 2019 Autumn Winter season with its different designs. Coats, the most attractive piece of women's fashion, are drawing attention with special sewing details and different size cuts. Koton, offering a wide collection for the season with its colour, pattern and model alternatives, also

brings a luxurious touch to the season with fabrics evoking cashmere and pure wool by customizing designs with details.



A DYNAMIC START FOR THE NEW SEASON WITH TWIST

2018-2019 Autumn - Winter Collection of Twist which does not compromise on its rebellious and elegant attitude, takes a sparkling track towards the new season. Get ready for a comfortable winter with patterned, lined and different textured models that fit the mood of the season. Beads and rich embroidered details of the pieces will reveal the free and fun attitude of your style.



BORA & SEDA AKKAŞ:

“Marriage
does not kill love.”

We met with Bora Akkaş, who captured the hearts of many with the character Zekai, who is the naughty child of the TV series “Geniş Aile / Extended Family” and Seda Türkmen Akkaş who is adored with her successful acting. The couple, married last year, acted together for the February 14th Valentine’s Day commercial film of Özdilek. We made a fun filled interview with the Akkaş family; we met on the occasion of the commercial film. The loved couple made sincere explanations in respect to their careers and marriage.

Interview by Nazlı Sancaklı Photos by Haydar Erçin

How did your acting careers start?

Seda Akkaş: Everything started when I saw my actress sister, Selin Türkmen, on stage. The admiration I felt towards her was effective while choosing this profession. And the further advancements were made with the support of our mother.

Bora Akkaş: My acting career started when I was 9 or 10 years old, when I passed the exam of the İstanbul City Theatres Kids Training Department. I have worked within the boundaries of İstanbul City Theatres for nearly six years. I both got an education and involved in their projects. And then I continued with television, cinema and advertisement acting together with a few successful projects and awards. I also received an Altın Portakal (Golden Orange) award but I don’t say that much because I was so young. I think I should renew this award. (Laughs.)

You have a history of both screen and theatre. Which one has had a bigger influence?

S.A: Theatre of course, because actually the two of them are very different mediums. In theatre you meet your audiences at that moment but when it comes to television, audiences are only able to see your work much after you have completed it. While you are looking into the eye of the audience in theatre, you can see all of their feelings and likings. In your other acting experiences, you cannot really observe these immediately. There is a screen that creates a barrier between you and the audience in television or cinema. For that reason, I say theatre because I can feel the whole energy of the audience.

B.A: First of all, I would like to talk about the pleasure I take while I’m acting. The

most cheerful side of acting are the rehearsals. The production stage of acting is all about the rehearsals. The best medium that allows this is the theatre. It is not possible to work and get prepared in cinema or TV series, like you get to do in theatre. For that reason, I think that theatre is different. However, there are some realities of Turkey and unfortunately it is not possible to get by economically by only performing in the theatre.

Let’s talk about your story. How did you two meet?

S.A: We met in the TV series “Annem Uyurken / While My Mother Is Sleeping.” Bora was playing my brother. The TV series only continued for seven episodes but it was the thing that ignited our special bond. For this reason, that project has a very beautiful memory for us.







B.A: It seems like a great production was made in order for us to meet and then the TV series completed its mission and then finished. I send my gratitude to those who contributed to the whole production. (Laughs.)

What was the wedding proposal like?

S.A: We have a dog, whose name is Baba. Bora said one day that he wanted to go down to the seaside. However there was heavy rain and walking on the seaside was not so logical. I said on the phone to Bora "Why the seaside with such bad weather?" and he insisted and said "We should go". We took Baba with us and went to the seaside. He knelt down on his knee and said, "We, the three of us, are witnesses of each other, we don't need any one else. Will you marry me?" and then he gave me the ring. There were only two guys there at that time. When they saw us, they started to sing the song "I'm declaring my love, will you marry me?" Love to me is a feeling without any description, and I can say that Bora made an indescribable proposal to me.

B.A: I can say that it happened in the way Seda explained and please let me get out of this question because I was so excited. My knees were knocked together. I can't remember fully. (Laughs.)

You got married last year. How is your life going so far?

S.A: The only thing that changes with marriage is the perspective people have of you. At least that's what happened in our marriage.

B.A: We have left one year behind in our marriage, however we completed seven great years in our relationship. The important thing is the intention two people have and their willingness to stay together.

"Love only changes its form with marriage. Feelings are the same at its core but the way you live those feelings changes."

BORA AKKAŞ

Does marriage kill love?

B.A: Love only changes its form with marriage. Feelings are the same at its core but the way you live those feelings changes. The degree of our feelings when we fell in love for the first time can be the same in our seventh year but the way we live our love is different. If your dream is merely to get married, then a relationship

without any purpose may arise. I cannot tell whether the love will last or not, however if the togetherness has different goals, then marriage carries its meaning to very different places.

A rather personal question; will a baby join your family in the near future?

S.A: I love children so much. I also love the child in me and the child in Bora so much. I love our playful nature as well. But, I think giving birth is a very serious responsibility. A child must be under your wings for the first seven years. And at this point, one should actually think what would happen when the child is no longer under your protection. If we really decide to have a baby one day, I can tell that we will do our best to bring him / her up as a responsible individual.

B.A: This is actually an irresistible instinct. I also definitely have a fatherhood instinct in myself. It's somehow a symbol of immortality. Humans make artwork, construct schools, and put their signature on so many permanent things. However, I think that the most permanent thing in life is a child. For that reason, of course I want to be a father at the right time. But I could not give a specific time, as far as I understand the question is going to such a place. (Laughs.)

How do you define love?

B.A: Love is a very strange feeling. I think it's a need. It's not possible for me to be happy on a day I spend without loving anybody or anything. I can say that I am so happy to spend my life with my life partner, my wife.

Is it an advantage or disadvantage for a couple to have the same profession?

B.A: This issue has two sides, according to me. Of course, it sometimes has advantages and sometimes disadvantages. Our working hours may sometimes coincide and sometimes we see friends on set more than we do each other. I think this is a disadvantage. And on the other side, it's an advantage. When I take part in a theatre project, hearing feedback of Seda is very important. The Özdilek commercial project we are involved in together is an advantage for us. We have seen an advantage for the first time. (Laughs.)

As both of you are actors, do your subjects of conversation at home consist of TV series, scenarios and art mostly?

S.A: We haven't talked on TV series recently to be honest. We watch lots of movies together and generally we comment on these. Of course, we also have foreign series we follow and talk about them. In addition; music, philosophy, sociology, psychology... We need to follow all of these, in order to be involved in theatre. On the other hand, there are some other issues like the current agenda and social problems. Thus we have so much to talk about at home...

Do you intervene in the scenarios of each other? Is there any jealousy in between you?

B.A: In case the scene which will bring jealousy has a great contribution to the project and if it looks really aesthetic and beautiful, none of us will be willing to put an obstacle in front of the other because each actor wants to take the most proper step for his / her career. If the couples' self - confidence is also high, I don't think there will be major problems. This has never been an issue in our careers.

What do you watch? Can you tell us your ideas about broadcasting in Turkey?

B.A: We loved "Şahsiyet / Personality" airing on puhutv, lately. We liked the movies "Ölümlü Dünya / Mortal Life" and "Aile Arasında / All in the Family" very much. We are also big fans of Ozan Açıktan. We also loved watching the movie "Kelebekler / Butterflies". When we find spare time in our rush, we watch "İstanbullu Gelin / The Bride from İstanbul". One of our friends that we adore acts in that series, Güven Murat Akpınar. We are watching "Çukur / The Hole" since Berkay Ateş started to take part in it. We try to follow the production where our close friends are involved.

"We think that love should be remembered all the time. Because in a relationship the important thing is to live your love in the way it comes from your heart."

SEDA AKKAŞ

Except those, we make an effort to analyse each and every loved and popular production. We try to analyse what Turkey loves now and what they follow. We update ourselves according to the output.

Are there any names you admire and look up to?

S.A: There are so many. I feel like saying one will be an injustice for the other. However, the first name we think about will of course be Haluk Bilginer. He is a real master for all of us and has an unbelievable vision. He creates excellent works and we admire his work discipline. Likewise, Bülent Emin Yarar is the same. That's to say, we are very fond of masters who work from the heart and soul and watch them with pleasure.

How are your careers going?

S.A: I wrote a mini TV series which will be aired on the internet. Its name is "Biraz da Başkalarını Anlat / Tell Me About Others." Bora will be the director. It's more of a character comedy. We will tell the story of a person who believes in the philosophy "Do what you don't want for yourself to others". Actually, although he seems like an anti - hero, he will be a character to be loved and adopted more as soon as his reasons are understood.

B.A: Nowadays I have been working on a theatre play called "Yuva / Home". And I will have a new play in the taste of a comedy, telling the story of a bank robbery, produced by Talimhane and BKM together. And as you know, with Seda, we will take part in the commercial film project of Özdilek, prepared specially for Valentine's Day. Since Özdilek as a brand creates a wonderful memory for us, we wanted to take part in the project very much. Years before, when we were not married yet, we came to Özdilek and purchased a bathrobe set by saying "We will use them if one day we get married". To me, there was a perception that "Bathrobes are purchased from Özdilek". And the first piece of our dowry was these bathrobes. I have one more memory. The movie, for which I received an Altın Portakal (Golden Orange) award, was shot in Afyon. And my mother bought my first bathrobe from the Özdilek located in Afyon. We were so happy when we received such a proposal from the brand we loved and trusted. The commercial film is so beautiful. I hope you will watch it with pleasure.

February 14th Valentine's Day is a day when all lovers are hand in hand. How do you celebrate this special day?

B.A: Valentine's Day is reflected on us positively as it is a day when the entire world presents their love at the same time. But we don't limit our love to one day. We give importance to our anniversaries, which are special to us.

S.A: We think that love should be remembered all the time. Because in a relationship the important thing is to live your love in the way it comes from your heart.





THE ISSUE OF LOVE

The most crazy of the colours, red, takes on a very different dimension on Valentine's Day. Within the first couple of months of the new year, where every little corner and detail gets dipped in red, romance will enter your wardrobes.

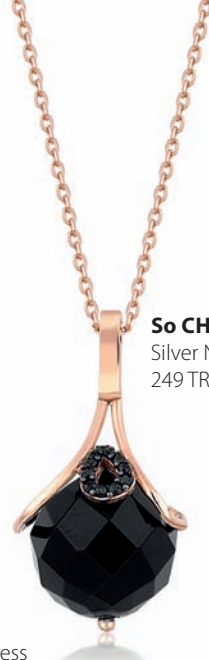
IPEKYOL
Biker Jacket
990 TRY



ADL
Jacquard Skirt
199.90 TRY
Jacquard
Trenchcoat
599.90 TRY



So CHIC...
Silver Necklace
249 TRY



BEYMEN
Academia Dress
648 TRY



So CHIC...
Ring

KOTON
Jump Suit
129.99 TRY



IPEKYOL
Jacket with
Sequin &
Tassels
638 TRY

NETWORK
Jacket
879 TRY





KOTON
Sweater
98.99 TRY



INCI
Shoes
306.50 TRY



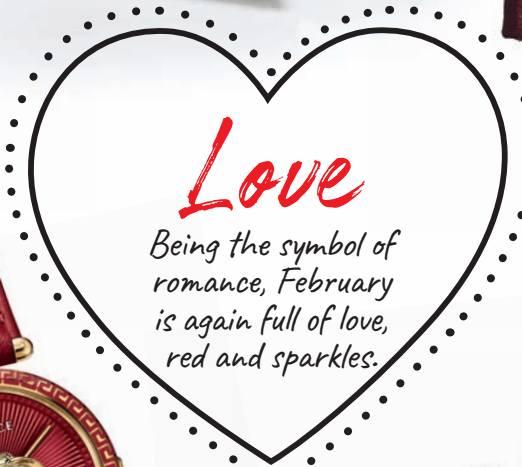
PANDORA
Ring
299 TRY



FOREVER NEW
Dress
599.90 TRY



LC WAIKIKI
Skirt
49.99 TRY



SAAT&SAAT
Versace Watch
5,853 TRY



PANDORA
Wristlet



ADL
Trousers
399.99 TRY



VAKKO
Beside
Couture
Dress
3,150 TRY



BEYMEN
Alexandre Birman
Shoes
3,825 TRY



NETWORK
Skirt
389 TRY

SEASON PICKS



Shoes and handbags of the winter season are accompanying coats, boots and tricot sweaters with their most attractive forms. The only common feature of these very stylish pieces is that they are all fashionable this season.



KOTON
Sweater
79.99 TRY



NETWORK
Coat
1,795 TRY



KIĞILI
Coat



SAAT&SAAT
Skagen Watch
1,770 TRY



BEYMEN
Neil Barrett Leather Gloves
2,145 TRY

LEVI'S
Denim Jacket
559.90 TRY



NETWORK
Trousers
459 TRY



DERIMOD
Side Bag
399 TRY



H&M
Leather Boots
799 TRY





LC WAIKIKI
Topcoat
129.95 TRY



INCI
Boots
351.36 TRY



So CHIC...
Silver Necklace
299 TRY



NETWORK
Coat
4,299 TRY



LOVE MY BODY
Jacket

DERİMOD
Handbag
329.99 TRY



ADL
Vest
199.90 TRY



NETWORK
Leather
Trousers
3,295 TRY



FOREVER NEW
Gloves
119.90 TRY



FOREVER NEW
Boots
249.90 TRY



KOTON
Sweater
129.99 TRY





EKOL
Coat
744.90 TRY

FINESUITS
Suit
599.90 TRY

*The most special gifts
for Valentine's Day are at
Özdilekteyim.com*

*If you are trying to find a gift for
Valentine's Day, we have brought
the most special pieces of
the new season
together for you.*



SUYUTTI
Barret
49.90 TRY



PIERRE CARDIN
Wallet
94.90 TRY



FINESUITS
Shoes
199.90 TRY



VERSACE
19V69 ITALIA
Handbag
249.90 TRY



SELEN
Dress
179.90 TRY

FABIO FRANCO
Jacket
199.90 TRY



FINESUITS
Women's Handbag
79.90 TRY



KOTON
Scarf
39.99 TRY



FASHION FRIENDS
Barret
34.99 TRY

PIERRE CARDIN
Tricot
124.90 TRY

You may find numerous gift choices in modern collections of excellent brands. The most beautiful form of red shows itself in hand bags, shirt, dresses and coats.

FIRST COMPANY
Shirt
39.90 TRY



IPEKYOL
Jacket
499 TRY



PIERRE CARDIN
Trousers
114.90 TRY

FINESUITS
Wallet
49.90 TRY



FINESUITS
Women's Handbag
99.90 TRY



IPEKYOL
Trousers
183 TRY

FIRST COMPANY
Denim Trousers
69.90 TRY

DEFACTO
Printed Gloves
15.99 TRY



ADIDAS
Snow Boots
89 TRY



H&M
Snow Suit
169 TRY



DEICHMANN
Snow Boots
109.90 TRY



SAAT&SAAT
Xonix Child Watch
172.80 TRY



KOTON
Backpack
34.99 TRY



Horray for Snow Holiday!

Toddlers will have a short break after a very busy season of education. Semester holiday follows the tiring days of exams, brings the joy of snow along with it. Snowsuits, boots and furry coats take kids to a unique imaginary world during the snow holiday.

COLUMBIA
Snow Pants
730 TRY



KOTON
Hooded Coat
179.99 TRY



LC WAIKIKI
Hooded Coat
189.99 TRY





H&M
Snow Suit
169 TRY



PANÇO
Barret with
Earflaps
29.95 TRY



COLUMBIA
Ski Coat
730 TRY



FLO
Snow Boots
89.99 TRY



DEFACTO
Hooded
Coat
129.99 TRY

SAAT&SAAT
Boy's Watch
172.80 TRY



COLUMBIA
Ski Coat
1,250 TRY



KOTON
Printed Coat
179.99 TRY

PENTI
Backpack
69.95 TRY



Make Your Office *an Enjoyable Place*

You have made small changes in your home and loved it very much. And now are you looking for fun and decorative ideas for your office? It is time to make your busy working life joyful with colourful decors. Let's refresh your office, you will decorate with colourful and natural images, with the elegance of the retro style.





Remove radiation with small cactuses

The little friends of health, cactuses, will add a nice ambiance to your office with their different types. Protecting your body from the negative affects of radiation caused from computers and mobile phones, cactuses also have many advantages for your health. Cactus leaves, having antioxidant characteristic, also protect healthy cells against free radicals which cause damage in the cell and trigger cancer. This unique plant, which also supports digestion, has many features such as protecting brain cells and decreasing imflammation. You may also furnish your office with various sizes of cactuses you will prefer according to the size of your office.



Motivate yourself with words of inspiration

You may need a new source of motivation each and every business day. If there is a quote or set of words that make you feel better and inspires you, you could put them on places that you will always spot in your office. The materials you will need for this are canvas tables in different sizes and print outs of those motivational words.



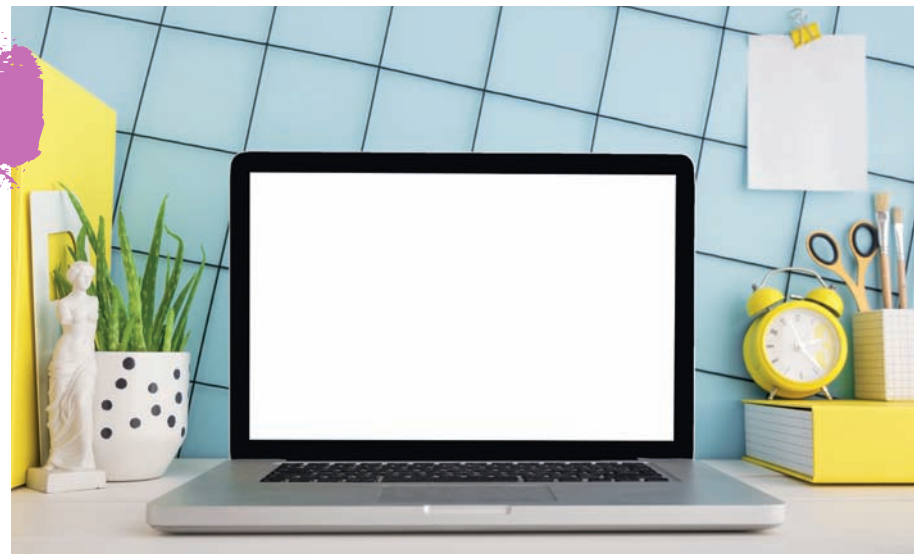
Retro style is again fashioned

Styles of 70s and 80s are now back. You may make a retro atmosphere in your office and color it with nostalgic symbols. Accessories like a few pillows with retro design or a radio will quickly change the atmosphere of your working area. Don't forget that the use of light is an important detail. Using the right light at the right place will increase the working comfort of you and your colleagues.

It is high time to make your busy working life enjoyable with colorful decors.

Furnish your desk with trinkets

You can change up your desk by adding minimal sculptures and trinkets. By combining your trinkets you can create excellent harmony in accordance with the colors of your office. In addition, you may also support the elegance of your desk with simple accessories such as balance balls.



Hang lively pictures on your wall

Make a difference and reflect a piece of art on the walls of your modern office. You may create a nice atmosphere in your offices by using pictures, which are irreplaceable pieces of interior design. You can place the pictures in 3 different orders: symmetrical, asymmetrical and regular asymmetrical. If you love the order, you may hang pictures of same sizes in an equal way. But if you are the one who hates any one picture on the wall, you may prefer the asymmetrical order. In this order, the harmony among the pictures is not important. The key point here is deciding on where to put which picture in a good way.

QUALITASPA

ESKİŐEHİR İSTANBUL İZMİR



RENEW YOURSELF
WITH QUALITASSPA

ESKİŐEHİR: +90 222 330 55 20 İSTANBUL: +90 212 386 10 40 İZMİR: +90 232 292 13 32

QUALITASSPA.COM



ARZUM
Shake'N Take
Blender
338.30 TRY



BIEV
Lingfield
Wall Clock
340 TRY



KARACA HOME
Candle Holder
59.95 TRY

KARACA HOME
Lamp Shade
705.82 TRY



Express Your Love With Red

What do say to crowning your home with very decorative and chic products on the first days of the New Year? We have collected Valentine's Day products together for you which will allow you to express your love with colours. Be ready to add excitement to your living areas with these red products.



BIEV
Trinket
279 TRY



H&M
Glass Vase
179 TRY



BERNARDO
Umbrella Cup
39 TRY

HOMETIME
Porcelain Coffee
Cup Set
129 TRY



BERNARDO
Bridal Gold Set
999 TRY





HOMETIME
Bird Trinket
64.95 TRY

LCW HOME
Table Napkin



FAKIR
Coffee
Machine
468 TRY



VAKKO
Appetizer
Tray
5,590 TRY



HOMETIME
Owl Trinket
119 TRY



H&M
Mirror
109 TRY



KOÇTAŞ
Discuss Bookshelf
199.90 TRY

KOÇTAŞ
Picture Frame
10.50 TRY



LAV
Coffee
Cup Set
51.50 TRY



SCHAFER
7 Pieces Aqua Jug Set
59.95 TRY



Take Care of Your Skin

DURING COLD WEATHERS



Our skin gets exhausted, dries and cracks in accordance with the cold weather during the winter months. For that reason, especially during the winter, cleaning and moisturizing the skin is very important as well as choosing the effective skincare products. Because cold and windy weathers increase the moisture need of the skin, it may also cause different changes in the body such as the blood circulation and the contraction of veins. **Dermatology Specialist of Liv Hospital, Dr. Ahmet Günay**, tells us what we need to do about the undefended skin due to the effects of the cold weather.

With the coming of winter, we start to feel the effects of the cold weather in our skin as well as in our body. The body skin decreases the blood circulation in cold weather in order not to decrease the temperature, and this slows down the sweat and fat glands. When the blood circulation slows down, it becomes harder for the skin to take antioxidants and nutrients it needs. Thus the skin gets dry. However, you can still take care of your skin with a few tips and tricks.

Olive oil for dry skin

Skin care is made in two ways; medical care and cosmetic care. Anybody with a dermatological problem should visit a clinic. If there is not any problem on the skin, along with the advices of the skincare specialists, it is possible to clean and take care of your skin at home. Olive oil is beneficial for the dry skin but it would be more appropriate for oily skin

with acne to stay away from it. Moisturizer should be applied on clean and dry skin.

Get rid of the summer spots

Peeling can be applied on skin to get rid of problems such as acne, pregnancy spots and sun spots. Firstly the skin is neutralized by applying an organic or chemical acid in order to get rid of spots and oil signs on the skin. The peeling itself can be made with fruit acids. Peelings made from fruit acids can take 20 - 30 minutes. This application is done by infusing the fruit acids to the lower surfaces of the skin with the help of a roller. Thus, damaged surface on the skin is refreshed. This method is applied once a week at the beginning and the frequency is decreased to once a month over time. For darker and rooted spots, chemical peeling is applied for the peeling of the skin and for cleaning the skin's colour. Faster results can be get with a single session of the spot peeling method, the most

popular application of the latest years. Those methods can not only be applied on skin spots and scars but also on aging skin, as an anti aging treatment.

ADVICE FOR MOISTURIZING YOUR SKIN AT HOME

Drink a lot of water

Drinking a lot of water surely moisturizes the skin from inside. Unless you have any relevant health problem, it is beneficial to drink 2 litres of water per day. One should give importance to drinking water, especially instead of hot drinks such as tea and coffee because they have urine increasing side affects such as dehydration.

Use moisturizing creams

Your skin can get dry during cold weather. Using the right moisturizer will protect your skin from negative effects of the cold.





Use sunscreen during the winter as well

The cold weather may result in damages such as loss of elastic fibres that dry out the skin. For this reason, sunscreen products that are used to protect the skin from spots and aging, should not only be used in summer time, but also during the winter. However, it is important for the preferred sunscreen not to have a physical filter in addition to chemical.

Clean your skin frequently

Skin lubrication is the basis of acne formation and microbial growth. For that reason, oily skin should be frequently cleaned. It is not a must to use soap but if you choose to, antiseptic and natural soaps should be preferred.

Eat healthy

You should make sure to consume fruits and vegetables which are rich in vitamins. In case you aren't consuming enough, vitamin supplement can be additionally

taken. Biotin, C, E vitamins and zinc are very important for the human body.

Exercise regularly

Exercise is very important for your skin health. You may prefer doing outdoor sports instead of indoor gyms.

"You should make sure to consume fruits and vegetables which are rich in vitamins."



CINETIME

**ENJOY THE MOVIE
PLEASURE WITH THE LATEST
TECHNOLOGY MOVIE HALLS AT
CINETIME!**



IT'S high time

...TO STORE VITAMIN C

During winter, because of seasonal changes, the risk of getting sicknesses such as the cold and flu increases. In these months where we must endure harsh weather, we should not forget to take vitamin C. Being a friend of our immune system and metabolism, vitamin C is also an enemy of dry skin resulted from the cold weather. You should frequently consume fruits rich in vitamin and minerals, such as orange, grapefruit, pomegranate and mandarin.

We have met with the coldest days of the winter with the start of January - February. Although it seems that the best activity during these days is watching a movie under a blanket, we would recommend you not to spend so much time in closed spaces. We have listed some of the most joyful suggestions to warm you up in the days of winter...



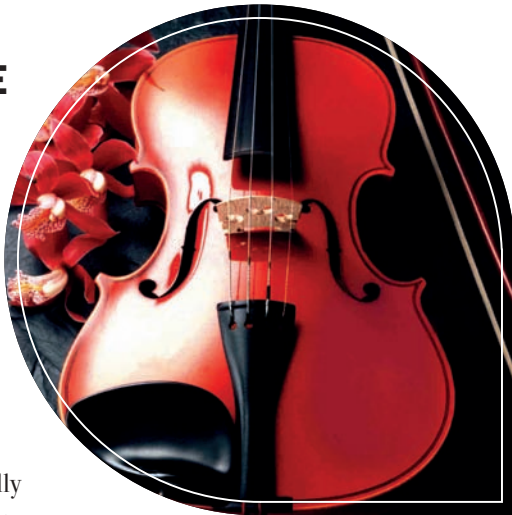
...TO DISCOVER WINTER SPORTS

Winter vacations where ski sports become popular have increasingly been the interest of people in time. Aside from skiing; winter sports such as snowboarding, heliski, snow rafting and snowkite have also been popular since the last couple of years. Skiing, which is possible to experience all around Turkey, from Bursa to Kars, has numerous advantages. Increasing the level of motivation by improving the balance of the body and bones, skiing enables socialization and self confidence. You may want to gift yourself a winter vacation this season.

...TO GET TO KNOW A UNIQUE INSTRUMENT

Listening to music and playing an instrument helps us express our feelings, to live our lives fully and to establish communication with people. The pleasure of getting to know a new instrument and physically feeling it is inexpressible.

If you can reflect your inner feelings with an instrument, you may also feel more comfortable expressing yourself verbally. You can get away from your living areas this winter by taking yourself to an instrument training course.



...TO VISIT KARTALKAYA

Kartalkaya, nature's wonder, contains the most alternatives for winter sports lovers with its long tracks, hotels and restaurants. Kartalkaya has become one of the best routes for a weekend getaway, as it is close to major cities like Istanbul and Ankara. If you do not prefer skiing, you may have fun like kids, by renting a sledge from one of the rental shops located at the center. If you are interested in taking photos, you may catch unforgettable shots within the nature of Kartalkaya, surrounded with pine forests.

...TO GET STEEPED IN ACTION AND COMEDY

During these days, where we switch to the winter season of cold weathers, we usually get cooped up in closed places. How about relieving your tired body in movie theatres? It's high time to

watch several successful productions. You can follow

numerous movies of master directors and successful actors from the motion screen this winter.

...TO CREATE A SCARF, BARRETTE AND GLOVE SET

Scarves, barrettes and gloves... The three important elements of the winter time that warm us up. These accessories switch cold weather to an advantage and enable us to display our own style. You may also knit different styles of scarves, barrettes and gloves in the winter time, according to your own preferences. In addition to the traditional styles, you may also want to look into other alternatives such as barrets with pompons, flowers and decorative beads.



A City with Mountains in White: *Erzurum*

Erzurum, being a cradle to many civilizations throughout history, has hosted thousands of visitors from all around the world annually, with its cosmopolitan structure and natural beauty. History is felt in every little part of this distinguished city which is one of the oldest residential areas of Anatolia to be established on mountainside of Palandöken. Erzurum, making a strong impression with its geographical view, has the quality of being one of the counted centres of the winter tourism with its long tracks eligible for skiing, facilities and quality snow. Erzurum, where you may keep track of unique atmosphere, also amazes its visitors with its food and cultural wealth. When one says Erzurum, surely the first thing to remember is its cold weather. Traveller Evliya Celebi talked about the cold weather of the city with a sweet joke in his famous book “Seyahatname (Travel Book)” as follows “Erzurum is the city where cats are frozen in the air in December while they are jumping from one rooftop to another; then they get defrosted in May and then fall on the ground saying mırnav.” Its difficult cold weather has made it one of the centres of winter sports for Turkey although it has caused so many reproaches throughout the history. So, dress warmly...
Because a cheerful journey to Erzurum awaits you.



PALANDÖKEN, THE SKI CENTRE

If you come across Erzurum, which is one of the most precious cities of Eastern Anatolia, it is a must for you to visit Palandöken. Palandöken Ski Centre, being an irreplaceable part of winter tourism, is one of the most ideal destinations of winter vacations with its professionally constructed tracks and well organized hotel areas. Skiing, which was done in Palandöken Mountain for military purposes within the course of World War I, became popular among the public in time and started giving service to wider crowds together with the chairlift addition in 1969. Palandöken Mountain is also considered as one of the most important ski centres of the world with its tracks starting from 2,200 meters to 3,176 meters and 22 tracks (2 of them are Olympic) and its snow which is not affected from the weather conditions of even -40 degrees.



TWIN MINARET MEDRESA

The interest towards the Twin Minaret Medresa, which is one of the most important pieces of the Seljuks and listed in the World's Heritage Temporary List of UNESCO, has been increasing day after day. Constructed at the centre of the city, in 1253 by Hüdavent Hatun, who was the daughter of Seljuk Sultan Alaeddin Keykubad I, Twin Minaret Medresa is visited by residents and foreign tourists throughout the year. You must not leave Erzurum without visiting the Twin Minaret Medresa.



NARMAN'S FAIRY CHIMNEYS

Narman's Fairy Chimneys also known as the land of red fairies grab attention with their interesting land forms and colours. The interesting sight created by red fairy chimneys being formed as the wind and the rain corrodes the sandy soil and thins out the valley, is located at the south of Narman and on the 7th km of Narman - Pasinler highway.



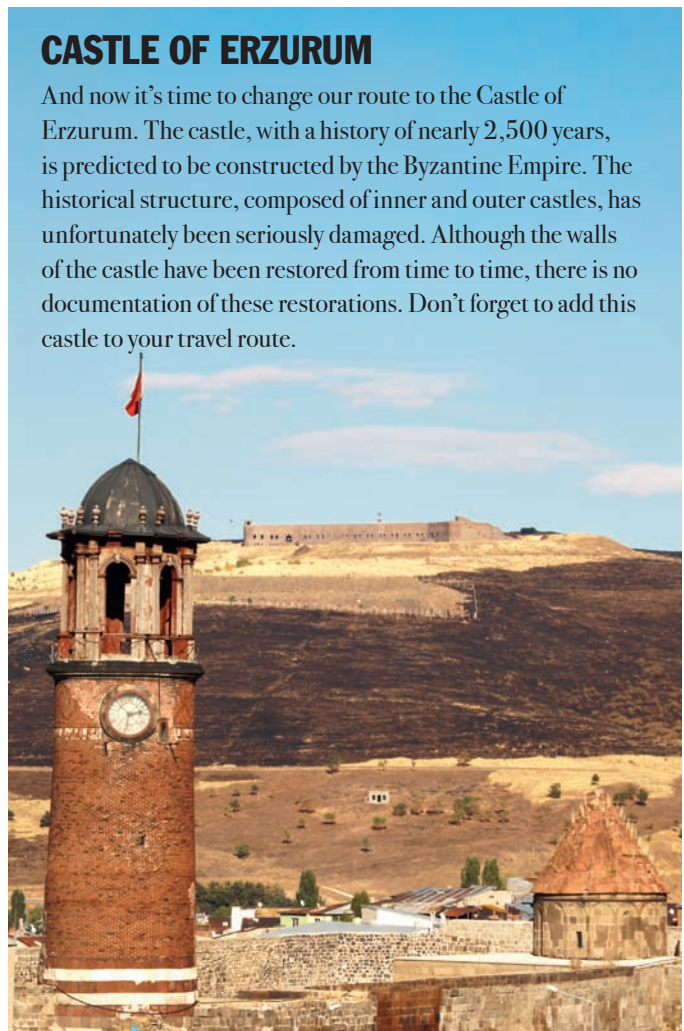
THE YAKUTIYE MADRASAH

The low doors constructed with the philosophy of "Decency comes before wisdom." at the Yakutiye Madrasah, are reminders for bowing respectfully to the teacher upon entering the class. Being an important point in terms of ethnography and Turkish - Islamic works, the Yakutiye Madrasah is a wonderful piece of architecture with figures of pars and eagle, date leaves and decorations found on the crown gates and lots of other ornaments.



CHURCH OF ÖŞVANK

The historical church which was constructed in between the years 960 – 966 and had a great importance for Georgian Christians; is also one of the richest pieces of the cosmopolite position of Erzurum. The church, being located within the boundaries of Çamlıyamaç village is mostly visited by Georgian Christians. The Church of Öşvank was constructed in the period of Bagrad Dynastic. Its architect is Griogor from Öşk.



CASTLE OF ERZURUM

And now it's time to change our route to the Castle of Erzurum. The castle, with a history of nearly 2,500 years, is predicted to be constructed by the Byzantine Empire. The historical structure, composed of inner and outer castles, has unfortunately been seriously damaged. Although the walls of the castle have been restored from time to time, there is no documentation of these restorations. Don't forget to add this castle to your travel route.

TORTUM WATERFALL

Tortum Waterfall, being 120 km away from the city center, has an attractive view with its water falling off from nearly 48 meters. Formed as a result of a landslide when the front of the Tortum Brook was closed, this attractive waterfall offers a visual show. It is also believed that the watching balcony in front of the waterfall prevents breathing difficulties and heart problems.



İBRAHİM PAŞA MOSQUE

According to recorded information, the İbrahim Paşa Mosque, which is one of the historical worship places of the city, was constructed by Erzurum Governor Yazicizade Hacı İbrahim Ethem Pasa in the year 1748. The mosque is composed of a single dome and the general plan is in a square shape. White marble is used in its construction and its mihrab is also made from marble. It is still open today. The mosque is one of the beauties of Erzurum which one should most definitely visit.



What To Eat?

The first thing to think of as a taste from Erzurum is “Çağ Kebab”. “Çağ Kebab” being cooked on a wood fire will surely be an unforgettable taste. Do not forget to try ayran soup, kadayif dolması, rice with egg, sour stuffing and kesme soup in Erzurum, being popular with its nature as well as its food with excellent taste.



7 SECRETS OF Natural Parenthood

Do you sometimes question your parenthood by thinking where you make a mistake, when you are disappointed with some behaviours of your children? Do you think that you are confusing yourself by trying to get as more information as you can, in order to learn the right methods of dealing with these? **The Paediatrics Specialist of Acibadem Maslak Hospital, Dr. Çiğdem Yavrucu**, explained the approach of “natural parenthood” while giving important suggestions.







With the right methods, natural parenthood plays an important role in child development.

If you believe you have made a mistake with your child's behaviours, you may establish the right communication with him / her by means of certain methods. Here are some tips for you...

1 Do not judge
 Instead of judging your child, show empathy towards him / her and make constructive criticisms by listening. And most importantly, show

your love towards her / him with your behaviours in all circumstances.

2 Teach him / her to be patient
 Natural parents want to grow self - confident individuals whose creativity develops with limited deficiencies, who learn to be patient and who are able to solve the problems. To achieve this, you should try to behave within limitations and try to meet the basic needs of your children, instead of all.

3 Improve his / her self - confidence
 Let your children express all of his / her feelings, opinions with

comfort. Show an approach based on self - esteem and self - confidence. You may support the development of his / her self - confidence in this way.

4 Give an opportunity
 Natural parents do not let their children do anything, but at the same time do not immediately interfere in the things they will be able to do on their own. They help their children gain some competences, watch what their children could do and give them time. They will interfere only if there is an emergency. Of course your child should be your centre.

However, while meeting the needs of your child you should avoid giving unlimited support to them. Give them the chance to meet their own needs and make their own way.

5 **Make observations**

As natural parents are more observant, they recognize the sicknesses of their children earlier. In addition, these parents breastfeed their babies more often, play with them more often, physically embrace their children more and apply a positive discipline. Accordingly, these babies are happier and more peaceful.

6 **Try to understand him / her**

Although you might get angry and disappointed, be in communication with your child. Avoid behaving in a way that he / she will try to run away from you. Listen to their feelings with empathy and do not confirm everything they do. But try to understand him / her and be supportive.



“Although you might get angry and disappointed, be in communication with your child.”

7 **Do not panic**

A child who does not see his / her mother panic will feel safer. For this reason, you should show him / her that you don't panic.

What does natural parenthood mean?

Natural parenthood establishes an intuitional, empathetic, compassionate and confident connection where unconditional love is the essence. Parents understand the stimulus and signals sent to them by their children in the right way; respond and guide them in a way that is strengthened with knowledge and instinctually improvised. This situation is surely not a sequence of rules, rather a journey of parenthood. It's not “all - or - nothing”, it means to keep their minds and hearts open for the needs of their children. The purpose of natural parents is not to grow children with no limits, whose every little wish is met and who are defined as “spoiled”. They do not use rules as the base, rather their focus is the discipline they follow with their children when needed. They establish an attractive, suspensive, imaginative communication and they behave in a way they should do according to the child's age.



Colourful 2019

Strong care products create a protective shield for your skin against cold weather. Make up products which give a matte and natural appearance continue to be the trend for the year 2019. Get ready to reflect your energy and light to the new year.



REVLON

Revlon brings a colourful and three - dimensional effect to the lips with its new product Kiss Plumping Lip Cream. This product which will revolutionize lips also takes strength from Volulip technology. Volulip which plumps inner and outer lip tissue and lip shape in a considerable way, also helps postpone aging signs with its anti - aging effect.

Price: 64.90 TRY



NUXE

Meet the two perfumes of NUXE, which prepare you to stimulate your senses while entering the new year: Sunrise representing fresh and shining morning and Sunset representing sensorial and brave evening. Discover the existence of energy with the fresh liveliness of bitter orange leaves or let the bold patchouli notes of the sunset hug you with its effeminacy.

Price: 200 TRY



THE BALM

The Balm, Lou Manizer will be an irreplaceable component of make up bags with the illuminator it added to the collection, Squad. Lou Manizer Squad which helps to get a glistening and smooth appearance at the preferred regions of the face by illuminating, can be applied as blusher, illuminator or eye shadow according to the skin tone.

Price: 129.90 TRY





SELİN

The dark and bleak weather of winter makes us yearn for the energy and contentment of summer. Selin Lavender Cologne, coming to us from the purple farms of the Mediterranean, stays with us every time we miss the summer and wish to feel that enthusiasm. Lavender, which is the natural plant of the Mediterranean and the symbol of clarity and freshness, relieves with its smell and recovers tiredness.

Price: 17.95 TRY

SINOZ

Blue anemone, included in Sinoz Blue Anemone Cream, meets the care need of skin with the help of the oils and vitamin E induced in the flower. With the aid of apricot kernel oil, it protects those with a dry skin structure from the effects of early ageing by tightening the skin. When the product is used regularly, it penetrates into all layers of the skin and prompts cell renewal with its nutritive ingredients, thus it prevents early wrinkles resulting from the loss of moisture.

Price: 89 TRY



FLORMAR

You may put signature to brilliant make ups with the new collection of Flormar, "Lite it Up", in the new year. Moisturizing base with rich vitamine ingredients which give a natural shine to the skin, Glam Strobing Cream, puts an end to lifeless and tired look of the skin. It is possible to shine like you are under spot lights with Glam Strobing Cream making a smooth and bright end.

Price: 39.99 TRY



EKLIPS

There are many types of brushes for all kinds of make up product in new "Diamond" and "Natural" series of Eklips such as; wide face powder brush, angled contour brush, foundation brush, eye shadow blending brush, eye shadow brush and eye brow liner brush. Brushes from the new Diamond series stand out with their stylish look and easy hold features and brushes from the Natural series is in the foreground to provide a natural look and easy use.



REXONA

Rexona Invisible Black+White which is more effective than ever against sweat and sweat spots does not leave any white marks on black clothes, decreases the appearance of yellow spots on white clothes and protects against the smell of sweat for 48 hours with its active 3 fold feature. Offering a certain solution for spots and marks, Rexona Invisible Black+White makes you feel safe after the most intensive activities.

Price: 14.90 TRY

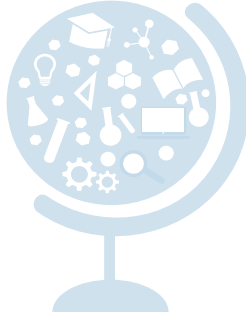
BIODERMA

Bioderma Atoderm Lip Stick and Atoderm Lip Balm are saviours of lips, which are affected very much from external factors, during the cold weather. Atoderm Lip Stick, with shea oil and vaseline, helps to feed and repair the lips.

Price: 52.50 TRY



world of science with "bakalim biz"

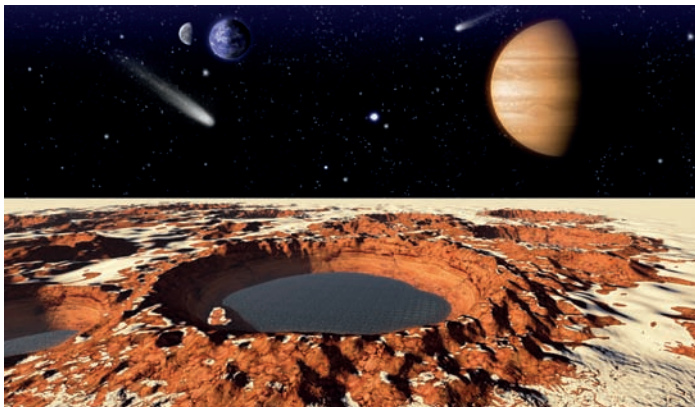


[f /bakalimbiz](#)
[t /bakalimbiz](#)
[i /bakalimbiz](#)



PLANES WILL BE CONTROLLED WITH THE MIND

The Defense Advanced Research Projects Agency (DARPA), which has been operating since 2015, has proven that more than one plane and aircraft can be controlled without humans with the help of technology. Mr. Justin Sanchez, Biological Technologies Department Head of DARPA, mentioned that humans can control three types of planes at the same time, while they are managing brain signals. Mr. Sanchez revealed his project in the 60th year events of DARPA as "Path of Neurotechnology".



A LAKE HAS BEEN FOUND ON MARS FOR THE FIRST TIME

Scientists announced that a wide lake consisting of water has been found under an ice surface on Mars. This discovery has been the biggest water mass in liquid form found in the mysterious Red Planet which is 55 million km away from planet Earth. Previously conducted research has shown that there was evidence showing that there were spaced water masses on the surface of the planet. But this latest discovery has been the first data in respect of the fact that the water mass of Mars was permanent. The water mass found on Mars is located under ice, in an area of nearly 20 km. With this discovery of space scientists, the possibility that there is more water and even life on Mars, has got even stronger.

SCIENTISTS HAVE MADE GOLD FROM COPPER

According to the news published in Science Advances, the crazy project, on which a group of scientists in China has been working, has given results. Team member Professor Sun Jian noted that they exposed copper to high temperatures and electrically charged argon gas for a while. Afterwards, as a result of the rapidly moving ionized particles colliding with the copper atoms, the atoms entering the cooling phase quickly began to be collected on a device. These particles are one - thousandth of a bacterial structure. This way a thin layer is obtained. In the next step, this obtained layer is introduced into the reaction chamber and the layer used as a catalyst for the conversion of coal into alcohol. The experiment results in the nanoparticles turning into gold and silver - like fragments.



CITIZENSHIP FEE OF THE FIRST SPACE COUNTRY "ASGARDIA" WAS DETERMINED

Asgardia, being established as the first space country in 2016, asked for an annual fee for citizenship. With the law explained by the Parliament, citizenship can be obtained from Asgardia with an annual subscription fee. As a result of these changes, Asgardia citizens must pay 100 euros annually in order to continue their citizenship rights. According to the explanations made in the official website of Asgardia; there are now totally 280 thousand people who are citizens of Asgardia.



THE MOST DANGEROUS LIVING BEING: HUMANS

According to a new scientific research, 7,6 billions of people constitute 0.01 percent of all living beings on earth. Nevertheless, the humanity has caused disappearance of 83 percent of wild animals on the planet and half of the plants since the first day of their occurrence.



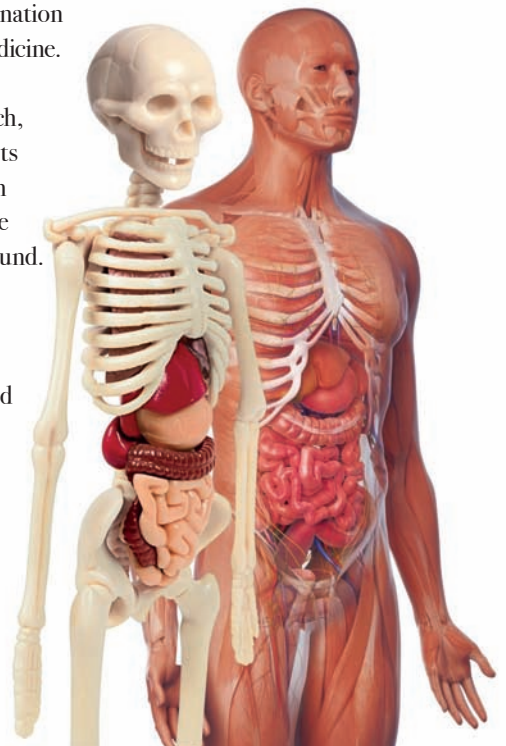
THOUSAND YEAR OLD WORMS WERE BROUGHT BACK TO LIFE

Two roundworms, found in a frozen state for ten thousands of years in Yakutia region of Russia, were brought back to life by being defrosted by scientists. The living creatures which will change the science world are assumed to be the oldest animals of the planet. According to a research made under the leadership of Princeton University, roundworms have been brought back to life after the Age of Pleistosen when they were frozen. It was mentioned that the worms have started to move and eat. 300 prehistorical worms in frozen form were defrosted in a controlled way in the laboratory of Moscow's Physics - Chemistry & Biological Problems Institute and two of the worms continued to live.

A NEW ORGAN WAS DISCOVERED

Scientists working in New York University have made a surprising explanation to the World of Medicine.

As a result of conducted research, American scientists announced that an organ covering the whole body was found. This organ titled as "Interstitialium" prevents tissues from being harmed and is defined as the biggest organ of the body. Interstitium is mentioned to be found in the parts of the body filled with water and to protect tissues from impact.





CINEMA

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

CINETIME

COMING TO THEATERS



Organize İşler 2 / Organized Stuff 2

The sequel for the first movie "Organize İşler 2 / Organized Stuff 2", is written and directed by Yılmaz Erdoğan. Cast of the movie includes Yılmaz Erdoğan, Kıvanç Tatlıtuğ, Ezgi Mola, Bensu Soral, Rıza Kocaoğlu, Okan Cabalar, Güven Kıraç, Ahmet Mümtaz Taylan, Ersin Korkut, Erdem Baş, Mahir İpek, Ekin Türkmen, Atakan Çelik and Safa Sarı. "Organize İşler 2" is the story of Asim Noyan and his gang's adventures. The movie which was completed in 8 weeks and shot in places such as Kadıköy, İstiklal Street, Galata Bridge, Eminönü, Spice Bazaar, Grand Bazaar and Karaköy, is to be released on January 4th. Nearly 400 people worked on site for production of the movie whose genre is both comedy and action.





Ralph Breaks the Internet

Release Date: January 10th

Six years after the play ground is rescued from the revenge of Turbo, Sugar Rush game is under the threat of a new danger. The cast of “Ralph Breaks the Internet”, which tells the struggle of Vanellope and Ralph to rescue the game, stars John C. Reilly, Sarah Silverman and Gal Gadot. Directors of the movie are Rich Moore and Phil Johnston.



Çiçero

Elyesa Bazna known to be the spy of the century, with code name “Çiçero” (Erdal Beşikçiođlu), was working as a butler in the British Embassy during World War II. Bazna, who has access to important information about the embassy easily starts to spy for Germans for money and is named with a code name “Çiçero”. Çiçero, with the assertion to be the greatest spy story of the century, is transferred to the motion screen with the signature of Serdar Akar.

Creed II

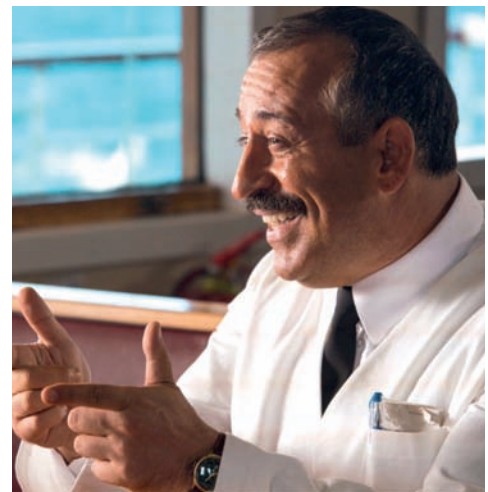
Release Date: January 11th

Being the sequel to the 2015 production “Creed”, this second movie tells the struggle of young boxer Adonis Creed. Rocky Balboa is once again brought to life with Sylvester Stallone and young boxer Adonis Creed is portrayed by Michael B. Jordan. In the production where iconic bad man of Rocky, Russian boxer Ivan Drago also meets with fans, the son of Drago is acted by Dolph Lundgren, Vitor by Romanian boxer Florian Big Nasty Munteanu.



Karakomik Filmler Kaçamak / Black Comedy Films The Fling

Cem Yılmaz who broke many box office records with the movies “Arif V 216”, “G.O.R.A.”, “A.R.O.G.” and “Hokkabaz / Juggler”; is again the leading actor in his new film “Karakomik Filmler Kaçamak / Black Comedy Films The Fling”. The production of the movie, where a story of buddies going on a detox vacation outside the city is told, belongs to NuLook and CMYLMZ Fikirsanat.





How to Train Your Dragon 3: The Hidden World

Release Date: January 25th

“How to Train Your Dragon” series, gaining a ticket revenue of more than 1 billion dollars with the first two movies, is now back with the third movie. Hicks was the first dragon educator of Vikings and succeeded in establishing peace in between the dragons and humans. This peace they had won with the dragon Toothless has lost its importance with the discovery by Toothless. Toothless discovers a dragon connected with its own family, which was thought to be extinct. When the danger is again at the door and the authority of Hicks is examined, both the dragon and the rider will be obliged to make important decisions in order to protect their own kind. Director of the movie “How to Train Your Dragon 3: The Hidden World” is Dean DeBlois.



Escape Room

Release Date: January 31st

The cast of the horror / thriller film, whose director is Adam Robitel, includes Tyler Labine, Logan Miller, Deborah Ann Woll, Taylor Russell McKenzie, Jay Ellis and Nik Dodani. “Escape Room” tells the story of six foreigners trying to exit the escape room.



The Lego Movie 2

Release Date: February 8th

Everything in the city under the attack of LEGO DUPLO is destroyed much faster than could be repaired. While walking around the destroyed city, an alien robot is discovered and this increases the danger. Emmet, a pure - minded hero, is the only one to chase the space ship, which has taken away Lucy and other legends of the city, and to bring them back. The director of “The Lego Movie 2” is Phil Lord and Chris Miller and dubbing cast is consists of Chris Pratt, Will Ferrell, Liam Neeson and Elizabeth Banks.

Recep İvedik 6

Motion picture project of the famous comedian Şahan Gökbağar, which has become a phenomenon, “Recep İvedik 6” will meet with audiences. The leading role is by Şahan Gökbağar and the director of the movie is his brother Togan Gökbağar. The poster of the movie, which has grasped the hearts of a wide population, gives some hints of the story with a gorilla holding the shirt of the main character, Recep İvedik, and a plane losing its altitude.





Happy Death Day 2U

Release Date: February 15th

“Happy Death Day 2U”, which is the sequel of “Happy Death Day”, tells the story of a young woman, Tree, who was murdered in a terrible way and wakes up to relive the same terrible day over and over again; the director is Christopher Landon.



Alita: Angel of War

Release Date: February 15th

In “Alita: Angel of War” whose director is Robert Rodriguez, action winds will blow. The film, in which the story of Alita, who does not know her identity and where she came from is told, stars Rosa Salazar, Christoph Waltz and Jennifer Connelly.



Welcome to Marwen

Release Date: February 8th

Mark, who emanated an astonishing work of art with the help of his dream world, comes closer to the victory of real life step by step. “Welcome to Marwen” tells the miraculous and real story of a demolished man who has distinguished how artistic imagination can restore the human spirit. The director is Robert Zemeckis and leading actors are Steve Carell, Leslie Mann and Eiza Gonzalez.

The Snow Queen 4

Release Date: February 22nd

“The Snow Queen 4” tells the adventure of Gerda who tries to save the magical world. Directors of the movie, where Gerda goes on a big adventure to save the magical world, is Robert Lence and Aleksey Tsitsilin.



*The producer or distributor companies may change the release dates of the films.

Müge Çevik:

“Happiness Is a Point of View That Can Be Learnt.”

Author of the books “Mutluluk Kulübü / Happiness Club” and “Mutluluk İle İlişkisi Var / It Has to Do with Happiness”, which were top sellers of the year 2015 in its own category, is now greeting readers with her third book “Mutluluk Kulübü – Gelişim / Happiness Club - Development”. Müge Çevik says that happiness is a learnable fact in her new book. Çevik says “Those who feel desperate by assuming all things they experience are fate, do not show any development in terms of happiness.” and gives valuable information relating to self-improvement in her new book. We conducted a cheerful interview with Müge Çevik to learn more.

Generally in your books, you deal with topics like love and happiness. What is the secret to happiness for you?

Although the main theme of my books seem to be happiness, they all basically talk about maturing in terms of consciousness and seeing life from a step higher than we are in our lives. Even if what we experience does not change and we cannot stop the unhappiness completely, the reactions we give may change and we may make those levers instead of putting up with them, leading to a more qualified life. In my books, I try to explain this both with lots of personal improvement theories and positive psychology and from the perspective of Gestalt philosophy.

You are also a life and career coach. What were your reasons that pushed you to write?

My journey of writing developed on its own. I had collected so much data and knowledge after my book “Happiness Club Coaching Group” which I had started in the year 2012. Then when I shared my knowledge in written form, I saw that it drew people’s attention and I wanted to touch the lives of more people by writing. Then I realized that writing is an old habit and known journey for me. Other books followed in order.



Your books written in the category of self - improvement draw much attention. How did you establish such a relationship with your readers?

I guess, if there is such a relation, it comes from realism and sincerity. I am not talking about anything that did not cause any change in my own life. I never write anything that I

do not believe myself. I ground everything on my own journey. I am too analytical and sceptical too and I always question myself first by asking what the benefit is for me, instead of the reader. The main purpose of my books is to offer a perspective to ease people’s lives a bit. People love information that is realistic and compatible with all kinds of lives.

You say that happiness is a learnable notion. Can you please clarify this process?

According to the research conducted on happiness; the main reason for 40 percent of individuals to reach happiness is related to the choices they make on improving themselves and how they react to events they experience. And this shows that those, who feel desperate by assuming everything they experience is fate, do not show any improvement in terms of happiness. However, happiness is a learnable notion, that's to say to those who learnt positiveness or those who approach with awareness and work on these subjects.

Did studying international relations have any effect on your writing about self - improvement?

I have never thought about this before. I wanted to study international relations however when I understood that it did not

fit me, I worked for the corporate world. And then I turned and focused on subjects from which I could learn about humans. Maybe the faculty I studied contributed to me to look to humans and humanistic issues more universally and multidimensionally. And maybe because it made me read a lot...



What is the effect of “positive psychology” on self - improvement?

I think positive psychology is a field of science increasing the credit of self - improvement, creating measurable results of many techniques and implementations. Thank God that this field oriented to a more qualified and balanced living for humans whose mental health is in order, has been growing and improving recently. The most important thing for me is that scientists are also intending to coordinate and implement self - improvement in a proper and accurate way in opposition to the ones ignoring it. Otherwise, self - improvement gets associated with magic, magicians, so - called spiritualists but empty people always find opportunities. Positive psychology makes happiness scientific by strong inputs and scientific approaches.

Where can your readers find your books?

From all bookstores and online websites.

“Happiness can be learnt. As long as you want and do what you should do. Don't convince yourself with substitute satisfactions.”



agenda

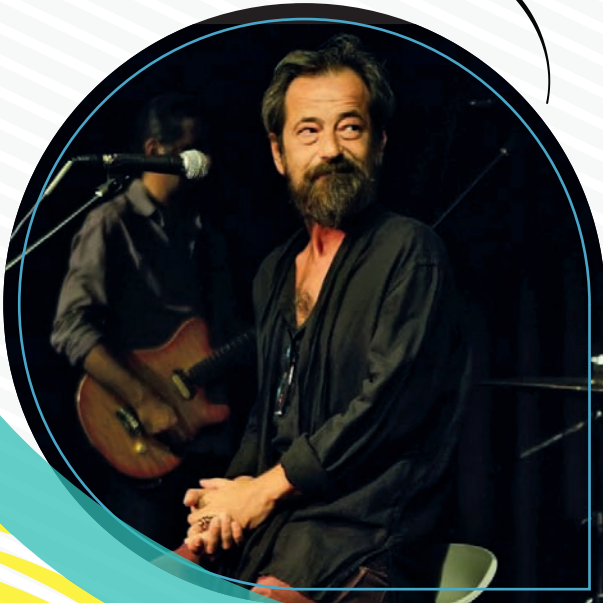


RECITAL FROM FAZIL SAY FOR MUSICAL JOY

Fazıl Say, who is one of the most famous classical music artists with more than a hundred concerts he gives every year on five continents, will offer music lovers a wonderful night on January 8th, Tuesday at İKÜ Akingüç Auditorium.

FERİDÜN DÜZAĞAÇ ON STAGE AT MORI PERFORMANCE

Feridun Düzağaç, who is one of the powerful interpreters of Turkish rock music, will be at Mori Performance on January 19th, Saturday. The beloved artist, who has a sincere and humoristic approach, will launch his new album soon.



80 MEMBER SHOW FROM "SPARK"

Fire of Anatolia, which has reached 40 million audiences with 5000 live performance in 285 cities, 98 countries from Siberia to Qatar, from USA to Japan, is now ready to perform a wonderful show with 80 child members as part of Fire of Anatolia "Spark Kids Team." The Fire of Anatolia Spark Kids Team show is charming the audience with its choreography compiled from the wealth of Anatolian lands and ethnical and modern dance setup; will be on the stage on January 20th, Sunday at TİM Show Center.



MFÖ WILL BE IN BURSA WITH THEIR LEGEND SONGS

MFÖ who has continued their stage adventures since the year 1965 without rest and succeeding in transferring their unforgettable songs from generation to generation is getting prepared for the show of February 1st. Putting a signature on unforgettable tracks like “Ele Güne Karşı”, “Sakın Gelme”, “Güllerin İçinden”, “Olduramadım”, MFÖ will meet with fans at Bursa Jolly Joker.

CEM ADRIAN AT KOCAELİ SABANCI CULTURAL CENTRE

Cem Adrian who is pushing the limits, styles and rules of music and expressing himself as “a free musician” continues to greet his fans. Releasing a new album towards the end of last January where he interpreted unforgettable ballads, “Seçkiler 2”, is now continuing his concerts all across Turkey, and this time he will be in Kocaeli. The young artist will meet with his fans on January 17th, Thursday at Kocaeli Sabancı Cultural Centre.



MARK ELIYAHU TO VISIT TURKEY

Good news to Turkish fans of Mark Eliyahu, the composer, arranger and kamancheh master, who started music when he was 4, by playing violin! Mark Eliyahu, who has dedicated himself from a young age to the history and dynamics of the Middle East and Balkan music, will meet with fans on February 1st, at Zorlu PSM.



İŞ SANAT WILL HOST MAGDELENA KOZENA

Magdalena Kožená who won the Gramophone Solo Vocal Prize with her aria albums recorded in the year 2001, continues to work on the discography of her album full of aria recordings. The Orchestra of the Age of Enlightenment from England, who ignored the orchestra rules of 30 years ago and formed a group with a brand new musical understanding instead, will accompany Kožená at the concert of İş Sanat on February 9th.



TECHNO TREND

We have listed the latest technological products from Philips' motion - sensitive iron to Siemens' flexible intelligent oven. These products will not only make our lives easier but also add value to our living areas.

GALAXY WATCH NOW AVAILABLE IN TURKEY

Galaxy Watch brings the most sophisticated features of the Galaxy ecosystem of Samsung together with long battery life, health - related functions and personalized design. Galaxy Watch offers a rich visual variety with its stress and sleep tracking functions, colour preferences of silver, night black and gold rose in addition with customizable design and colours for its interfaces and watchbands.



FLEXIBLE INTELLIGENT OVEN FROM SIEMENS

New hood integrated ovens of Siemens which have intelligent features and innovative technologies, allow more sensitive cooking by keeping the heat at constant levels by the help of their sensors and also prevent burning. Siemens EX875LX34E Built - in Induction oven, for which you can adjust the cooking area according to different sizes of saucepans and pans, brings maximum flexibility to users and transforms cooking into an enjoyable journey. In addition, sensors of the integrated hood adjust the fan power automatically according to the steam and smell amount.

DIFFICULT STAINS ARE UNDER CONTROL WITH HOTPOINT ACTIVE FOAM

10 boiler motions, specially developed for Hotpoint to remove stains in the best way, rotate the drum with 10 different motions to remove 100 types of difficult stains and clean clothes deeply. With its special programme designed for cleaning 40 difficult stains within the course of only 45 minutes, school clothes are washed in a short time. Active Foam helping the detergent enzymes to penetrate into the clothes in a better way means 60 percent more washing power in comparison with traditional washing machines.



HOT TASTES WITH **TEFAL** ULTRABLEND COOK

Tefal Ultrablend Cook allows you to cook fresh and delicious meals with the help of excellent blending and mixing features of the cooking programme, one of its eight different programmes. Tefal Ultrablend Cook, with its ultra speed blender blends all materials smoothly and then transfers them to the cooking phase. Tefal Ultrablend Cook easily creates all of this in a short period of time, leaving you to enjoy your delicious meals.



ENJOY YOUR SPARE TIME WITH THE HELP OF **PHILIPS** AZUR ELITE

Azur Elite Iron of Philips, with Motion sensitive DynamiQ sensor offers a unique steam power with its Optimal Temp technology for which no heat adjustment is needed. With 260 grams of shock steam output performance, Azur Elite fights away wrinkles and with 6 layered technology of 5 stars T - ionic Glide base which is specially designed, offers an excellent level of slickness and resistance for scratches.



TECHNOLOGY FROM **VESTEL** TO MAKE MOTHERS' LIVES EASIER

Vestel has presented the latest member of the small home appliances family to the liking of mothers: "Köpük 5000 Milk Heater". With the automated power off mode of "Köpük Milk Heater" which prevents the milk from being over boiled, mothers can heat the milk for their children at the same level every time. The heater with a stainless steel body heats the milk to 67.5 degrees at maximum and in addition, can make hot chocolate, a favourite drink of children.



MUSIC WILL ALWAYS BE CLOSER TO YOU WITH **GRUNDIG** BLUETOOTH SPEAKER

With Grundig GSB 150 having an ultra thin design, you will carry your music everywhere you go at any time. By means of its double sided speakers having a total of 6W audio output power, GSB 150 brings an environmental audio experience and with its passive radiator feature allowing it to create strong bass sounds. Bluetooth and aux - in connection preferences also allow easy use. Choose your colour from 4 different colour choices and let the party begin.



The Daintiest of All Döner Kebabs

SAFAHAT DÖNERCİSİ

Safahat providing service for long years in the field of cafes and restaurants has now come to the spotlight with a very different döner shop concept. Carrying the taste of Bursa Kebab to quite diverse points, Safahat, provides a different understanding of döner meat by blending the meat produced on the agricultural farms of Özdilek with fresh spices and special sauces. Working with the goal of unconditional customer satisfaction, the team of Safahat Dönercisi hosts their visitors with the same excitement and passion everyday. And we hereby introduce you to the excellent tastes of this authentic shop.



BURSA KEBAP

2 SERVINGS

INGREDIENTS

200 grams döner meat
2 stone oven spiked pita
2 tomatoes
2 green peppers
2 table spoons of griddle yogurt
1 tea cup of tomato sauce
1 table spoon of butter

INSTRUCTIONS

Dice spiked pita and place it on plates. Add 2 table spoons of griddle yogurt next to it. First, pre - cut tomatoes and green peppers in thick slices and then the döner meat are cooked on the grill. Cooked meat, tomatoes and peppers are aligned on the diced pita. And then special tomatoes sauce made of fresh spices and tomatoes are added. Finally, a table spoon of butter melted in copper pan is topped on the döner meat.



DÖNER WRAP WITH BARBECUE SAUCE

INGREDIENTS

2 stone oven thin bread
140 grams döner meat
Barbecue sauce
Pickled gherkins

INSTRUCTIONS

Thin breads are heated on the grill for a short period of time. And then döner meat is cooked. Cooked döner meat is put in the thin breads. Thin ring shaped tomatoes and julienne cut pickled gherkins are added. And finally two table spoons of barbecue sauce is added. And then the thin bread is wrapped. Wraps are heated on the grill for 30 seconds. It can be served with French fries and barbecue sauce.

2 SERVINGS



CHUBBY DÖNER KEBAB WITH EGGPLANT

INGREDIENTS

2 stone oven chubby breads
140 grams döner meat
2 tomatoes
1 eggplant
2 pickled gherkins
4 mushrooms
Butter
Special tomato sauce

INSTRUCTIONS

Cook döner meat. Chubby döner breads are cut in half moon shape and heated on the grill. Then eggplant is grilled and a sauce is made after peeling. This sauce is put in the breads. And then on the sauce, the döner meat is added. Tomatoes in thin ring forms, julienne cut pickled gherkins and two table spoons of tomato sauce are added. Cooked döner kebab is heated on the grill for 30 seconds. Melted butter may be added if preferred.

2 SERVINGS



LONGO DÖNER KEBAB WITH CHEDDAR AND MUSHROOM



2 SERVINGS

INGREDIENTS

2 stone oven longo bread	6 slices of cheddar cheese
140 grams döner meat	Butter
2 tomatoes	Special tomatoes sauce
2 pickled gherkins	
4 mushrooms	

INSTRUCTIONS

Döner meat is cooked on the grill. Mushrooms are chopped and sauted in a pan with butter and spices. Meanwhile, longo döner breads are cut from the middle, in the shape of a half - moon and heated at the grill. Cooked döner meat is put into the bread. Sauteed mushrooms, tomatoes slices in thin ring forms, pickled gherkins in julienne form and two table spoons of tomato sauce is added on the bread. Finally three slices of cheddar cheese is added on each bread. Prepared döner kebab is heated on the grill until the cheese is melted. You may serve with any drink of your liking.

SAFAHAT KID'S DÖNER BURGER

INGREDIENTS

2 burger bunds	Special tomato sauce
80 grams döner meat	Finger potatoes
2 leaves of curly lettuce	Ketchup
2 pickled gherkins	Mayonnaise
2 tomatoes	

INSTRUCTIONS

Burger bunds are grilled for a short time. Döner meat is cooked. Ketchup is spread on both sides of each bun. And then curly lettuce and döner meat are put inside the bunds. Ring shaped tomatoes and julienne cut pickled gherkins are added. And finally special tomato sauce made of fresh spices and tomatoes are added. Prepared burger is put on the grill for 30 seconds and heated. And if you would like you may serve with French fries, fruit juice, ketchup and mayonnaise which are irreplaceables of the kids.



2 SERVINGS

Carême Restaurant

Carême Restaurant offers unique delicacies from the Turkish and world cuisines to food enthusiasts with its chic decoration and flawless service quality.



 **WYNDHAM GRAND®**
Istanbul Levent

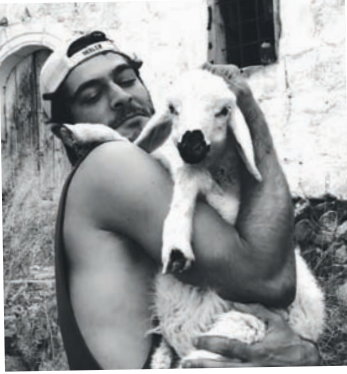


 **WYNDHAM GRAND®**
Izmir Özdilek

Social Media



We have looked closer at the social media accounts of popular TV faces and phenomenon's of the latest period. And once again very cheerful posts await you.



Burak Deniz (@_burakdeniz)

Burak Deniz, who is one of the loved actors of TV series, has a very wide range of fans. He posts photos with many adorable animals on his Instagram profile where the young actor has 2.7 million followers. Coming to the fore with social responsibility projects, the young actor draws attention with his posts creating awareness.



Miray Daner (@miraydaner)

Shining star of the TV Serial "Bir Litre Gözyaşı / One Litre of Tears", Miray Daner, makes a strong impression with her successful acting. The young actress, having now 785 thousand followers, shares photos with her teammates on set.



Rıza Kocaoğlu (@riza_kocaoğlu)

Rıza Kocaoğlu who first met with the motion picture screen with the movie of Çağan Irmak, is now drawing the attention of many with the character "Aliço" he is acting in the TV Series "Çukur / The Hole" which has become the most popular TV series of nowadays. He shares photos from backstage in his Instagram page where 680 thousand people follow him.



Yasemin Sakalioğlu (@yasemoz88)

The phenomenon of social media, Yasemin Sakalioğlu shares cheerful posts with her followers on Instagram. Every video of the star, whose number of followers has reached 2.2 million, attracts great attention. Sakalioğlu was deemed worthy for "The Best Instagram Phenomenon Prize" with user votes.



Caner Cindoruk (@canercindoruk)

Successful actor of the TV series "Kadın / The Woman", Caner Cindoruk, is also one of the famous faces of the social media. Cindoruk, taking a spot in the literature world with his story book "Sessiz Şarkıcı / The Silent Singer" succeeds in reaching a wide range of people. The successful actor shares his photos with his young friends in his social media account.



Ceren Moray (@sevdahanimmm)

Ceren Moray who is drawing attentions with her successful acting in the TV Series "Avlu / The Yard" frequently shares selfies. Ceren Moray, who posts from daily life and from backstage, has 544 thousand followers.

Izmir's heavenly beautiful places are very close by.

You can enjoy the beauties of Izmir with its shopping centers, cinemas, marina, exclusive cafe and restaurant alternatives during a comfortable summer vacation.

You can reach to towns as Çeşme, Alaçatı, Ephesus, Virgin Mary, Kuşadası, Urla and Seferihisar in a short time through the highway.



WYNDHAM GRAND

Izmir Özdilek



**THE MOST
ENJOYABLE**



SHOPPING



**IS AT
ÖZDİLEKPARK**



ANTALYA



BURSA



İSTANBUL



THE STAR OF
THIS PLACE
IS YOU!



ÖzdilekPARK
ANTALYA | BURSA | İSTANBUL