

# we|you|they

JULY - AUGUST 2019 - ISSUE 16

FASHION, SHOPPING, CULTURE AND LIFE MAGAZINE

by **Özdilek**

EN

YOUR COMPLIMENTARY COPY

**Stylish  
Designs at  
“Özdilekteyim”**

**HOUSES IN  
A SUMMER  
MOOD**

**ELEGANCE IS  
KNOCKING  
ON SUMMER'S  
DOOR**

**THE CAPITAL  
OF TOURISM:  
Antalya**

**BERNA YÜKSEL  
METİNTÜRK**  
“Success is making  
the customer's  
dreams come true”

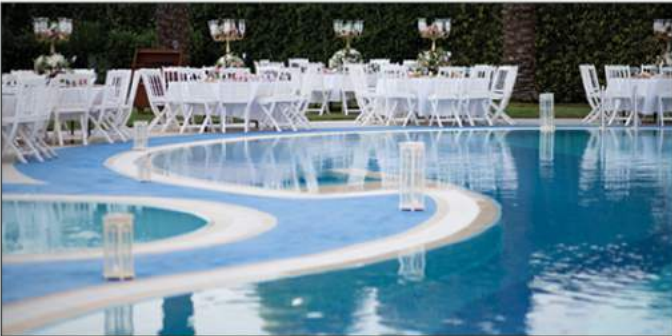
**4 WAYS  
TO FIGHT OFF  
STUBBORN  
FATS**

**Acting that  
Leaves You in Awe:  
LEONARDO  
DICAPRIO**

**SEMIH  
SAYGINER**

**“I WORKED EXTREMELY HARD IN  
ORDER TO ACCOMPLISH EVERY  
SUCCESS I HAVE DREAMED”**





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# EDITO



**Dear We You They Readers,**

This issue addressing to those who want to spend the summer dynamically and to experience the sun and the shine of the sea to the fullest, salutes the impatiently awaited summer season with its full and colorful content.

If you have not decided on your holiday route yet, this file is just for you! In this Travel issue, by taking the pearl of the Mediterranean in hand, we have brought together the nature, beaches, historical and touristic places of Antalya for you.

You can take a look at the most trendy products you may need during the summer in our Showcase and Beauty pages, which you must review before preparing your holiday suitcase.

If you want to feel the happy energy of the houses in the summer atmosphere in your living spaces, you can take a look at our suggestions in our Decoration page and make our colorful touch ideas with summer flowers real.

If you are not able to leave the city for the holiday, you can check our recommendations in our It's High Time page, where you can spend time proper to the spirit of the season, and our Agenda pages for alternative events in your city.

In this issue, besides meeting with Wyndham Grand İzmir Özdilek Sales and Marketing Director Berna Yüksel Metintürk, who shared the experiences and activities in the fields of Aegean tourism, İzmir city hotel industry and Özdilek Hotel's hotel and tourism experiences with us for the interview; we also had an interview with world famous Billiards Champion Semih Saygıner, which you'll find quite enjoyable.

First of all, I wish you a summer holiday full of health, peace and joy.  
Love and best regards,

*Emine Nalbant*  
Duma Agency Content Editor

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ANTALYA



# NEWS FROM ÖZDİLEK



## “Those Who Inspire Turkey Through the Eyes of Them”

Life without Cancer Society and Bizce Yapım have collaborated to launch a new project titled “Those Who Inspire Turkey Through the Eyes of Them”. Within the scope of the project, children suffering from cancer visited some of the biggest names in the business industry and took their photos whereupon the photographs were then exhibited at an invitation at the Naval Museum on May 2nd. The photos were purchased by the subjects of the photos. During a speech made at the exhibit, the Chairman of the Life without Cancer Society Dida Kaymaz, talked about her own battle with cancer, and then went on to thank all of the project’s supporters. Later, the participants were presented with plaques by the Governor of İstanbul, Ali Yerlikaya. The Retail Marketing Manager of Özdilek Holding, Sedat Yamansucu, was at the event to receive the plaque on behalf of Emir Murat Özdilek, who contributed to the project by having his photo taken.



## Özdilek Home Textile: The Most Media-Friendly in the Industry

Agency Press has released its sector analysis data for Media Cat, and March - April 16 results reveal that Özdilek Home Textile ranks the most media - friendly firm in the industry. Özdilek, who became the third media - friendly firm in 2018 during the same time interval, outperformed the construction market brand, who held the first place as the most media - friendly. Standing out among its range of 146 printed articles is its news surrounding the Sadem collection, which places naturalness at the forefront.



## Özdilek Received the “Respect for People Award”

Özdilek Holding received an award at the 18th annual “Respect for People Awards” Ceremony hosted by the online employment agency Kariyer.net. The agency handed out awards to 200 out of 20,000 firms who showed outstanding performance according to criteria such as how they (personally) responded to each of their applicants as well as how long it took them to do so. All of the candidates were selected via online voting on Kariyer.net’s website. Özdilek Holding’s HR Manager, Ufuk Kılınçarslan and its Vice HR Director for Organizational Development, Serhat Taşçı, alongside the Selection and Placement Specialists Sevil Güven and İlker Süer attended the ceremony. Established in 1999 with the mission of accompanying more employers and applicants in human resources processes by using digital technologies, Kariyer.net celebrated its 20th anniversary at HR Summit as the Talent Sponsor. Meeting with the employers at the Human Resources Summit held on May 2, Kariyer.net introduced new solutions that will make life easier and improve the experiences for both applicants and employers. In a separate ceremony held within the scope of the HR Summit, the 18th Kariyer.net “Respect for People Awards” were also presented to the winners.

## The “Best of Wyndham Grand” Award for Özdilek Hotels



A number of hotels have been awarded as being the “Best of Wyndham Grand” following a rigorous worldwide evaluation. Wyndham Grand-class hotels welcome thousands of guests every year. Those that are deemed worthy of the Best of Wyndham Grand award are selected so for their outstanding quality, successful performance, and high level of guest satisfaction. Özdilek Hotel and Tourism’s successful Wyndham Grand Izmir

Özdilek and Wyndham Grand İstanbul Levent have once again won this prestigious award for the second time in a row. Surrounded by a stunning 360 degree view of İstanbul, Wyndham Grand İstanbul Levent provides its guests with comfort and luxury through rooms that overlook the Bosphorus, the Golden Horn, and the city on while. With rooms and suites etched with modern, elegant lines and breathtaking sea and landscapes, Wyndham Grand İzmir Özdilek, too, continues to provide the best accommodation experience possible. The President and CEO of the Wyndham Hotel Group Geoffrey A. Ballotti issued a written statement congratulating each of the winners, saying that, At Wyndham Hotels & Resorts, presenting our guests with the perfect travel experience is, for us, above everything else. Your passion for making your guests happy is what ensures this success. Therefore, I am honored to announce you and your team as the winner of this award for your outstanding service. It is you who strengthen the “Wyndham Grand” name.

## Özdilek Turkish Delight Opened Its First Concept Store in İstanbul

Özdilek Turkish Delight, the first store of which was opened at ÖzdilekPark İstanbul, brings Turkish delight lovers together with 24 new tastes. Manufacturing Turkish delight in Afyonkarahisar since 1996, Özdilek opened its first concept Turkish delight store at ÖzdilekPark İstanbul, located in İstanbul Levent under the name of Özdilek Turkish Delight, after selling its Turkish delights at its hypermarkets and its online store Özdilekteyim.com. Özdilek Holding's Deputy General Manager of Retail Operations Ahmet İri, alongside its Deputy General Manager of Marketing and Audit Cevat Bezek, Fresh Food Category Manager Müjgan Yılmaz, Retail Marketing Manager Sedat Yamansucu, Food R & D Manager Mümin Mutlu, and Özdilek Center Manager Alper Çiğdemci, as well as various senior executives were present at its opening ceremony.



### "Real Turkish Delight"

Özdilek Turkish Delight combines Turkish delight, a traditional Ottoman confectionery dating back to the 15th century, with modern architecture, a unique concept, and boutique service within a 22 square meter area. Moreover, along with its sultan Turkish delight series, it offers its guests 24 various tastes, which include nostalgic rose Turkish delight for biscuits, honey, wick double pistachio and classic square Turkish delight series. Özdilek Turkish Delight, which believes that the most important principle in making Turkish delight is to make production from all natural ingredients, using traditional method and under hygienic conditions. Thus, Özdilek Turkish Delight does not use glucose syrup, fake coloring agents, or products of a similar nature, but instead, produces Turkish delight using 100% sugar beet and all-natural products and offers real Turkish delight taste.







The Real  
Turkish  
Delight

**Özdilek**  
*Lokum*



**WE ELABORATELY  
PRODUCE  
ÖZDİLEK TURKISH  
DELIGHT,  
THE UNIQUE  
TASTE OF  
UNFORGETTABLE  
MOMENTS,  
FOR YOU...**



**ÖZDİLEK BOUTIQUE  
TURKISH DELIGHT  
COLLECTION IS AT  
ÖZDİLEKPARK İSTANBUL  
-2ND FLOOR.**

## Summer Trend from Özdilek Home Textile: The Neon Series!

Inspired by neon colors that have recently re-emerged as being trendy, Özdilek Home Textile now presents its customers with its Neon Series via digital advertising. Its designers have boldly dared to bring the energetic stance and glamorous feeling of the trendy neon scheme of the 1990s into its bedroom and bathroom collections.

### *Fashionable with the Neon Series*

This collection, which brings together neon colors with neutral is aimed at drawing the attention of those with a sense of style alongside fashion lovers who want to look particularly striking. In terms of what goes together with what, neon green best suits blue whilst neon orange best pairs with khaki green. With its latest line of products from its Neon Series, Özdilek Home Textile not only allows you to feel the vivacity of the summer season, but also keeps you in sync with the latest trends in fashion. You can find these products and more from Özdilek stores as well as online at [Özdilekテイim.com..](http://Özdilekテイim.com..)



## Colorful Beach Fashion from Özdilek Home Textile!

Özdilek Home Textile now presents colorful Özdilek Tarzy Beach Towels, which are bound to redefine the beach fashion. With eight different colors and embroideries, Tarzy appeals to every taste, and brings the zing of summer to the beaches.

### *The New Kid on the Beach: Tarzy*

Tarzy embroiders icons that symbolize summer in a minimalist way and is sure to be the new favourite at beaches and pools, with fuchsia, gray, coral, yellow, turquoise, orange, green, and lilac color options. Tarzy can be easily rolled up and taken everywhere, and does not unfold thanks to its rubber. Known by its slogan "Easy and Stylish", Tarzy beach towels absorb water quickly, dry rapidly, and take up little space in your beach bag. Due to their easy use, all you have to do is sit back and enjoy the water and sun. You can buy these colorful collection of towels at any Özdilek store or online at [Özdilekテイim.com](http://Özdilekテイim.com).



practical  
FOLDING

Style

“ Easy  
and  
Style”

VIVID  
COLORS

easy to  
carry



## The Smell of the Holidays is in the Air at Özdileks

ÖzdilekParks and Özdilek Shopping Centers are to provide guests with the unifying atmosphere of the holidays with special activities planned for Eid al-Adha. Just as with every other national and religious holiday, shoppers will be greeted with different activities during Eid al-Adha, which falls between August 11th and 14th. There will be clowns blowing up balloon animals, and face painters who will transform children into adorable critters. There also will be a ton of sporting events on top of workshops aimed at honing your children's motor skills and IQs ensuring that they have the



sweetest of times throughout the holiday season. Likewise, children will also be offered cotton candy and invited to participate in fun activities, all the while sharing their joy with their families.



## August 30th Victory Day Excitement



Just as it does every year, the epic triumph of the power of the Turkish nation will also be celebrated this year at all Özdileks with events that voice the national sentiment of August 30th Victory Day. Özdilek will relieve the excitement of Victory Day, which first began on August 26th, 1922, and finished on August 30th at Dumlupınar, under the victorious hand of the Commander-in-Chief of the Great Offensive Mustafa Kemal.

Upon singing our National Anthem, a traveling marching band is expected to greet and liven the spirits of guests across the country. In addition, various events including school recitals, the making and handing out of Turkish flags, folk dancing, and zeibek performances will be held.



## The Stage is Yours Outdoor Show

Özdilek Bursa, which has one the best open fields ideal for the summer months that locals just can't get enough of, held a Sahne Sensin (The Stage is Yours) event in which children of all ages took part and showed off their talents to spectators. The event was colored with th shows by the lovable mascots Wafer the Lovable Rabbit, Cinnamon the Naughty Squirrel, and Caramel the Sweet Bee, alongside entertaining games such as "statue" and "musical chairs". Children who give it their all were later awarded with surprise presents as well.





*by its vibrant colors*

YOU WILL BE AMAZED



YOU WILL BE AMAZED  
by its vibrant colors

## Colorful Sand Art



One of the ways in which Özdilek decided to develop children's knowledge and skills through different activities was by organizing a colorful sand art event in the province of Uşak. All those who attended the special weekend event used the best of their imaginations and dexterity to color cute animal figures on paper. What's more is that everyone had an absolute blast!

## Children of the World at Özdilek



Özdilek Kocaeli won its guests over by hosting an event of international caliber. Just as it does every year, and with this year being no exception to the rule, it was more than happy to bring together all the children of the world. Wee little guests from Bulgaria, Libya, Mongolia, Thailand, Russia, Moldova, and the Ukraine captivated audiences with more than unique dance performances.

## Özdilek Kite Festival in İzmir

On the edge of yet another busy school year, Özdilek İzmir has not fallen short when it comes to organizing events that are ideal for the summer holidays. For instance, at its Kite Workshop, children learned to make kites, and then were given the chance to test them out with their families at the Özdilek tangerine orchard. The tiny guests hurled their kites into the orange-scented sky and hopped across the field all day long.



## King Şakir Met His Little Fans

The heroes of the cartoon called King Şakir, a popular cartoon in recent times, were guests in the Özdilek İzmir event area. Watched and followed with enthusiasm by the children and families, King Şakir's beloved characters Şakir and Elephant Necati had a day full of laughter, dance and fun with the little ones.



## Masha and Big Bear are back at Özdilek Kocaeli



The much beloved cartoon characters Masha and Big Bear met with the little guests once again at Özdilek Kocaeli, and gave children the time of their lives with back to back events that evoked rounds of applause. Kids were invited to become part of the hilarious adventures that took place between the two characters, thus launching them off onto a thrilling journey.

## Children's Olympics In Özdilek Bursa and Özdilek İzmir



Özdilek Bursa and Özdilek İzmir hosted their little guests within the scope of Children's Olympics event where it was full of sports and entertainment. Created with the awareness of the sport's importance for the mental, physical and social development of children and engraining the sports habit in from a young age, the project helped children to understand the importance of sport.

Athletes participating in the Olympic event, wearing specially prepared training vests, competed to complete the fun tracks such as football castle, basketball, volleyball, bowling, balance blocks, ball pool, archery and hurdle tracks as soon as possible. All the little athletes participating in the Children's Olympics were awarded with the Olympic medal, participation certificate and chess set.



## Meaningful Exhibition by Özdilek Afyonkarahisar



Özdilek Afyonkarahisar hosted a meaningful exhibition consisting of photographs of children who receives special education at the Martı Special Education Center.

Photographs of children struggling with problems such as autism, Down syndrome and learning difficulties, who are integrated with their favorite sports, were exhibited in Özdilek Afyonkarahisar all day long. The children and their families came to visit the exhibition organized within the scope of the study carried out in cooperation with Martı Special Education Center which started with the slogan "Another Way of Holding On To Life is Sports", and they were very pleased and proud. At the end of the exhibition, which was open all day, the parents thanked Özdilek Afyonkarahisar for this meaningful project.



# NEWS FROM ÖZDİLEKPARK

## World Champion Semih Saygıner at ÖzdilekParks



Özdilek Parks brought together the world renowned Billiard Champion Semih Saygıner, whose success knows no limits according to his umpteen championships and awards, with his fans. He impressed the guests with his billiard performance at events held at ÖzdilekPark Antalya on April 28, at ÖzdilekPark İstanbul on June 9, and ÖzdilekPark Bursa Nilüfer on June 16. During his time spent, Semih Saygıner played billiards with guests whom he selected from among the spectators, as well as gave billiard sets as presents to participants at the Game Machine Bowling Salon within the shopping mall. Later on, he handed out signed cards to his fans and granted them the opportunity to have their photo taken with them.



## The Award-Winning PUBG Tournament at ÖzdilekPark İstanbul



ÖzdilekPark İstanbul organized an e-sports tournament for PUBG, which has become one of the most popular games in recent times. Those attending the event included young people aged 16 and up all of whom were thrilled to be a part of this stimulating atmosphere. Participants took to the stage in a colorful cutthroat battle of the best that lasted for two days. Those watching the excitement appeared to get as much of a thrill the heat of the game as the players themselves did. Moderators handed out special first, second, and third place awards at the end of the final rounds of both days.





## A Fierce Slot Car Competition

ÖzdilekPark Bursa Nilüfer hosted a fun event in order to make students enjoy their summer holiday, as well as being fun for other guests as well. Catching the attention of all, competitors raced against one another by pedaling bikes attached to platforms and cars. Only four people were allowed to race at any given time and had to complete as many tours as possible within a 40 second span. This thus made for some very interesting sights on stage. The event wrapped up with winners being given surprise gifts.



## A Breathtaking Dance Performance at ÖzdilekPark Antalya

ÖzdilekPark Antalya put on an unforgettable dance show for guests as part of the events, held that weekend. Performers dazzled the crowds with a wide array of dances, including tango and salsa. Afterwards, the little Turkish Salsa Champions were showered with a round of applause. The show closed off with the dancers inviting the audience up on stage who then bid adieu to the day with a colorful and entertaining spectacle.



## Art and Sports Know No Limits



ÖzdilekPark Istanbul organized a series of activities under the title “Art and Sports Know No Limits” aimed at youth and guests with disabilities alike. Within the scope of the event, visitors were allowed to participate in a free painting workshop held by disabled artists Ahmet Yeşil and Kadir Akyol. At another event the same day, pianist Elif Tecer alongside a blind pianist gave a recital performing beloved tunes from Yeşilçam films, to which they were rewarded with standing ovations by the audience afterwards. On the second day or “Sports Know No Limits” part of the event, former National Basketball player Tamer Oyguç, alongside both the former trainer of the National Wheelchair Basketball Team Sedat İncesu and members from the Galatasaray wheelchair basketball team played against one another in a symbolic match. In an interview session arranged following the match, visitors to ÖzdilekPark İstanbul and sports fans alike got the chance to interact with and ask the athletes questions.

## A Majestic Final in Drama Workshops



A fantastic theatre performance was held to mark the end of a semester of drama classes that started way back in November. Additional events featuring workshops on diction, improvisation, role play, mimicry, and dramatization, were held ÖzdilekPark Bursa Nilüfer, Özdilek Bursa, and Özdilek Yalova, left families and children (including 3rd, 4th, 5th, and 6th grade students) alike very happy. Those who completed the drama program were likewise awarded with certificates and presents. Parents would like to see the drama workshops to be held every year because they feel that it has a positive impact in terms of teaching their children how to better express themselves.



## Rafet El Roman Concert at ÖzdilekPark Antalya

In bringing its guests together face-to-face with famous artists, ÖzdilekPark Antalya this time around united the successful interpreter of romantic music Rafet El Roman with fans. El Roman took to the stage on June 6 at 4:00, giving the audience a 10-song mini concert. He did not overlook the opportunity to take photos with spectators throughout the entire show, thus leaving shoppers with smiles on their face when the concert came to a close.



## The PJ Masks at ÖzdilekPark Bursa Nilüfer



The beloved cartoon heroes the PJ Masks left their little fans in awe at ÖzdilekPark Bursa Nilüfer. Guests were given the opportunity to partake in a myriad of colorful events spanning coloring workshops and trampolines to rock climbing and cartoon screenings, whereupon they then got to chill out and have their photographs taken with Cat Child, Owl Girl, and Lizard Child.

## Famous Faces at ÖzdilekPark Antalya

ÖzdilekPark Antalya surprised guests yet again with its Famous Faces event. The event was the first of its kind in Antalya, and featured the presence of lookalikes of the much missed artists Adile Naşit, Kemal Sunal, and Barış Manço, who wandered around the shopping mall all day long. They later headed towards Cinetime in order to meet with guests there, only to draw lots of attention. The fun event finished with a photo shoot.



CINETIME

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



# Berna Yüksel Metintürk:

## “We succeed as long as we make our guests’ dreams come true with the comfort and service we offer.”

In this issue, we met with the Director of Sales and Marketing for Wyndham Grand İzmir Özdilek, Berna Yüksel Metintürk. We made a sincere interview with Metintürk about a number of things, including tourism in the Aegean, hotel management in the city of İzmir, her Özdilek Hotel experiences, and about the world class services they offer guests, as well as some of the unforgettable moments of her successful career. Now we leave you with this pleasant interview...

**Interview** Ece Şentürk **Photo** Bahadır Özen & Onur Yurtsever

### **As a brief introduction... We would like to know you better. Could you tell us about yourself?**

I was born in İstanbul. I’m married and have a son. I studied Tourism and Hotel Management at 9 Eylül University, followed by Public Relations at Anadolu University. I started my career working as a sales representative in 2004 for Crowne Plaza İzmir, which is a subsidiary of Özdilek Holding. Right now I carry out my duty as the sales and marketing manager of our hotel, which was named as Wyndham Grand İzmir Özdilek in 2013.

### **How did you enter the tourism sector in the first place? Would you mind walking us down the road you took that lead you to your current position at Wyndham Grand İzmir Özdilek?**

Well, shortly after graduation, I began working for an international chain of hotels in İstanbul. I did that for approximately 3 years, in which I served as a sales representative within its department of sales and marketing. I couldn’t be more blessed that I began my working life in İstanbul due to the fact that it truly is an incredibly different experience. Given the fact that my family was from İzmir, I always had wanted to eventually return... and so I did. In 2004, I began working as a sales representative at Crown Plaza İzmir, a subsidiary of the

Özdilek Hotel and Tourism Company. Shortly thereafter, I worked my way up to serving as first the assistant manager of Crown Plaza İzmir’s sales and marketing department, followed by becoming its manager outright. Özdilek is a company that values its staff, and provides them with massive opportunities in line with working conditions. My movement up the later was incremental. Now, I serve as the Director of Sales and Marketing for Wyndham Grand İzmir Özdilek. The fact that I have been working with the same team for approximately 16 years is something that is very important and valuable to me.

### **Özdilek began investing in tourism in 2003. In 2013, it began collaborating with Wyndham Hotels & Resorts, the world's largest hotel chain, under the name of Wyndham Grand İzmir Özdilek. Could you talk about the advantages giving service under the name of Özdilek brings?**

In addition to home textile production, Özdilek Holding operates in a number of areas, including food and energy production, retailing, health care centers, café/restaurant management, movie theatres, tourism, e-commerce, construction, and insurance. Özdilek Hotel made its first investment in the tourism sector in 2003. The Crowne Plaza İzmir, which contains 219 rooms,

merged with Özdilek Hotel in 2013 to become Wyndham Grand İzmir Özdilek in an agreement with the Wyndham Hotel Group, which represents the largest and most diverse chain of hotels in the world. In 2014, Wyndham Grand İstanbul Levent, which is part of the Özdilek Center, also began offering its guests world-class service. In the tourism sector, the positive cooperation between Özdilek and Wyndham has lead it down a continual path of recognition, trust, and satisfaction.

### **We know that you live by the principle of "We exist as long as the guest exists". How do you coordinate your team in line with this principle?**

This principle “We exist as long as the guest exists” is extremely important to us. We are well aware that the main component driving this sector is the guest. If there are no guests, we cannot exist. Özdilek thus puts this principle at the forefront in every single area that it operates in. As a team, we strive to improve our quality of service in order to maintain this level of satisfaction. Hence, we evaluate all feedback and suggestions from guests - both positive and negative - in line with our system of quality management, and try to reply to guests as promptly as possible. We then do our best to improve ourselves based on that feedback, and set new goals for ourselves every year. We also set up new strategies according to these targets.



**City hotels, which are preferred more due to travel, fair and congresses are improving their comfort and service quality. How do you evaluate the impact of this to the tourism industry?**

It is very important that we provide the service to meet the expectations of our guests, in accordance with their purpose of travel. Considering the competitive nature of the tourism market, our desire to provide our guests with the best of comfort plus the best services has always been forefront of everything we do, and as is the reason why people prefer us. We as Wyndham Grand İzmir Özdilek, play host many national and international congresses, meetings, weddings, and parties. However, no matter how excellent the service you provide is, people are always looking for change, innovation, and technological convenience. Therefore, increasing that quality of service also has a positive impact on the tourism sector. At the beginning of 2019, we gave the largest hall in our hotel, Konak Hall, a massive facelift. Giving it an elevated skylight ceiling and monolithic glass facade, we transformed it into a chic and functional space equipped with the latest technology.

**The Aegean Region is among the most popular travel destinations with its touristic holiday resorts and cultural heritage. What are your business plans to turn your nearby location to an advantage?**

Our hotel is very close to all of the major resorts. Given how close we are to both the side as well as the highway, you can reach Urla, Çeşme, Kuşadası and Ephesus all in as little as half an hour. This is one reason why our guests choose us. It is thanks to convenient transportation that they are able to join daily cultural tours. Moreover, we offer bicycle tour opportunity around the unique environment of our hotel, which is in touch with nature, with free bicycles we provide. Our guests, therefore,



can feel the absolute bliss in İzmir as they pedal their way along a special bike path lined with trees that stretch along the sea wall. While there are quite a large number of hotels dotted throughout downtown İzmir in districts such as Alsancak and Konak, people prefer us because of our view overlooking İzmir and the bay, our being located right at the mouth of a major highway, our outdoor swimming pool, and our 2,200 m2 Spa. In a nutshell, people like us not only for our location but also for our range of services.

**Following marketing trends is also an absolute must in this sector. Would you mind telling us about the sales and marketing strategies that set Wyndham Grand İzmir Özdilek apart?**

Our guests have an image in their minds about what we are like before they show up at our door because they check us out first on digital platforms. We therefore try and work towards meeting their every expectation of us and beyond. We succeed as long as we make our guests' dreams come true with the comfort and service we offer. In this context, we set monthly and annual targets in order to continuously improve upon that success. We also form strategies in order to reach those targets. We actively participate in national and international fairs as well as encourage organizational involvement.

**What are the most pleasant aspects of the tourism industry and your profession?**

For me, communicating with people as well as the energy that comes with a dynamic business life are the best sides of this profession. As a tourism professional, you also get the chance to meet people from every nation and culture. In order to succeed in human relations, being able to get along with all types of people is a must. Hence, to me, in order to be able to work in any branch of the service sector, it is important that one is able to show compassion and empathy, that they have sound communication skills, and that they are emotionally intelligent.



**As you have mentioned, having good interpersonal skills is an important part of working in the service sector. How do you handle your guests' complaints, demands, and compliments?**

In compliance with our quality standard policy, we keep track of every verbal and written complaint, compliment, and suggestion, examine them in detail, and then respond both in writing and in person. Our guests' feedback is extremely important to us because we see it as an opportunity for us to improve ourselves. We write each and every response down on tables for everyone in every department to see in plain view, and review them accordingly. Our guests may also put forth different suggestions based on their experiences. We evaluate those amongst ourselves. If we feel that they will be of benefit to our business and our guests, we immediately try and implement them.

**In line with those expectations and needs, you provide high quality services. What do you think guests care about the most?**

We welcome all sorts of guests who travel from different countries and for different purposes. Our guests pay great importance to five star hotel standards; comfort, cleanliness, quality service provided at hygienic places by a staff with good communication skills and in addition to this solution-oriented approach when their possible requirements are met. Özdilek as a brand is also known for the sense of reliability that it gives its customers as well. Beyond that, guests also place importance on indoor activities. In light of that, we have a splendid spa. We are a thermal hotel, which has healing water. We also have a children's swimming pool families just adore.

*"Özdilek is a company that values its staff."*

**Would you share with us some of the feedback from your guests you like to hear?**

Well, we welcome people from all around world, and with that, everybody's reason for staying with us is therefore different. Hence, are guests are satisfied with different things, and so service likewise

diversifies accordingly. Our guests are very pleased with our staff and spending joyful time at our hotel. What makes us happy the most is that our guests leave our hotel happy and satisfied. That they want to stay at our hotel again and that come back... This is happening because our guests are really pleased with our staff with smiling faces. We are constantly working and showing effort for it.

**Do you have an unforgettable moment in particular from your career whilst working at Wyndham Grand İzmir Özdilek? If so, would you like to share with us what it is?**

As I said before, I have been working with the same team for many years. It includes both newcomers and old staff alike... One beautiful moment that springs to mind is the surprise party that they threw for me just as I was about to leave on maternity leave. There also was a period of time where I hadn't worked for nearly a full year due to health problems. And yet, the selflessness and support they showed me throughout will always remain with me. All of this was possible thanks to the healthy communication that we've established under this roof. I thank them a lot.

# Just for you at ÖzdilekPark

## A MIDSUMMER NIGHT'S DREAM

İpekyol is here with designs by the successful fashion designer Özgür Masur for weddings, invitations, and summer parties. The “Özgür Masur for İpekyol” collection consists of 24 pieces in which glitter, tulle, chiffon, and lace come to the fore. These neck-tied and narrow patterned designs feature a myriad of yellow, sweet red, pink, black, gold, and silver tones. A striking line of femininity that will draw everybody’s eyes on you with its pleat and flywheel effect dominate across the slit and back, coming to life in maxi and midi invitation dresses. Flowing fabrics are crowned in a romantic manner by bringing the glittering world of the 1970s and 80s into the present day.



## SUMMER-EMBRACING ROMANTIC DESIGNS

The “Zeynep Tosun for Koton 2019” Spring / Summer collection consists of unique designs that appeal people of all tastes and are ideal for summer weddings and invitations. Plain and special fabrics have been preferred for the dresses in this collection, which move through their shoulder and arm details. They moreover feature colored chiffon, embroidery, viscose, and jacquard designs, striking pinks and reds, as well as exaggerated floral patterns. The collection’s star pieces, on the other hand, include a bright jumpsuit with multi-colored sequin jumpsuit unified with gypsy pink, as well as a large floral patterned satin dress.





## THE COLOURS OF NATURE ARE AT THE BEACH!

This year, Penti invites women to become part of a story that extends across every beach around the world with a collection offering some 65,000 different combinations. Penti not only lays before our eyes designs and models featuring colors from deep within the forest, alongside the shadow of the leaves and every tone of green imaginable, it also makes its blue and white design dance like the ocean. Penti also brings out the best of blue and green in its beach clothes, towels, bags, and accessories, thus bringing you closer to nature and helping you embrace the summer.



## THE ADDRESS WHERE CHIC NEVER CHANGES: ALTINYILDIZ

Altinyıldız presents its 2019 Spring / Summer collection, tailors the colors of summer with technological fabrics, into a sporty character suited for men. You can keep your style by choosing the t-shirts in the collection both in the city and on holiday. Thanks to its use of technological fabrics, the collection is meant to be enjoyed by those of all different tastes, and offers them the opportunity to be superbly elegant. Also included are super comfortable and convenient polo shirts that are practical and allow you to move with ease during any season. With their high quality fabrics and great prices, polo shirts are the perfect option for summer invitations, birthdays, and events.



## THE SUN COULDN'T GET ANYMORE FUN!

Producing sunglasses for the new summer season, Swatch forges practical and avant-garde designs with its Swatch The Eyes series. This time around, Swatch joined forces with the Italian group Safilo, a leader in the optical design industry, for its new collection, which is bound to have the world looking up at you. This series includes dual-color gradient lenses, eyeglass grips, and ultramodern frames, not to mention round, cat eye, square, and aviator glasses models available in matt, glossy, and transparent colors. With the "Eyes" clip-on frames, you can mix and match pieces of different colors to create your own style of eyeglasses.

## DO NOT LEAVE YOUR CHICNESS TO CHANCE



The famous American watchmaker Fossil invites all men of style to discover the specially designed the Belmar collection. Turkey's one and only licensed distributor of the world renown brand, Saat & Saat, too strongly recommends the collection, which is laced with unique details, and which stands out with its sporty elegance. With their super impressive stance, they appeal to men who want to complete their style with one of these watches. The blue details of the grey model in particular stand out, and remind of the ultramarine infinity of the deep sea.

# SEMİH SAYGINER

*“I worked extremely hard in order to accomplish every success I have dreamed.”*

In this issue, we came together with the worldwide known Billiards Player Semih Saygıner, owing to his numerous championships and awards. We made a special and joyful interview with Semih Saygıner about his triumphant career, his success secrets and of course billiards.

**Interview** Ece Şentürk **Photo** Bahadır Özen & Onur Yurtsever

**We would like to know you better. You are a national athlete, who has achieved tens of worldwide successes. Could you please tell us briefly about your triumphant career?**

I was born in Adapazarı in 1964. Way back when, billiards had not even been recognized as a sport yet. I had always heard about billiards. I was familiar with it. However, it wasn't until my friend İlker invited me one day after school to play a round or two that it was then I got immediately hooked. Back then, you could say that it was only played by old farts. Youth simply didn't play billiards. That's what immediately springs to mind. At that point, I didn't know how to play yet. İlker told me that he would teach me, that it was as easy as pie. But, I didn't find that to be the case. I remember asking myself what exactly about this was possibly easy. Even though, before long, I had come to the conclusion that it wasn't as easy as it had seemed, I nevertheless enjoyed it.

It has geometry and mathematics to it. In fact, there even is a sense of infinity within an enclosed space. When I first began playing billiards all those years ago, I wasn't able to give my schooling the attention it deserved. I set out on this adventure when I was 16 years old. I loved it so much that even when I wasn't playing it, I was seeing life as a billiards game. I have been playing billiards for 40 some odd years now, and it plays a very important role in my life. Despite that, I still am learning new things about it. You could say that it's like a bottomless well. That's why I'm drawn to it. Billiards has made me who I am today.

**How did you discover that you had a knack for it?**

I think it was when I began to notice that I was able to do things on the billiards table that others could not. (Laughs) I have always thought of myself as being talented for that matter, however I'm not one to boast about it. I realized that I could only become successful worldwide through

hard work, and not to rely solely on my talent alone. A talented person is only one step ahead of one who is not hard working. Therefore, working hard is what's key. Not everybody who is talented becomes a champion or reaches success. The only key to success is hard work.

**You are known as “Mr. Magic” in the billiards history. When you first began playing, did you ever think that one day you would wind up becoming this successful?**

Indeed. It was my dream and I accomplished it. That is, I dreamt of one day becoming a world champion. Of course, while these dreams were great and all, I had to take the necessary steps in order to fulfill them. Life offered me what I had wanted from life. I worked extremely hard in order to accomplish every success I have dreamed.” I chased those dreams but did so without my heads in the clouds.





**42 of your special hit techniques are known in the billiards world as “Semih Sayginer Magic Shots”. What exactly is the secret to your success, and could you tell us about what you've contributed to billiards?**

There's a billiards player named Raymond Ceulemans. I think he's the best player who has ever lived. He said something in reference to me once: "After Semih entered three-cushion billiards, the three-cushion billiards changed entirely worldwide." I didn't intend to change anything. If I happen to see things that others haven't seen before, it's only because I have asked questions that others haven't. In other words, everything is impossible until someone makes it possible. In fact, what I do is far from magic or anything mysterious. The bravest thing a person can do is to face failing. Up until this point, I have pondered upon as well as discovered what others haven't. Billiards for me is a never ending discovery.

**When people hear the word 'billiards', your name often first springs to mind. What have you done in order to maintain your success?**

I see life as a giant school from which I will never graduate. I firmly believe that everybody that you come across teaches you something. I continue to learn, research and explore, and of course, I work hard. Sometimes, I work as much as 6 hours per day without leaving the table, even if it's to drink a glass of water.

**Why did you take a break from your career of passion, and what lead you to decide to make a return to billiards later on?**

The answer of the two questions is the same: The federation. It had to do with those who were running it at the time and how they were running it. To add to that, I experienced a number of incidents that I wasn't supposed to experience. I parted ways and didn't return until it changed hands. Moreover, it has been claimed

abroad that I would never return. However, after seven and a half years, I came back. Currently, I have risen to number 4 in the world ranks. I now have new plans and have set new goals for myself. I would like to be the world champion once again, why not?

**We could say that it was you who pioneered the popularity of billiards in Turkey. What do you think needs to be done in order for it to advance further here?**

That rests on the shoulders of the federation. We right now are discussing that every topic with its president at the moment. Not only do tournaments need to continue to be held, the sport itself also needs to be brought back into the spotlight. New projects need to be created for it. I also believe that the federation also has to make better use of the media as well. A new billiards game known as Survivor, a complete brand new format, is about to be launched in the coming months. It will be played by four rather than two people. I feel that people will like this project a lot, and it will help the sport become more popular.



**"Billiards  
for me is a  
never ending  
discovery."**



### **In light of your many years of success, what do you think people gain from this sports?**

At the billiards, everything appears different when looking at it from different angles. Thus, you could say that it improves your ability to look at things from various perspectives. Moreover, it also teaches you how to respect not only who you're competing against, but also how to respect everyone around you as well. It teaches you how to be the best you can be within the framework of opportunities presented to you. It also teaches you how to maintain your concentration. Billiards gives you the ability to critique yourself, as though you were your own opponent.

### **How did you feel when you became a world champion, and how did that shape you?**

Becoming a champion came as a no surprise to me, because I earned it. I had envisioned it for myself and did what I had to do in order to achieve it. So, when I got it, I was absolutely thrilled.

### **How does it feel to represent your country as a successful national athlete? Moreover, how does the responsibility of that influence you? This can make you feel both excited as well as nervous, and can thus cause you to make errors. How to you overcome that then?**

There is a fine balance. I am absolutely delighted to represent the country I was born and raised in. I know that every athlete—regardless of who—represents his/her own country. Hence, in order to overcome that feeling, I have profound respect for the existence of other countries and the people representing them, and I believe in equality. I feel that behaving contrary to that is neither in line with what it means to be an athlete, nor is it in line with the Olympic spirit.

### **You have numerous awards owing to your successes. What goals do you have in mind next for your career?**

My biggest desire after seven and a half years is to return back to the world stage and work my way back up to the top through successful performance. I am doing what I can to follow through with that. I'm very much ambitious, impassioned, and prepared. As a matter of fact, setting a goal means setting off on a journey as well as doing what it is you need to do along that journey. You could say that I'm well on my way.

### **In addition to being a national athlete, it is also known you dabble in music as well. You even have an album. Where does your curiosity towards music come from?**

I have always loved singing for as long as I can remember. Because of that, I recorded "Gizli Aşk" (Secret Love) in 2011. Of course, when I look back on it, I feel that it's far from perfect, and that I could do much better than what's on the album. (Laughing) I definitely believe that I can do much better. Perhaps I might take to the stage down the road. I don't want to do that however with money in mind. I'd rather do it simply because I love it.

### **You are a very versatile athlete when it comes to your championships, music album and acting experience. What are the other activities you enjoy doing in your leisure time?**

Well, due to my professional life, billiards training takes a great deal of my time. However, I also give speeches. I used to take care of my health a lot and do sports. Now, I am no longer able to even find the time to do sports. In a nutshell, I don't have a lot of time for just myself. However, when I am able to spare some time, I give my all to whatever it is I'm doing. I never take a break from trying to improve myself, learning, researching, discovering new things. I try to make sure that I enjoy everything I do.

**"Becoming  
a champion  
came as a no  
surprise to  
me."**



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# DISCOVER FASHION

We have hand-picked for you the latest in trend-setting pieces that go beyond fashion with their stylish stance. Here are a number of designs in men's summer fashion just waiting to be discovered...



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**KOTON**  
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99.99 TRY

# HOUSES IN *A SUMMER MOOD*

It is great time to integrate your living space into summer decor... With the alterations in your decoration, you can turn your interior and exterior area into colorful and bright atmosphere and enjoy sunny days with joy and excitement. You can refresh your decor with vivid colors, the greenest decors, colorful flowers and even objects that bring sea breeze. We compiled suggestions for you to bring nature in your home by inspired by summer. Enjoy reading...





## Summer's Energy is on Your Desks

It is so pleasant to have meal invitations with your beloved ones in outdoor spaces. Of course, the first step of pleasant invitations is elaborate, chic dining table design. What about offering servings to your guests on a dynamic and pleasant table. You can put a natural effect to your dining table covered by natural colored tablecloths with porcelain sets, which have gentle and colors reflecting nature. If you want a more vivid decor, then you can use vivid colors of summer like yellow, blue and white on .our table. You can make your table natural by putting living flowers in small vases on it.



## The Serenity of the Sea in Bedrooms

First, you can purchase a new bedlinen with depth perception to bring the calmness and serenity of blue in your bedrooms. By using the same color of your bedlinens in you curtains, you can reflect the tranquility of simplicity in your bedroom. You can prefer a soft blue color to your walls to give seaside impression. By choosing decorative seashells, white and beige objects for ambiance, you can have a peaceful sleep and live the freshness of your decoration in your soul.



## Bring the Tropical Breeze to Your Bathroom

With tiny touch in your bathrooms, you can have refreshing breeze. You can combine bamboo towels with refreshing touch with minimalist accessories and tropical designed tiles. If you want to make a change with less effort, you can make your bathroom natural with living flowers in small vases. By preferring tropical and citrus flowers flavors, you can exactly bring the summer spirit to your bathroom.



### *Houses Refreshing with Flowers*

Flowers are simply take our souls into nature and serenity. By putting colorful and living flowers in your living space, you can reflect the freshness of the nature to your home. If you like, you can create a little flower corner in your living room by putting colorful bouquet, flowers in vases and pots together. If you want, you can keep it simple by putting them in different places. If you don't prefer flowers in your living space, you can offer a warm welcome to your guest by putting them in exterior facades, on the walls, at the entrances and in front of the windows.



### *Summer Decor in Balconies and Gardens*

If you have a broad garden, a small porch or a balcony, you can make them pleasant and inviting with tiny touch. You can use chirpy, new accessories, colorful mattresses here. You can create a enjoyable atmosphere with sparkling LED lamps and little torches. If you like vintage style, you can redesign your living space with wicker furniture, colorful palettes and wooden decorative goods and complete the decoration with carpets like rug.

If you have a swimming or ornamental pond in your garden, marine-patterned accessories to accompany the calming blue of the water become an irresistible alternative. To create a sitting area, you can choose stripped chair cushions or canvas pillowcases for your bamboo furniture. You can buy and put wooden lounge to garden and poolside to benefit from good energy of the sun. You can prefer seashell or marine-patterned stripped lounge pillows for your lounge.

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# Experts are warning: *Attention to Food Sensitivity Tests!*

According to World Health Organization (WHO), half of world's population have food sensitivity which causes various problems from headache to difficulty in breathing. Yeditepe University Koşuyolu Hospital Nutritionist and Dietician Nazlı Şişik Yaltrık gave important information on test and treatment by underlining that food sensitivity should be treated immediately.

By highlighting that there are not any reliable and confirmed tests yet to detect food sensitivity, Nazlı Şişik Yaltrık gave following information on treatment approach: "The best diagnosis mean is elimination – provocation (addition – extraction) method. The gold standard method for the diagnosis is double- blind placebo controlled food challenge test. In this method, patients are advised to keep a diary and write down what foods they consume, what the symptoms are like after consuming them and when these symptoms appear. Data from the diary might help a dietician or doctor determine which foods cause undesired reactions and which steps to take in treatment process. After the foods are detected, it includes extraction of the foods from the diet list for a period ranging from three months to one year, addition of the foods to diet again considering the symptoms. Food intolerance tests have been carried out recently. However, there is not enough scientific evidence to prove that these tests work, as well as the guidelines published by leading scientific organizations in the world in allergies and immunology do not recommend these tests in determining food intolerance."

*"Half of the World's Population  
Have Food Sensitivity"*

Nazlı Şişik Yaltrık, warning that food sensitivity (food intolerance) needs to be taken into consideration, has stated that if cautions are not taken, the person might face with depression. Nazlı Şişik Yaltrık who has reminded of data of World Health Organisation has stated, "Half of the world's population have food sensitivity i.e. food intolerance, one billion people have been diagnosed with food intolerance. According to World Health Organization, the figures have risen to 2.5 billion three years ago."





## *Attention to Fruit, Cheese and Chocolate!*

Yalırık who has pointed out the reasons of food sensitivity "Beside food additives added to the nutrients, as well as naturally occurring toxins in foods might cause food intolerance. Genetic disorders in the digestive system, excessive use of antibiotics, chronic infections and changes in enzyme structures and quantities after surgery are among the most common causes of intolerance. Vasoactive elements that are especially in fruit, cheese, wine and chocolate might cause problems such as migraine, wheezing, urticaria and dysphagia. It should be taken into consideration to the consumption of dairy products, gluten-containing grains, beans and cabbage. She added that if any food is detected, not to consume it for 3-4 days intervals might be a solution.



## *Which illnesses does it cause?*

Expert Dietician Nazlı Şişik Yalırık who informed about the illnesses that cause food intolerance has stated as follows by warning about the depression:

"Chronic headache, excessive weight gain, weight loss, skin problems, autoimmune diseases, fibromyalgia, migraine, stomach and irritable bowel syndrome such as intestinal diseases, absorption disorders, rheumatic diseases, shortness of breath, asthma, depression, irritability, Type 2 diabetes, hypertension, metabolic syndrome, hypothyroidism, chronic rhinitis, eczema, acne, edematous eyelids, urinary disorders, Crohn's disease, heart and circulatory problems. If you feel chronic exhaustion depending on food intolerance and keep eating that food without solving this, it might cause depression in future. Initially, there are complaints of gas and bloating in the digestive system, if these complaints are ignored and untreated, intestinal diseases such as the Irritable Bowel Syndrome may also occur."



## **"The Most Important Symptom is Digestion Problem"**

"Some people may have single symptom, while others may have a few symptoms at the same time, said Expert Dietician Yalırık, and has continued as follows: "The reactions of the two patients with the same food intolerance may be different from each other intolerance may occur in different times of their lives. The most common symptoms are digestive problems, stomachache, vomiting, diarrhea, stomach cramp, gas, rash and swelling, nasal flow, sneezing, breathing noisily and cough."

# IT'S high time



We said farewell to spring... You can transfer the energy of hot summer days to pleasant hobbies and activities and make July and August enjoyable. Here are some High Time suggestions for your soul and body...

## ...TO PREPARE A VACATION LUGGAGE

Summer is here and if you did not go on vacation yet or could not let the streams of the whole year in only one vacation, now is the high time for preparing vacation luggage... By making outfit combinations beforehand what you will wear on vacation, you won't not only carry the burden of unnecessary clothes but also won't lose time during vacation by thinking "What should I wear?". Besides, it would be nice to carry books with you to accompany you during vacation or when resting...



## ...TO GO ON A BOAT CRUISE

If you want to go on a vacation away from the busy city and business life without making long trips, and look for calmness and serenity, we have a nice suggestion for you: Boat cruise... It is high time to take a boat cruise to a peaceful blue journey in touch with sea, where you can witness numerous beautiful bays and natural beauties.





## ...FOR OPEN AIR CINEMA

You can enjoy cinema that is an activity of all times not just cold weather in open air in summer. The best way to enjoy your fav movies in the balcony or porch of your home or open-air areas, cinemas arranged for these organizations.

## TO PREPARE AN ICE COLD LEMONADE

The most delicious type of lemonade, the drink of summer, is homemade lemonade made of lots of lemons, a bit of sugar and ice. It is easy to prepare and so refreshing, a taste from our childhood... You can serve your lemonade, the most natural way to cool off on these hot days alongside your desserts, or decorate them with mint leaves and lemon slices to prepare a stylish drink for your loved ones.



## ...FOR BARBECUE

Very enjoyable and pleasant activity to enjoy the good weather within our little time: BBQ. You can make your day more enjoyable by inviting your loved ones to your delicious barbecue plan on your balcony, garden or picnic areas. Eating altogether outdoor while chatting may even turn summer evenings into a little holiday. Don't forget to try the Turkish coffee cooked slowly on the embers after the meal...

## ...TO TRY OUT EXTREME SUMMER SPORTS

We were stuck in the gyms because of the cold winter months and the rainy days of spring. However, these are the ideal months to go out of the closed areas and to try out branches of sports with plenty of oxygen. Therefore, you can add locations where you can do cave diving, bungee jumping, rafting and paragliding to your holiday plan. Thanks to extreme summer sports, you can both spend your energy and have an unforgettable summer adventure full of adrenalin.





# THE CAPITAL OF TOURISM

## *Antalya*

In this issue, we wish to welcome you to the Turkey's tourism capital, Antalya. Antalya is one of the most stunning city's Turkey has to offer, complete with lush forests, miles of coastline dotted with palm trees, blue flag beaches, enchanting coves, gushing waterfalls, historical sites and temperate climate... We have compiled for you a list of the must-see places within this magnificent metropolis that represent all of the above and more. Happy reading...



## KALEIÇİ

Kaleiçi is the name of the central region of Antalya and has a history stretching as far back as the 4th Century BC. Surrounded by the magnificent Bey Mountains, it presents you with captivating places to put up your feet up and relax all, all the while you wander past restored homes complete with bay windows, monuments that testify to the region's past Kaleiçi's well known orange blossoms, streets that smell of sweet jasmine and gardens lined with orange trees and bougainvilleas. Today, it has transformed into major tourist center complete with places for entertainment, bed and breakfasts, restaurants and gift shops galore.



## KAPUTAŞ BEACH

Nestled along a windy coastal road between the districts of Kaş and Kalkan and with its turquoise waters, Kaputaş Beach is the paradise, as it were, of Antalya. Tourists - both local and foreign alike - flock in droves to the beach every year, thus making it one of the most popular. What makes it one of the most magnificent beaches in the world is its spectacular water, which slips between bright greens and blues, alongside both the unspoiled nature surrounding it as well as a cavern known as Blue Cave. In order to reach the bay cliffs, you need to climb up a long, windy set of 187 stairs. So, you happen to find yourself in Kaş, don't forget to stop by and breathe in the beauty that waits you.



## KONYAALTI BEACH

Konyaalti beach is a natural beauty onto itself that stretches for miles and miles along the edge of the city. Its name is thought to have derived from the Turkish word "koyaltı" or "beneath the cove" because it literally rests right beneath Antalya's cliffs. The form it currently takes, Konyaalti, likewise is thought to have emerged from regional pronunciation. The beach begins right where the cliffs end and stretches all the way to the city's port. In being one of Antalya's most well - known and well recognized beaches, Konyaalti is approximately 7.5 km in length. Moreover, its pebble blanketed coastline sweeps into waters that go as deep as 2 to 3 meters.



## ALANYA CASTLE

The castle was founded by the warriors of the Roman pirate Tryhos in the 2nd century BC under the name Korakesion. Invaded by different rulers for many years, the castle was finally conquered by Suleyman the Magnificent. Alanya Castle, which has become the symbol of Alanya, is located on an island about 250 meters high from the sea. There are 83 towers and 140 bastions in the castle whose total length of the walls is 6.5 kilometers. In the Middle Ages, around 1,200 cisterns were built in the castle to provide water for the city located within these walls. Some of these cisterns continue to be used today. The citadel, which is organized as a museum, is located at the summit of the peninsula.

## THE DÜDEN WATERFALLS

The Düden Waterfalls comprises of two separate waterfalls, Lower and Upper Düden, both of which climb as high as forty meters. When you arrive, you find yourself walking into a large picnic area. Then after winding your way down a set of stairs, you find yourself face-to-face with the stunning waterfalls. Visitors not only get to watch a waterfall gliding 40 meters above them, but also get to enjoy being surrounded by a geography that truly harbors every shade of green within in. When you head to Antalya, do add the Kurşunlu and Manavgat Waterfalls to your list of places to visit.



## KÖPRÜLÜ CANYON

Köprülü Canyon National Park is situated on the edge of numerous valleys through which the Köprüçay River stemming all the way from the province of Isparta runs though. The canyon visitors in awe with its jaw-dropping beauty and serves as Turkey's most popular rafting spot. During the summer months, the river not provides up to 7,000 people raft along its pristine waters, but you can also drink from it as well.



## OLYMPUS

Olympus is one of the best places in Turkey to visit if you're looking for a vacation amid nature. The untouched beaches Antalya's Olympus, situated in the province of Kumluca, is accompanied by every shade of green under the sun. If you so wish, you can camp in one of its many tree houses nestled within its forests, or you can stay in a bungalow and give yourself entirely to nature. Olympus is also well known for its historical ruins as well, in which it welcomes its guests with not one, but two ancient cities, the Northern Necropolis and Southern Necropolis. Built long the streams lining both cities includes a basilica, temples, tombs and a bishopric palace.



## KEKOVA

Situated close to the district of Demre, Kekova is a rocky, small island that hangs of the coast of Kaleköy and Üçağız. It is not foreign to ancient records either, whereby it is known as Kakava. Attracting tones of local and foreign tourists alike, the harbor as well the sunken city of Kekova had plunged beneath the waters at the hands of earthquakes that rocked the area during the Second Century. This Mediterranean Island carries the tile of being the single largest island in all of Turkey. Kekova Island, is very important in terms of underwater archeology, as well is a popular destination for boat tours as well. You get to view the sunken city's ruins resting beneath the sapphire waters as you whisk above the island.



## AZIZ (Saint) NICHOLAS MEMORIAL MUSEUM

St. Nicholas, a.k.a. Father Christmas or Santa Claus, is said to have been born in the city in Patara, which is nestled in the region of Lykia and lived in Myra or modern-day Demre. Known as a religious figure who dedicated his life to helping the poor, St. Nicholas is also believed to be the protector of seafarer and students alike. A church in his name was built following his death, within which his body, kept in a sarcophagus, had been laid to rest. During the Crusades of 1087, Italian merchants came and took his bones back to the city of Bari in order to be buried at the basilica. Now, the bones that are believed to belong to St. Nicholas have been preserved and are kept at the Antalya Museum. The church, on the other hand, which was built by the Myrals, has undergone many renovations during its lifetime and now serves as the St. Nicholas Memorial Museum, ushering in many visitors.



## GOLF TOURISM

Golf tourism in Turkey is particularly popular in Antalya's Belek region. Awarded the Best Golf Region of the Year Award in 2008 by the International Association of Golf Tour Operators (IAGTO), Belek is home to 11 touristic venues and 27 golf courses all of which offer guests a wide range of restaurants, bars, and cafes, shopping centers, and entertainment opportunities all the while being close to the beach, and all of which also present visitors with the opportunity to vacation in a location overlooking nature. Belek's cultural, historical and natural overtones, its high quality golf courses and facilities, as well as the countless international tournaments that it plays host to all offer visitors an unparalleled golf tourism experience.



## WHAT TO EAT IN ANTALYA?

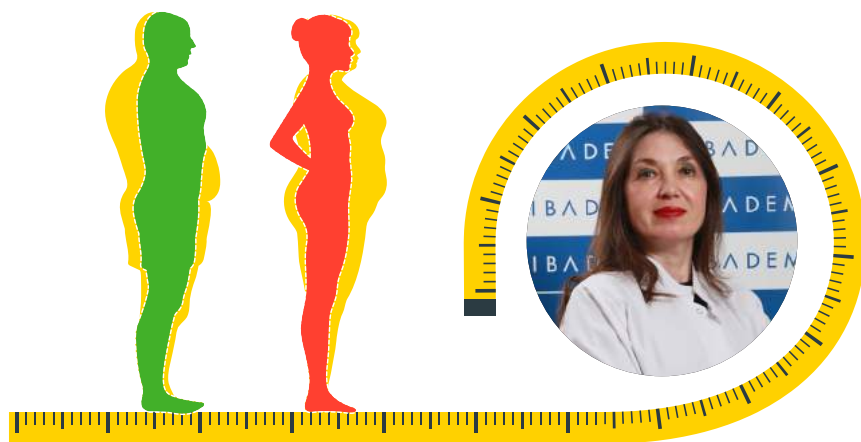
**Bergamot jam:** Even though making it is a rather lengthy, it is a taste that is unique to the Mediterranean. It obtains its unique flavor from carefully scraped bergamot peels that are strung a long piece of thread and left to dry beneath Antalya's sun... The peels then are boiled in hot water until they soften and then are left to it in cold water, thus releasing their flavor. They then are boiled in a mixture of sugar and water, whereupon they are packed into jars. Grown in the baking hot climate of the Mediterranean, bergamots are not only used for jam, they also are paired and eaten with clotted cream as a dessert as well.



*If you've lost weight but can't seem to slim down, swimming is just the thing for you.*

# 4 WAYS TO FIGHT OFF STUBBORN FATS

Apart from the desire to look young and slim, some of the fat that we try to burn off are in fact very important for our health. Fats help regulate body temperature, they play an important role in protecting against injury and bone fractures, and they help us store certain vitamins. You could say that adipose tissue is essential for our health, but only to a certain extent.



**Dermatology Specialist Dr. Belma Bayraktar of Acibadem Bakırköy Hospital**, says that the ratio of fat in the body should not exceed 30% for women and 25% for men, and that if it exceeds that number, it can lead to serious diseases. She notes, “The ideal fat ratio, as well as where in the body the fat is stored are both critical. Fat around the waist is risky, and may lead to the development of insulin resistance, followed by diabetes. Reflux is also a common disease caused by abdominal fat. Women with wide basins often suffer from an imbalance in oestrogen, as well as an irregular menstrual cycle.” She also emphasizes that women with fat around their thighs and hips, and that men with fat around their abdomens have a more challenging time when it comes to burning fat. She went on to tell us what causes fat to get stored where it does in the first place, as well as showed us some tips for trimming down, including a number of important warnings and suggestions.

## CRYOLIPOLYSIS

Cryolipolysis is based on removing fat from the tissue by applying a cold application to the fat tissue. It is highly popular, effective, and safe, and is performed over a series of 8 weeks through 45 to 60 minute-sessions.

## Who can benefit from it?

The FDA has given Cryolipolysis the green light for all adults. It has no side effects, and has been reported as being safe because it neither causes elevated blood fat levels nor deterioration during liver tests due to fat destruction.

## CRYOLIPOLYSIS

## ULTRASOUND

## RADIOFREQUENCY

## INJECTION LIPOLYSIS

### ULTRASOUND (HIFU)

Here, ultrasound waves are penetrated on the targeted area, which in turn break down the fat tissue fragmentation as well as tighten the skin. Side effects may include redness, bruising, and pain. Ultrasound is done over 1 to 3 sessions per month.

### Who can benefit from it?

Ultrasound is suitable for people who are not obese, but who rather have fat in certain regions. While both low and high frequency ultrasound is available on the market, nowadays, most prefer doing high density.

### RADIOFREQUENCY

Radiofrequency employs heat in order to destroy fat cells. It also tightens the skin, and carries the advantage of being applied within a very short period of time. While this method provide patients with moderate thinning, one should neither place high expectations upon it nor rely on it to lose weight. Radiofrequency is painful and normally done under local anesthesia, and thus is not recommended. One, after the procedure, may be required to take oral painkillers. Moreover, the procedure needs be performed by competent hands, or else... If the physician isn't careful, he/she can cause burns and scarring, alongside cause the fat tissue to collapse.

### Who can benefit from it?

Those who are already of an ideal weight, exercise regularly, and have a balanced diet, but to also suffer from regional fat protrusions.

### INJECTION LIPOLYSIS

This method entails the injecting of a number of fat-burning substances directly into the adipose tissue, and provides regional thinning as well as tightening. Side effects may include redness, pain, bruising, and oedema, albeit merely temporary. It is normally done over every 10 days over a period of at least 8 weeks. Many prefer this method due to its rapid recovery time and minimal side effects.

### Who can benefit from it?

It is advised that those suffering from liver or kidney disease, diabetes, or cancer NOT undergo this procedure. Those only with normal renal function can undergo this procedure because the melted fat gets excreted via the kidneys.

## FACTORS LEADING TO WEIGHT GAIN

**Poor Nutrition:** Consuming excessively fatty and carbohydrate-rich foods, alcoholic and sugary beverages, alongside junk food such as biscuits, chocolate, and chips, all lead one gain unwanted fat.

**Lack of Physical Activity:** A sedentary lifestyle, too, is one of the main causes of excess weight gain. Going for a 30-minute walk or swimming at least three days a week both cut down body fat.

**Genetic Factors:** Genetic factors also play a major role in weight gain and fat storage, as does one's age and sex, alongside hormonal imbalance. Menopause also opens the way to one gaining weight due to physiological changes within the body.

**Psychological Factors:** Psychological reasons, too, lead to weight gain. One example of this is snacking because you feel lonely and sad

**Metabolic Diseases:** Certain metabolic diseases may increase weight. This could include a malfunctioning thyroid, which prevents the body from burning calories.



# For a Bronze Summer

We have put together the products you may need to have a perfectly and evenly bronzed skin, curled silk lashes and to get natural beach-wavy hair. Thanks to the newest products, a bronze summer is coming for you...



## EGOS

Egos, best known for its hair styling products, offers you a natural beach-wavy hair with its new product, Egos Wavy (Sea Salt Styling Spray). It not only allows you to feel the sea breeze and the smell of the sea on your hair, but also helps you to get a natural just-off-the-beach wavy hair look.



Price: 34.95 TRY

## ESSENCE

Essence launches two different mascaras and mascara bases in its new mascara series. With "You Better Work Volume & Curl Mascara" of the series, giving extra volume and curling lashes, it is possible to look beautiful good at the seaside, in an overwhelming summer or during an intense sport training. Thanks to waterproof mascaras, you can have a well-groomed look in all conditions...

Price: 23.25 TRY



## SIMPLE

The prominent feature of Simple Protecting Light Moisturizer SPF15 Pouch is that it includes no animal derived ingredients. Thanks to its perfect travel size, it fits easily into bags and suitcases. It is an ideal product for those who care about skin care in festivals, sports and holidays. When the product is over, you can reuse the pouch by filling it with your other products at home.

Price: 19.90 TRY



## BIODERMA

In summer, when the sun makes its presence felt more and your skin needs extra protection, the Bioderma Photoderm Max Cream Tinted SPF 50+ provides very high protection for dry and very dry skin. Starting from the cell, the product protects your skin against the harmful rays of the sun and premature skin aging due to the sun. Thanks to its colorful texture, it also offers a concealer effect without leaving white marks and greasy feeling on your skin after it is applied.

Price: 109.50 TRY





## NARS

The Nars Ignited Eyeshadow Palette, combining natural nudes with vivid colors, can be used as an eyeliner and applied wet or dry. The rich pigmented formula provides a high glittering appearance. The ultrafine blends of shimmer, glitter, and pearl reflect light for eye-catching effects on eye make-up. The formula provides an important finish for flawless eye make-up thanks to the long-wearing and crease-resistant colors.

**Price: 392 TRY**



## SEPHORA

The Illuminating Bronzing Oil 125 ml of Sephora Sun Collection helps you achieve a perfect tan practically. Scented with the exotic monoi fragrance, the illuminating oil shines out for those who want to have Brazilian tan on their skin.

**Price: 51.90 TRY**



## NYX

Candy Slick Glow Lip Color prepared by NYX for those who want to have attractive and bright lips, gives your lips a candy-colored appearance. Thanks to its high pigmentation, the vivid color of the full-coverage lip-gloss is just as it is seen on the package when it is applied to the lip. Candy Slick Glow Lip Color is the choice of those who want soft, bright and full lips in every condition.

**Price: 49.99 TRY**



## BENEFIT

Hello Happy Soft Blur Foundation, formulated by Benefit to offer most suitable use in summer, allows your skin to breathe and is light weighted. Foundation with light to medium coverage required because of high humidity and temperature in summer provides a natural-matte finish by camouflaging pores and blurring fine lines.

**Price: 285 TRY**



**FLORMAR**

Dreamy Look Nail Enamel series, consisting of 6 different elegant colors of Flormar, has a jelly look and is a more durable nail polish thanks to its special formula. It is also easy to apply the nail polish that is preferred by those who are bothered when the nail polish wears out in sea and pool.

**Price: 8.99 TRY**



**FENTY BEAUTY**

All the shades needed for a perfect make-up are within the Fenty Beauty Match Stix Trio set. The set consists of concealer, contour and highlighter; helps you to blur your imperfections, shape your face and lighten your skin as you wish. The Match Stix Trio is easy to apply and lasts all day long.

**Price: 425 TRY**

**TOO FACED**

Too Faced's Hangover Make-Up Setting Spray helps to keep your make-up running due to temperature and humidity in summer, providing you a perfect beauty all day long. Coconut water based spray that you can use all day long, moisturizes your skin, refreshes and sets your makeup.

**Price: 255 TRY**



**ANASTASIA BEVERLY HILLS**

Anastasia Beverly Hills's Loose Highlighter is in loose powder form unlike pressed highlighter powders. Thanks to this feature, the product is applied more easily like a powder and is distributed evenly on the skin. Featuring a higher level of reflection, highlighter gives your skin a healthier and radiant look. In addition to tan makeup, you can apply Loose Highlighter also to your body.

**Price: 249 TRY**



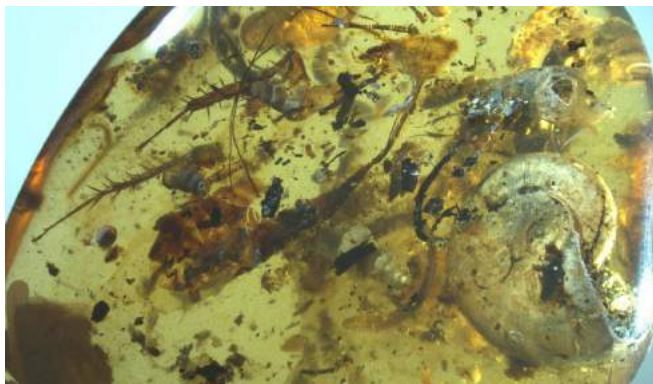
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BEACWEAR 2019



# World of science with "bakalim biz"

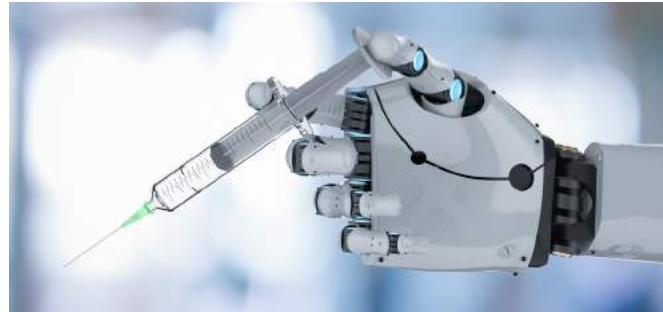


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## 99 MILLION YEARS OLD FOSSIL IS FOUND IN AMBER

A 99-million-year-old fossil is found in northern Myanmar, an Asian country. The fossil, which is formed by dripping from a pine tree millions of years ago, is a kind of resin known as amber. The discovery of 40 kinds of fly, bee, insect etc. living fossils excites scientists, but the most interesting part is Ammonite (an extinct mollusk that lives in seas). It became an important event in the scientific world since it was the first fossil with an ammonite fossil in it. Researchers who have started to work to solve the secret of ammonite in the fossil will examine the fossil using a special imaging technique.



## A ROBOT IS MADE TO MOVE WITHIN THE HUMAN BODY

Scientists at City University of Hong Kong have developed a several millimeters robot. The aim of the developing the robot is to provide treatment opportunities for deadly diseases such as cancer, which cannot be treated yet. The robot, which scientists named as "Flying Whale" can be placed within the human body. The part where the cancer cells are found within the body is illuminated by infrared light. Flying Whale folds its wings up with the help of hydrogel affected by infrared light. Thus, the little robot remains where it is at that moment and leaves the drug to the area. The studies are still in progress in order to increase the mobility of the robot, which was successful in the tests and to fold its wings up separately.



## HUMAN BRAIN IS COPIED TO A MINI-BRAIN

As a result of recent research, scientists managed to copy a mini brain. A mini copy of the science writer Philip Ball's brain was created using his own brain cells in a laboratory. The main purpose of the research was to develop a solution to dementia and scientists needed brain models for that. In this respect, the researchers aimed to elucidate the mechanisms that triggered dementia in the brain. But as a result of the research, writer Ball ended up with a simplified genetic replica of his own brain. The mini-brain growing in a petri dish urged the author to wonder what make us biologically human. Philip Ball wrote a book about his important experience.



## HUMAN BRAIN GENES ARE IMPLANTED INTO MONKEYS' BRAINS

Scientists have made an interesting experiment using the gene replacement method. Chinese scientists put human brain genes into monkeys using the gene replacement method for the first time. Scientists have modified the human MCPH1 gene found in monkeys and adapted it to the 11 monkeys used in the experiment.

When the monkeys are observed after the gene change operation, it was stated that the monkeys moved in a more practical way, they could copy human movements more easily in the long term, and their intelligence and memory are improved. Chinese scientists stated that the monkeys will also be used in research done for some diseases.



## THOUGHTS ARE CONVERTED INTO SPEECH

Scientists from the University of California have made a revolutionary breakthrough for the science world. According to an article published in Nature magazine, a device that can convert thoughts into speech is developed. The device developed is activated by placing a mini electrode to the section of the brain that moves lips, tongue, larynx and jaw. Thus, electrical signals in this section of the brain are detected. Sound waves are emitted from the movements of the mouth and larynx through the computer and the thought is converted into sounds. Finally, an artificial intelligence algorithm from the virtual audio device manages to make sounds synthetically.

It is stated that with the development of this technology, the device can be used in diseases causing speech loss such as motor neuron, brain damages, larynx cancer, stroke, Parkinson.



CINEMA

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# COMING TO THEATERS

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## Once Upon a Time in Hollywood

**Screening Date:**  
**August 23rd 2019**

Set in Los Angeles in the summer of 1969 (during the final years of Hollywood's Golden Age), the film tells the story of a faded television actor trying to achieve fame and success in the film industry. Alongside him is his close friend and stunt double, who is aiming to achieving the same. At the same time, the horrific murder of Sharon Tate and her four friends by the disciples of Charles Manson sets the background story of the film. Directed by Quentin Tarantino, the film features a colourful cast including Leonardo DiCaprio, Brad Pitt, Margot Robbie, Al Pacino, and Kurt Russel.



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## Troll: The Tale of a Tail

**Screening Date: July 5th**

Trym, the Troll Prince, has only two days to save his father, King Grom, who has turned into stone and had his tail stolen by the evil presence in the forest. Trym and his companions must go on a wild and dangerous journey across the troll kingdom of Ervod to save his father's life and return the kingdom to its rightful ruler. Kevin Munroe sits in the director's chair of this animated film.



## Terra Willy

**Screening Date: July 12th**

Following the destruction of their ship, the young Willy is separated from his parents with whom he traveled in space. His spare capsule lands on a wild and unexplored planet. With the help of Buck, a survival robot, he will have to hold until the arrival of a rescue mission which, in the mean time, leads to a unfolding of an adventure all on its very own.



## The Lion King

**Screening Date: July 19th**

Directed by Jon Favreau, the film explores the adventures of Simba, the cub. Simba, who lives a happy life as a cub lion who admires his father Mufasa, the king of the jungle, is unbeknownst to his sinister Uncle Scar's plans. Scar, upon killing Mufasa, now seeks an opportunity to become king, but is now threatened by Simba. Simba thus goes into exile, distraught by the betrayal by his uncle and by the loss of his father. When the time comes, he will claim what is rightfully his, and will make his uncle pay for his actions.



## Crawl

**Screening Date: July 12th**

Rock Scodelario, Barry Pepper and Ross Anderson star in Crawl, which tells the story of a young woman fighting for her life during a fierce hurricane in Florida, whereby she finds herself in a flooded house trying to save her father. Trapped within, she must fight to protect herself against Florida's most ferocious and fearful predators.



## Brightburn

**Screening Date: July 19th**

A rural family takes in a baby who fell mysteriously from the sky comes to discover in time that the child they are raising possesses a very different kind of evil and power that they were not expecting, and they have no idea how to stop him. Cast in this thriller are Elizabeth Banks, David Denman, and Jackson Dunn.



## Dora and the Lost City of Gold

**Screening Date: August 9th**

Dora is a girl who grew up amid nature, who has spent the better part of her life exploring the natural world with her family. But now, Dora has a new adventure awaiting her, one that scares her so a bit too much: she has to attend high school. Before long, she finds herself a group of friends. They then embark on a colourful adventure to rescue her family and solve the unforeseen mystery behind the lost civilization of the Incas. The film's cast include Isabela Moner, Eva Longoria, and James Bobin.



## Artemis Fowl

**Screening Date: August 9th**

Artemis Fowl, 12, comes from a long line of innumerable criminal masterminds. A genius himself, he too is forced to embark on an adventure following the sudden disappearance of his father. In order to shed light on great mystery, he must fight against a powerful and secret fairy race, and finds himself in a war of power and cunningness against his rivals.



## Siccin 6

**Screening Date: August 9th**

The latest film of the Siccin series, Siccin 6, was shot in the village of Karain, in Urgup, Nevsehir, also known as the village of cancer and was evacuated relatively recently by order parliament. Like its prequels before it, Alper Mestçi, a leading name in Turkish horror cinema, sits once again in the director's chair.



## Fast & Furious Presents: Hobbs & Shaw

**Screening Date: August 2nd**

This is a spin - off film to the Fast & Furious Presents Hobbs & Shaw TV series. The film focuses on the former TV show's characters Luke Hobbs and Deckard Shaw. Starring Dwayne Johnson (Luke) and Jason Statham (Deckard), Vanessa Kirby, Deckard Shaw's sister takes on the role of an MI-5 agent. Golden Globe Award winner Idris Elba plays the villain. Known for Wick John Wick, Blonde Bomb, and Deadpool 2, David Leitch, takes on the role of director. Chris Morgan wrote the film's screenplay.







## The Angry Birds Movie 2

**Screening Date: August 16th**

Adapted to the screen from a computer game that marked an entire generational period and adored by all age groups, this fun - filled film is the sequel to Angry Birds 1, and is about the adventures of flightless birds and green pigs. Starring as its voice actors include Nicki Minaj, Leslie Jones, and Rachel Bloom, all of whom audiences will get to listen to for the first time in animated form.



## Angel Has Fallen

**Screening Date: August 23rd**

Angel Has Fallen is about Secret Service Agent and Presidential Body Guard Mike Banning's questioning his life and career choices after an air force attack that threatens President Allan Trumbull's life. Banning, who has become the target of the smear campaign as well as is accused of attempting to assassinate the president, is forced to flee his own agency and FBI while trying to uncover the real threat.



## Spider-Man: Far from Home

**Screening Date: July 5th**

The adventures of Spiderman continue. In this sequel, Tom Holland plays Peter Parker, the newest generation of Spider - Man has once again won the hearts of millions of fans. At the helm of this film, which depicts the adventures of a young Peter Parker, is Jon Watts as director. The film's cast also include Jake Gyllenhaal, Zendaya, Samuel L. Jackson, and Cobie Smulders.



## Cinayet Süsü (Murder Disguise)

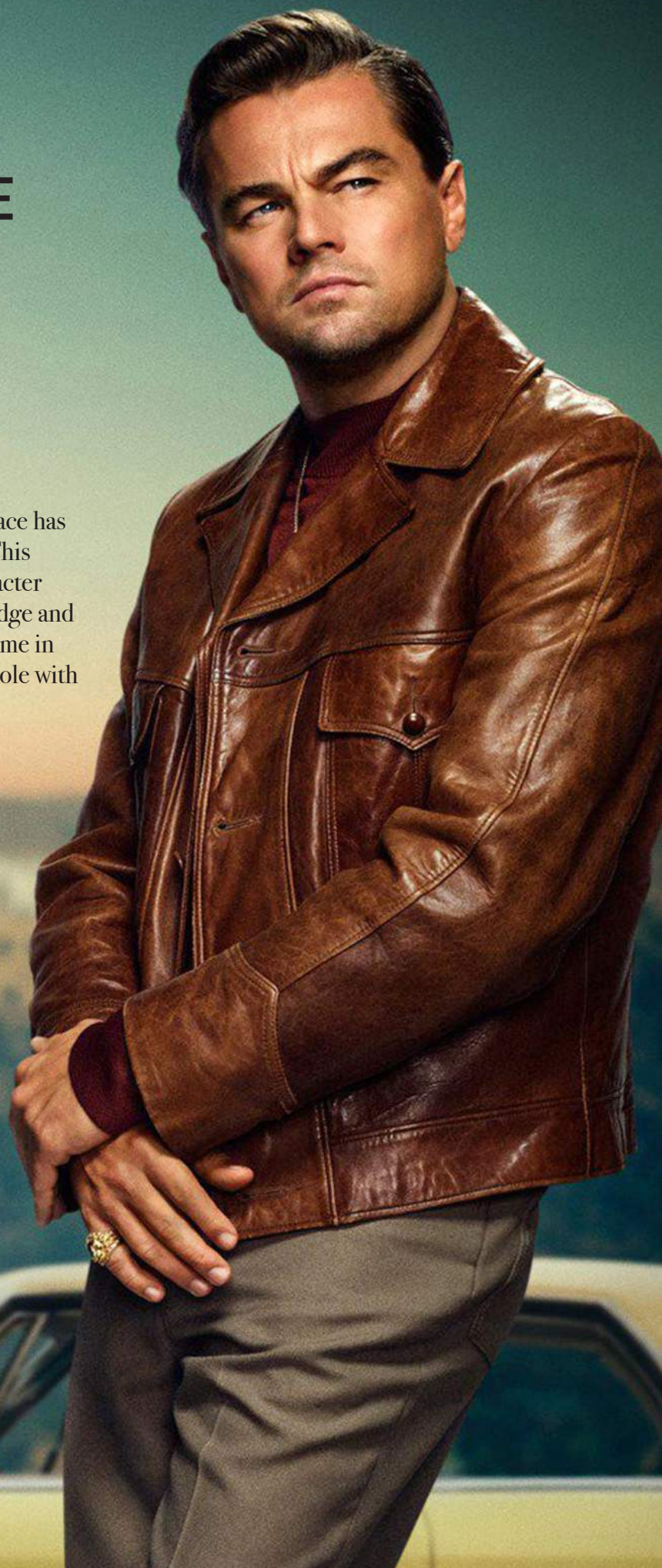
**Screening Date: August 16th**

Cinayet Süsü is about the adventures of a murder investigation squad who tries tracking down a mysterious serial killer. The film is directed by the director of Limonata (Lemonade) and Ölümlü Dünya (Mortal World), Ali Atay, and features stars as Uğur Yücel, Cengiz Bozkurt, Binnur Kaya, Feyyaz Yiğit, and Mert Denizmen. Ali Atay, Feyyaz Yiğit and Aziz Kedi penned this detective comedy's screenplay.

ACTING THAT  
LEAVES YOU IN AWE

# LEONARDO DICAPRIO

Leonardo DiCaprio, the iconic actor whose baby-face has been forever etched in the minds of Hollywood... This year, we will see the famous actor play Rick, a character who was once a famous actor but has now lost his edge and with it, his confidence. The cast of *Once Upon a Time in Hollywood*, in which DiCaprio shares the leading role with Brad Pitt, includes the legendary Al Pacino...



Named after Leonardo da Vinci, Leonardo Wilhelm DiCaprio was born in Los Angeles, California on October 11th, 1974. DiCaprio's mother Indenbirken felt her infant's first kick in her womb whilst at an exhibition of Leonardo Da Vinci in Italy, and decided to name her baby Leonardo after him. When Leonardo was only one year of age, his parents separated, and custody of the baby was granted to the mother. During his youth, he often visited museums with his father, a comic book artist, producer, and distributor. Influenced by his half-brother, Adam Starr, who too was an actor, little Leo first appeared in a milk commercial at the age of 5. He also was strongly moved by his fine arts teacher, Jacques Williams, that upon graduating from John Marshall High School, he went on to attend the Los Angeles Center for Enriched Studies.



DiCaprio's acting career began in 1989 with a TV film called Parenthood. Before long, he also took on roles in two more TV shows, Santa Barbara and Growing Pains. He made his debut on the big screen as Josh in Critters 3. In 1993, he was hand selected by Robert De Niro out of 400 young actors and won his first leading role in This Boy's Life. DiCaprio then played a mentally challenged child in What's Eating Gilbert Grape, and was nominated for an Oscar's Best Supporting Male Actor award, as well as ended up winning the National Board of Review's award for Best Supporting Male Actor. He became even better well known through The Basketball Diaries in 1995 and Romeo +

Juliet in 1996 film. This was followed by his unforgettable role as Jack Dawson in the 1997 film Titanic, which won him worldwide acclaim. Titanic became the most watched movie to that date.

The famous actor won the first Golden Globe Award as well as a second Oscar nomination for his role in The Aviator, which depicts the life of Howard Hughes.

He also was nominated for the big awards for almost all the movies, taking important part in his career, such as Shutter Island, Inception, Django Unchained, The Great Gatsby, The Wolf of Wall Street, Catch Me If You Can, The Departed, The Aviator and Blood Diamond.

Nominated for Best Male Actor Oscar award for his performances in The Aviator, Blood Diamond, and The Wolf of Wall Street, DiCaprio won the Oscar award for Best Male Actor for his acting performance in the 2015 film Revenant. With his successful acting in the Revenant, which made a tremendous impact, he was also granted BAFTA and Golden Globe awards for Best Male Actor in Drama. Alongside his successful career and his acting life, the world famous actor makes a name for himself for his sensitivity towards nature and environment. The nature lover actor Leo, who donated 6 million dollars in order to help to protect natural ocean life and the tigers in Nepal, owns a special island in Belize. He is said to have an idea that he wants to turn the island into a new model of environment and nature conscious tourism center, which is equipped with the latest technology.



# agenda



## CANDAN ERÇETİN CONCERT

Turkish pop artist Candan Erçetin is to perform at Harbiye Cemil Topuzlu Open Air Theatre on Tuesday, July 9 at 21:00 (9:00 PM), which will also play host the best Istanbul's dance spectacles, music festivals, and world - famous performers. Erçetin is expected to put on unforgettable evening for her fans that night on an entertaining stage that will wow the crowds with its stylish decor and orchestra.

## HUNCHBACK OF NOTRE DAME MUSICAL

The Hunchback of Notre Dame Musical will be staged at the Trump Culture and Show Centre on July 18. The Turkish version "Notre Dame - Quasimodo Musical", inspired by Victor Hugo's timeless works, is bound to captivate crowds. The play features the ugly hunchback church bell ringer Quasimodo, France's spiritual leader Claude Frolo, and the King's personal Commander Phoebus, their romance with a local Romani girl Esmeralda, the dilemmas and reactions in the souls of the faced by the bell ringer and the priest though a romantic approach.



## J BALVIN CONCERT

One of the biggest names to emerge out of the Latin music scene in recent years, the Grammy award winning J Balvin is getting ready to meet with fans in Turkey. The famous artist will give his first performance at Istanbul's KüçükÇiftlik Park at 15:00 (3:00 PM) on July 26. Holding the Guinness World Record for the "Longest stay at number one on the US Hot Latin Songs chart by a single artist", Balvin impressively ranks number one on YouTube and Spotify. He has also won accolades by the Rolling Stone and Billboard for the having one of the best albums of 2018.





## A MID-SUMMER NIGHT'S DREAM

A Mid-Summer Night's Dream, as directed by Europe - renowned Macedonian playwright /director Aleksandar Popovski, will be staged between July 8 and August 8 in Balıkesir, Ayvalık, Aydın, Kuşadası, and Antalya. As one of William Shakespeare's comedy masterpieces about love and dreams, the play is expected to dazzle theatre lovers with visual feast filled with music and dance. The cast includes the award - winning actors / actresses Levent Üzümcü, Neslihan Yeldan, Sezai Aydın and Arda Aydın.

## NİHAT SIRDAR AND THE 90'S PARTY

Children trying to keep their virtual babies from dying, neon colours, the introduction of the computer, tetris, videotapes, Walkmen, and exaggerated hairstyles... Turkey's longing to go back to the 1990s has found new life with Nihat Sırdar outdoors party at UNIQ Açık hava. The successful radio personality, who is expected to kick off the program on Saturday, July 6 at 21:00 (9:00 PM), invites all music lovers to relive the unforgettable songs of the unforgettable period in a lush and zestful atmosphere underneath the stars.



## SERTAB'S MUSICAL

Sertap Erener, who is celebrating her 25th anniversary in music, will meet with fans at UNIQ Hall on Wednesday July 3 at 20:30 (8:30 PM). The choreography and stage management of the two hour musical was lead by Beyhan Murphy, with costume design lead by Belma Özdemir. Costumes and choreographics tailored for each song transform the night into a visual and audio feast interpreted ever so beautifully by Erener.

## MİLYONFEST İSTANBUL

MilyonFest İstanbul, which as of last year became the first open air music festival to ever be held in İstanbul, will be held this year between July 18 to 21 at Million Beach Kilyos, and will feature performances by MFÖ, Şebnem Ferah, Athena, Duman, Ceza, Manga, Cem Adrian, Feridun Düzağaç, Pamela, Yüzyüzyken Konuşuruz, Adamlar, Sena Şener, Deniz Tekin, Umut Kuzey, and Aslı Gökyokuş.



# TECHNO TREND

On our page, where the technology trends that ease our life are presented, we present many products to your taste, from LG's bendable OLED TV to Bosch's Fridge that takes a selfie; from Arçelik's Asista that can speak Turkish to Huawei P30 Lite cellphone with a 48 mega-pixel camera.

## LG SIGNATURE OLED TV R

LG'S OLED TV with 65-inch screen that is the world's first bendable TV has achieved to be highlight of the CES 2019 (Consumer Electronics Show) with a great presentation. Users can play easily iTunes with the support of AirPlay and videos directly from their apple devices in their television that supports Apple applications. With Apple HomeKit support, users can control the TV via Home application or by asking Siri. In addition, users can control the TV just via voice commands with the support of Amazon Alexa added recently to the AI TV series of LG in 2019. LG will release Signature OLED TV R within this year.



## ARÇELİK ASISTA

The world's first Turkish speaking smart assistant Arçelik Asista creates a system that involves applications developing constantly and covering every aspect of life thanks to its various features such as learning weather forecasts, listening music, reading e-mails, following stock and daily currency rates, learning flight information, benefiting from education materials.

Asista detecting Turkish as a natural language, listens and understands you, and fulfills your wishes. Asista informs you about the current situation and process that it performs at the moment with the colorful LED lights on it. It streams music via devices paired via Bluetooth and it allows you to make calls via the mobile phone that you paired.



## BOSCH AIR CONDITIONER WITH WI-FI FEATURE

Thanks to the Bosch Perfect DC B1ZMX12725 inverter air conditioner's Wi-Fi module, you can control it via the Internet, your smart phone and tablet. Thus, you can control the desired temperature by setting heating, cooling and humidity before you arrive home. Providing clean use with a removable pre-filter, the air conditioner has an A++ efficiency as well as a stylish design.

Follow-me feature of the Bosch inverter air conditioner B1ZMX 12725 feels the temperature of the environment where the smart remote is and it is activated immediately if the environment is not in the temperature set. 12 different fan stages of the air conditioner provide the desired airflow in the environment.



### **BOSCH'S FRIDGE THAT TAKES SELFIE**

With “invented for life” slogan, Bosch presents high technological products. By developing the Home Connect technology, Bosch adds a new dimension to fridges. Bosch’s fridge with KGN56HI30N camera takes photographs of the inside of the fridge and sends it to the users’ mobile phone or tablets via Home Connect application.

Bosch’s Home Connect fridge with KGN56HI30N camera gives also information on ideal temperature and storing for food in the fridge with the food recognition technology. Home connect technology sends notifications to the user via application when the user left the fridge door open or the temperature rises inside of the fridge, and that way it takes measure in order not to spoil food inside.

### **PHILIPS LUMEA PRESTIGE THE MOST POWERFUL IPL DEVICE**

Philips new IPL device Lumea Prestige promises up to 92% reduction of hair after 3 treatments, and a smooth skin for 6 months only after 12 treatments. Lumea can be used corded or cordless and can be adapted to each body area thanks to its 2 curved, intelligent attachments. Philips has designed Lumea taking into account the curves of the body and is referred as the easiest to use at home. Enjoy a smooth, clean skin with the Philips IPL device!



### **HUAWEI P30 LITE WITH ITS 48 MEGAPIXEL CAMERA**

Huawei’s highly anticipated P30 Lite mobile phone was presented to the customer in Turkey with blue, black and white color options.

P30 Lite provides all the screening and photograph skills needed with its triple camera that includes 48 MP f/1.8 camera, 120° degree ultra-wide 8 MP camera and 2 MP depth sensing camera, and 25 MP f/2.0 front camera with AI support. Huawei P30 Lite lets you use your device without any obligatory to delete images with the 128 GB internal storage. With 4 GB of RAM, the P30 Lite provides hardware power to run two applications simultaneously on the screen.



# MADO



## A GLOBAL BRAND FROM KAHRAMANMARAŞ: MADO

In this issue, we welcome you to the cuisine of MADO, which has been taking firm steps forward to make their ice cream shop, which has been the family heirloom profession for more than 150 years, a world-renowned brand. We offer recipe alternatives that are delicious as well as satisfying along with the dessert presentations that you can prepare with MADO's real ice creams, which can be an alternative to the desserts with sherbet and will make you refreshed during the summer season.





# ICE CREAM WITH WAFERS

## INGREDIENTS

1 wafer for ice cream  
5 grams of hazelnut praline sauce  
50 grams of plain ice cream  
50 grams of cacao ice cream  
15 grams of strawberries  
10 grams of kiwi  
10 grams apple  
5 grams of ground hazelnuts  
5 grams of ground pistachios  
5 grams of powder sugar  
15 grams of hot chocolate sauce

## INSTRUCTIONS

The wafer is equally cut in half. After the praline sauce is spread over the wafer, plain and cacao ice cream are placed on the wafer. The wafer on the plate is decorated with powder sugar. Preferably, the sliced strawberry, kiwi and apple are placed next to the wafer. It is served with chocolate sauce, hazelnuts and pistachios.



# SPECIAL KESME ICE CREAM PLATE

## INGREDIENTS

- 1 slice chocolate kesme ice cream
- 1 slice plain kesme ice cream
- 1 slice pistachio kesme ice cream
- 5 grams of ground hazelnuts
- 5 grams of ground pistachios
- 3 teaspoons of quince jam

## INSTRUCTIONS

Kesme ice creams are taken to the serving plate. One type of kesme ice cream is decorated with jam and the remaining ingredients are served on the side. Depending on your wish, you can enjoy it with jam, with sauce or with pistachio and hazelnut.



# CELTİK KEBAB

## INGREDIENTS

180 grams of beef  
30 grams of grated potatoes  
30 grams of tomato  
1 long green pepper  
50 grams strained yogurt  
70 grams of tomato sauce  
20 grams of butter  
1 pinch of salt

## INSTRUCTIONS

Sliced tenderloin are grilled with tomatoes and green peppers. The tenderloin is sautéed lightly in a buttered teflon pan. The shoestring potatoes are fried. The strained yogurt is taken to the serving plate, and the shoestring potatoes are placed on the yogurt. Then the sautéed fillets are put on the potatoes and tomato sauce is added. Grilled tomatoes and peppers are placed on the side of the plate.



# STUFFED AND WRAPPED DRIED VEGETABLES WITH OLIVE OIL



## INGREDIENTS

2 stuffed aubergines	50 grams of greens
2 stuffed green pepper	3 slices of lemon
4 stuffed grape leaves	50 grams strained yogurt
10 rocket leaves	50 grams of olive oil
	A little pomegranate syrup

## INSTRUCTIONS

The greens are washed thoroughly and taken to the serving plate. Stuffed and wrapped vegetables with olive oil are arranged side by side on the greens in such a way that the center part of the plate is left empty and then olive oil is spread over. The strained yogurt is put on the middle of the plate that was left empty. Thin lemon slices are placed between the stuffed and wrapped vegetables. Finally, pomegranate syrup is spread over.

# TORTILLA WITH CHICKEN & MUSHROOM

## INGREDIENTS

1 tortilla bread	25 grams of paprika dipping sauce
1 clove of garlic	3 ml bittersweet sauce
1 pinch of chili flake	3 grams of soy sauce
1 pinch of thyme	20 grams of mushrooms
120 grams of chicken breast	35 ml sunflower oil
40 grams of cultivated mushroom	50 grams of green leaves blend
20 grams of green pepper	60 grams of French fries
1 pinch of parsley	15 grams of kashar cheese
20 grams of red pepper	1 cherry tomato
20 grams of onion	

## INSTRUCTIONS

Stripped chicken breast and mushrooms with a little bit sunflower oil are sautéed in a teflon pan. Then stripped green pepper, stripped red pepper and stripped onion are added. After the peppers and onions are fried, chopped tomatoes are added and sautéed for a while. Sauté seasoned with spices is put into the tortilla bread. Then, the grated kashar cheese is added. After the kashar cheese is melted, it is wrapped and is cut in half diagonally. The cherry tomato is attached with a toothpick to the wrap taken into the serving plate. Served with Mediterranean greens and French fries.





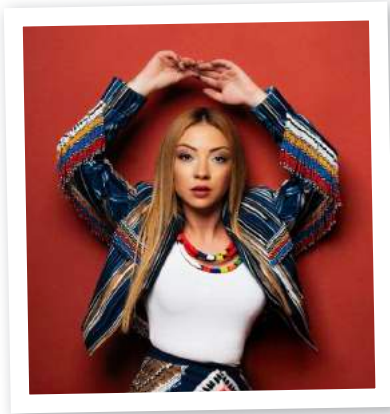
This summer, we will freshen with Sütfest!...

[sutfest.com.tr](http://sutfest.com.tr)

# Social Media



We have compiled the shares of celebrities and social media phenomenon on their Instagram accounts. We wish you enjoyable reading...



**ECE SEÇKİN (@eceseckin)**

Ece Seçkin, who started her music career at the age of 3 with her mother, a piano teacher, has 1.4 million followers on her Instagram account. Seçkin shares rehearsals and live broadcasts of her concerts along with photos of her daily life and from her travels in her social media account.



**EKİN MERT DAYMAZ (@ekinmertdaymaz)**

We get to know Ekin Mert Daymaz, who received offers to take part in series when he ranked 3rd in Best Model of the World in 2013, with the character Volkan he portrayed on Çilek Kokusu. In addition to acting, Duymaz continues modeling at the same pace. Ekin Mert Daymaz, who shares his collaborations and professional photo shoots, has 1.7 million followers on his Instagram account.



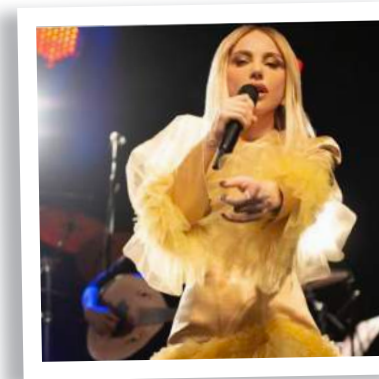
**PELİN AKİL (@pelinakil)**

Pelin Akıl, who takes part in cinema, TV series and theater as well as various commercials, has 1.7 million followers in her Instagram account. On her social media account, Akıl shares photos of her daily life, from her travels with her actor husband, Anıl Altan, and images of their twin babies born in April.



**ENİS ARIKAN (@enisarikan)**

Enis Arıkan about whom spoken well thanks to his performance in Alice Musical in addition to his acting, has 1.8 million followers in his Instagram account. Arıkan often posts funny shares with his close friend, Ezgi Mola. However, he does not neglect to share posts related to the Sing It With Me song contest where he competes.



**GÜLŞEN (@gulsen)**

One of the idols of pop music, Gülşen has 1.5 million followers in her Instagram account. On her social media account, Gülşen shares photos with her husband Ozan Çolakoglu, who is a musician just like her and their son Azur Benan, and shares posts from her performances on stage, travels and videos of her clips.



**KUBİLAY AKA (@kubilayakaa)**

Kubilay Aka, who exhibited his first performance with the character Ali Kemal in Vatanım Sensin series, has 941 thousand followers in his Instagram account. On his social media account, Aka shares his collaborations, pictures from the set of Çukur in which he plays a role, and photos of his daily life.

# 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

FABIO  
FRANCO



Vento Italia

